



### S. Y. Relays Results

Men's Relay		
1	<b>Rotherham Harriers</b>	<b>74:38:00</b>
2	Hallamshire Harriers	75:44:00
3	Doncaster & Stainforth AC	75:46:00
4	Hallamshire NS	76:03:00
5	Barnsley AC (Vet)	80:45:00
6	Hallamshire Harriers (Vet)	82:57:00
7	Doncaster & Stainforth AC	83:59:00
8	Totley AC	87:34:00
9	Askerne & District AC	88:32:00
10	<b>Rotherham Harriers (Vet)</b>	<b>88:32:00</b>
11	Barnsley AC (V50)	89:06:00
12	Doncaster & Stainforth (V50)	93:07:00
13	Mixed Clubs	93:18:00
14	Doncaster & Stainforth AC	94:09:00
15	Barnsley AC	96:05:00

1	<b>Rotherham Harriers</b>	<b>74:38:00</b>
	Richard Harris	2nd 18:44
	Mark Ruddleston	2nd 18:50
	Joe Gavelle	2nd 18:25
	Phil Hoole	1st 18:39
10	<b>Rotherham Harriers (Vet)</b>	<b>88:32:00</b>
	Pete Mirrlees	6th 19:24
	Alan Corish	14th 25:56
	Stuart Lake	12th 22:19
	Terry Eastwood	10th 20:53

#### Fastest times

1	Jason Ward	Hallamshire NS	16.35
2	Carl Ryde	Donc & Stain	18.22
3	<b>Joe Gavelle</b>	<b>Rotherham H</b>	<b>18.25</b>
7	<b>Phil Hoole</b>	<b>Rotherham H</b>	<b>18.39</b>
8	<b>Richard Harris</b>	<b>Rotherham H</b>	<b>18.44</b>
9	<b>Mark Ruddleston</b>	<b>Rotherham H</b>	<b>18.50</b>
15	<b>Pete Mirrlees</b>	<b>Rotherham H</b>	<b>19.24</b>
29	<b>Terry Eastwood</b>	<b>Rotherham H</b>	<b>20.53</b>
46=	<b>Stuart Lake</b>	<b>Rotherham H</b>	<b>22.19</b>

#### Women's Relay

1	Hallamshire Harriers	67:25:00
2	<b>Rotherham Harriers</b>	<b>70:01:00</b>
3	<b>Rotherham Harriers (Vet)</b>	<b>72:31:00</b>
4	Hallamshire Harriers	74:55:00
5	Barnsley AC (Vet)	75:32:00
6	Doncaster & Stainforth AC	76:00:00
7	Totley AC	76:36:00
8	Totley AC	77:35:00
9	Barnsley AC	78:53:00
10	Totley AC	81:17:00
11	Barnsley AC (Vet)	85:21:00
12	Hallamshire Harriers	86:13:00

2	<b>Rotherham Harriers</b>	<b>70:01:00</b>
	Jenny Blizzard	2nd 21:06
	Sue Bellamy	2nd 24:07
	Gill Taylor	2nd 24:48
3	<b>Rotherham Harriers (Vet)</b>	<b>72:31:00</b>
	Janet Hindley	3rd 23:20
	Hilary Garrison	3rd 22:42
	Paula Fisher	3rd 26:29

#### Fastest times

1	Channah Patton	Hallamshire	20.38
2	<b>Jenny Blizzard</b>	<b>Rotherham H</b>	<b>21.06</b>
3	<b>Hilary Garrison</b>	<b>Rotherham H</b>	<b>22.42</b>
4	Jenny Whitehead	Hallamshire	22.54
5	<b>Janet Hindley</b>	<b>Rotherham H</b>	<b>23.20</b>
10	<b>Sue Bellamy</b>	<b>Rotherham H</b>	<b>24.07</b>
15	<b>Gill Taylor</b>	<b>Rotherham H</b>	<b>24.48</b>
23	<b>Paula Fisher</b>	<b>Rotherham H</b>	<b>26.29</b>

## Standards and Results Good, Numbers Poor

Despite the depressed nature of Rotherham as a town, our athletes continue to do us proud. Our youngsters are outstanding especially in track and field, and at senior level we more than hold our own. At veteran level, top results speak for themselves.

It doesn't happen by chance. The road successes noted in this issue are due to ongoing effort and hard work of organisers, notably Peter Neal, Gill Taylor and Mark Ruddleston in this context. But there is no room for complacency. In com-

mon with most athletic clubs, RHAC has a comparative shortage in the 20-30 year old bracket, and a glance at the road league 4 and Doncaster 5k results is instructive, where we can thank a small group of good club performers for representing us—Neil Shaw, Dave Storey and Roy Butterworth particularly.

We all know senior level performance and participation are down everywhere, but we are also going absent in local events—the same runners cannot be everywhere. Some local towns are booming, and some have universities. Beware.

### S. Y. Relays, Damflask

#### The Sid Scoop Report

On the start line there were 2 questions to be answered. Had Jim Brogan gone to a Swiss Football Referees Convention and should Joe Gavelle have gone to Specsavers?

On the opening leg for the men, Richard Harris arrived in plenty of time for the start and arrived back at the finishing line in 18m 44s for a splendid 2nd place just 7s behind Hallamshire. Mark Ruddleston's terrific effort of 18m 50s saw the deficit extend to 30s before Joe Gavelle, wearing some shady shades, brought the Men In Black to within 5s of the lead with an awesome 18m 25s. On the final leg Phil Hoole kept his cool with an outstanding 18m 39s which saw the team home comfortably with a winning margin of 1m 06s.

Following his shock of being the weakest link in the team, Mark confirmed that he was worried that he may be up for nomination for eviction from the Big Boys Team by the Lip Gloss Bitches. However, this reporter gave him a stern warning that it is not permissible under club rules to discuss nominations with other team-mates.

All this big brotherly banter was soon forgotten as Pete Mirrlees got the Vet's team off to a superb start when he powered round the opening leg in 19m 24s to place the team 2nd, only 6s behind Hallamshire again. Alan Corish made his debut clocking a creditable 25m 56s but the team was now down to 5th. Stuart Lake retrieved the situation with a solid 22m 19s leaving Terry Eastwood the simple task of overturning a 1m 57s gap in just over 3 miles. Not realising he had left his red underpants outside his shorts, Tezza roared round in a fabulous 20m 53s to convert the 1m 57s deficit into bronze medals for the team by 34s.

In the Ladies race, Jenny Blizzard got the defending champions off to a storming start with a whirlwind 21m 06s, 28s behind Hallamshire, grrr. Sue Bellamy maintained 2nd place with a brilliant 24m 07s and Gill Taylor closed the show with an exceptional 24m 48s. Hallamshire took the title

with 2m 36s to spare, grrr.

Janet Hindley set the Ladies Vets on the path to glory with an impressive 23m 20s and 1m 26s advantage over Barnsley. Hilary Garrison drew gasps of admiration for the second time on the night with an imperious 22m 42s to extend the lead to a com-



Tiger of the Tabloids Sid Scoop caught in a rare moment of relaxation

fortable 3m 47s. Paula Fisher had no problem retaining the lead completing the lap of honour in a wonderful 26m 29s to complete a magnificent victory.

#### Rotherham Harriers & AC Newsletter

is normally published on the first Wednesday each month.

Editor Peter Humphries  
 Contact for news/comment: 01709 549125  
 E-mail: peterh@thedoc.fsnet.co.uk

#### Club Websites:

www.rotherhamharriers.org (official site)  
 www.hmarston.freeserve.co.uk/rhac/index.htm  
 Newsletter and back issues on-line:  
 www.thedoc.fsnet.co.uk/jul04.pdf or ...jun04/pdf etc

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

Deadline for copy: first Tuesday each month.

Thanks to contributors this month including: Jim Brogan, Ian Hindley, Bert Norburn.

**Welcome, Welcomen, Ben Venute.....**

The following new members were accepted at the Executive Committee Meeting in July Rachel Staten 14 yrs T & F, Pete Shaw 46 yrs RR, XC General A level 2 distance running coach (coming to us from City of Sheffield), David Nuttall 44 yrs RR XC also joining us from City of Sheffield, Aaron Daniel Joseph Hicks 15 yrs T & F XC, Emily Frost 8yrs T & F XC, Laura Beck 14 yrs T & F.

**We extend a warm Harriers welcome to them all and wish them an enjoyable athletic career.**

**\*\*\*BRAND NEW TRACK THIS SUMMER ? UPDATE FROM CLUB SECRETARY \*\*\*  
R.M.B.C.'s Robert Oakes prediction of completion in August/September this year has proven to be correct.**

**HERRINGTHORPE STADIUM WILL NOT BE AVAILABLE FOR TRAINING FOR THE WHOLE OF AUGUST AND SEPTEMBER. HOWEVER CHANGING FACILITIES SHOULD STILL BE AVAILABLE. THERE MAY BE THE POSSIBILITY OF A 400M TRACK BEING MARKED OUT ON THE GRASS ADJACENT TO THE STADIUM, we await a response from the Council, Watch the notice board.**

**UKA Flora Training Camp July**

*Congrats to Natalie Grant for being invited to attend the above training camp which is reserved for elite athletes. This young lady has progressed incredibly this season we all look forward to her continued progress under Senior Coach Denis Russell. This training camp was organised by UKA at Twickenham in north London. Natalie tells me that she enjoyed the whole experience up at 7.30am each morning for training to commence. BUT can you believe this NO TRACK FACILITIES AVAILABLE AT THE VENUE OUR ELITE TRACK ATHLETES HAD TO DO IT ON GRASS*

**Young Harriers excel in SYCAA Multi event Championships**

At The Under 11's multi events organised by the SYCAA and held at Dorothy Hyman Stadium Cudworth on Tuesday 13<sup>th</sup> July Olivia Neal took 2<sup>nd</sup> place with a points total of 146. In the boys event Liam Deakin took 4<sup>th</sup> place on 133 pts (I think this was his first competitive event) Curtis Benton took the trophy for 6<sup>th</sup> place on 123 pts.

Not to be outdone in the Under 13's on Thursday 15<sup>th</sup> at the same venue Amber Merrills took 1<sup>st</sup> place trophy on 208 pts GREAT RESULTS FROM OUR YOUNGSTERS

**Young Harrier Smashes School record**

At Rotherham Schools recent championships at Herringthorpe Vicky France smashed the 1500m record with a run of 5m 3s. This had stood for over 10 years a tremendous achievement. In spite of her success Vicky was disappointed because the time was well outside her personal best

**ENGLISH SCHOOLS CHAMPIONSHIPS GATESHEAD INTERNATIONAL STADIUM 9/10 JULY**

A quality group of Young Harriers represented South Yorkshire Schools at this event with the following results:-

IB 400m David Scholey 4<sup>th</sup> in heat 52.01s  
IB 800m Jason Maxfield 5<sup>th</sup> in Final 1m 57.98s  
SG LJ Helen Banks 9<sup>th</sup> 5. 21m  
JG 800m Jade Allen 5<sup>th</sup> in Heat 2m 19.04s (PB) 3<sup>rd</sup> in the Final and BRONZE MEDAL Natalie Grant 2m 19.88s (Yes Jade did run faster in her heat and was extremely unlucky not to reach the final)

IG Shot Putt 3<sup>rd</sup> in the Final and BRONZE

MEDAL PERFORMANCE Laura Booth 11.96m

Ex Harrier Louise Bloor defending her long jump championship at Gateshead managed only 2<sup>nd</sup> place with a leap of 5.87m only 4cm off the winner. We wish Louise well as she aims to further her career.....

**Speaking of Ex Harriers**

I'm sure we all wish Chris Rawlinson the very best at the Olympics next month. Chris was a class act against the rest in the AAA Championships at Manchester taking the mantle for the men's 400m hurdles.

If he performs to his true potential he will take a medal of some sort and who knows IT MIGHT BE GOLD. Chris may well carry the Trafford vest but to many of us he will always be a Harrier.

**South Yorkshire 2004 Senior Championships**

With the T & F season rapidly coming to a close you have a chance to show what you can do at these championships on Sunday 12<sup>th</sup> September. The event takes place at Dorothy Hyman Stadium, Cudworth commencing 10.00am. There is a full program of events for U13's, U 15's, U 17's, Junior Men, Senior and Vet Men and Women.

Entry forms are in the kiosk or contact Bert Norburn.

**Young Harrier WALKS it !!!!!**

With a free weekend from competition young David Booth decided to accompany his dad around the round Rotherham Walk part of the recent R.M. B.C. walking festival. David then promptly 'strolled' into 2<sup>nd</sup> place the highest place ever in the event, for his age group and the youngest ever trophy winner with a time just over 5 hours. David's dad, Kerry quickly followed in 3<sup>rd</sup> place. Having spoken to them both after the race I can assure you that both find running easier than walking. Our CONGRATS to them both.

**LEAGUE ROUND UPS****Northern Men and Women**

With the 3<sup>rd</sup> round matches completed on Sunday 4<sup>th</sup> July following an arduous trek to Gateshead Our seniors remain in overall 2<sup>nd</sup> place on 1007.5 pts and 13 League points. We follow Leeds City on 1172.83 pts and 18 League points. With one event left at Blackpool on 31<sup>st</sup> July we remain well placed for a promotion challenge next season.

We received current scoring positions for National League place offs which are the seniors results MINUS performances by U 17's. The men stand in 3<sup>rd</sup> with 489 pts and the Women 4<sup>th</sup> on 441.5 pts. This is a sure indication on how the seniors have relied on our under 17's this season

The B team results are not available to T&F Secretary at the time of writing.

**National Junior League**

Position as at 20<sup>th</sup> June with one event at Longford Park, Stretford, Manchester the home of Trafford AC on 24th July to come.

**Pennine League**

Men 3<sup>rd</sup> Place 509 pts and 11 League pts  
Women 4<sup>th</sup> 382 pts and 6 :League pts.

Jonathon Thewlis still holds the League best performance ( Nationally) for the 3000m with a time of 8m 40.2s

**WITH SUCH A CALL ON BOTH UNDER 17**

**ATHLETES AND OFFICIALS CONSIDERATION IS BEING GIVEN TO PULLING OUT OF THIS LEAGUE NEXT SEASON. DO YOU HAVE ANY VIEWS? CONTACT T&F Secretary Bert Norburn.**

Young Athletes League Northern League 1 East. Following an excellent 2<sup>nd</sup> place at Wakefield on Sunday 18<sup>th</sup> July just holding off Bingley and behind front runners Wakefield we remain in joint 2<sup>nd</sup> place with Hallamshire and only one more round left on 1<sup>st</sup> August. We have a home fixture and Hallamshire travel to Monkton and take on Bingley. We could take overall 2<sup>nd</sup> place and promotion.

This followed on from an excellent 1<sup>st</sup> place at home on 27<sup>th</sup> June. This event was somewhat marred by the withdrawal of Elswick making the event a triple header. **Some parents complained that there were no times taken on the track a note of explanation follows from T&F Secretary: With Chief T/K Bert Norburn away at the Strawberry Fayre and one less team providing officials covering the track and field was always going to prove problematical. Bert contacted all competing clubs for a Chief T/K; none were able to provide one. He also contacted many listed officials, again none available. He contacted the Field Referee and Chief Starter and PRIOR to the event it was agreed that if no Chief Timekeeper could be arranged ON THE DAY then those who would have been time keeping would help out in the field and the event would go without times on the track. The Secretary of the YA League was informed of the position.**

**THE SOLUTION IS SIMPLE TO PUT INTO WORDS, HARDER TO ACHIEVE IN REALITY, PARENTS, VOLUNTEER YOUR SERVICES BECOME GRADED AND HELP OUT THE EVER HARDER WORKING NUCLEUS OF OFFICIALS. YOUR CLUB CANNOT COMPETE IN LEAGUES WITHOUT OFFICIALS**

**APPEAL FOR HELP**

**Anna Rowbotham aged 22 months lives in Brinsworth. She is a beautiful little girl with BIG needs.**

**Anna has Diamond Blackfan Anaemia. Her treatment is complex and painful but with IVF rules as they are at present in the UK she would benefit with a trip to the USA for treatment costing in the region of £60K. If you can help by sponsorship contact her parents on 01709 720836 or e mail info@anna-appealfund.co.uk**

**Rob Watkinson's Ups and Downs**

On 19 June Rob took gold in the Northern Championships 1500 with a time of 3m 59.35s defending his title. At the Olympic trials in the 800m he just failed to qualify for the final coming 4<sup>th</sup> in his heat. With 4 fastest losers going through he just missed out being 5<sup>th</sup> fastest qualifier on 1m 49.81s. Bad luck Rob we wish you well for the future.

**Footnote**

Local athlete Sam Ellis took the AAA title in the 800m Olympic Trials in 1m 49.19s a tremendous result. Sam is well know to many Harriers and can be seen training on our track with Allan and Rhian Hasteley. Sam is Barnsley AC through and through and in spite of international recognition he never forgets his home club.

# Still Top in Yorkshire

## Rotherham's Annual Trip to Emmerdale Follows the Familiar Pattern

Our annual day out at the Woolpack, which is where the Yorkshire Vets Relays now take place, followed the established pattern. Can it last?

Another smart team and individual performance, and recent arrivals Pete Shaw and Dave Nuttall, necessarily running in the 'B' team as they are non-scorers until December, showed they will do no harm at all to future prospects that it can. Sid Scoop reports below.

### The Sid Scoop Report

With the aroma from the sewage plant barely touching 1 on the whiffometer, there was one question to be answered. Was this as good as it gets?.

### Men Over 40 – 4 legs x 2.5 miles

Pete Neal took on the responsibility of the all important opening leg and delivered in style with a sizzling 13.30 which placed us 8<sup>th</sup>. However, feared rivals Bingley were already reaching for the binoculars. Once again, scientific methods were employed to determine the running order of the B team. Dave Nuttall drew the shortest twig before making a dazzling debut, clocking a superb 13.46 for 10<sup>th</sup> place. Ken O'Mara was drafted into the team at 48 hours notice and blew the opposition away with a magnificent 13.21 to raise us up to 4<sup>th</sup> place and raise our hopes even higher. Bingley put away the binoculars and were now frantically assembling sonar equipment. Meanwhile, Stuart Lake maintained the momentum for the B team with a fabulous 15.05 which now placed us 13<sup>th</sup>.

Into the 2<sup>nd</sup> half and Pete Mirrlees powered into the lead with a brilliant 13.08, giving us a 30secs advantage over 2<sup>nd</sup> placed Leeds City. Bingley were now trying to contact Thunderbird 5 for a sighting. Terry Eastwood kept the B team in 13<sup>th</sup> spot with a fantastic 14.14. As Mark Ruddleston awaited the arrival of Pete, he requested a late consultation with Dr Scoop. "My hands have been shaking uncontrollably for the last 12 hours" said Mark. "Did you drink a lot last night?" asked Dr S. "No" replied Mark, "I spilled most of it." Such drinking dramatics were soon forgotten as the sober superstar stormed round in a splendid 12.50 to bring the team home for a spectacular victory with 48secs to spare. Pete Shaw made a distinguished debut with an outstanding 13.09 to elevate the team to an exceptional 10<sup>th</sup> place.

With 5 of our squad featuring in the top 20 fastest individual performances, Steve Gaines was prompted to enthuse, "it's nice to see the youngsters coming through."

### Men Over 50 – 3 legs x 2.5 miles

In a keenly contested opening leg, Martin Herrington got the team off to an auspicious start with an amazing 14.27 which put us in 3<sup>rd</sup> place hot on the heels of Longwood and only 8secs behind leaders Barnsley. Steve Gaines lifted us into 2<sup>nd</sup> place with a tremendous 14.15 which was to be the 2<sup>nd</sup> fastest leg of the day. Barnsley now held a 3secs advantage while Longwood were only a further 2secs in arrears. As Malc Palfreyman awaited the arrival of Steve, he sought a late consultation with Dr Scoop. "What are the first 3 signs of old age?" he asked. Dr S replied, "the first sign is memory loss, the second sign is .....

er." Such unforgettable er.... was soon forgotten as Malc ran a heroic 14.21 to overhaul Barnsley to cross the line in a sensational 2<sup>nd</sup> place 33secs behind Longwood.

All 3 team members were placed in the top 7 fastest individual performances with only 12secs separating the fastest and slowest leg.

### Ladies Over 35 – 3 legs x 2.5 miles

The former champions got off to a promising start when Janet Hindley came home 2<sup>nd</sup> with an excellent 15.27. Hilary Garrison swiftly moved us into the lead with an astounding 14.57 which was to be the fastest leg of the day. This put us in pole position by 31secs. As Gill Taylor awaited the arrival of Hilary she demanded a late consultation with Dr Scoop. After a thorough examination Dr S announced "you are pregnant and have the worst short term memory loss that I have ever encountered in my professional life." "Well" said Gill, "at least I'm not pregnant." Such childish chunters were soon forgotten as Gill whizzed round in 17.10. Unfortunately Holmfirth and Keighley & Craven whizzed round a bit quicker and we were relegated to 3<sup>rd</sup> place just 35secs behind the winners.

In an exclusive post race interview I asked Gill "what if Gill Bunker had been in the team?" She replied "if is an easy word to say. It's not so easy though to say Llanfairpwllgwyngyllgogerychwyrndrobwillantysiliogogoch backwards."

Overall we had a memorable day. A glittering gold, a super silver, a brilliant bronze, a B team in the top 10 and 1<sup>st</sup> & 2<sup>nd</sup> fastest individual legs. With such quality squads available, 2005 has got to be the year where we break through at national level. However, places in the team will be limited, so book early to avoid disappointment.

*Team and individual results are on the supplementary page.*

### ASK AKED

Dear Andy,

Please can you tell me if the word Llanfairpwllgwyngyllgogerychwyrndrobwillantysiliogogoch is the longest ever to appear in the newsletter?

Sid Scoop

Andy replies,

Congratulations Sid, it easily beats antidisestablishmentarianism which was uttered by Jim Brogan in issue 34.

Dear Andy,

I know the grouse shooting season starts on the glorious 12<sup>th</sup> of August, but when does it close?

Joe Gavelle

Andy replies,

Presumably when they've all been shot.

### Strawberry Fayre 4.4 Mile Multi Terrain, Sunday 27<sup>th</sup> June Supporting Multiple Sclerosis.

A brand new course for the 11<sup>th</sup> running of this event organised this past 4 years by **YOUR OWN CLUB** saw the winner coming home in our black vest with the pointed Star, Phil Hoole taking top spot in 24m 50s. 1<sup>st</sup> Lady home was Harrier Sue Bellamy and Sharon Merrills was first Swinton Lady home finishing 5<sup>th</sup> Lady in a time of 34m 50s. A fitting tribute to the new course senior Harrier Arthur Jeavons (NOW 80yrs OF AGE) came home in 46m 43s a tremendous performance. The event raised almost £200 towards club funds.

The new course was well received by all athletes with a variation of road, footpath, wood and meadow terrains. Perfect weather and course conditions ensured a true run race. Organiser Bert Norburn was ably assisted on the day by Dave Johnson (Both out at the crack of dawn marking the course), Jim Brogan, David Haywood, Marilyn Norburn and Gill Taylor marshalling the course. This race really does need support from the road and XC section. Had it not been for South Yorkshire Police with Police Cadets covering marshalling points then we would not have been able to proceed.

**THIS EVENT HAS THE ABILITY TO MAKE MUCH NEEDED FUNDS TOWARDS THE RUNNING OF THE CLUB PLEASE PLEASE SUPPORT IT**

Full results as follows

1	Hoole, Philip	RHAC	M	24m 50s
2	Shaw, Gary	Donc & S	M	26m 11s
3	Alwash, Craig	Barnsley H	M	27m 03s
4	Murray, Ciaran	Donc & S	M	27m 12s
5	Slight, Jim	Unattached	M	27m 45s
6	Allenby, Dave	Wombwell	M	29m 44s
7	Bellamy, Sue	RHAC	1st L	30m 38s
8	Muldowney, Larry	Donc & S	M	31m 24s
9	BeEVERS, Chris	Unattached	M	31m 43s
10	Bellamy, Rick	RHAC	M	31m 55s
11	Hearn, Mark	Unattached	M	32m 18s
12	Chapman, Ken	K'rworth S	M	32m 18s
13	Nokes, Malcolm	Unattached	M	32m 29s
14	Gregory, Kathryn	Valley Hill	2nd L	33m 06s
15	Sutton, Beverley	Valley Hill	3rd L	33m 24s
16	Corish, Alan	RHAC	M	33m 29s
17	BeEVERS, Andrelo	Unattached	M	34m 17s
18	Goacher, Rachel	Valley Hill	4th L	34m 32s
19	Merrills, Sharon	RHAC	5th L	34m 50s
20	Nixon, Jimmy	Unattached	M	34m 56s
21	Leather, Ben	Unattached	M	34m 56s
22	Anderson, Clare	Unattached	6th L	35m 28s
23	Concannon, M	K'rworth S	M	35m 41s
24	Hope, Roy	Unattached	M	35m 48s
25	Gill, Don	Donc & S	M	35m 48s
26	Young, Craig	Unattached	M	36m 55s
27	Horsfall, David	Penistone	M	44m 18s
28	Fuller, Wendy	RHAC	7th L	44m 31s
29	Bagshaw, Stan	RHAC	M	44m 40s
30	Gorvin, Jenny	Unattached	8th L	45m 38s
31	Nock, Victoria	Barnsley	9th L	46m 27s
32	Gray, Rachel	Barnsley	10th L	46m 29s
33	Jeavons, Arthur	RHAC	M	46m 43s

Dear Andy,

I train with Jim Brogan's elite squad and I always struggle to keep up when we do 400m intervals. What can I do?

Phil Smales

Andy replies,

Come and see me on a Monday or Wednesday and I can show you a secret short cut.

## Running Shorts

\*In the Exmoor 100 miles on Saturday 27th June Mick Cochrane and Kerry Booth finished 9th in 25 hrs 54 minutes. They were the fastest pair over the last 20 miles over a very tough course run however in good weather. Kerry reports that the hospitality was so good that they had to cut down on eating so as not to spoil the bacon and eggs at the breakfast stop!

\*'A foot in two dales' at Harmby, near Leyburn, Wensleydale on the 17th July saw Kerry 6th in this 50 mile event, this time partnered by Mick Marsters and running 10 hours 15 minutes in drizzle, rain and then sun from the top of Shunner Fell (and despite a couple of wrong turns) and with a nice cold stream at the end to wash in. By Kerry's own admission he was hanging on with Mick running well, and clearly his map-reading was not first-rate.

In fact Mick is quoted as observing 'You run like a donkey and read the map like a donkey!'. Mick being such a generous uncritical runner, of course he may have been joking. Or not.

\*Unless you have been in a coma for six months, you won't need telling what a brilliant season's results Laura Booth has posted. After winning the Yorkshire and North of England shot, she threw third in the English schools shot with a brilliant 11.96m. Her aim is now to make second in the AAA event at Birmingham in August. All our best wishes will go with her; all this success could not come to nicer people.

\*Roy Varo first O-60 at the Maltby Abbey Dash in 39.47; Lewis Banton (Clowne, 27.27) won an event which saw few RHAC runners.

\*Paul Green (Hallam) won the Mewborough Town 5k in 15.48, our own Gareth Darnall was second in 18.32 and Sue Bellamy won the ladies race in 20.23.

\*My colleague Henry Marston has received the following email:

Subject: In Flanders Fields marathon  
Do you know the "In Flanders Fields-marathon"? It's a marathon on the battlefields of the First World War 1914-1918 (90 years ago) in Flanders, Belgium This race will be a tribute to all of them who died in this war, more then 9 million people of so many countries. The race is due on Sunday 12 September 2004. Read all about this marathon on [www.marathons.be](http://www.marathons.be). Can you please pass this email onto your club members as some of them might find it a unique experience to run the "In Flanders Fields-marathon".

## Picture Quiz



To be honest, this race is the greatest memory of my athletic career. Up until then I had achieved decent results at most distances but I always seemed to come a cropper in marathons. For this one I prepared meticulously (with a peak mileage of 100 mpw for 3 of the weeks) and it came good. I will never forget how good it felt as I ran down from the Brecks knowing that, barring something drastic, I was going to crack

2:40:00 with a bit to spare. Entering the stadium felt like finishing the olympic marathon.

Another great memory which I think you may not recall, but that evening I remember you picking me up to go for a 'session' at that favourite pub in those days. Peter Neal and Quentin Tupper were there and between us we must have rerun the race over several pints. That first pint was the best one I had ever tasted. No wonder, I'd just knocked 17 minutes off my pb.

Incidentally, on a point which will shock many of today's good marathon runners. The qualifying time for the AAA marathon (included in the London Marathon) was 2:35:00, which Peter Neal just missed out

on. However, Peter and myself both ran the following years London Marathon, finishing 1st and 2nd Harriers again (unless my mind is playing tricks on me and Paul Venables was also there and beat us both), again both running significant pb's. Whoops I'm getting carried away with myself here, better stop.....

PS on the photo the athlete to John Dunphy's left is Dave Needham, running for South Yorks Police but a member of Hallamshire Harriers. His time was 2:43:46, in 35th place. Forgot to mention that the 1982 Rotherham Marathon was won by Malcolm Martin, Sheff AC, 2:24:34, followed in by Steve O'Callaghan, West Yorks Police, in 2:24:39. Third was James Boyes of South West Telecom in 2:25:06.

I think Malcolm won the race 3 years on the trot if I am not mistaken (but I often am).

(Ed: RHAC members featured by my reckoning are, left to right, Eddie Kirkup, Denby Pettit, Peter Neal, Jim Brogan, Alan Beighton, John Dunphy. The location is Dinnington pit cross-roads. And I still suspect the figure on the right is Neil McRobb (and possibly Lilian). Any comment?)

### This Month's Quiz

Below we have a selection of non-runners for a change— well, non-runners at that particular time anyway!

Who, what, where, why, when?

### Last Month's Quiz (above)

Although the value of a newsletter is obvious there is often little response to articles. I suppose I could take that as a good sign— no dissent etc. But I sometimes wonder if there is anybody out there. Not this month however, as I received the following from Jim Brogan.

"The photo is from the 1982 Rotherham Marathon (which incorporated the inter-area Police Championship: Ed):

Peter Neal was first Harrier, 15th overall in a pb of 2:35:22. Yours truly was next in 18th, with a pb of 2:37:44. Followed by Quentin Tupper, 23rd, 2:38:59

Alan Beighton, 31st, 2:43:02  
Paul Venables 41st, 2:45:14  
John Dunphy 46th, 2:45:50  
Eddie Kirkup, 48th, 2:46:27  
Dave Godfrey, 57th, 2:48:16  
Henry Marston, 72nd, 2:51:34  
Stuart Bramall, 79th, 2:53:21  
Glyn Huckbody, 91st, 2:56:11  
Maurice Cooke, 92nd, 2:56:13  
Denby Pettit, 110th, 2:58:26  
Ted Parkinson, 113th, 2:58:55

John Dunphy and Alan Beighton were running for the South Yorkshire police team. Poor old Paul Venables had been going great guns up at the front but sadly ran out of steam that day, but as we know went on to greater things. Early on Paul Venables, Quentin Tupper and Dave Godfrey had gone with the early pace, but myself, Peter Neal, Alan Beighton, John Dunphy ( all coached by Mick Hague in those days) had sensibly hung back at 6 minute miling, and this pulled us through in the end. Peter Neal and myself were together until 19 miles. Then suddenly Peter took off, but I kept 6 minute miling going.



## YORKSHIRE VETERANS ROAD RELAY

11 Jul 2004 - Esholt

### MALES O/40, 4 x 2.5 MILES

1	<b>ROTHERHAM HAC 'A'</b>	<b>52:49:00</b>
2	BINGLEY HARRIERS 'A'	53:37:00
3	LEEDS CITY AC 'A'	54:25:00
4	KEIGHLEY & CRAVEN 'A'	55:06:00
5	KNAVESMIRE HAC 'A'	55:08:00
6	CITY OF SHEFFIELD 'A'	55:12:00
7	HORSFORTH H 'A'	55:18:00
8	WAKEFIELD DIST HAC 'A'	55:36:00
9	HOLMFIRTH HAC 'A'	55:51:00
10	<b>ROTHERHAM HAC 'B'</b>	<b>56:14:00</b>
11	SPENBORO & DIST AC 'A'	56:20:00
12	STEEL CITY STRIDERS 'A'	56:56:00
13	CITY OF HULL AC 'A'	57:06:00
14	ILKLEY HARRIERS 'A'	58:26:00
15	ST. BEDES A.C. 'A'	59:44:00
16	KEIGHLEY & CRAVEN 'B'	60:03:00
17	HORSFORTH H 'B'	61:09:00
18	IDLE AC 'A'	61:45:00
19	BINGLEY HARRIERS 'B'	61:50:00
20	CITY OF SHEFFIELD 'B'	62:02:00
21	OTLEY AC 'A'	63:25:00
22	BAILDON RUNNERS 'A'	63:41:00
23	CITY OF HULL AC 'B'	64:07:00
24	WAKEFIELD DIST HAC 'B'	64:57:00
25	ST. BEDES A.C. 'B'	70:03:00

1	<b>ROTHERHAM HAC 'A'</b>		
	P NEAL	13:30	13:30
	K O'MARA	13:21	26:51:00
	P MIRLEES	13:08	39:59:00
	M RUDDLESTON	12:50	52:49:00

10	<b>ROTHERHAM HAC 'B'</b>		
	D NUTTALL	13:46	13:46
	S LAKE	15:05	28:51:00
	T EASTWOOD	14:14	43:05:00
	P SHAW	13:09	56:14:00

#### Fastest Times

Pos	Name	Team	Leg	Split
1	J CORDINGLEY	BINGLEY	4	12:23
2	A SHAW	HOLMF	1	12:38
3	M FARRAN	LEEDS	1	12:46
4	J CONVERY	BINGLEY	3	12:49
5	M RUDDLESTON	RHAC 'A'	4	12:50
9	P MIRLEES	RHAC 'A'	3	13:08
10	P SHAW	RHAC 'B'	4	13:09
14	K O'MARA	RHAC 'A'	2	13:21
19	P NEAL	RHAC 'A'	1	13:30
25	D NUTTALL	RHAC 'B'	1	13:46
41	T EASTWOOD	RHAC 'B'	3	14:14
68	S LAKE	RHAC 'B'	2	15:05

### MALES O/50, 3 x 2.5 MILES

1	LONGWOOD HAC 'A'	42:30:00
2	<b>ROTHERHAM HAC 'A'</b>	<b>43:03:00</b>
3	BARNESLEY AC 'A'	43:12:00
4	SPENBORO & DIST AC 'A'	44:54:00
5	HOLMFIRTH HAC 'A'	45:02:00
6	YORK ACORN 'A'	45:13:00
7	HORSFORTH H 'A'	45:24:00
8	BINGLEY OVER 60 'A'	45:34:00
9	BINGLEY HARRIERS 'A'	45:38:00
10	LONGWOOD HAC 'B'	45:39:00
11	KEIGHLEY & CRAVEN 'A'	46:25:00
12	ILKLEY HARRIERS 'A'	46:29:00
13	CITY OF SHEFFIELD 'A'	47:26:00
14	CITY OF HULL AC 'A'	48:29:00
15	HORSFORTH H 'B'	49:02:00
16	BAILDON RUNNERS 'A'	49:08:00
17	OTLEY AC 'A'	50:04:00
18	BINGLEY HARRIERS 'B'	50:29:00
19	LONGWOOD HAC 'C'	55:05:00

2	<b>ROTHERHAM HAC 'A'</b>		
	M HERRINGTON	14:27	14:27
	S GAINES	14:15	28:42:00
	M PALFREYMAN	14:21	43:03:00

#### Fastest Times

Pos	Name	Team	Leg	Split
1	T WRIGHT	LONGW	3	13:46
2	S GAINES	RHAC 'A'	2	14:15
3	R HEPWORTH	LONGW	2	14:17
4	P GOODALL	BARNSL	1	14:19
5	J CHISHOLM	BARNSL	2	14:20
6	M PALFREYAN	RHAC 'A'	3	14:21
7	M HERRINGTON	RHAC 'A'	1	14:27

### LADIES O/35, 3 x 2.5 MILES

1	HOLMFIRTH HAC 'A'	46:56:00
2	KEIGHLEY & CRAVEN 'A'	47:05:00
3	<b>ROTHERHAM HAC 'A'</b>	<b>47:31:00</b>
4	KNAVESMIRE HAC 'A'	50:13:00
5	BARNESLEY AC 'A'	50:21:00
6	BINGLEY HARRIERS 'A'	50:56:00
7	HOLMFIRTH HAC 'B'	51:02:00
8	HORSFORTH H 'A'	51:23:00
9	OTLEY AC 'A'	53:36:00
10	IDLE AC 'A'	54:15:00
11	CITY OF HULL AC 'A'	55:10:00
12	BAILDON AC 'A'	56:20:00
13	ST. BEDES A.C. 'A'	58:24:00
14	LONGWOOD HAC 'A'	58:40:00
15	BAILDON AC 'B'	60:21:00
16	SPENBORO & DIST AC 'A'	64:06:00
17	CITY OF HULL AC 'B'	67:46:00

3	<b>ROTHERHAM HAC 'A'</b>		
	J HINDLEY	15:27	15:27
	H GARRISON	14:57	30:24
	G TAYLOR	17:07	47:31

#### Fastest Times

Pos	Name	Team	Leg	Split
1	H GARRISON	RHAC 'A'	2	14:57
2	D WAITE	HOLMF	1	15:04
3	E WOFFENDEN	KEIGHL	3	15:22
4	J HINDLEY	RHAC 'A'	1	15:27
5	G TAYLOR	RHAC 'A'	3	17:00

## South Yorkshire Road Race League

### Race 4 Doncaster, 9th June 2004

#### Senior Men

1	Paul Green	HalH	26:00:00 (105:46)
2	Pete Tallents	DSAC	26:17:00
3	not known	Kimb	26:25:00
20	Dave Storey	Roth	29:57:00 (121:00)
42	Roy Butterworth	Roth	32:20:00 (134:18)
43	632	Roth	32:34:00
49	Neil Shaw	Roth	34:34:00 (126:58)
51	Rick Bellamy	Roth	36:05:00

#### Male Vets Over 40

1	Mark Ruddleston	Roth	26:49:00 (109:51)
2	Mark Hall	BaAC	27:28:00
3	Nigel Brookes	Roth	28:02:00 (115:16)
19	John Spencer	Roth	33:20:00
28	Alan Corish	Roth	38:46:00 (154:28)

#### Male Vets Over 45

1	Kevin Newman	DSAC	27:53:00 (112:54)
2	Pete Neal	Roth	28:40:00 (116:56)
3	Steve Storey	Peni	29:12:00 (119:15)
6	Terry Eastwood	Roth	30:36:00 (121:55)
11	Stuart Lake	Roth	31:37:00 (127:55)
18	Alan Joyce	Roth	33:29:00 (134:47)
27	Dave Wright	Roth	36:45:00 (150:01)

#### Male Vets Over 50

1	Mike Quinn	CoSH	28:56:00 (117:21)
2	Bob Pringle	ShTr	29:30:00 (119:57)

3	Steve Gaines	Roth	30:04:00 (122:10)
8	Mart Herrington	Roth	30:34:00
9	Alan Gregory	Roth	31:01:00 (124:31)
11	Ray Howarth	Roth	31:26:00
23	Malcolm Rhodes	Roth	38:23:00 (153:30)

#### Male Vets Over 55

1	Robert Tintinger	Mexb	30:01:00 (120:51)
2	Don Gill	DSAC	31:43:00
3	Mick Cassey	BaAC	32:21:00 (130:39)

#### Male Vets Over 60

1	Robin Aconley	DSAC	32:23:00 (131:04)
2	John Hewitt	BaHa	33:22:00 (135:05)
3	Ted Cox	HalH	35:39:00
7	Pete Humphries	Roth	38:04:00
9	Roy Varo	Roth	38:33:00

#### Senior Ladies

1	Jenny Blizzard	Roth	30:26:00 (123:36)
2	Joanne Seymoor	HalH	31:35:00 (127:44)
3	Beth Massey	BaAC	34:11:00 (135:20)
4	Sue Bellamy	Roth	34:59:00 (139:40)

#### Lady Vets Over 35

1	Janet Hindley	Roth	34:53:00
2	Kate Morrell	StCS	37:32:00 (148:55)
3	Ali Parmenter	ShTr	38:36:00

#### Lady Vets Over 40

1	Lesley Day	DSAC	33:11:00
2	Philippa Weir	Totl	33:57:00 (136:26)
3	Annette Ward	Totl	35:02:00 (140:49)

#### Lady Vets Over 45

1	Linda Westlake	BaAC	35:26:00 (142:43)
2	Marion Harrison	BaAC	36:35:00 (147:46)
3	Chris Lowe	DSAC	36:50:00 (149:40)

#### Lady Vets Over 50

1	Mary Picksley	StCS	34:29:00 (140:28)
2	St Borysiewicz	Vali	39:09:00 (157:06)
3	Yv Twelvetree	Totl	39:20:00
5	Jenny Horan	Roth	40:16:00 (161:22)
7	Pat Wells	Roth	44:28:00 (179:47)

## Doncaster Town Centre Races

### 21st July 2004

#### Open 5K Race

1	Billy Forquharson	Mansfield	14:48
2	Jason Ward	Altrincham	14:56
3	Pumlani Bangani	Scunthorpe.	15:28
4	Richard Harris	Rotherham	15:51
46	Roy Butterworth	Rotherham	19:40

#### Veterans' 5k Race

1	Hilary Garrison	LV45	Roth	19:17
2	Jennifer Wakeman	LV45	Barnsl	20:43
3	Linda Westlake	LV45	Barnsl	21:28
5	Gillian Taylor	LV50	Roth	22:07
8	Christine Mullarkey	LV50	Roth	23:35

1	David Hinchcliffe	MV40	Longw	16:32
2	Mark Hall	MV40	Barnsl	16:38
3	Keith Standrin	MV40	HallaH	16:45
6	Pete Shaw	MV45	Roth	17:03
12	Pete Neal	MV45	Roth	17:36
14	David Nuttall *	MV40	Roth	17:46
16	Steve Gaines	MV50	Roth	18:08
18	Terry Eastwood	MV45	Roth	18:10
30	John Spencer	MV40	Roth	19:18
32	Phil Eddison	MV45	Roth	19:35
45	Alan Joyce	MV45	Roth	20:01
51	R.J. Spencer	MV40	Roth	20:17
62	Dave Richards	MV50	Roth	20:59
67	Simon Pugh	MV45	Roth	21:13
109	D Weatherburn	MV60	Roth	25:21
110	Jim Gallacher	MV45	Roth	25:42