



Prince in the Park

Wednesday 8th July
off at 7.15pm from Coach
Road Greasbrough

5k road in Wentworth Park
enter from 6pm at the Prince
of Wales, Potter Hill

£3 KMRT Series

Maltby Abbey Dash

Sunday 5th July
11 am start
at the Wesley Centre,
Blyth Road, Maltby
mostly track

£3 KMRT Series

Tickhill Gala Run

5m multi-terrain

Saturday 4th July
3pm start at the gala

take care-entry limit
please do not park in
cricket ground entrance

£3 KMRT Series



The winning NJAL team, pictured at Costello Stadium, Hull. The team proved that having athletes there is what counts - if one athlete had been missing it would have meant we finished second or third. As it was the strength in numbers, and commitment of the athletes resulted in a well-deserved victory, that should take RH&AC to the top of the Humber division after 2 of the 4 matches.



Full Teams Are Winning Teams

National Junior Athletes League

In the 3rd round of their 4 matches, the Rotherham team again showed their strength in depth by winning the match.

The event was a closely matched competition, with Scunthorpe & District AC and Doncaster AC both leading the competition during the match.

The later events, where Rotherham have good athlete representation resulted in a good win.

The match scores were

1 Rotherham H. & AC	452	5 City of Sheffield AC	242
2 Doncaster AC	428	6 Cleethorpes & DAC	228
3 Scunthorpe & D.AC	357	7 Hull Achilles AC	103
4 Kingston Upon Hull AC	252		

This means that Rotherham are now leading the Humber division of the league, with 23 league points. Doncaster AC are second with 22 points, and Scunthorpe third with 17 points.

The fourth, final, round is scheduled for the 26th July at Herringthorpe, the promotion play off match is scheduled for the 30th August.

2 out of 2 for the Senior Team.

In their second match on Saturday June 6th, in division 2EC of the North of England Track & Field league, the Rotherham team again won the match.

Team managers Ian Cooley, David Scholey and Mavis White had done a good job getting athletes out, with the result that only the men's pole vault had no club athletes competing.

The weather conditions were not good for either track or field events, with strong winds and cold temperatures. After a closely fought match, which saw Hull leading for most of the match, only being passed by Rotherham later on. It was still very close going into the final relay events, but another strong performance by all the relay teams saw Rotherham safe in first place.

This means that Rotherham are now well clear of the other teams after the first two of the 4 matches. Rotherham now have 12 league points, with City of Sheffield, Boston and Lincoln all on 7 points.

The match result was:-

1st Rotherham	389 pt	4th City Of Sheffield	315
2nd Kingston Upon Hull	372	5th Lincoln Wellington	289
3rd Boston	315	6th Chesterfield	288

However the team managers will need all available athletes out at the next 2 fixtures to be certain of reaching the play off match for a promotion place in Division 1.

The next match is on Sunday the 5th of July. We are provisionally advised that the match (Hosts are Boston AC) will be at Grantham.

Harriers Young Athletes Out in Force

RH younger athletes are storming ahead in the NYAL. However, they have also put in a splendid performance in the local athletics league recently. (More results inside)

Sunday 7th June saw the fourth of the six South Yorkshire Track & Field league matches. This fixture was for athletes under 15 years of age, and we had a good club turnout.

The number of young athletes consistently turning out to represent the club is very encouraging, and whilst this is due in no small part to the athletes and parents (who transport & support them), it is due in the main to the work done by the team managers and Young Athlete coaches.

It is usually the athletes who get all the report copy written about them. However the excellent work done by John Small (coach and organiser for the under 11 group), Katie Mapplebeck Dave Johnson & Suzanne Bentham (under 13s coaches) and Jackie Hutchinson and Jeanice Small (under 13 team managers) is a much appreciated and major factor in this high turnout.

We finished 3rd in the match, behind Doncaster AC and City of Sheffield. Both are clubs with larger young athletes sections than Rotherham, and it is a credit to our athletes performances that we did so well.

Match results:-

1 Doncaster AC	1926	5 Wombwell SAC	440
2 City of Sheffield AC	1466	6 Hallamshire H	242
3 Rotherham Harriers & AC	1394	7 Rother V Swallows	39
4 Barnsley AC	582		



above: Abbie Vernon - Dennis Russell writes in appreciation of her progress on page 6

left: Mark Ruddleston thinly disguised as unattached hammers in to the Ulley Res finish to repeat his 2006 success after overhauling Simon Mounsey's strong early lead

Secretary's Update

Steve Gaines

New members

the following 6 new member applications were approved at the June committee meeting.

Joseph Davies (12) Sarah Zintchem (8)
Oliver Garrow (11) Kwaku Asante (17)
Josh Coburn (14) Dale Riahi (13)
A warm welcome to you all.

Subs.

268 members paid subs in 2008. (Coaches, Accredited Officials and committee members get free membership).

At the end of May 2009 201 members (136 renewals and 65 new members) have now paid 2009 subs.

164 of those have been added to the England Athletics club member database. Competition licences for 2009/2010 will be issued to those 164 directly by Athletics Services.

sued to those 164 directly by Athletics Services.

Please remember to notify both the club and the EA member database (you can amend your personal details directly on the database using the access codes in the letter which arrived with your card).

Otherwise your card will be sent to your old address.

Indoor Series 2009/2010

The 4 provisional dates for the Indoor series have been agreed with EIS at Sheffield. They are:-

- Sat 14th Nov
- Sat 28th Nov
- Sun 28th Feb
- Sat 20th Mar

Short reports

email from Luke Brady: (Cork Marathon) managed to complete this marathon in (4.39.36 official: Eo) it was approx 26 degrees however I had no problems. There was an added bonus I was able to meet up with some old friends so had a great time. Well done Luke.

From the ELMTON CHASE WEDNESDAY JUNE 17TH (1st Edward Hardy Killamarsh 28.49), RH runners 33 rd Sharon Burton 38.26 and 37th Malcolm Rhodes in 39.22.

Behind-the-scenes work by sports organisers is easy to overlook and is of course a major driving force whatever your sport. In athletics, Rotherham Harriers officials of all types have continued their very active support for the sport in its many aspects. The South Yorkshire Athletics League scoring includes an element for turn-out of officials, and RHAC have topped the scoring in every one for the four meetings so far. Considering all the other league meetings they have to handle, that's quite remarkable.

RHAC staff did the event organising for the recent Hospice Run, and on Monday gave their usual assistance to Rawmarsh School Sports Partnership Feeder Primary Schools

at their indoor meeting at the EIS in Sheffield. A very entertaining day of sport participation for the enthusiastic pupils included a track and field interschool competition of 24 events in which Sitwell came out clear winners, with Blackburn taking a hotly-contested second place in front of Thornhill. Result: Sitwell 267.5, Blackburn 238.5, Thornhill 232.5, Thorpe Hesley 209.5, Ferham 172.5, Canklow 160, Meadowview 157.5, Kimberworth 142

Contact Lorraine Craib (phone 01909 477736 or at club) if you need new shoes- she has size 10 men's for sale unused which did not fit and cannot be returned (£80 when new).

We don't normally advertise stuff, but it gives me the chance to say how pleasant it has been to run with Lorraine occasionally when she brings Kyle over. More often it's Mick who brings him; he is sadly out of action with serious Achilles problems but hopefully mending. Both are Worksop runners, and Kyle is doing well again after injury problems of his own.

Fixtures: Summer 2009

June

Sun 28 Jun 09 Mansfield Half Marathon open Full details on www.mansfield-harriers.org
Sun 28 Jun 09 Ackworth Open meeting open Thornes Park. All ages £2 per event, C/D 17th

July

Sat 04 Jul 09 Gala 5 mile open Tickhill KMRT series
Sun 05 Jul 09 Northern Div 2EC match 3 clubs Boston
Sun 05 Jul 09 Maltby Abbey Dash open Wesley Centre KMRT series
Sun 05 Jul 09 Birdsedge Challenge (Denby Dale) open 6M multi Club runners £3.50. OTD ent
Wed 08 Jul 09 Prince in the Park open 5k Greasbrough KMRT series
Sun 12 Jul 09 Barnsley Young Athletes Open Meeting
Sun 12 Jul 09 Weston Park Hospital 10 Kms (Sheffield R.C.)
Wed 15 Jul 09 Doncaster Town Centre 5 Kms
Sat 18 Jul 09 SY T&F League 6 SY clubs Doncaster; All ages. U11 & U13 Champs
Sun 19 Jul 09 NatYAL Match 5 clubs Venue TBC
Sun 26 Jul 09 NJAL Match 4 clubs Herringthorpe

August

Mon 03 Aug 09 Northern Div 2EC match 4 clubs Sheffield
Sat 08 Aug 09 U15 & U17 Northern Combined events open Alexander Stadium
Sun 09 Aug 09 U15 & U17 Northern Combined events open Alexander Stadium day 2
Sun 09 Aug 09 Askern 10 Miles Road Race inc. SOUTH YORKSHIRE CHAMPS.
Sun 16 Aug 09 Mansfield Open Graded Track meet Full details on www.mansfield-harriers.org
Sat 29 Aug 09 Northern Inter Counties Championships areas Wigan
Sun 30 Aug 09 Northern Div 2 Promotion Match clubs Venue TBC
Sun 30 Aug 09 NJAL Promotion Match clubs Venue TBC

September

Fri 04 Sep 09 Mansfield Autumn Open 5k road race Full details on www.mansfield-harriers.org
Sun 06 Sep 09 Exterminator Fell Race (Totley A.C.)
Sun 06 Sep 09 Great Yorkshire Run 10K Sheffield
Sat 12 Sep 09 Penistone 10 Kms Road Race
Sun 13 Sep 09 Yorkshire Road Relay Championships areas Don Valley
Sun 13 Sep 09 Prince of Wales Hospice 10K Start 10:00am Pontefract Park. £7 UKA members OTD £2 extra
Sun 13 Sep 09 Bawtry Forest Race (Maltby R.C.)
Sun 20 Sep 09 Great North Run 13.1 Miles Newcastle
Sat 26 Sep 09 Northern Road Relays (Men 6 stage, Women 4 stage) tbc
Sat 26 Sep 09 Oxspring 5 Miles Trail Race (Penistone FR)
Sun 27 Sep 09 Northern Young Athletes Road Relays tbc

October

Sat 17 Oct 09 Round Rotherham Run open 50 Miles Round Rotherham plus Relay

from Ian Cooley

Northern Senior League - Derby 02 May 2009.

Rotherham Harriers senior Men & Women travelled to Derby for their first match of the 2009 season with an under strength team on the day with many of their top athletes missing. However, everyone who was there pulled together and the team ran out winners beating Lincoln Wellington by 64 points, amongst the other teams in the Division 2EC league were City of Sheffield who had the likes of Sam Ellis & Jessica Ennis in their team (who finished last).

Both the men's & women's managers would like to thank all the athletes that competed on the day for their efforts, with PB's coming from Danielle Heald in the 200m 27.2 sec, Helen Walker in the 400mH David Coupe in the triple jump 11.29m & Kane Humphrys in the discus 38.47m (senior weight).

There were also track debuts from mother and daughter Paula & Kate Fisher & Jonathan Maxfield.

Thanks to Ian for this welcome addition to our reporting- it was regrettably just past the May deadline. Danielle is featured on the opposite page together with Rhian Hasteley and Mark Ward, who are shown hard on the heels of Sam Ellis.

The Wessex 100

May 23/4/5th 100 miles in 48 hours
Start 14.00 hrs 23rd Alton Hampshire

(Straight from Kerry's race diary !)

Lee Carratt, Brian Harney, Kerry Booth following Roy Varo - off on the 10am start. Warm, slight breeze, beautiful countryside, green fields, hills and woodland. Off we go then steadily, through the checkpoints, mile after mile on to the South Downs.

Brian succumbed to body not being as strong as mind- on and on over the hills and far away. Into the night, food after food....erm, I mean checkpoint after checkpoint- passed Roy- he's moving well. Sunday am- light early, hot early, very hot early! Fatigue, niggles, sore feet, but teamwork prevails. Still enjoying the views.

Good support and encouragement from Lee's family, Cynthia Varo and Pete Adams. Very welcome. Struggling but getting there. Where's the finish?

27hrs 40 mins- it's here, we've done it- 100 miles. Sore, tired, but very pleased. Many thanks to Lee who never left my side when the going got tough.
PS Roy finished in 37.5 hours.

Kerry is pictured right in SY Cross-country action



National Young Athletes: Athlete of the Match

Each club now determines a male and a female athlete to win their clubs "Athlete of the Match" awards.

Athletes are nominated after each of the 5 matches, and once they have won the award they are not eligible to win it again. The UK YAL standards (Grade 1 - 4) are used to determine the winners.
In Match 1 - held at York the Rotherham winners were Alex Kiwomye - for his performance in the under 15 boys 100m (12.1s Grade 3) and 200m (24.0s Grade 2), and Codie Marsh for her performance in the under 15 girls 1500m (4:57.8 Grade 2).

In match 2 (Herringthorpe) the winners were:- Dominic Marshall 1.75m U17M High Jump Grade 3, and Sarah Wilding 9.33m U17W shot Grade 3.

I am regrettably unable to bring you the match 3 and 4 nominations due to NYAL website problems (bandwidth exceeded!)

National Young Athletes League 2009

Northern 1 -East Herringthorpe Stadium
Sunday 17 May 2009

FINAL MATCH SCORES AND POSITIONS

Posn	Points
	76 event(s)
1 Rotherham H & AC	400.0
2 Spenborough & District AC	324.0
3 Boston & District AC	206.0
4 Darlington H & AC	85.0

Northern 1 -East Monkton Stadium
Sunday 31 May 2009

FINAL MATCH SCORES AND POSITIONS

Posn	Points
	82 event(s)
1 Rotherham H & AC	388.5
2 Blyadon & Elswick	346.5
3 Jarrow & Hebburn AC	230.5
4 Hull Achilles	184.0

Northern 1 -East Don Valley, Sheffield
Sunday 21 Jun 2009

FINAL MATCH SCORES AND POSITIONS

Posn	Points
	80 event(s)
1 Rotherham H & AC	416.5
2 Hallamshire Harriers	319.0
3 Cleethorpes & District AC	231.0
3 Harrogate Harriers & AC	231.0



Remaining fixtures
South Yorks 18th July Doncaster
 Big meeting, various championships including U11 and U13 multi-event championship (1 jump 1 throw 1 run, first three meetings made up the league which is now finished)
NJL 26th July and 30 August promotion match
NYAL 19th July
North Ath League 5th July,

Pictures show:
above Danielle Heald with pb in the 200 metres,
below left Sam Thorpe.
below right Mark Ward and Rhian Haste are hot on the trail of Sam Ellis at Derby where RHAC triumphed in their Northern League launch.



National Junior League
Sun 24 May Hull

Men Event		Women Event	
1 Rotherham H. & AC	220	1 City of Sheffield AC	172
2 Doncaster AC	196	2 Doncaster AC	156
3 City of Sheffield AC	186	3 Rotherham H. & AC	155
4 Scunthorpe & D.AC	164	4 Kingston Upon Hull AC	147
5 Kingston Upon Hull AC	106	5 Scunthorpe & D.AC	118
6 Cleethorpes / Grimsby	80	6 Cleethorpes / Grimsby	50
7 Hull Achilles / GOOLE	30	7 Hull Achilles / GOOLE	16
8 2DASH A.C.	0	8 2DASH A.C.	0

Sun 14 June Hull

Men Event		Women Event	
1 Rotherham H. & AC	262	1 Doncaster AC	200
2 Doncaster AC	195	2 Rotherham H. & AC	156
3 Scunthorpe & D.AC	191	3 Scunthorpe & D.AC	130
4 City of Sheffield AC	150	4 Kingston Upon Hull AC	104
5 Cleethorpes & Dt AC	121	5= City of Sheffield AC	72
6 Kingston Upon Hull AC	113	5= Cleethorpes & Di AC	72
7 Hull Achilles AC	38	7 Hull Achilles AC	30
8 2dash ac	0	8 2dash ac	0

Northern Athletics League

Div 1	total		match 1		match 2	
	lp	mp	lp	mp	lp	mp
1 Blackburn Harriers	11	767	5	356	6	411
2 City of Manchester AC	11	770	6	419	5	351
3 City of York AC	6.5	655	3	306	3.5	349
4 Trafford AC	6	577	4	324	2	253
5 Preston Harriers	5.5	648	2	299	3.5	349
6 Leeds City AC	2	498	1	294	1	204

Div 2W

1 West Cheshire AC	12	808	6	401	6	407
2 Blackpool,W & Fylde AC	10	743	5	364	5	379
3 St. Helens Sutton AC	7	655	4	342	3	313
4 Southport Waterloo AC	6	633	2	297	4	336
5 Liverpool Pembroke Seft	5	618	3	316	2	302
6 Manx Harriers	2	496	1	295	1	201

2 2WC

1 Bolton United H & AC	12	884	6	447	6	437
2 Bingley Harriers & AC	8	704	5	376	3	328
3 Holmfirth Harriers & AC	8	640	4	311	4	329
4 Leigh Harriers & AC	6	610.5	1	261.5	5	349
5 East Cheshire H & T AC	5	560	3	288	2	272
6 Bury AC	3	534.5	2	274.5	1	260

Div 2EC

1 Rotherham Harriers	12	764	6	375	6	389
2 City of Sheffield AC	7.5	618	4	303	3.5	315
3 Lincoln Wellington AC	7	598	5	313	2	285
4 Boston & District AC	6.5	617	3	302	3.5	315
5 Kingston upon Hull AC	6	656	1	284	5	372
6 Chesterfield & District AC	3	574	2	288	1	286

Div 2E

1 Wakefield Harriers	12	816	6	421	6	395
2 Gateshead Harriers	8	654	5	354	3	300
3 Middlesbrough AC	8	618	4	308	4	310
4 Durham City Harriers	7	672.5	2	282.5	5	390
5 Heaton Harriers & AC	5	529.5	3	288.5	2	241
6 Border Harriers & AC	2	365	1	182	1	183

Standings

	League pts	Match Posns pts
Rotherham HAC	12	764
City of Sheffield AC	7	618
Boston & District AC	7	617
Lincoln Wellington AC	7	602
Kingston upon Hull AC	6	656
Chesterfield & District AC	3	576

Rotherham Harriers & AC Newsletter

Editor Peter Humphries Ser 5 No 6 Pubn. Date 29/6/09
 News/comment: 01709 549125 peterh@thedoc.fsnet.co.uk

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

VISIT www.rotherhamharriers.org
www.sycac.co.uk

Mark Pays His Respects As Usual

The fourth annual running of the Ulley Res Trail Race on Wednesday was also the fourth event of the 'KMRT09' race series. The challenging 5 mile event is held to commemorate Harriers member Peter Ruddleston and has benefited greatly from the generosity of Whiston Parish Church Cricket Club, who have provided their premises as a base for race.

The scenic route out to and around Ulley Reservoir surprises visiting competitors but they don't have much time on the night to enjoy the view. Rotherham Harrier Simon Mounsey injected considerable interest at the sharp end, and the suspicion was that there might be a fourth unique winner (after Mark Ruddleston, Richard Harris and Jason Ward in previous years), but he ultimately had to settle for second place with 30:14 behind evergreen Mark Ruddleston (29:47) who ran out a clear winner. First in the ladies' race, by a clear margin, was Claire Spencer of Kimberworth Striders with 34:16. Both winners ran personal best times for the course, reflecting perhaps the dry conditions of the valley footpaths.

At the after-event social, runners were pleased to welcome Peter Elliott, who typically gave his time to support the series and athletics in general by awarding the prizes. Other recipients on the night were: 3rd men Peter Roberts (Clowne) 30:20, under-19 David Booth (RHAC) 33:38, 19-39 Mark Evitts (KS) 30:56, vet-40 Edward Hardy (Killamarsh K) 31:22, vet-45 Nigel Brookes (RHAC), vet-50 Peter Neal (RHAC) 32:20, vet-60 Brian Harney (RHAC) 37:32. Second lady Carla Foster (KS) 38:08, 3rd Janet Hindley (RHAC) 38:10, under-19 Amber Merrills (RHAC) 48:33, 19-34 Lindsay Rust (Maltby RC) 39:06, vet-35 Sharon Burton (RHAC) 40:11, vet-40 Nina Hague (KS) 36:40, vet-45 Debbie Hogarth (KS) 39:43, vet-55 Jenny Horan (RHAC) 46:03. Special awards for their impressive contribution went to Derek Shaw (RHAC) and Mary Chapman (KS). In the fun run (1.5 miles)- Robert Bentham (10:52), Emma Dutton (11:45) and Sam Allen (13:48) (all RHAC).

The race trophy has yet to be awarded as we understand that last year's winner Jason Ward still has it.

The series of twelve races, organised jointly by Kimberworth, Maltby, Rotherham and Tickhill clubs is increasingly popular and Ulley Res drew around 90 runners on the night. Runners from other clubs, and newcomers, are of course welcomed in the series and in the individual races. Next up is the Kanter at Kimberworth on Tuesday next (7pm start at Droppingwell), followed by a particular challenge- due to a rearranged event there are three races in five days with the Tickhill Gala 5 on Saturday 4th July, Maltby Abbey Dash on the Sunday and RHAC's Prince in the Park road 5k at Greasbrough on the Wednesday night. This year the series ends with awards at the Boxing Day race at Braithwell.

KMRT Series

The series is suddenly well-advanced as the summer surge kicks in. With Bassingthorpe, Tickhill Multi-10, Maltby Memorial, Ulley and the Kanter gone, an unfortunately-timed batch of three springs upon us next week. Maltby's moving of their Abbey Dash to a Sunday is understandable this year as they have St Quentin guests over then; I understand they intend to move it back next year to a Wednesday. Be that as it may, it is certainly a challenge (!) to do three in five days at Tickhill (Gala), Maltby (Abbey) and Greasbrough (Prince). Then we wait well into Autumn for the Canal Race at Kimberworth, also their Santa Special and the Braithwell 5 on Boxing Day which is awards day for the series as well. Tickhill plan a third race which is not yet finalised.

As a reminder, of the 12 we take your best 8 results in category and compare competitors. If only you do 8, you win. If no-one does 8, we take best 7 and so on- but there is a lower limit (undefined) for qualifying. Awards to under 20, senior, (vet 35 lady), vets 40, 45, 50, 55, 60, (65 men). The clubs will jointly consider the awards, and of course they jointly pay for them.



Prizewinners at the fourth Ulley Res Memorial Race

Ulley Res 5m Trail Race 03/06/09 The Peter Ruddleston Memorial Race

1	29.47	Mark Ruddleston	Rotherham HAC	MV45
2	30.14	Simon Mounsey	Rotherham HAC	MS
3	30.20	Peter Roberts	Clowne RR	MV40
4	30.51	Nigel Brookes	Rotherham HAC	MV45
5	30.56	Mark Evitts	Kimberworth S	MS
6	31.22	Edward Hardy	Killamarsh K	MV40
7	31.40	Simon Gregory	Killamarsh K	MS
8	31.51	Ian Hetherington	Kimberworth S	MV40
9	32.06	Kevin Doyle	Kimberworth S	MS
10	32.15	Chris Adams	Killamarsh K	MS
11	32.20	Peter Neal	Rotherham HAC	MV50
12	32.35	Mark Smith	Kimberworth S	MS
13	32.47	Dale Phelan	Killamarsh K	MS
14	33.10	Ryan Cudworth	Tickhill RC	MS
15	33.38	David Booth	Rotherham HAC	MU19
16	33.46	John McDermott	Kimberworth S	MV45
17	34.04	Mark Elliott	Kimberworth S	MS
18	34.12	Simon Hopkins	Kimberworth S	MS
19	34.13	Tim Noble	Tickhill RC	MV40
20	34.16	Claire Spencer	Kimberworth S	FS
21	35.17	John Spencer	Rotherham HAC	MV45
22	35.28	Garry Furniss	Killamarsh K	MV40
23	35.43	Ian Brookes	Kimberworth S	MV40
24	36.23	Paul Greenwood	Kimberworth S	MV40
25	36.40	Nina Hague	Kimberworth S	FV40
26	36.52	Lee Carratt	Rotherham HAC	MS
27	36.58	Cain Green	Kimberworth S	MS
28	36.59	Paul Campbell	Rotherham HAC	MV45
29	37.20	Neil Shaw	Rotherham HAC	MS
30	37.32	Brian Harney	Rotherham HAC	MV60
31	37.42	Craig Spencer	Kimberworth S	MV40
32	37.50	P Hughes-Narborough	Kimberworth S	MV45
33	37.52	Jim Rust	Maltby RC	MV55
34	38.01	Philip Haigh	Rotherham HAC	MV50
35	38.08	Carla Foster	Kimberworth S	FS
36	38.10	Janet Hindley	Rotherham HAC	FV40
37	38.23	Phillip Stokes	Kimberworth S	MV40
38	39.04	John Evans	Rotherham HAC	MV55
39	39.06	Lindsay Rust	Maltby RC	FS
40	39.16	Brian Lowndes	Maltby RC	MV60
41	39.20	Mick Barber	Maltby RC	MV40
42	39.32	Paul Teather	Rotherham HAC	MS
43	39.35	Richard Bardwell	Steel City S	MV45
44	39.39	Roy Butterworth	Rotherham HAC	MV40
45	39.43	Debbie Hogarth	Kimberworth S	FV45
46	39.44	Malc Proctor	Kimberworth S	0
47	39.46	Nigel Deakin	Maltby RC	MV45
48	39.47	Claire Chapman	Kimberworth S	FS
49	40.07	Tony Redfern	Maltby RC	MV45
50	40.11	Sharon Burton	Rotherham HAC	FV45
51	40.30	Paul Harris	Rotherham HAC	MV45
52	41.14	Paul Mather	Kimberworth S	MV40
53	41.51	Philip Widdowson	Rotherham HAC	MV45
54	42.11	Gaynor Beal	Kimberworth S	FS
55	42.31	Henry Marston	Rotherham HAC	MV60
56	42.34	Jim Gallacher	Rotherham HAC	MV50
57	42.44	Michael Hill	Rotherham HAC	MV55
58	42.57	Ruth Carnall	Kimberworth S	FS
59	43.30	Ken Chapman	Kimberworth S	MV65
60	43.37	Dave Thorpe	Maltby RC	MV60
61	43.39	Joanne Houghton	Tickhill RC	FV40
62	43.42	Sharon Merrills	Rotherham HAC	FV45
63	44.6	Lee Barraclough	Kimberworth S	MS
64	44.16	Garry Needham	Maltby RC	MV40
65	44.34	Robert Houghton	Maltby RC	MV55
66	44.35	Claire Turner	Kimberworth S	FS
67	44.54	David Burke	Rotherham HAC	MV45
68	45.28	Michelle Monteiro	Rotherham HAC	FS
69	45.37	Nick Scarr	Kimberworth S	MS
70	45.40	Paula Wright	Tickhill RC	FV45
71	45.46	Jayne Allen	Rotherham HAC	FV40
72	46.03	Jenny Horan	Rotherham HAC	FV60
73	47.16	Lesley Pogmore	Rotherham HAC	FV40
74	47.21	Joseph Linney	Tickhill RC	MV50
75	47.39	Tony Sarjeant	Rotherham HAC	MV55
76	48.33	Amber Merrills	Rotherham HAC	FU19
77	50.16	Ray Matthews	Maltby RC	MV65
78	50.36	Claire Edwards	Kimberworth S	FS
79	50.51	Laura Shepherd	Rotherham HAC	FS
80	53.36	Russ Bramhall	Kimberworth S	MV40
81	54.22	John Clarke	Rotherham HAC	MV60
82	56.30	Laura Booth	Rotherham HAC	FS
83	56.31	Kerry Booth	Rotherham HAC	MV45
84	58.57	Janety Butterworth	Clowne RR	FV65
85	60.38	Derek Shaw	Rotherham HAC	MV80
86	62.58	Mary Chapman	Kimberworth S	FV65

Fun Run 1.5 miles app.

1	10.52	Robert Bentham	Rotherham HAC
2	11.45	Emma Dutton	Rotherham HAC
3	13.48	Sam Allen	Rotherham HAC

Track & Field

Dennis Impressed by Abbie's Progress

After being awarded the Peter Elliot Trophy in January for the best middle distance performance by a Rotherham Harrier in 2008, 17 year old Abbie Vernon has started the 2009 track season in great style.

Her first race of the season back in April was in Malta representing North of England where she won the u20 women's 1500m in 4:42.47. Her next outing was at the Derbyshire AAA Track and Field Championships where she won gold medal in both the 800m in 2:14.91 and 1500m in 4:43.8 (a championship best performance).

An invite to compete in the 800m for the Derbyshire senior women's team at the CAU inter counties, Bedford 24th May where she finished 3rd in her heat 2:14.84 and 5th in the final 2:14.71. From this meeting she was invited to run for the East Midlands senior women's team at Loughborough University where she finished 3rd in 2:14.73.

On the 3rd June she accepted an invitation to race at the St Mary's University Classic meeting in Twickenham, London where she ran an excellent race to finish 3rd in 4:34.86.

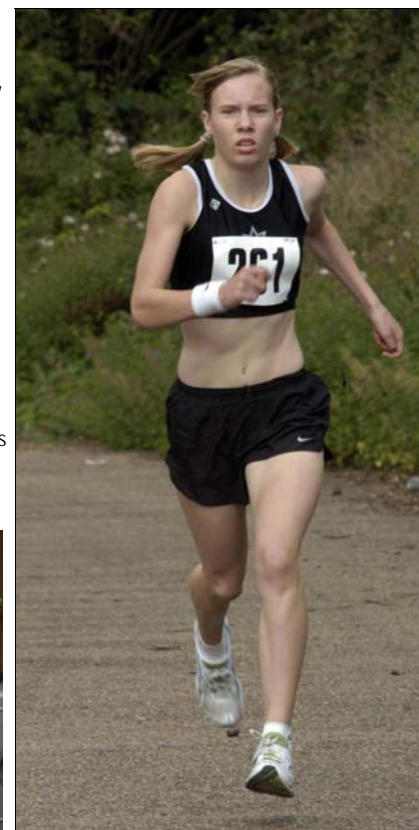
Apart from racing for Rotherham Harriers in the various League meeting her targets in June and July are the North of England, AAAs of England and the English Schools 1500m Finals where she is aiming to reach the finals and run under 4.30.0.

In July Abbie will be representing Great Britain Catholic Schools at the European Catholic Schools Championships in Portugal competing in the 800m and 1500m events.

This is the first track season that Abbie has started when she hasn't suffered any illness during the winter and her training and dedication is beginning to reap benefits

Dennis Russell
UKa level 4 Performance Coach

[Thanks to Dennis for this update. It would be very welcome to get similar praise from coaches, managers or just observers for athletes who are doing well, whether in standards, support, willingness or whatever. Otherwise I don't know, and I can't tell the readership. Ed]



Abbie Vernon pictured at the YA Relays and (inset left) in flashback to the 2008 awards with Peter Elliott

	name	club	R	J	T	R	J	T	R	J	T	1	2	3	total
all U11	Girls														
1st	Kelsey Wilson	DoncAC	65	42	66	67	48	88	67	46	52	173	203	165	541
3rd	Megan Nagy	RHAC	57	42	43	67	48	82	68	53	49	142	197	170	509
1st U10	Sharni Howis	RHAC	35	21	26	39	21	45	39	23	28	82	105	90	277
	Molly Wood	RHAC	40	22					45	28	22	62	0	95	197
	Emily Kay	RHAC	63		29	61	23					92	84	0	176
	Katie Hancock	RHAC	50	22								72	0	0	72
	Ella Frost	RHAC	31									31	0	0	31
all U11	boys														
1st	Dwight Daley	DoncAC	52	34	77	52	32	124	58	34	78	163	208	170	541
2nd	Kane Smith	RHAC	63	23	73	63	28	124	63	27	72	159	215	162	536
3rd	Jordan Dixon	RHAC	46	20	53	50	23	124	43	21	45	119	197	109	425
4th	Jonathan Bilton	RHAC	51	26	31	50	29	75	58	32	37	108	154	127	389
6th	Joseph Morton	RHAC	55	19	33	55	21	69	56	20	32	107	145	108	360
7th	Jarman Langton	RHAC	45	19	25	45	22	94	44	21	25	89	161	90	340
	Bradley Langton	RHAC	48	18	25	40	17	41	52	18	28	91	98	98	287
	Jack Cranswick	RHAC	57	21	46	55	22	79				124	156	0	280
	Jack Ward	RHAC	38	14	9	37	13	33	44	12	8	61	83	64	208
	Declan Walker-Smith	RHAC	56	17	28				55	20	27	101	0	102	203
	Joe Davis	RHAC	21	17	36				37	14	29	74	0	80	175
U13	girls														
1st	Toni Buckingham	Barns AC	55	55	57	48	60	55	56	61	82	167	163	199	529
5th	Beth Taylor	RHAC	64	52	25	65	52	28	63	66	28	141	145	157	443
	Elena Freeman	RHAC	47	42	ab	58	48	ab	62	59		89	106	121	316
	Emily Hutchinson	RHAC	61	37	25	64	ab	38	47	ab	25	123	102	72	297
	Mollie Arif	RHAC	44	44	25	38	njs	ab	39	42	25	113	38	106	257
	Amber O'Malley	RHAC	31	26	ab		39	32	50	28	35	57	71	113	241
	Emily Miles	RHAC	51	41	47							139	0	0	139
	Elizabeth Coupe	RHAC	19		56				19		44	75	0	63	138
	Eleanor Dovey	RHAC	57	28	24							109	0	0	109
	Grace Tomlinson	RHAC	48			36						48	36	0	84
	Maisie Elliott	RHAC	44									44	0	0	44
U13	boys														
1st	Josiah Filleul	Sheff AC	50	51	41	53	58	44	58	58	45	142	155	161	458
3rd	Thomas Evans	RHAC	31	39	40	35	49	45	50	56	47	110	129	153	392
4th	Jordan Small	RHAC	33	49	33	46	53	36	54	44	38	115	135	136	386
	Joel Kirk	RHAC	55	22	19	54	25	43	39	25	23	96	122	87	305
	Robert Bentham	RHAC				56	38	10	56	26	18	0	104	100	204
	Caine Frost	RHAC	56	25	16	51		29				97	80	0	177
	Brandon Harris	RHAC	43	26		47	27	17				69	91	0	160
	Oliver Court	RHAC	17	22	22				24		21	61	0	45	106
	Bradley Nelson	RHAC	29	29	34							92	0	0	92
	Sam Allen	RHAC	36	18	12							66	0	0	66

South Yorkshire Track relay Championships 2009 Photos and results (Opposite page)

This popular event took place this year at the Keepmoat stadium in Doncaster, and we were well represented with 21 teams present.

The event has a great atmosphere, with good natured club rivalry and vocal support in evidence.

Rotherham had 5 gold medal winning teams, 4 Silver and 4 Bronze.

Top: Some of the under 11 year old club athletes- Back row: Megan Nagy, Ella Frost, Kane Smith, Jaz Langton, Bradley Langton. Front row: Molly Wood, Declan Walker, Jordan Dixon, Jonathan Bilton, Joseph Davis.

Left: The U17 womens 4 x 400m team from left., Danielle Heald, Gemma Williamson, Olivia Neal, and Natasha Hatswell.)

Right: The senior mens 4 x 100m team; From Left Jordan Flude, Sam Thorpe, Gareth Moreton & David Scholey

Bottom: The U15 boys 3 x 800m team; from left, Nicholas Myers, Nico Bird, Rafael Sebastiao)

U11 & U13 multi-event

The table left is the final multi-event position for RHAC athletes at end of league

The one-off meeting on 18th July is the championship for these groups.

One jump, one throw, one run to count (3 events maximum) U10 and U9 ages also separate categories.

SYCAA Track Relay Champs 2009

U11 Girls 4 x 60m Shuttle relay		11 - 15 Girls 3 x 800m	
1	Doncaster AC "A" 43.6	1	Rotherham H & AC "A" 7.28.1
2	Doncaster AC "B" 44.6	2	City of Sheffield "A" 7.41.4
3	City of Sheffield "A" 46.2	3	Doncaster AC "A" 8.00.4
4	Wombwell SAC "A" 46.9	4	Rotherham H & AC "B" 8.01.7
5	Rotherham H & AC "A" 48.8	5	City of Sheffield "B" 8.03.3
		6	City of Sheffield "Guests" 8.14.1
		7	Doncaster AC "B" 8.36.6
U11 Boys 4 x 60m Shuttle relay		11 - 15 Boys 3 x 800m	
1	Rotherham H & AC "A" 43.3	1	Rotherham H & AC "A" 6.54.2
2	City of Sheffield "A" 44.4	2	Doncaster AC "A" 7.14.6
3	Doncaster AC "A" 44.5	3	Doncaster AC "B" 7.46.5
4	Doncaster AC "B" 45.4	4	Rotherham H & AC "B" 7.55.2
5	Rotherham H & AC "B" 46.2	5	City of Sheffield "A" 8.34.3
6	Barnsley AC "A" 46.4	6	Wombwell SAC "A" 9.11.3
U13 Girls 4 x 100m relay		U17 Women 4 x 400m relay	
1	City of Sheffield "A" 57.8	1	Rotherham H & AC "A" 4.19.6
2	Barnsley AC "A" 58.8	2	Doncaster AC "A" 4.26.1
3	Rotherham H & AC "A" 60.5	3	Doncaster AC "B" 5.01.7
4	Doncaster AC "B" 62.6		
5	Wombwell SAC "A" 65.1		
6	Wombwell SAC "B" 70.8		



U13 Boys 4 x 100m relay		U17 Men 4 x 400m relay	
1	Doncaster AC "A" 55.1	1	Doncaster AC "A" 3.34.1
		2	City of Sheffield "A" 3.44.7
		3	Rotherham H & AC "A" 3.53.4
2	Rotherham H & AC "A" 55.8	4	Rotherham H & AC "B" 3.59.7
3	City of Sheffield "A" 56.4	5	Doncaster AC "B" 4.00.9
4	Doncaster AC "B" 57.5		
5	Rotherham H & AC "B" 60.3	Senior Women 4 x 400m relay	

U15 Girls 4 x 100m relay		Senior Men 4 x 400m relay	
1	City of Sheffield "A" 52.3	1	City of Sheffield "A" 3.20.3
2	Doncaster AC "A" 52.8	2	Rotherham H & AC "A" 3.26.3
3	Rotherham H & AC "A" 55.8	3	Doncaster AC "A" 3.41.4
4	City of Sheffield "B" 56.9	4	Doncaster AC "B" 3.54.0
5	Rotherham H & AC "B" 58.2	5	Wombwell SAC "A" 4.13.3
6	Doncaster AC "B" 59.1		

U15 Boys 4 x 100m relay		Senior Women medley relay	
1	Doncaster AC "A" 47.5	1	City of Sheffield "A" 4.37.8
		2	Doncaster AC "A" 5.00.3
2	Rotherham H & AC "A" 49	3	Doncaster AC "B" 5.09.5
3	City of Sheffield "A" 49.5	4	Wombwell SAC "A" 5.16.8
4	Rotherham H & AC "B" 50.9		
5	Doncaster AC "B" 53.6		

U17 Women 4 x 100m relay		Senior Men medley relay	
1	City of Sheffield "A" 51.4	1	City of Sheffield "A" 3.44.2
2	Rotherham H & AC "A" 53.7	2	Doncaster AC "A" 3.54.6
3	Barnsley AC "A" 54.9	3	Doncaster AC "B" 4.00.7
4	Doncaster AC "A" 55.5	4	Rotherham H & AC "A" 4.06.7
5	Doncaster AC "B" 58.7	5	Wombwell SAC "A" 4.42.3



U17 Men 4 x 100m relay		Senior Women 4 x 100m relay		Senior Men 4 x 100m relay	
1	Doncaster AC "A" 45.5	1	Barnsley AC "A" 50.5	1	Rotherham H & AC "A" 44.8
2	City of Sheffield "A" 47.7	2	Doncaster AC "A" 51.7	2	City of Sheffield "A" 44.3
3	Rotherham H & AC "A" 47.7	3	Wombwell SAC "A" 59.0	3	Doncaster AC "A" 45.3
4	Doncaster AC "B" 48.3				
				80.8	
				DQDoncaster AC "B"	DQDoncaster AC "B"
					Wombwell SAC "A"



BMAF Road Relays

Pictured above are Mick Marsters, Terry Hawley and Jerry Spencer who made up the O-60 team at Sutton Park. Jerry is welcome back at an appropriate time to stand in for absentees, notably Malc Palfreyman who is slow to get over injury problems at the moment.

Right: O50 team of Steve Gaines, Martin Herrington, Keith Williams, Peter Neal, Peter Shaw, and Terry Eastwood. Good performances all round despite being out of the medals; our reputation certainly maintained.

O50
 13 Rotherham Harriers & AC 1h48.22m
 Mart Herrington 18.30m
 Steve Gaines 18.59m +5
 Pete Shaw 17.51m +6
 Keith Williams 18.02m +11
 Peter Neal 17.23m +4
 Terry Eastwood 17.37m +1

O-60
 4 Rotherham Harriers & AC 56.48m
 Jerry Spencer 19.58m
 Terry Hawley 18.33m +23
 Mick Marsters 18.17m +13

Holmfirth 12th, Sheffield RC 20th
 13 Rotherham Harriers & AC 2h16.22m
 Dave Nuttall 17.59m
 Howard Darwin 17.17m +9
 Paul Ruddleston 16.21m +12
 John Comrie 18.04m -4
 Mark Ruddleston 16.24m +19
 Pete Mirrlees 16.43m +2
 Mark Ward 16.29m +5
 Tim Drake 17.05m +1

O45 ladies
 10 Rotherham Harriers & AC 1h05.07m
 Sharon Burton 22.05m
 Gill Taylor 22.22m +4
 Paula Fishers 20.40m +6

We had two **incomplete O/35** teams (1 runner in each - Matthew Asbridge & Janet Hindley).



Mansfield 18th, Hallamshire 20th
 Little local opposition apart from the ones stated.

Damflask & South Yorks Road Relays

RH&AC veteran teams who took part in the relay event at Dam Flask reservoir (Low Bradfield) are pictured on the far right.

Men (from left) Peter Neal, Peter Mirrlees, Dave Nuttall, Mark Ruddleston.

Women (from left) Gill Taylor, Paula Fisher, Julie Thomas. The women's team finished 14th (4th Vet team) and the men 6th (1st vet team).

Rotherham Hospice Run4Fun

Right: The 4 award winners from the Rotherham Hospice Run4Fun (from left Matthew Asbridge, Jenny Horan, Jess Mangham, Robert Bentham). Matt won it last year but this time round the young RH members had the better of him. Results on the RH website homepage.

