



Courtesy of Alan Coupe

The culminating fixture in the Northern region cross country season is the North of England championships which took place this year on a fast but undulating and testing course at Pontefract. With over 2000 runners taking part this is the highlight of the winter season and provides one of the toughest tests for aspiring and established runners alike.

Continuing the drive to increase participation in his area of club activity Rotherham Harriers entered full teams in seven sections and was represented in every race, the only South Yorkshire club able to do so.

Hopes were highest among the Junior Ladies team, successful at South Yorkshire and Yorkshire county level, and in the senior ladies' race with Anston's Jade Allen, back to her best on her return to the sport and after a full winter training programme with the endurance squad under Pete Shaw and Jim Brogan; neither was to disappoint.

The junior ladies showed a clean pair of heels to the other clubs and won the team trophy and medals for the third time in 5 years. Led by Steph Burns in 6th overall the team packed well with Rebecca Middleton 10th, Natasha Hatswell 11th and Robyn Lancelley 16th completing the scoring.

Fresh from her recent wins in the South Yorkshire league and bronze at the Yorkshires, Jade led the field of 230 through the early section. As the race settled down the leading pack was full of international athletes including Stockport's Jess Coulson and last year's winner Susan Partridge of Leeds. At the halfway mark eventual winner Lizzie Adams of Hallamshire Harriers, started to apply the pressure and the race was really on, Jade was battling it out in 7th place with a group of three runners close behind as they approached the last half mile which included a long uphill drag to the finish. Drawing on the strength she has built up in countless hill sessions over the winter Jade overhauled Morpeth runner Jane Hodgson near the finish to clinch a well deserved 6th place, the best position by a Harrier's athlete ever in this race.

The performance didn't go unnoticed by the North of England selectors and early on Monday morning the Sports Science Student got a call from them to confirm she has been selected to represent England (North) at the Lotto International Cross Country race in Belgium on February 12th. With Jade leading the way the senior women's team placed 8th (2nd South Yorkshire and 4th in Yorkshire), Sam Johnson 21st, Natalie Raynor 111th, and Philippa James 149th completing the team. Nina Hague (160) was first non-scorer.

In the senior men's race with over 700 runners, the team placed 16th (2nd South Yorkshire team and 5th in Yorkshire). Phil Hoole placed 31st was the lead man with Aidan Johnson 94th, Gary Claxton 163rd, John Comrie 198th, David Smith 284th, Howard Darwin 325th and Jonathan Maxfield 399th. In the Junior men's race Kyle Craib took on a field of almost 200 and earned a creditable 35th place but there were no other runners to complete a team.

The U17 Men were 8th overall (1st South Yorkshire and 3rd in Yorkshire) with Luke Cotter leading the way in 25th, Nick Myers 54th, Connor Ryan 71st, Oliver Yarrow 88th and Will Johnson 92nd.

The U17 Women were 6th overall (3rd South Yorkshire, 3rd Yorkshire) Jess Freeman 30th, Jess Mangham 43rd, Emma Parkinson 48th, Emma Dutton 75th.

In the U 15 Boys individual placings were Devon Stead 29th, Ryan Beale 83rd and Daniel Bradford 148th but they were one runner short of a full team.

Two runners competed in the U 15 girls' race with Holly Brookes 105th and Emily Hutchinson 144th.

The U 13 boys had Kane Smith in an excellent 26th place leading them home with Alex Kitson 103rd, Sam Mason 109th and James Johnson 148th putting the team in 13th place (2nd South Yorkshire and 5th Yorkshire)

The U 13 Girls took 18th place in the team event with Lauren Brooks 150th, Louise Oak 155th, Sophie Oak 166th and Rebecca Kelly 167th representing the club.

North of England Cross-country Championships

RH Ladies Again at the Forefront



A stunning study of concentration and intention at the start of the Junior Ladies race, submitted to us by Robyn Lancelley (left) with Rebecca Middleton, Natasha Hatswell and Steph Burns

YORKS COUNTY SELECTION

With all of the Northern Cross Country results decided representative teams have been selected for the region and the county. Leading the way is Jade Allen with selection for the North of England Senior ladies' team in their international match and selection for the Yorkshire county team; Phil Hoole is selected for the Yorkshire senior men's team, Kane Smith in the Yorkshire U13 Boys team, Natasha Hatswell for the U17 Yorkshire Ladies team. Also selected as reserves and registered to compete for Yorkshire teams are Steph Burns, Annabelle Grady and Sam Johnson (senior Ladies), Devon Stead (U15 Boys) and Luke Cotter (U17 Men). Kyle Craib (J men) will represent Nottinghamshire

Elsewhere the Ferriby 10 mile road race was taking place round the picturesque Skidby Mill in East Yorkshire and Jenny Blizard completed the course in 62 mins 45 secs to take first place in the senior woman's race. Matthew Asbridge (67 mins 24sec), John Kirk (72 min 12sec) and Christine Kirk (85 min 11sec) also represented the club.

Junior Ladies

1 Rotherham H & AC 42

Senior Ladies

1 Leeds City AC 53	14 Blyth Running Club 487
2 Bingley H & AC 85	15 Preston H & AC 526
3 Hallamshire H Sheff 90	16 Macclesfield H & AC 528
4 Liverpool H & AC 92	17 Ilkley H AC 557
5 Trafford Athletic Club 157	18 Elvet Striders 590
6 Holmfirth H AC 157	19 Sedgefield H 628
7 Durham City H & AC 215	20 Elswick H 638
8 Rotherham H & AC 287	21 South Shields H & AC 686
9 Morpeth H & AC 306	22 Tyne Bridge H 690
10 Sale H Manchester 307	23 Saltwell H 697
11 Stockport H & AC 351	24 Denby Dale Travellers 703
12 Barnsley AC 431	25 Swinton Running Club 711
13 Kirkstall H 467	

STRENGTH IN DEPTH

By way of tribute to the job that Nigel Brookes is doing in keeping together and developing this talented, lively and responsible squad, a brief look at the progress and support since the spring of 2011 when we only managed three runners in the road relays. A tribute equally to their coaches and supporters.

10/9 Yorkshire Road Relays

1st Jenny Blizard, Steph Burns, Robyn Lancelley, Jess Fawcett, Gill Taylor, Paula Fisher

24/9 Northern Road Relays

9th & incompl: Jade Allen, Annabelle Grady, Robyn Lancelley, Natasha Hatswell,, Janet Hindley, Nina Hague

1/10 Northern Cross-country Relays

3rd & 13th: Jade Allen, Natasha Hatswell, Robyn Lancelley, Steph Burns, Nina Hague, Gillian Taylor,

15/10 National Road Relays

15th & 32nd: Laura Spence, Jade Allen, Annabelle Grady, Stephanie Burns, Robyn Lancelley, Natasha Hatswell, Samantha Johnson, Jayne Allen

5/11 National Cross-country Relays

10th & 82nd: Natalie Grant, Jade Allen, Samantha Johnson, Nina Hague, Gill Taylor, Charlotte Elliss
JL 4th: Steph Burns, Natasha Hatswell, Robyn Lancelley

7/1 Yorkshire Cross-country

2nd, 6th & 16th: Jade Allen, Steph Burns, Annabelle Grady, Samantha Johnson, Natasha Hatswell, Rebecca Middleton, Laura Spence, Robyn Lancelley, Janet Hindley, Natalie Raynor, Nina Hague, Gillian Taylor

28/1 Northern Cross-country

6th: Jade Allen, Samantha Johnson, Natalie Raynor, Philippa James, Nina Hague
JL- 1st: Stephanie Burns, Rebecca Middleton, Natasha Hatswell, Robyn Lancelley.

KMRT Series 2012

Sun 11 Mar	Bassingthorpe	open	KMRT 1 E4 11am Plough Wingfield
Sun 25 Mar	Not the Gala Run	open	Tickhill KMRT 2
Sun 13 May	offTRAC 10	open	Tickhill KMRT 3
Wed 23 May	Memorial Race	open	Maltby Wesley Centre KMRT 4
Tue 12 Jun	Kimmy Kanter	open	Droppingwell KMRT 5
Wed 20 Jun	Ulley Res	open	KMRT 6 E4 7.45pm Whiston PCCC
Wed 04 Jul	Roche Abbey Dash	open	Maltby Wesley Centre KMRT 7
Wed 18 Jul	Prince 5k	open	E4 7.45pm Greasbrough Coach Rd KMRT 8
Sun 23 Sep	Scabs Dash	open	Tickhill KMRT 9 (?)
Sun 28 Oct	Canal Run	open	Cutlers Westgate R'ham KMRT 10
Sun 16 Dec	Santa Special	open	Droppingwell KMRT 11
Wed 26 Dec	Turkey Trot	open	Braithwell KMRT 12

These dates as currently understood, probably right but do check nearer the time.

There will be KMRT series flyers before long.

Series Winners 2011

Ladies
 Junior: **Emma Dutton RH**
 Senior: Claire Spencer KS
 VL35: Claire Chapman KS
 VL40: Samantha Weatherall KS
 VL45: Bev Sutton VS
 VL50: **Sharon Burton RH**
 VL55: Caroline Boyd MRC
 VL60: Mary Chapman KS

Gentlemen
 Junior: **Connor Ryan RH**
 Senior: Zak Mellard KS
 VM40: Lee Weatherall KS
 VM45: **John Comrie RH**
 VM50: **Terry Eastwood RH**
 VM55: **Kevin Thomas RH**
 VM60: Brian Lowndes MRC
 VM65: **Pete Humphries RH**

RHAC awards: as above plus Malcolm Rhodes, Janet Dutton, Neil Shaw, Stephen Cotter

A series of 12 local races with sensible good value entry fees. Most are relatively short (only the offTRAC10 goes above 7 miles) therefore often available to junior runners.

We as a club are measured not only by how we fare at National, Northern and County Level. Many people's eyes are on what they see close around them, and it is vital that RHAC continues to place runners prominently in this series (as in other local races).

'Prominently' does imply you have to win, or even be well up in the list (though it's great when our more able runners do turn out). The races are a wonderful opportunity for beginners, for developing runners, for those coming back off injury (or those who never will!). They are social and rewarding, and whilst they are mostly not big races you will find you get support and encouragement from all participants no matter what your standard or position.

Organised by and for Rotherham Harriers, Kimberworth Striders, Maltby Running Club and Tickhill DRC, they are also open to others as are the series prizes. You can just run one or two races if you wish, but for the series 8 completions out of the 12 are required (see detailed rules elsewhere). RH Awards Evening recognises all members who complete 8..

First event is RHAC's- Bassingthorpe March 11th 11am off. Support your club and colleagues- see us there

SHORT CONTRIBUTED REPORTS

Secretary's update:

Membership subscriptions.

As agreed at the 2011 AGM new member fees are now £35, Senior renewal £28 and junior renewal £22. There is a £5 reduction if paid before 31st March 2012 ie £23 senior and £17 junior.

Please pay your subs asap...

New members

The following new members were accepted in January:- Oliver Yarrow, Nils Hofmann, Steven Barnes, Linda Barnes, Laura Barnes, Georgia Bradford, Rob Buchanan, Rebecca Kelly, Kelsey Noble, Holly Brookes, Laura Brookes. A warm welcome to you all. Applications this month include Colin Bailey (67) with the BRG, and Stephen Dawson(17) who trains with Jim's /Pete's group. Former RH member Sharon Marshall (who was part of WHAC's gold-medallist relay team last year) has resigned from Wakefield and has applied to become a member of Rotherham again.

Cross Country

As you will gather from the news coverage in this newsletter, the club has been enjoying some justified success at both county and Northern levels.

Unfortunately, due to my growing involvement with cross country at every level outside the club, I am struggling to effectively complete all the organisation associated with cross country and team organisation. I am therefore looking for age group team managers for the U11, U13, U15 and U17 groups. We already have Team Managers for the junior and senior men (Pete Shaw) and women (Nigel Brookes).

If you are a parent/ guardian or family member who would be willing to help organise & support one of the teams next season, please see me (Steve Gaines).

From the editor:

Colleagues in the upper age groups will have noticed the absence of Peter Rowland (DRC) from the cross-country scene. A runner of the highest quality, Peter came back into the sport a year or two ago and was selected and ran for England this season. Sadly, he was taken ill whilst golfing and now has a pacemaker fitted. Peter and his wife were often present at our races in the nineties when (son) Paul ran with us; I remember them as the nicest people you could ever meet.

All our good wishes go to Peter and family.

Fixtures: Winter /Spring 2012

February			
Sat 04 Feb	SY Schools XC Champs	areas	Campsall Country Park, Doncaster
Sat 04 Feb	BUCS Championship	clubs	Cardiff
Sun 05 Feb	Dewsbury 10k	open	
Sun 12 Feb	Kimmy Killer 10k	open	Kimberworth (Charity evt E4) 11am 17+ entry form
Sun 19 Feb	Wombwell 5	open	
Sun 19 Feb	Yorkshire Vets Champs	clubs	Doncaster Racing College
Sat 25 Feb	National XC Champs	clubs	Parliament Hill, London
Sun 26 Feb	Snake Lane 10	open	RACE FULL
March			
Sun 04 Mar	Norton 9	open	
Sat 10 Mar	CAU XC Championships	open	Cofton Park Birmingham
Sun 11 Mar	Bassingthorpe	open	KMRT 1 E4 11am Plough Wingfield
Sat 17 Mar	English Schools Champs	areas	Taunton
Sun 18 Mar	S Yorks Half Marathon	open	See attached formentry form
Sat 24 Mar	Rother Valley 10K	open	See attached entry formentry form
Sun 25 Mar	South Yorks Indoors 4	clubs	EIS Sheffield; U11,13 & 15 start 12:30
Sun 25 Mar	Scunthorpe Winter Warm up	open	See attached form for detailsentry form
Sun 25 Mar	Not the Gala Run	open	Tickhill KMRT 2
Mon 26 Mar	Trunce	open	Penistone
Wed 28 Mar	SY Road League (1)	SY clubs	Oxspring
Sat 31 Mar	Silksstone Shuffle 1	open	see attached entry formentry form
Sat 31 Mar	Northern 6 & 12 stage relays	club teams	Sefton Park Liverpool
April			
Sun 01 Apr	Spen Winter Warm up	open	Cleckheatonentry form
Wed 04 Apr	Spencers Dash	open	Barnsley AC
Sat 07 Apr	Wakefield Spring Open meeting	open	Thornes Park, Wakefieldentry form
Wed 11 Apr	SY Road League (2)	SY clubs	Silksstone Common
Sat 14 Apr	National 6 & 12-stage	clubs	Sutton park
Sun 15 Apr	Wakefield Hospice 10K	open	Starts 9am, Clarence Park.Also 3k fun run
Thu 19 Apr	Hartcliffe Hill Race	open	Penistone FR
Sun 22 Apr	Lord Mayors 10K	open	Sheffield, see attached form for infoentry form
Sun 22 Apr	Sheffield Festival of Athletics	open	Sheffield, see attached form for detailsentry form
Sun 22 Apr	London Marathon	open	closed
Wed 25 Apr	SY Road League (3)	SY clubs	Bradfield
Sat 28 Apr	SY T&F League	SY clubs	Rotherham, All ages
Sun 29 Apr	National Jun League Match 1	club teams	Venue tbc

Having a strong 'first team' looks impressive on paper, but it seldom gets you far on it's own.

We have always said that your continued success is measured by how good your reserves are! Because your ideal 'first choice' (if you know what it is) seldom turns out, for reasons of injury, illness, work issues, etc etc. In that context, it is interesting to note that in big events RH ladies have been represented by 19 different people (see panel, p1) since last summer, of which the 'first' or 'scoring' team has been composed of 12 different people (and 4 in Juniors). That's where the quality lies.

Nice to see John Comrie putting himself about again- 100 percent as always was. John won the Xmas-New Year race at Worksoop College and was first vet at Cleethorpes 10k.

Bassingthorpe March 11th off at 11am ages 15+ KMRT-1 Wingfield: Fenton Road Top Meet at Plough Hotel

This race, organised by RHAC, is the first of the KMRT series 2012. I hope you will take the trouble to support your club (and your organisers) by turning out on the day.

The event is based at the Plough Inn in Wingfield, start 11am, for £4 only.

The course may be unchanged if the area is clean enough- there was a lot of rubbish around last year.

If not, an alternative will be posted in news and on website.
 Either way: course not more than 5 miles.

SYCAA Road League and Relays 2012

From Peter Neal

Wed 28 Mar 12 SY Road League (1) SY clubs Oxspring
Wed 11 Apr 12 SY Road League (2) SY clubs Silkstone Common
Wed 25 Apr 12 SY Road League (3) SY clubs Bradfield
Wed 09 May 12 SY Road League (4) SY clubs Brodsworth

Tue 26 Jun 12 Dam Flask Relays (Sheffield RC) inc. SOUTH YORKS. CHAMPS Bradfield

TRAVEL DIRECTIONS AND VENUES: ROAD LEAGUE 2012 28 March Oxspring, Wagon and Horses pub, Penistone.

7pm prompt start.

Parking on Football field where the Trunce race starts from. This is the same venue as last year. Do NOT park on the course or in the estate or pub car park.

The finish is in the estate on the road. Please do not stay near the finish area, go into the field to meet other runners. Last year we caused a problem for local people and we do not want to annoy them again. The course is a bit hilly but the last mile or so is downhill. I will be in the pub car park for late names and entries. The Bar will be open at the pub in the loft after the race, the toilets are there also.

11 April Silkstone Common, Barnsley.

7pm prompt start.

This is a new venue and course. The venue is about 1 mile past Silkstone Common at a stables/indoor football and restaurant. There is plenty of parking so don't park on the road. There are also toilets inside the building. Any late names to be given to me there. Last time for entries is 18.50pm
If you leave the M1 at J37 and go left into Dodworth Village, past Brooklands Hotel and fork left, 2 miles further on is Silkstone Common. Go through the village and the venue is on the left.

25 April Low Bradfield, Sheffield

7pm prompt start.

The same course as last year but the start and finish area slightly changed. We will now finish down the track off the road towards the Dam side. Please ask runners not to clog the finish area and move away as soon as possible. If you go along the track it leads to the village.
Runners are asked NOT to park on the dam wall or on the course. Parking is at the cricket club and on the hill going out of the village. Also do not park on the narrow road down to the village as this is part of the course. The cricket club bar will be open and any late names to be given to me there. Last time for entries is 18.50pm

9 May Pickburn Arms, Brodsworth Hall, Doncaster.

7pm prompt start.

Same course as last year but 5 miles this time. Parking at the Garden centre and not on the course or village. I will be in the pub car park until 18.50 for late entries.
After the race there will be food and maybe a hog roast. The landlord puts up a marquee and the prizes will be given out there. If you are a prize winner please stay or get someone to pick it up for you.

Numbers are £6 for the series. Please PIN them to vests, do not use these Triathlon waist bands as it is difficult to read the numbers when they are not clear to the recorders.

Club vests MUST be worn, No club vest, Disqualified from team event.

NO ear phones to be worn or runners will be disqualified and NOT appear on results.

This is for safety reasons and UKA rules state that they should not be worn in the competition area. That includes runners at the back of the field. There will be spotters watching.

See RHAC website in due course for this information & updates

ROTHERHAM HARRIERS & A.C.
CHRISTMAS DAY 5 MILE HANDICAP RACE

HOW THE RACE WAS WON

From Jim Brogan

17 runners assembled at the Park Hotel corner of Herringthorpe Playing Fields for the 124th annual running of this unique event. Since 1938 the race had started and finished on nearby Boswell Street, but this had been changed to allow spectators a more open view of the race as the drama unfolded. Conditions were dry and mild, but a blustery wind gave a chilly aspect to the race. Runners were to complete 3 laps of Herringthorpe Playing Fields on the pavement, starting off in the anti-clockwise direction, changing to clockwork after the first lap, and reverting to anti-clockwise for the final lap.

One by one the runners set off at their allotted start time, based on handicaps decided by club endurance coach, Pete Shaw. There were many of the older stalwarts who support the race year after year, but newcomers were also well represented by debutants Malcolm Rhodes, first to set off, and talented 17 year olds Elliott Smales and Chris Maris, scratch and next to scratch runners respectively. Indeed, Elliott was hoping to emulate his father, Phil, who had triumphed in the previous year's event.

As always there was much speculation among spectators as to who might win. By the end of the first lap Malcolm Metcalfe was still in front, but ominously Kerry Booth, the 2003 winner, had pulled up 3 places to move into second place. Meanwhile, down the field, Elliot Smales and Chris Maris had scorched round the first lap in 9 minutes 14 seconds and 9 minutes 33 seconds respectively. Also well placed at the end of the first lap was 2005 winner Gill Taylor, in 5th place.

By the end of the second lap, there had been no change at the front with Metcalf and Booth still well clear in first and second respectively, but Gill Taylor was running well and had moved into third place. Youngsters Smales and Maris were still progressing through the field, again with sub 10 minute laps. The final result was still impossible to predict.

And so to the finish. Down the long long finish straight on Middle Lane South, spectators could see several runners battling for the coveted Challenge Trophy. There was great drama as the now leader Kerry Booth was being chased down by Elliott Smales. As the finish line approached

Kerry was still running strongly and Elliot had to be content with the runner up spot, despite closing the gap with every stride. The fast finishing Mick Marsters proved he is on the way back to form after injury by finishing a strong third. Runners then followed in quick succession to make this race one of the best handicapped in years. Despite having started further down the field than Gill Taylor and not catching her, Paula Fisher triumphed with the fastest ladies time of the day. The fastest three men's times of the day were recorded by Elliott Smales, Chris Maris and stalwart veteran runner John Comrie.

The prize presentation, with awards presented by club president Peter Neal, took place nearby, courtesy of The Park Hotel.



Pos	Name	Actual Time
1	Kerry Booth	38:15
2	Elliott Smales	28:24
3	Mick Marsters	33:20
4	John Comrie	30:31
5	Chris Maris	29:14
6	Gill Taylor	37:29
7	Mathew Ashbridge	34:16
8	Mark Ruddleston	30:47
9	Pete Neal	31:47
10	Phil Smales	34:22
11	Dave Smith	31:00
12	Paula Fisher	37:16
13	Neil Shaw	36:51
14	David Booth	38:12
15	Malcolm Rhodes	44:21
16	Malcolm Metcalfe	53:22
17	Henry Marston	46:00

Awards:

Challenge Trophy (for the race winner):
Kerry Booth
Bill Burns Trophy (for the runner up):
Elliott Smales
Fastest Men's Time Award: Elliot Smales
Fastest Woman's Time Award: Paula Fisher

Website Developments

The club website has recently been updated, as you may know. I am well aware that not everyone uses computers, which is one reason why we still have newsletters (where a good deal of the content is already on website). But more and more do.

The development has been made with the aims of keeping the site up-to-date, with new appearance and video display. So far, the amount of relevant video on site is not large, but it will build. As to appearance, I hope it is seen as a big improvement- as programming languages and other web hosting facilities multiply, there is a lot more that programmers can do to achieve this. Also of course, the availability of broadband connections and computers with large memory capacity make a lot more possible. You may guess that the site is not fully developed- such sections as 'club history' have not been abandoned finally. However, by its very nature the site will never (or always!) be fully developed as it evolves with the work that all of us do to maintain such a large successful club as RHAC is.

What I aim to do here is to tell you about a number of aspects of the site as it now stands, and following that some suggestions as to how you might contribute should you wish.

What's on the site now

Visitor-visible site

Home- homepage; website help; browsing options

News- latest & archive; newsletters; send us your news

Events-all events; round rotherham; RH online entry; KMRT; Clifton Park; results

Membership- general information; membership costs; apply for membership; renew online

Activities- beginners, young athletes; groups

Services & Links- schools; contacts & services

Private areas

Full club database of members

Other databases (around 15 in all) serve the pages such as fixtures, news, and so on.

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Fixtures

These are all entered by a simple system, Steve, Peter, Kevin Thomas and Sharon Burton are most active.

Membership

This section can be used to download forms, but many now make their application online. This puts their details directly into a database with the main membership database. This area has been handled by Jackie Hutchinson up to present.

Online entry

Race/event organisers can enter their own details of events- up to now they have given them to me and I've done it. When people enter races, their details are database and can be accessed by the organiser. To date, only the Round Rotherham race has been extensively used as planned.

Group activities [3]

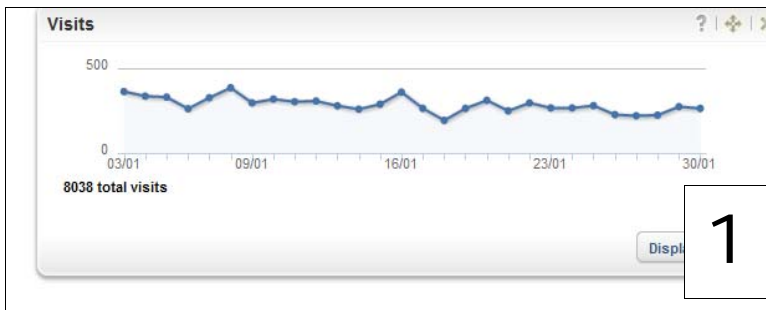
This development was planned as a replacement for the old static 'Club Sections' pages which didn't change year on year in some cases. The idea is that any group which is active at RHAC- any group- is represented here. They can in theory be training groups, competing groups, discussion groups etc. Those that use or want to use Facebook have a link so that visitors can go to Facebook from the site (you may recall that Facebook was requested at the AGM for the new site). Those that don't want to use Facebook (there are quite a few) can operate through the pages which load on the site- and they can keep them topical by being an updater (it's easier than you might think).

The 11 groups currently based here are Wickersley Joggers (Tony Sargeant, link), Round Rotherham Trail Race (Sharon Burton, Facebook), Intermediate Running Group (Pete Humphries, website), Endurance Group (Jim Brogan/Pete Shaw, website), Improvers/Consolidators Group (Jerry Spencer, website), RH Women's Road Relay Team, RH Women's Cross-country Team (both Nigel Brookes, Facebook links), Young Athletes (Michelle Harris, to be website), Beginners Running Group (updater required, website), Sports Injuries (Jenny Blizard, Facebook) and Running Training (temporary name, Dennis Russell, to be website). Since this section gives details of arrangements (meeting times etc) and contact details, it is not surprising that it has already been very successful in helping attract new interest to the club I would like to see more 'groups' listed here- it shows us as a vibrant go-ahead outfit.

How mobile phones and other devices fit in

Apart from the statistics we can get from the hosting company, we also pick up our won. In fact, it's against the rules of the hosts to use databases for statistics, so what we do is this: whenever a visitor to the site arrives, our programs check what browser they are using. Ordinary ones aren't processed further, but anything unusual, or from a mobile device, sends me an email announcing it's visit! That's how I know we are now getting a large number of people using mobiles to access the site. They have the option of viewing it normally, and many are excellently capable of doing so. We have to provide an alternative view however, as many browsers on mobiles do have a struggle in a number of ways to handle a site which is designed mainly for broadband desktop or laptop computers. So the mobile presentation will continue to be expanded- it's the future!

If you use a mobile device to visit RHAC, your viewing experience would be wel-



What is planned next and future

Some groups have yet to clarify their sections, some more groups may well be added. History sections is to be moved in. Existing parts which are outlines eg website help are to be completed. We need a formal page showing club officials- after all they have taken on a responsibility for some aspect(s) of our activity.

Who runs and updates the site

Designed and maintained (programs) by Peter Humphries, maintenance can be attempted by Jim Brogan or Steve Gaines in emergency. A list of about 20 people have the capability of updating sections of the site, around 6 of them are more or less active.

Updaters all access the same area (password & username) but what they can do there is different for different people. The commonest are: updating the fixture list, updating the news reports, updating the banner bulletins.

How much is the website used? [1]

Statistics (from our website hosting company) show that in January 2012 there were between 250 and 400 daily visits to the site (not hits, unique visits- to count as two you have to close your browser then go to a site again). It varies day by day etc- at the height of the Round Rotherham (entry & results) there were over 1000.

Topical publicity- the Homepage [2]

When the page opens, all news items in the database are examined, the program picks the eight highest rated stories (see below). Updaters can down-rate old items in favour of new ones.

News and Results

The news items list in order of most recent first, it is possible to upload a report and a photograph. The updater is asked to give a rating to the story (percent value for publicity).

come- please tell us.



Above: Maurice Jackson Awards Below: Cross-country awards winners

RHAC Awards 2010 Cross Country
 Maurice Jackson Cross country Awards 2010 (awarded for SY series- in 2010 the last fixture was postponed to 2011)
 U11 Girl 1st Grace Maxwell
 U11 Girl 2nd Olivia Boulton
 U11 Boy 1st Joe Morton
 U13 Girl 1st Maisie Elliott
 U13 Girl 2nd Grace Tomlinson
 U13 Girl 3rd Nicole Scarfe
 U13 Boy 1st Kane Smith
 U13 Boy 2nd Bradley Carr
 U13 Boy 3rd Jordan Dixon
 U15 Girl 1st Jess Mangham
 U15 Girl 2nd Charlotte Dodds
 U15 Girl 3rd Bonnie Smith
 U15 Boy 1st Robert Bentham
 U15 Boy 2nd Connor Ryan
 U15 Boy 3rd Matthew Bentham

U15 Boy 1st Connor Ryan
 U15 Boy 2nd Luke Cotter
 U15 Boy 3rd Robert Bentham
 U17 Women 1st Emma Parkinson
 U17 Women 2nd Natasha Hatswell
 U17 Women 3rd Heidi Smith
 U17 Men 1st Nicholas Myers
 U17 Men 2nd Chris Maris
 U17 Men 3rd Chris Ogden
 U20 Women 1st Steph Burns
 U20 Women 2nd Robyn Lanceley
 U20 Men 1st Kyle Craib
 Snr Women 1st Jade Allen
 Snr Women 2nd Natalie Grant
 Snr Women 3rd Annabelle Grady
 Snr Men 1st Phil Hoole
 Snr Men 2nd Rhian Hasteley
 Snr Men 3rd Chris Adams
 Vet Women 1st Nina Hague
 Vet Women 2nd Jayne Allen
 Vet Women 3rd Janet Hindley
 Vet Men 1st John Comrie
 Vet Men 2nd Howard Darwin
 Vet Men 3rd Phil Edison

2nd U17 William Johnson
 3rd U17 Nicholas Myers
 Female 1st U17 Jess Freeman
 2nd U17 Jess Mangham
 3rd= U17 Emma Dutton
 3rd= U17 Emma Ellis

NJL league 2011, Most Points Award
 Male 1st Kane Humphrey
 Male 2nd Jordan Carter
 Male 3rd Ben Shields
 Female 1st Trudi Clift
 Female 2nd Jess Freeman
 Female 3rd Bonnie Smith

Northern league 2011, Most Points Award
 Male 1st Kane Humphrey
 Male 2nd Rhian Hasteley
 Male 3rd Jordan Carter
 Female 1st Olivia Neal
 Female 2nd Helen White
 Female 3rd Steph Burns

Veterans Track & Field Awards
 One award for the best performance for achieving or exceeding the veteran merit standard for an event
 Male Bill Renshaw

Local Event Awards 2011
 These awards are made to the club members who complete the target number of 8 races in the KMRT series
 Malcolm Rhodes Terry Eastwood

Sharon Burton Janet Dutton
 Neil Shaw Stephen Cotter
 Emma Dutton Peter Humphries

Kevin Thomas



Maurice Jackson Cross country Awards 2011
 U11 Girl 1st Annabel Johnson
 U11 Girl 2nd Grace Harris
 U11 Girl 3rd Mia Harris
 U11 Boy 1st Ashley Pogmore
 U13 Girl 1st Nicole Scarfe
 U13 Girl 2nd Shinade Briggs
 U13 Girl 3rd Sophie Oak
 U13 Boy 1st Kane Smith
 U13 Boy 2nd Sam Mason
 U15 Girl 1st Charlotte Dodds
 U15 Girl 2nd Beth Taylor
 U15 Girl 3rd Maisie Elliott
 U15 Boy 1st Devon Stead

RHAC Awards 2011 Track & Field
 South Yorks T&F league 2011 Most points award
 U11 Boys 1st Kaya Walker
 U11 Boy 2nd Cameron Walker
 U11 Girl 1st Olivia Boulton
 U11 Girl 2nd Esme Morgan
 U11 Girl 3rd Kayley Britten

NatYAL league 2011, Most Points Award
 Male 1st U13 Jonathan Bilton
 2nd U13 James Johnson
 3rd U13 Kane Smith
 Female 1st U13 Hannah Lincoln
 2nd U13 Grace Maxwell
 3rd U13 Nicole Scarfe
 Male 1st U15 Joss Rowley
 2nd U15 Robert Bentham
 3rd U15 Jordan Small
 Female 1st U15 Ellena Freeman
 2nd U15 Charlotte Dodds
 3rd U15 Amber O'Malley
 Male 1st U17 Michael Eccles

2010/11 Cross Country Season Awards
 U13 Girl 1st Maisie Elliott
 U13 Girl 2nd Nicole Scarfe
 U13 Girl 3rd Grace Tomlinson
 U13 Boy 1st Kane Smith
 U13 Boy 2nd Ryan Beale
 U13 Boy 3rd Bradley Carr
 U15 Girl 1st Jessica Freeman
 U15 Girl 2nd Charlotte Dodds
 U15 Girl 3rd Emily Hutchinson

RHAC 2011 Road Awards

Senior Best Performer
 U17 Best Performer
 Vet Best Performer
 Senior Best Supporter
 U17 Best Supporter
 Vet Best Supporter

Male: Philip Hoole
 Male: Ryan Beale
 Male: Richard Harris
 Male: Chris Adams
 Male: Nicholas Myers
 Male: Terry Eastwood

Female: Jenny Blizard
 Female: Jessica Mangham
 Female: Jenny Horan
 Female: Robyn Lanceley
 Female: Emily Hutchinson
 Female: Nina Hague



The club awards presentation was held on the 20th January, 200 club members and supporters attended at the annual evening to recognise contribution and performance. GB and England International athlete Jenny Blizard attended as guest of honour. Awards are issued to recognise athlete performance and club support for Cross Country, track & field, road and local events. (File attached)

Club awards recognise service to the club and organisation.

Jack Phipps Award for services to club athletics (male)

Winner; Jim Brogan; For his work over 25 years coaching at the club, his help and efforts as club chairman and as a timekeeper and volunteer official.

Also nominated, Alan Coupe; for his press and public relations work with the Rotherham Advertiser.

Nigel Brookes for his work as senior / junior women's team manager.

The U13 & U11 coaches, Tony Wilson, Dave Johnson, Richard Harris & Jim Viggars.

Patricia Muller Award for services to club athletics (female) (photo centre left)

Winners, Patricia Beighton, Jenny Horan & Wendy Whitaker for their work and impact as leaders of the "Rookies" running group.

Most Improved Athlete (photo lower left)

Winner; Jade Allen for her national ranking achievements in 2011 (1 top 30 and 2 top 50). For her 3rd place in the 2012 Yorks XC senior womens race

Also nominated Janet Dutton; For the excellent improvement shown from "Absolute Beginner" to competing athlete in local events.

Peter Elliot Trophy for Middle distance performance (photo lower right);

Winner Laura Spence, for her national U23 rankings of:- 4th 2000m steeplechase, 72nd 800m, 46th 1500m, 79th 3000m.

also nominated:-

Michael Eccles U17 1500m Steeplechase

Jess Mangham U17 3000m

Jade Allen U23 3000m

Samantha Johnson U23 1500m & 3000m.

Special awards were also given to recognise all those club athletes with top 10, top 30 and top 100 rankings in their event:

Jordan Carter (U20 JT), Leo Rowley (U13 SP), Joss Rowley (U15 SP), Laura Spence (U23 2000SC), Natasha Hatswell (U20 5M), Jordan Small (U15 HT)



Triathlete Profile

Triathlon, duathlon and so on have become increasingly popular it seems. A good few years back Paul Bennett, Mark Rudleston and colleagues were taking part; apart from Phil and Elliot Smales, at RHAC Peter Neal, Phil Roberts, Paula Fisher, Gary Ridgeway (and sadly missed Tim Drake) have all headed that way to some extent. More general and individual news another time— maybe an Activities Group would be good? Today we celebrate the outstanding quality of a young man we have all seen run to well with a review from father Phil Smales Ed

Name – Elliot Smales

(AKA HPM = hair product man)

Age – 17 years old

Attending – Thomas Rotherham College

Clubs - Sheffield triathlon club, Rotherham Harriers, Rotherham Metro and Rotherham Wheelers

2011 season highlights

Qualified for Yorkshire and Humberside development squad 2011

Swim 4:50 (pool 400m) & run 10:30 (track 3000m)

Lakeland standard triathlon 2:09:08 1st overall

Bala standard triathlon 2:02:43 13th overall 1st age group

Rothervalley sprint distance 1:14:26 8th (age group ETU qualified) 2nd age group

Hadfield triathlon 1st overall 54:24

Manvers Y and H Aquathon 1:01:03 1st overall

10 mile bike TT 24:25

100m swim 1:00:03

Qualified for Yorkshire and Humberside development squad 2011

Swim 4:46 (pool 400m) & run 9:48 (track 3000m)

2012 targets

Dambuster Duathlon (age group qualifier)

Super series (Strathclyde, Blenheim, Winsor, Canary wharf and Virgin London)

Swim sub 1 minute 100m

Run sub 9:30 minute 3k

Run sub 16.30 minute 5k

Run sub 35.00 minute 10k

Bike 10 mile time trial sub 23 minutes

Favourite foods

Pasta, cheese, **NouriSHme recovery drinks.**

Favourite hair product

Shockwaves strong hold hairspray.

Other interests

Skiing, watching rugby (Titans)

Bikes

Trek (Road), Planet X Exocet road and Cube acid (mountain)

Favourite TV

Scrubs

Background on Elliot -

Enjoyed and participated in swimming at Rotherham Metro from 8 years old moving through the squads until he reached B squad. Took the opportunity to join the junior masters section under the coaching / tutelage of Peter Roebuck (father of GB swimmer Joe Roebuck) and has applied himself with hard work and determination to improve his stroke technique, strength and stamina base to the point that in triathlon Elliot is usually one of the first out.

Enjoys the challenge of open water swimming and is not fazed by rough conditions as shown at Bala last year when 6th overall out of the very choppy lake with a concerned father watching a number of people being helped back out of the water on each start wave by the motor launch!

EI-

Day	Bike 30 mins	Run 90 mins coached session
Monday	Bike 30 mins	Swim 120 mins coached session
Tuesday	Bike 60 mins	Run 40 mins
Wednesday	Bike 30 mins	Swim 120 mins coached session
Thursday	Run 30 mins	Swim 120 mins coached session
Friday	Group ride 180 mins	
Saturday	Swim 120 mins coached session or race	
Sunday		

Elliot has taken to cycling and has worked hard to improve his ability by entering time trial races (10 mile all out efforts with riders set off a minute apart, racing against the clock) and by getting involved in group rides. He tries to attend a Saturday afternoon gathering at Wickersley which is particularly hard and has within its number some of the area's top riders. Elliot is now old enough to ride in some of the longer sportives and has pencilled himself in for the 94 mile Lincoln event on the 12th May 2012.

An area Elliot has improved on quite significantly is his running due to the efforts of Jim Brogan and a persistent father who has always dragged his son out and tried to share his lifelong addiction to road, cross country and track running. It is hard to convince a young lad that the pain and discomfort will go away and the elation one will feel when one is running freely with a great bunch of colleagues sharing friendly rivalry and the banter that is to be savoured.



No More Couch Potato!

From Rob McCarthy

"...Rob McCarthy...dropped his pb to 33 minutes in the Prestwich 10k last month...however he has had to undergo a hernia operation... but he is improving so well that this will only be a brief interruption I am sure." – July/August 1996 RHAC Newsletter

Well the brief interruption took a little longer than expected - 15 years to be precise. After a brief return in 1997, life and work got in the way and I stopped running all together.

I'd started down a slippery slope. My weight ballooned to 16.5st. My diet and lifestyle were terrible - I ate nothing but McDonalds for 6 months and drank most evenings. I did not look, nor act, like a runner. Instead I looked as if I had eaten that 22 year old Rob McCarthy who ran a 77 minute half marathon in 1996.

Work took me away from Yorkshire, originally to Frankfurt and then, in 2006, to New York. My health hardly improved on my arrival in the USA, where excess and obesity seemed to be a national pastime.

I lived in denial about my decline, still believing that I was an athlete. Every year my old man renewed my RHAC subs. I reviewed race results seeing the guys I used to compete against still logging great times - Comrie, Humphries [*probably Paul—Ed*], Smales and others. This whole time I'd tell people what a good runner I was - but eventually the disbelief on their faces turned to mockery.

Then, in March 2011, I needed major surgery that left me hospitalized and unable to walk for a few days. Alone in the hospital bed I decided enough was enough – I had to do something about the couch potato I had become.

Following recuperation, I took my first run in June 2011. It took me 13 minutes to complete 1 mile - and I was shot. I never remembered it hurting this much! But the next day I pulled on those faithful ASICS and did it again. I was overjoyed – I'd knocked a whole 15 seconds off my mile time. It was progress after all.

I needed motivation - so I entered the Chicago Marathon. I had never done a marathon before, even in my hey day, so just finishing would guarantee a PB!!!

I only managed to train for 9 weeks - the rest of the time was spent on a physio bench with a torn hamstring, pulled calf, pulled quad or sore Achilles tendon, all resulting from trying to get my now 14st body to do something it was no longer designed to do.

Then on October 9, 2011 I staggered my way around the Chicago Marathon in 4 hours 20 minutes, but the time was not important - the important thing was that I'd enjoyed every painful stride. I was born again.

Since October I have been running injury free, logging 35+ miles per week. My weight is down to 12.5st, the man-boobs I'd grown are finally shrinking and my love of running is back. I have managed to race sub 7-minute miles over shorter distances. I have entered 3 more marathons in 2012 and I am determined that with another 12 months of training I'll be back at my 1996 level.

I now proudly wear my RHAC vest at races in the USA, and proudly call myself a runner again. But boy, what a journey there and back again.

Finally, a special thank you to the Thursday night "beginner" crowd and Peter Humphries. It was great to be warmly welcomed over the Christmas holidays to train with RHAC after all these years.

Trail Series February – December 2012

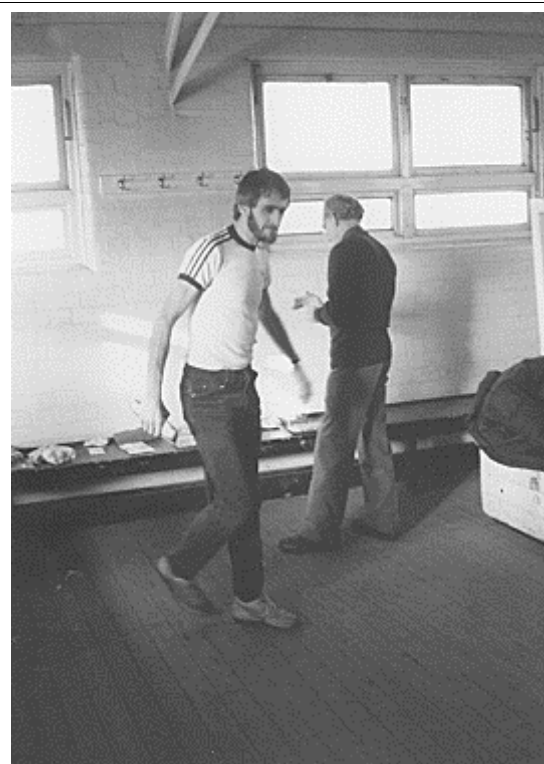
February 5th	St Wilfreds Muddy Boots 10km multi-terrain Ripon. Entry form on www.riponrunners.co.uk
March 11th	Bassingthorpe, Wingfield Rotherham organised by RHAC
April 1st	Rossington Gallop 6 miles organised by Metres to Miles www.metrestomiles.co.uk
May 20th	Clowne RR Towpath and Trail 10km Shireoaks, Worksop www.clowneroadrunners.org
June 20th	Ulley Res approx 5miles off road organised by RHAC
July 22nd	Sherwood Pines 10km and 5km trail Nottinghamshire Organised by www.2pointb.co.uk
August 19th	Belper Rugby Rover 30km, Derbyshire Entry forms www.belperrugbyclub.co.uk
September 9th	Bawtry Forest Trail approx 7 miles Organised by Maltby Running Club
October 7th	Tissington Trail Half Marathon www.nice-work.org.uk
November 4th	Up and Running Guy Fawkes 10, Harrogate North Yorkshire Organised by Nidd Valley Road Runners
December ?	Edwinstowe Christmas 10k Trail Race Organised by www.2pointb.co.uk

Rules and scoring

Prizes will be awarded to first 3 men and women, this will be dependent on numbers taking part.

Points will be scored depending on finishing positions so for example, 1st male/female to finish will be awarded 10 points, then 9, etc.

Queries and suggestions to Sharon Burton rrrsharon@aol.com



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. This includes results lists which must therefore be in publishable format.

The newsletter is especially keen to have contributed articles or reports from members (ask if in doubt about suitability)

The fixture list and online news reports 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. This input goes to newsletter editor and to Alan Coupe for Rotherham Advertiser. NB this must be a report (may be brief) not just a reference

Editor: Pete Humphries peter.humphries627@o2.co.uk Next edition: pre-Easter, to be announced

Couldn't resist going back to the scanner and the 'proper' photos!
Left: Rob McCarthy in his slightly younger days! Where & when?
Above: I unfortunately didn't get a photo of Jim Brogan from the awards evening and came across this one. Where & when & who?

Group: Improvers/ Consolidators Group **Organiser:** Jerry Spencer
Times: Tuesday/Thursday 6.30, Herringthorpe Stadium
Nature: Interval and sustained road training for serious competition
Joining: Open to full and temp RH members- contact leader or secretary.
Communicating: Web section and personal contact

This group supplements the Intermediate and Endurance running groups and is designed principally for runners who compete (or are intending to start competing) seriously in races.

SESSIONS FOR FEBRUARY 2012
 (updates on website)

Tues 14th Feb..Sustained Run	Tues 21st Feb..Hills
Thurs 16th Feb..400m Intervals	Thurs 23rd Feb..Mile Intervals
Tues 7th Feb..Hills	Tues 28th Feb..Sustained Run
Thurs 9th Feb..Mile Intervals	(Thurs 1st Mar..400m Intervals)

The group aims to offer structured training for events of 10Km upwards, with a mix of interval and sustained run training.

In order to provide club members with a wider variety of training opportunities, the group meets on Tuesday and Thursday evenings at the stadium for a 6.30pm start. Together with the club sessions on Mondays and Wednesdays, it gives members the opportunity to take part in a training session on any (or each) of four weekday evenings.

The group is in its infancy, but it is hoped that it will prove popular, attracting up to a dozen or so participants.

The sessions are run on footways, on routes up to a 4 mile radius from the stadium. Sessions fall into four categories; intervals (mile, km, 400m), sustained run, hills, pyramids. A schedule of proposed sessions will be available in advance.

Mile Intervals The session commences with a 'warm up' circuit of the playing fields (1.65 miles) followed by the sequence of (a maximum of) six mile runs as shown below. For the session to be challenging, the miles should be run at or slightly faster than 5k race pace, with the aim of completing all miles at a consistent pace. Recoveries will be jogs to the start of the next mile.

Mile Route "Run Finder" Hyperlink

- 1 Stadium (car park entrance) – Middle Lane – Badsley Moor Lane – Boswell Street (last lft col.)
- 2 Homestead – Broom Lane – Broom Ave – Wickersley Road (to Homestead car park entrance)
- 3 Spinneyfield (btm) – Moorgate – East Bawtry Road (to bus shelter)
- 4 Worry Goose Island – East Bawtry Road – Wickersley Road (to Bentfield Ave)
- 5 Herringthorpe Valley Road (opp. Bottom of Bentfield Ave) – Wickersley Road – Broom Ave (cross) – Broom Lane (to opp. Beaconsfield Road)
- 6 Broom Road (opp. Homestead, red dog waste bin) - Boswell Street – Badsley Moor Lane – Middle Lane (to 2nd bus shelter)

Km Intervals The session commences with a 'warm up' run from the stadium to the start of the first interval at Listerdale (1.35 miles). The schedule of km runs is shown below. A maximum of eight will be run in any session. The kms should be run slightly faster than 5k race pace, with the aim of completing all kms at a consistent pace. Recoveries will be jogs to the start of the next km.

Km Route "Run Finder" Hyperlink

- 1 Bawtry Road, jcn Beech Ave (Listerdale School) – Chevril Court (start of service road)
- 2 Wickersley (Medical Centre) – Sycamore Ave(to Elder Drive)
- 3 Flanderwell Lane (btm of Sycamore Ave) – Main Street (Bramley) – Church Lane (top of)
- 4 Church Lane (btm, o/s Lillies coffee shop) – M18 entry slip road
- 5 - 8 Km 4 to Km 1 (in reverse)

400m Intervals The session will take place on the footway of Centenary Way, between Ickles and Canklow. Four intervals will be run in each direction, with a maximum of sixteen intervals (with only 30sec rest between each one) per session. The 'warm up' will be the run from the stadium to the start at Ickles (1.65 miles).

Sustained Run The session comprises a 7.4 mile run from the stadium to the Stag, Brecks, Wickersley, Flanderwell, Bramley; and return via Brecks, Worry Goose Island, Broom Lane and Broom Ave. The "Run Finder" hyperlink shows a map of the route. The run should be slightly slower than 10K race pace – but, as the name suggests, at a constant pace.

Pyramids It is proposed that these sessions will be carried from April, when the clocks have gone forward and they can be carried out on grass. Further details will be provided nearer the time.

Hills These will be carried out similarly to (but less intense than) the Endurance Group, at the top of Herringthorpe Playing Fields (off Broom Road, opposite the Homestead PH). The session will consist of:

- Long Circuit: Three sets of 10 mins + 7 mins + 7 mins (with 3 mins recovery between sets)
- then 5 mins recovery, followed by:
- Short Hill: 5 mins + 3 mins (with 2 mins recovery)

Group: Endurance Group **Organiser:** Jim Brogan, Pete Shaw
Times: Monday/Wednesday 6.30pm Herringthorpe
Nature: Structured training for members wishing to improve
Joining: contact Jim Brogan in the first instance
Communicating: Web section Training plans paper or email.

MONDAYS

January 2nd	Hill session
January 9th	10 x 1 Km
January 16th	Hill session
January 23rd	Hill session
January 30th	6 x 1 mile
February 6th	Hill session
February 13th	Hill session
February 20th	(1200m, 30 sec, 400m, 90 sec) x6
February 27th	6 x 1 mile
March 5th	10x 1 Km
March 12th	10x 1 Km
March 19th	6 x 1 mile
March 16th	to be decided

WEDNESDAYS

January 4th	6 x 1 mile
January 11th	Hill session
January 18th	10 x 800m + 1 mile
January 25th	(1200m, 30 sec, 400m, 90 sec) x6
February 1st	Hill session
February 8th	10 x 1 Km
February 15th	10 x 800m + 1 mile
February 22nd	3000m hard + hills
February 29th	10 x 800m + 1 mile
March 7th	10 x 800m + 1 mile
March 14th	mile and 400m mixed
March 21st	10 x 1Km
March 28th	to be decided

GROUP OBJECTIVES AND PHILOSOPHY

The main purpose of this group is to provide coaching towards the long term development of athletes at middle distance and endurance running, generally in the age range 17 and upwards. The group is in no way elitist and will welcome anyone, male or female, who recognises the need to use a structured approach towards improvement. Our philosophy is the **ANYONE** can improve their running, no matter their initial standards, and our aim is to assist athletes in achieving their full potential. Link to current session schedule

THE COACHES

The group currently has two highly qualified coaches with many years of involvement in athletics between them. The lead coach is PETE SHAW who joined the club around 8 years ago. Pete is qualified to UK Athletics Level 3. Prior to joining Rotherham Harriers, Pete was extremely active as both coach and athlete with the City of Sheffield club. Pete takes responsibility for the overall direction of the group, and provides personalised coaching plans to anyone in the group requesting this service. Coaching alongside Pete is JIM BROGAN. Jim has been with the club for nearly 35 years, and has coached for the club for 20 of those years. Like Pete, Jim is qualified to UK Athletics Level 3, and works closely with Pete on all aspects of the groups programme.

OUR ACTIVITIES

On club nights our activities are based around training schedules devised by Pete and Jim, and involve mainly track, in spring and summer, and a mixture of hill training/track in autumn and winter. Athletes who work with the group are encouraged to plan their racing and to set realistic but tough targets. Race distances covered by athletes range from 1500m up to and including the Marathon. Participants for the club in the major relays, both road and cross country, come mainly from this group, as well as athletes competing for the clubs track and field teams in spring/summer

WHERE WE TRAIN AND WHEN

We are one of the main users of the excellent track at Herringthorpe Stadium. In Autumn/ Winter we spend one of the two club training sessions doing hill work on nearby Herringthorpe Playing Fields. On the other night training takes place at the track.

THE TRAINING PLAN

Training sessions on Mondays and Wednesdays are structured as follows: October-December. Concentrating on Speed Endurance and Endurance. The emphasis is on building mileage and carrying out speed endurance sessions in a progressive manner using both hills and track. January- March. We continue working on Speed Endurance and Endurance, with slight changes in training content during this phase. April- June. Training concentrates mainly on the track, with the aim of building more speed and reducing endurance content, although still maintaining a high volume of endurance. July – Mid September. Even more emphasis on speed by employing fast repetition work on the track with longer recoveries. All athletes are provided with a copy of the detailed sessions for each training night, either by email or in paper form. The plan currently in operation is available as paper or by email

Spotlight this time on two of our training groups– you may be aware there are several more at Herringthorpe or elsewhere.

The Endurance Group is the regular training group which has served the club well for many years at the stadium on club nights. It is all-inclusive, with relative beginners right up to outstanding quality athletes. All improvers though.

The Improver/Consolidator group has been launched by Jerry Spencer to meet the specific requirement of dedicated road runners, and so as to maximise the running opportunities for members, it is meeting on Tuesdays and Thursdays.

New participants welcome in these groups (as elsewhere)- the header panel details how to make contact with the organiser. See website for all information and updates of these and other groups.