



Above: National Young Athletes Team at Deeside, N1W match 3

## Fine Track & Field Season Continues

NAL, NJL and NYAL reports inside

England Athletics U23 & U20 Championships, Bedford 21st & 22nd June

## National Medallists

Congratulations to the club athletes who won medals at the national championships:-

Abdi Ahmed 1st U20 men 5000m 14:46.92  
 Kelly Pagdin 1st U20 women Javelin 44.98m  
 Rosie Edwards 3rd U23 Women's 5000m 17:20.95



## Peter Remembered in Style Again

The memorial race for Peter Ruddleston was again well-supported in traditional good weather at Whiston Cricket Club last month. Pictured above: organiser and race winners, with new record holder Jason Ward second left.

Meanwhile, the fabulous series of performances from Jenny Blizard and Phil Hoole continue (Horwich results—back page with Dave Nuttall and Nigel Cooke in the frame also in the British Masters 5k.) A winning course record at Humber Bridge Half following on the Sale 5 win for Jenny and a seemingly endless series of stunning pbs from Phil have made this a dream season to date. Congratulations all.

## RHAC EVENT Prince 5k

JULY 9th at The Prince of Wales,  
 Greasbrough from 6pm £3 only  
 Start 7.15, Wentworth Park (Coach Rd entrance,  
 Church St, Greasbrough  
 (opposite the Milton)

Roundup

Editor

Changes to Your Newsletter

There have to be changes to the content and format of the newsletter, so a few words of explanation are in order to avoid offence or disappointment to any athletes who follow our take on the world of athletics in general, or in particular.

The RH newsletter has been getting out of hand. Although its quality does vary, it has reached a size and coverage which equals or betters a lot of commercial publications. The first problem is, that it's a one-man job, and in some ways I cannot continue it. Having said 'one-man' I have to straight away modify that- in most cases the enormous amount of work put in by Steve Gaines effectively makes it a two-man job. And of course others contribute at other times to a greater or lesser extent.

The biggest 'culprits' in terms of time are, sadly, track and field results. To put figures on it, a newsletter of 8 pages takes about three full working days to get ready. About two of those days are taken by T&F results. These are published by whoever it is in pdf format (dozens of pages for each meeting), which needs to be saved, altered to spreadsheet format, rearranged, searched, sorted, corrected and formatted for Microsoft Publisher presentation. To publish without altering them would make us a 30 or 40-page newsletter- far too costly, whereas to alter them just is far too labour-intensive. So reluctantly they will have to be omitted.

The exception at the moment is South Yorkshire events. These are published on the net in Excel-readable format and are very easy to search for a particular club and convert into Word or Publisher versions (I produce the SY results and planned them that way), so I will continue to provide them. But will this be acceptable?

Another aspect of the changes is that of photo reproduction. Photos are always welcome, please continue to submit them. However, it does not serve any useful

purpose to continually present pictures of the same people, and I feel sure you will understand that we want to join with you in recognising the contribution of ALL our athletes. We cannot do it all at once. So possibly there will be times when we feature different people to the ones who have performed the strongest.

We are always ready to receive the comments of COACHES, MANAGERS, PARENTS, OBSERVERS and ATHLETES themselves to identify particularly worthy contributors. And of course GROUP photos are extremely useful in a number of respects.

Quite apart from the above, we have been planning to produce newsletters for local people, not least those in schools and colleges. These plans are advanced, and consultation with other club members is in hand.

We are particularly keen to have **AS MANY PEOPLE AS POSSIBLE** contributing their views, reports, suggestions to this venture. Contact PH for further information.

**No Updates** to the event log this month- I will be doing that in a few days time, after the Prince 5k, so have a look at the end of the week.

**Second-claim member participation** is under review by SY officials. Second claim members have been able to take part as paying guests in Track & Field, but not as team members. However, on road and cross-country, team membership has been allowed up to now.

It is now being queried however after leading runs from John Henigan (and arguably Martin Broadhead). We are obviously interested in the outcome as Jane Clarke and Shane Lewis joined us with SY team running in mind.

Reports

Steve Gaines, Jim Brogan

Membership

The following membership applications were all approved at the recent committee meeting:-  
Tim Drake (42), Billy Lummock (13), Olivia Goddard (12), Paul Bennett (37). Tim Drake and Paul Bennett are former members. Tim has returned to RH&AC from Doncaster,  
Paul has returned from some time in the USA, following his initial move there for a sports college scholarship.  
Welcome to you all.

The number of members who have paid 2008 subscriptions is 203. An increase of 7 over last month. If you have not yet paid please do so!

Review of Young Athletes Competition Framework.

England Athletics has established a committee to review the competitions that Young Athletes take part in (ESAA Championships, NatYAL and NJAL).

The committee is taking input from the various competition providers and regions.

If you have any comments or improvements to suggest please let Steve Gaines know. The club will feed in agreed comments to the review committee.

Time for a change?

The club committee are conscious that the club is not ideally structured or organised to deal with all the things that must be done to make the club effective, successful and compliant with all the rules and regulations that face athletics and other sports.

The current structure of the club committee is:-

**President**, elected from the membership every 3 years, current holder Peter Humphries.

**Secretary**, Steve Gaines

**Chairman**, Jim Brogan.

**Treasurer**, Gill Taylor

There are 6 section secretaries as follows:- **Road** - Peter Neal, **Cross Country** - Steve Gaines, **Track & Field** - Liz Guite, **Trail & Fell** - Sharon Burton, **Young Athletes** - vacant, & **Social** - David Haywood.

In addition honorary vice presidents are eligible to attend and vote. Usual attendance at club committee meetings is good, with 11 or 12 attendees.

So why change??

We do not believe that the current structure and roles are suitable for what is needed.

In simple terms the club is all about attracting athletes, coaching them, and providing competition for the athletes.

In addition to that we need services to ensure the smooth running of the club, to promote and market the club and to ensure that we meet the standards set by law, UK Athletics, Sport England and other governing bodies.

Currently we have no committee members to co-ordinate coaches or officials - both essential to the fundamental club aims.

The current committee are proposing that we change the structure of the club.

This can only be done if:-

- a) It is agreed by the membership at the AGM.
- b) We can get volunteers to do the necessary roles.

We are proposing that the club committee has 10 members maximum, to include the following.

President, Secretary, Finance Officer, Coach Co-ordinator, Publicity & Marketing, Track Competitions co-ordinator, Non Track Competition co-ordinator, Welfare Officer (Athlete welfare and Clubmark processes), Assets Officer (Equipment, Clothing and Shop).

In addition, following on from the very successful creation of the track and field forum, we would also wish to create road and off road forum's. These forums would have the relevant exec member on them, but otherwise would not be elected positions, simply filled by those club members who were interested and wished to be involved. The forums would deal with issues such as which events to enter, appointment of team managers etc

If you have any views, either on the proposed structure or any other area of club activity that you think needs to be covered, or if you would be interested in any of the committee or forum roles then please contact Steve Gaines or Jim Brogan

Fixtures: July 2008 onwards

Wed 09 Jul 08	Prince in the Park NEW DATE	open	5k private road KMR POW Greasbrough 7.15 off £3
Fri 09 Jul 08	The Barlow Carnival 10k, Barlow		
Wed 16 Jul 08	Town Centre 5ks	open	Doncaster
Sat 19 Jul 08	South Yorks T&F League	SY clubs	all ages Includes Championship t.b.c
Sun 20 Jul 08	National YAL	club teams	meeting 5b N1W Horwich RMI
Sun 27 Jul 08	National Junior League	SY clubs	match 4 Herringthorpe
Sun 27 Jul 08	Hatfield Sprint Triathlon	open	nr Doncaster
<b>August</b>			
Sun 03 Aug 08	Northern Athletics League	clubs	Match 4 Doncaster
Sun 10 Aug 08	Askern 10	open	Askern AC
Sun 10 Aug 08	Newark Half & FR	open	
Mon 25 Aug 08	Keepmoat Open Meeting	open	Joint promotion, RH&AC & DAC. See events section on website
<b>September</b>			
Sat 06 Sep 08	Yorkshire Road Relays	club teams	Don Valley Sheffield
Sat 13 Sep 08	Penistone Show 10k	open	
Sun 14 Sep 08	Bawtry Forest	open	Maltby RC
Sun 14 Sep 08	Mablethorpe Festival of running	open	Marathon & half marathon + 10k run /walk. starts 09:30
Sat 20 Sep 08	High Peak 40	open	Buxton
Sun 21 Sep 08	Cancer Research Run10k	open	Wentworth Castle, nr Dodworth Barnsley
Sat 27 Sep 08	Northern 6 & 4 Stage Relays	club teams	tbc
Sat 27 Sep 08	Oxspring Trail Race	open	Penistone
Sun 28 Sep 08	Macclesfield Half	open	
<b>October</b>			
Sun 05 Oct 08	Northern YA Road Relays	club teams	tbc
Sat 11 Oct 08	Rother Valley Trail Race	open	
Sun 12 Oct 08	South Yorks XC Relays	SY clubs	Graves Park
Sat 18 Oct 08	National 6 & 4 Stage Relays	club teams	tbc
Sun 19 Oct 08	National Young Ath Relays	club teams	tbc
Sun 26 Oct 08	South Yorks XC Series	SY clubs	meeting 1
<b>November</b>			
Sun 09 Nov 08	South Yorks XC Series	SY clubs	meeting 2
Sun 16 Nov 08	Barnsley 10k	open	Royston
Sun 23 Nov 08	South Yorks XC Series	SY clubs	meeting 3
<b>December</b>			
Sun 07 Dec 08	Percy Pud	open	
Sat 13 Dec 08	Round Rotherham	open	trailrace & relay
Sun 14 Dec 08	South Yorks XC Series	SY clubs	meeting 4 & Championship



## Three Out of Three

**NJAL** Another good performance resulted in the 3rd win for the NJAL team at Wakefield, on the 29th June, resulting in an excellent 3 out of 3 wins. RH&AC were first with 459 points, Hull 2nd with 416 pts and Wakefield 3rd with 336. The high points total came primarily from the men's team (287 points) The meeting was also the location of a BBC film set, with Abdi and Mukhtar being the subject of a BBC documentary - "Sunday Life". The presenter, Colin Jackson, can be seen left and below with some of the RH athletes

**Northern League div 2EC.** At the second match, held at Doncaster Keepmoat Stadium, we again finished 2nd behind the very strong Kingston u Hull team, who now lead the league. Match scores were 1st KuH with 416.5 points, 2nd RH&AC with 373.5 pts and 3rd Lincoln Wellington AC with 369 points. The position after 2 matches is K u H 1st with 12 points, RH&AC 2nd with 10 pts, and Lincoln 3rd with 7 points.

**NatYAL** The 4th, home fixture, saw the RH team finishing 2nd in the 4th match. The match was won by Bolton with 352 points, RH&AC 2nd with 327.5 and Wrexham 3rd with 310 pts. Congratulations to the following RH&AC athletes who achieved Grade 1 performances:- Kane Humphrey U17 Men's discus - 43.88m, Amber Merrills U17 women's shot 10.20m and Sarah Wilding U15 Shot 9.54 m.

After 4 matches we are 6th in the league, with 11 points. The last match of the season is at Wigan on the 20th July. Coach departs Herringthorpe at 08:00.



### Award categories

#### 1 Club of the Year

- a Track & Field
- b Off Track
- c Junior
- d Inclusivity\*

#### 2 Volunteer of the Year

- a Young Volunteer
- b Club Volunteer
- c Services to Club Development

#### 3 Official of the Year

- a Newcomer to officiating
- b Off Track Official
- c Track & Field Official
- d Services to Officiating

#### 4 Coach of the Year

- a Participation
- b Performance
- c Podium
- d Services to Coach Development

#### 5 Team / Partnership

- a Local Authority
- b Athletics Partnership

#### 6 Services to Athletics

- a Services to Athletics



Danielle Heald and Sam Terry, pictured at Ashton u Lyne NatYAL match 2.

New members Sam & Danielle have both competed in all 4 NatYAL matches, and have been great club supporters since joining. Danielle has also competed for the NJAL and Senior teams.

Above are the categories advertised for the England Athletics Yorkshire and Humberside Awards.

If anyone wants to nominate their coach to be put forward for an award, or thinks the club should nominate anyone in any other category, please let Steve Gaines know.

Nominations have to be in by the 15th August, and need to be with SG by the 1st Aug.

Ulley Res 4/6/08 Full Results

1	Ward	Jason	SM	Allrincham	27:10
2	Swift	Nick	SM	Sheffield RC	28:30
3	Harris	Richard	SM	Unattached	29:31
4	Furniss	Dean	VM40	Hallamshire H	30:28
5	Ruddleston	Mark	VM40	Rotherham HAC	30:43
6	Roberts	Peter	VM40	Clowne RR	31:27
7	Gavelle	Joe	SM	Rotherham HAC	31:34
8	Nuttall	Dave	VM40	Rotherham HAC	31:43
9	Woodhouse	Mark	SM	Kimberworth Striders	32:23
10	Darwin	Howard	VM40	Rotherham HAC	33:01
11	Elvidge	John	VM40	Rotherham HAC	33:18
12	Smith	David	SM	Rotherham HAC	33:27
13	Elliott	Mark	SM	Kimberworth Striders	33:37
15	Neal	Peter	VM50	Rotherham HAC	34:08
14	Eastwood	Terry	VM50	Rotherham HAC	34:08
16	Bridgeman	Will	SM	Handsworth	34:21
17	Blakeney	Paul	VM50	Sheffield RC	34:39
18	McDermott	John	VM40	Kimberworth Striders	35:27
19	Cochrane	Mick	VM60	Rotherham HAC	35:31
20	Shaw	Mark	SM	Handsworth	35:32
21	Spencer	Claire	SL	Kimberworth Striders	35:37
22	McGrath	Kevin	VM50	Hallamshire H	35:58
23	Beech	David	VM50	Steel City S	36:02
24	Lowndes	Steve	VM50	Kimberworth Striders	36:09
25	Shaw	Neil	SM	Rotherham HAC	36:49
26	Carratt	Lee	SM	Rotherham HAC	37:12
27	Stokes	Phillip	VM40	Kimberworth Striders	37:25
28	Lythall	Luke	SM	Kimberworth Striders	37:34
29	Earl	Colin	VM40	Bannatynes	37:42
30	Harney	Brian	VM60	Rotherham HAC	38:07
31	Spencer	John	VM40	Rotherham HAC	38:14
32	Crofts	Jeff	VM40	Unattached	38:22
33	Kirk	John	VM50	Rotherham HAC	38:25
34	Rust	Jim	VM50	Maltby RC	39:21
35	Haigh	Phil	VM50	Rotherham HAC	39:25
36	Hague	Nina	VL35	Kimberworth Striders	39:37
37	Hogarth	Debbie	VL45	Kimberworth Striders	39:54
38	Boyd	Caroline	VL55	Maltby RC	40:38
39	Spencer	Craig	SM	Kimberworth Striders	40:51
40	Roberts	Phil	VM50	Rotherham HAC	42:18
41	Bamford	Alan	VM60	Sheffield RC	42:21
42	Thorpe	Dave	VM60	Maltby RC	42:27
43	Chapman	Claire	SL	Kimberworth Striders	43:22
44	Rooney	Pat	VM50	Kimberworth Striders	43:23
45	Lowndes	Brian	VM50	Maltby RC	43:45
46	Gallacher	Jim	VM50	Rotherham HAC	43:50
47	Burke	David	VM40	Rotherham HAC	44:17
48	Rhodes	Malcolm	VM50	Rotherham HAC	44:46
49	Houghton	Robert	VM50	Maltby RC	45:50
50	Burgess	Alan	VM50	Handsworth	45:55
51	Barraclough	Lee	SM	Kimberworth Striders	46:07
52	Brady	Luke	VM60	Rotherham HAC	46:25
53	Elliott	Theresa	VL45	Kimberworth Striders	47:08
54	Green	Andrew	VM40	Kimberworth Striders	47:14
55	Simpson	Martin	VM50	Kimberworth Striders	47:41
56	Sears	David	VM60	Maltby RC	48:30
57	Carratt	Michelle	VL35	Unattached	49:09
58	Rivers	Rodrick	VM60	Kimberworth Striders	49:32
59	Webb	Judith	VL35	Valley Hill R	49:32
60	Sarjeant	Tony	VM50	Rotherham HAC	52:07
61	Spencer	Diane	VL35	Rotherham HAC	53:06
62	Clarke	John	VM60	Rotherham HAC	55:03



Lured, no doubt, by some smooth talk from Mark Ruddleston, Jason Ward dropped by and found the course to his liking, posting an impressive record time for the 5 mile trail distance. Mark was shaded for 1st vet by Dean Furniss just as at the memorial run, though not by a lot. Paul Blakeney is back into the racing scene but it was Peter Neal who took the O50 honours in a fine ding-dong with Terry Eastwood, both taking the same time. Mick Cochrane was a clear winner at O60, only Brian Harney close, but not fully fit.

As often recently, Kimberworth supplied most of the ladies, with winners in Claire Spencer, Nina Hague and Debbie Hogarth but in-form Caroline Boyd took the 55 category.

Top-class co-operation from Whiston Parish Church Cricket Club was much appreciated and a sizeable group stayed on for refreshments after. Also a fine turn-out of marshals on this tricky course was very much in evidence— many thanks to Jim Brogan, Gill Taylor, David Haywood, Arthur Jeavons, Wendy Fuller, Alison & Dave Booth, Jack Osborne, Adele Morris, Pete Humphries and Steve Gaines.

I would also like to acknowledge the support of Rotherham MBC, especially footpaths officers, and of local horse-riders, who have been very understanding and tolerant.

*Pictured above:* marshals Sharon Burton and Jack Osborne  
*Below:* Jim Gallagher works back along the valley bottom and Debbie Hogarth and Nina Hague (Kimberworth) keep Maltby's Caroline Boyd company on the way down. Many thanks to Pat Rooney for these shots.

Milton 6

No results to hand other than:  
 1st O50 John Atkinson RH 36:58  
 1st O60 Terry Hawley RH 37:53  
 further results invited

Maltby Abbey Dash 2/7/08

1	Guveya	John	Doncas	26:07
2	Craib	Kyle	Clowne	26:39
3	Bennett	Simon	Steel City	27:41
4	Roberts	Peter	Clowne	27:51
5	Tinting	Robert	RHAC	28:44
7	Darwin	Howard	RHAC	29:07
15	Spencer	John	RHAC	30:36
39	Carratt	Lee	RHAC	33:10
43	Haigh	Philuip	RHAC	33:13
45	Howarth	Ray	RHAC	33:16
52	Shaw	Neil	RHAC	34:48
54	James	Philippa	RHAC	34:58
62	Humphries	Peter	RHAC	36:07
78	Hill	Michael	RHAC	37:28
82	Roberts	Phil	RHAC	38:05
98	Butterworth	Roy	RHAC	40:15

Kimmy Kanter

1	Broadhead	Martin	KS	25:15
2	Furniss	Dean	HH	26:57
3	Birkinshaw	Dan	KS	27:53
4	Comrie	John	RHAC	28:10
6	Tinting	Robert	RHAC	28:30
7	Darwin	Howard	RHAC	38:50
27	Cochrane	Mick	RHAC	31:41
33	Shaw	Neil	RHAC	32:50
35	Harney	Brian	RHAC	33:42
36	Kirk	John	RHAC	33:46
39	Haigh	Phil	RHAC	33:51
41	Howarth	Ray	RHAC	34:03
64	Widdowson	Phil	RHAC	36:12
67	Humphries	Peter	RHAC	36:55
74	Hill	Michael	RHAC	38:07

Maltby Memorial Run 28/05/08

1	Furniss	Dean	Hallam	39:35
2	Ruddleston	Mark	RHAC	40:00
3	Bennett	Simon	Steel City	41:18
4	Booth	David	RHAC	41:27
9	Eastwood	Terry	RHAC	45:04
15	Harney	Brian	RHAC	47:15
19	Howarth	Ray	RHAC	49:51
31	Humphries	Peter	RHAC	55:21
32	Hill	Michael	RHAC	55:31
34	Shaw	Neil	RHAC	56:59
35	Gallacher	Jim	RHAC	57:10
50	Flintham	Christine	RHAC	64:09
51	Booth	Kerry	RHAC	64:12

Tickhill Gala Chase 5/7/08

1st	Peter Neal	RH	no times
3rd	Howard Darwin	RH	received
1st LV	Jayne Clarke	RH	yet

Ranby 10K 15/6/08

1	0:34:44	CRAIB, Kyle	Clowne	Senior Male
2	0:35:04	GUYEYA, John	Doncaster	Senior Male
56	0:42:26	BOOTH, Kerry	Rotherham	Vet+45
130	0:49:05	RHODES, Malc	Rotherham	Vet+60
154	0:50:51	HILL, Michael	Rotherham	Vet+55
190	0:57:31	FLINTHAM, Chris	Rotherham	Vet+45





## LONG DISTANCE WALKERS' ASSOCIATION YOREDALE 100 MILE CHALLENGE WALK 24th to 26th May, 2008

*Since suffering a broken hip in a training incident a couple years back, Roy Varo has been anything but inactive. Hundred-mile challenges are perhaps not what you would generally expect. The 'Varos' offer us two views of the same event-*

(this event had to be completed in 48 hours)

**A** certain person in Rotherham Harriers keeps asking me to write about walking the "100" mile challenge walk. ?? What can I say!! I would run this event if I could, or at least mix it. I love running and I've run lots of miles, but I have never raced very much at all. Some people who run find this very strange, but to me it is not. I also love walking, and in any type of terrain, but mountains are my passion. Also when walking I like to see things - birds, animals, wild flowers, and it is always a thrill and enhances any walk when I do.

So, who would walk 100 miles? I've always walked long distances without thinking about it, on my own and with Cynthia, who unfortunately cannot walk much at all these days.

Since having my hip broken, I've stuck to walking for obvious reasons, but that's not to say I may not get back to running in the future.

So back to the "100". Well, it's only two Round Rotherham Runs with some hills thrown in. I just think of it as a stroll in the park - it's just a very big park!! Don't do it if you don't want to, but I recommend it. At least have a go, you might enjoy it.

I think most people who walk or run it get a bit low at some point in the event, but if you are not too bad, a drink and a snack at the next check-point will cheer you up. The Marshalls at the check-points are very helpful, cheerful and do a grand job. They will even sometimes attempt a bit of first aid, i.e. looking at blisters or giving a bit of a massage.

This year the event was in the Yorkshire Dales, starting and finishing at Skipton. The weather was very kind to us, no rain! but the wind was very, very strong, so keeping upright on the climb up Ingleborough was hard. It was like being sandblasted.

For most people the night section is perhaps the worst. I was in the dark from Horton-in-Ribblesdale to Hawes and beyond, but didn't find it too bad. I caught a group dropping down into Hawes so that was helpful to have five torches to keep us on route. So into Hawes and the breakfast check-point. Normally, I would have a quick snack and a drink and be on my way, but because I was only walking this time and not trying to set any records, I had a breakfast and a talk with others, tired or less tired than I was, so took a break, changed my shirt, socks and checked my feet and put a plaster on a blister which had started to form, so mollycoddled myself somewhat!

Then on into the night. It was dawn as I arrived in Bainbridge where I checked in and out and straight on to Stalling Busk, and this is where I had my bad patch. I felt terrible and could gladly have given up there and then and waited for the "sag wagon", but this is where experience counts, and having been through this before, you hope you will come round. A long up-hill stretch saw me starting to feel better and by the time I was on the top I was coming round well. But, of course, this is not always the way, you don't always come to.

Dropping down into Buckden I caught up with, and eventually passed a small group, but not before explaining to them which hill was which, as they did not come from the area.

As I arrived at the Buckden check-point at about 8 a.m it was a nice surprise to see Cynthia there to say hello.

From there, it's a doddle!! Only 32 miles to go, following mostly the Dales Way and no hard hills!! and getting near to Grassington I had a word, and passed, Roger Cole who was doing his 35th "100", so come-on, you can make the effort and do one, surely!

After Grassington it was through Bolton Abbey estate and on to Addingham and the last climb over Draughton Moor, down into Skipton and the finish. 34hours 19 minutes.

Kerry Booth and Lee Carratt ran the event and did extremely well by finishing in 26hours 45 minutes. So well done and congratulations to them. Unfortunately, Brian Harney's knee gave out at Ingleton so he was unable to carry on.

Our hotel room overlooked the canal and the last few yards of the course, so I was able to stagger out of bed now and then, and watch other walkers finishing. I saw the last man in who made it in 47hours 59 minutes. I felt very happy for him that he had managed to make it.

Roy (Varo)  
Hope to see anybody at the next "100"

### THE LDWA YOREDALE 100 - 24th May, 2008 (a light hearted report on a serious challenge walk through the eyes of a supporter)

**W**e'd been gearing up for weeks - no sorry months - for the Round Rotherham Run, then when I breathe a sigh of relief that that's over, Christmas comes, and February and then all the talk is about the "100" to be held in May.

Now I'm not a member of Rotherham Harriers, but for the pain and stress I suffer supporting Roy Varo, I ought to be an honorary member or something.

We arrived in Skipton on Friday 23rd May, ready for the "Yoredale 100" to be held the next day. Our entries from Rotherham Harriers were Lee Carratt and Kerry Booth, long distance runners, Brian Harney, long gone distance runner and Roy Varo, no longer a runner of any distance. *[I'm not sure Brian subscribes to this view yet....Ed]*

Now I am aware that the Club is about running, jumping, track events, long jump etc. but the "100" is in a way similar in characteristics. The entrants have to "long jump" over fast flowing streams, "high jump" stiles, run or walk on long, sterile, boring tracks, climb steep hills, all, incidentally, whilst keeping up the momentum of achieving the distance of 100 miles, and retaining the mental capacity not to give up.

In layman's terms, it roughly equates to the distance of four marathons!! and they don't go baggage free. They must carry emergency rations, first aid kits, clothing for night or wet weather, their own drinking cup, maps, route guide and some food etc., so their rucksacs aren't light!

I followed the route, in the car of course, from check point to check point - Gargrave, Settle, Clapham (at which point the first 25 miles have been endured), and Ingleton. then Ingleborough - oh boy! I retired for the night at Ingleton. as the drive from there over to Horton in Ribblesdale and then to Hawes is a lonely one for an old biddy like me, on her own at night. And Ingleton was where Brian's knee could no longer take the punishment. So we both returned to Skipton at this point - 1 down 3 to go!!

This event, for those not familiar with it, has to be completed in 48 hours.

The 14 mile stretch from Horton in Ribblesdale to Hawes was a grueller - a worrying time for the supporters (not to mention the

runners and walkers). Would the lads be O.K.? It was very dark, very cold and very, very windy, blowing grit and dust into their already tired eyes. The mist was down low on the hills.

After a sleepless night, I rose next morning, Sunday, at 5 a.m. to re-join the route. Hawes was the breakfast stop, and by then they'd covered 52 miles (two marathon distances gone - only two to go!!). As I drove over, the mist was still low over the moors and the early morning was quite eerie. I called at the check point in Hawes but the lads were long gone. Roy had arrived at 2.20 a.m. and Lee and Kerry at about lam.

I finally caught up with Roy at Buckden (68 miles gone) but did not see Lee and Kerry after this. Then I went to Kettlewell, where I had a toasted teacake and a wonderful coffee - my first apology for a meal since Friday evening. The walkers and runners had more food than I did!

Then I met Roy at Linton, near Grassington. (now more than 3 marathon distances gone). By this time some of the walkers were grumpy, as to get to the check point at Linton they had to climb a hill, then when they had checked in, they came back down the same road and tired as all they were they didn't appreciate this. Then I went to Burnsall, saw Roy there (now 84 miles gone) and after this I retired completely and returned to Skipton to see Lee and Kerry arrive at the finish.

The lads came into Aireville Park only yards from the finish looking brilliant, at quarter to three in the afternoon, Sunday - 26.45 hours to run 100 miles. This was a first 100 for Lee so well done to him and well done to Kerry also.

Then at 7.15 along came Roy to finish after 34.15 hours of walking, his little legs going like pistons (or did they look like sticks of rubbery rhubarb) can't remember!

What a triumph for them all. Well done lads. Just to end, I think the last man in just made it in the 48 hours, struggling past our bedroom window overlooking the canal and just yards from the finish at 20 minutes still to go before the 48 hours were up. I think it would have taken him the last 20 minutes to complete the few hundred yards left to do.

What grit, determination and courage. It's quite emotive to watch.

Cynthia

### Horwich Results

#### Mizuno Mile

at Horwich on Sunday 22nd June 2008

1 James Thie	Cardiff	4:17
2 Andy Hilton	York Acorn	4:27
3 Ezekeil Cherop	Kenya	4:27
4 Peter Whitehouse:JM1	Birchfield Harriers	4:28
5 Michael Corbishley	Rossendale Harriers & Ac	4:28
6 Phil Williams	Lincoln Wellington Ac	4:29
7 Greg Dival	JM2 Birchfield Harriers	4:29
8 Barry Harper	JM 3 Liverpool Harriers & Ac	4:33
9 Abdul Rahaman	Birchfield Harriers	4:35
10 Luikas Wambua	Kenya	4:36
11 Paul Freary	Belgrave Harriers	4:37
12 Anthony Valentine	Bolton United Harriers & A	4:40
13 Phillip Hoole	Rotherham Harriers & Ac	4:41
14 Mauzibin Ali	Unattached	4:56
15 Caroline Cheptonui	L1 Kenya	5:02
16 Winifridah Knambok	L2 Kenya	5:03
17 Birhan Dahgne	L3 Belper Harriers	5:06
18 Jenny Blizzard	L4 Rotherham Harriers & Ac	5:09
19 Rachel Robinson	L5 Scunthorpe & District Ac	5:29
20 Christie Leybourne	L6 Blackpool Wyre & Fylde	5:38

#### Carnival 5K - NOEAA Men

1 Ian Boneham	Notts AC	14:31
2 Gareth Raven	Sale Harriers Manchester	14:44
3 Simon Mills	Sale Harriers Mancheste	14:53
4 Patrick Martin	Sunderland Harriers & Ac	14:55
5 Mark Hood	Sunderland Harriers & Ac	15:01
6 Jonathan Prowse	Blackpool Wyre & Fylde	15:03
7 Andy Norman	Altrincham & District Ac	15:05
8 Philip Hoole	Rotherham Harriers & Ac	15:10

#### Carnival 5K - NOEAA Women RESULTS

1 Alyson Dixon	Chester Le Street & Dist Ac	16:28
2 Freya Murray	Chester Le Street & Dist Ac	16:31
3 Rebecca Robinson	Kendal Amateur Athletic Club	16:57
4 Jenny Blizzard	Rotherham Harriers & Ac	17:10
5 Claire Simpson	Chester Le Street & Dist Ac	17:31
6 Elizabeth Such	Hallamshire Harriers Sheffield	17:35

#### BMAF 5k

1 Gerry O'Neil	Salford	15.43	V40
43 Dave Nuttall	RHAC	17.30	15th V45
103 Nigel Cooke	RHAC	19.22	26th V45

#### Rotherham Harriers & AC Newsletter

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

VISIT [www.rotherhamharriers.org](http://www.rotherhamharriers.org) [www.sycaa.co.uk](http://www.sycaa.co.uk)

**Thursday Runs** We have now run every Thursday bar one since starting the scheme. Numbers have varied from only two up to about 14. Venues so far have included Anston, Harthill, Conisbrough, Swinton, Wath, Greasbrough, Upper Haugh, Brookhouse, Laughton en le Morthen. They are social runs, which suit anyone fast or slow. Some have a drink after, some don't.

**This week July 10th Bridge Inn, Ford near Eckington 6.45 start.**

Offers are invited for future Thursdays. No fuss, just a venue and a route of about 7 miles. The more interesting the better.