Vets Fight Hard for National Status: Men50+/Ladies 45+ both top ten

RHAC Men and Women vets placed us well up the rankings nationally at Sutton Park last month.

RHAC over-50 men again demonstrated their national quality in the 6-stage road relays at Sutton Park, Birmingham. Although Oxford and Brighton were well off the front, it got quite competitive just after and all ran well to set up and hold on to a fine result.

Just as in open national events, there is simply nowhere to hide in these relays and the team brought home their results by dint of smart quick running all round. Alan Gregory’s good start was built upon in stage two where for me highlight number one of the race was provided by Malcolm Palfreyman storming through the field in 17.27, a nice comeback time, and I hope I do not offend Malcolm by mentioning he is not at the bottom end of this age group. Stages three to five saw forward progress from Jerry Spencer, Terry Hawley and Steve Gaines, all within a few seconds in the 17.40’s (as was Alan) until highlight number two unfolded with a roaring 16.41 from Chris Mullarkey, a time which would in fact have been third fastest in the vet 40 team, and was 15th fastest in the age group. All were close, what’s more (except for Nigel Gates who ran sub-15), and Chris must have been a little bit pleased.

The well-established and successful trio of Gill Taylor, Paula Fisher and Chris Mullarkey were at it again, running an impressive eighth place and keeping in pretty close contention for higher. Highlight perhaps was Paula’s run in 19.53 but all ran well to continue a fine season.

Again we could not quite catch the Barnsley outfit, last time was at the Northern 6-stage.

Whilst not quite at full strength, the over-40 team ran solidly to finish 28th, and were not let down at all by their reserves. Peter Neal’s 16.36 was a sound run which made up 11 places after a sound start from Terry Eastwood and Steve Philips.

Martin Connolly, John Comrie and Alan Chell kept up the momentum and then came a really superb run from Peter Mirrlees. As many top runners, Peter can be very self-critical, but he must have been cautiously pleased with this one, scoring 15.59 for our fastest time on the day.

Kerry Booth ran the anchor stage and made a very determined effort, on what I think is probably his national road debut!
Welcome, Welcome, Ben Venuta.......... The following new members were accepted at the Executive Committee Meeting in May and June: Rebecca Birch (2nd claim for NLJ), Jonathan Hughes, Rebecca White, Andrew Nye, Theodore Browne, Tony Browne, Alan Corish, Jessica Corish, Tasmin Corish, Jessica Finch, Nicola L Muscrows, Aimee Jade Newton, Darren Tinker. We extend a warm Harriers welcome to them all and wish them an enjoyable athletic career.

BRAND NEW TRACK THIS SUMMER? UP-DATE FROM CLUB SECRETARY

Robert Oakes R.M.B.C. is predicting completion in August and September. If the tender is met:

HERRINGTHORPE STADIUM WILL NOT BE AVAILABLE FOR TRAINING FOR THE WHOLE OF AUGUST AND POSSIBLY SEPTEMBER!!!!

Young Athletes League Fixture, Herringthorpe

A brilliant start to the home fixtures this season UNLESS of course you know differently.

POLICE CHECKS

Members must no doubt be aware that club administrators are under more and more pressure to have officials/coaches Police checked. There is no doubt that in the near future CHECKS WILL BECOME COMPELLARY. South Yorkshire Sport are prepared to meet the cost of all Police Checks undertaken by the club, this is a considerable saving for the club. If you want to subject yourself to a check contact Secretary Bert Norburn for an application form ASAP

UP AND COMING EVENTS PROMOTED BY YOUR CLUB

Support Your Club!!!!!

On Sunday 27th June the annual STRAWBERRY FAYRE 4.4 MILE AND FUN RUN Starts in Highfield Park, Swinton at 1.00pm PROMPT. Entry Forms in the kiosk.

MEXBOROUGH TOWN AND TOWPARK 5K & 1 MILE FUN RUN

MEXBOROUGH CARNIVAL DAY

On Sunday 11th July the annual MEXBOROUGH TOWN AND TOWPARK 5K AND FUN RUN Starts in the Athletic Club Grounds Adwick Road Mexborough 12.15pm Fun Run (1 mile) and 1.15pm 5K.

THESE EVENTS ARE BOTH EARNERS FOR CLUB FUNDS THE MORE HARRIERS THAT ENTER THE MORE MONEY COMES BACK TO THE CLUB

WE REQUIRE STEWARDS/MARSHALLS FOR BOTH THESE RACES PLEASE COME FORWARD AND HELP OUT

Officials Needed

SVCAA are having a recruitment drive for NEW officials. Did you know that by simply helping out at a meeting you can become officially graded. You need to attend 5 meetings and get a simple report completed by supervising graded officials and HEY PRESTO you become a grade IV. Time Keepers, Track Judges and Field Judges are all required.

Rotherham Rockets TAKE OFF

The new series of Rotherham Rockets has resumed at the Stadium. Funded by an Awards Grant kids under 11 years attend on either Tuesday or Thursday evenings at the track. On the first night (1st June) a dismal wet evening almost 90 children attended and on the second session (3rd June) 40 children attended.

Our thanks to Steve and Gayle Lebond for promoting this initiative. If you know any under 11’s who would like to sample Fun in Athletics contact Steve there are a few places available.

Harriers help out under privileged Kids. Your Club has agreed to loan equipment FREE OF CHARGE to Rotherham Children’s Inclusion and Support Service through the summer school break. This will enable children who would not usually have access to our sport to have a go.

NEW CONSTITUTION AGREED

Over the past couple of months your executive committee have been thrashing out a new constitution. This will soon be posted on the Club Web Site and should enable an application for Community Amateur Sports Club Status to be made.

FOSTER REPORT

The long awaited report on the future of Athletics has now been published. If you want to have a look at it or at the shorter Executive Summary contact Secretary Bert Norburn.

Guinea Pigs Wanted?

Sheena Privett BSc (Hons), Liverpool John Moores University is carrying out a study into Pre-Syncope and Syncope conditions. This quite simply relates to individuals reaction to exhausting exercise ranging from fainting, light headedness etc etc. The evidence is anecdotal and requires tick box answers to a set of questions. If you would like to take part contact Secretary, Bert Norburn.

Pleasure Land, Southport.

Secretary Bert Norburn has details of discounted entry charges to the above. If you want any more information contact him.

NoEAA Junior T&F Championships, Robin Park, Wigan 29/30 May

Several Junior Harriers carried our Club Colours in this event, the following is a summary of medal winners:-

Gold Laura Booth U17 Women Shot Put: Victoria France Silver U17 W 3000m:U15 Girls 800m Bronze Natalie Grant

Several other members competed and gained invaluable experience at this level, Stacey Lebond, Jonathon Thewliss, Lyndsay Clarke, Martyn Boner, Jade Allen

Well done one and all.

MEXBOROUGH TOWN AND TOWPARK 5K & 1 MILE FUN RUN

MEXBOROUGH CARNIVAL DAY

On Sunday 11th July 2004

START AND FINISH: The Athletic Club, Adwick Road, Mexborough

5K COMMENCES 1315 hrs

FREE FUN RUN 1215 hrs

Trophies 5K ONLY to

First 3 Males : First 3 Females:
First 3 Ladies Over 35s First 3 Men Over 40:
First Male Over 50 First Female Over 45:
Trophy to 1st Male and 1st Female Muxborough Residents

Medals to all finishers 5K and Goody Bag to Fun Run finishers

Postal Entries £2.50 On the Day + £1:

FUN RUN FREE AT ANY TIME

ENTRIES TO GILLIAN TAYLOR

Male/Female changing/toilets

*Undulating course mainly through woodland & grassed areas less than 1/2 Mile tarmac footpath

*Car parking in Fitzwilliam Street

*New Course for 2004

11th SWINTON STRAWBERRY FAYRE

4.4 MULTI-TERRAIN AND 1.1 MILE FUN RUN

Extensive prizes to all 4.4mile and up to 100th fun run

SUNDAY 27th JUNE both at 1 pm

Highfield Park, Swinton

Finish in grounds of Swinton House Club, Fitzwilliam Street

4.4 mile £5 postal by 20/6/04 to Bert Norburn

NB NO ENTRY ON THE DAY FOR 4.4 mile

NB also new venue

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Bert Norburn

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Club Secretary's Notes
Redmires, Sheffield
12th May 2004

Vet Men Over 40
1 Mark Ruddleston RHAC 27:01 (83:02)
2 Nigel Brooks RHAC 28:35 (87:14)
3 John Spencer RHAC 32:09
4 Steve Gozzell RHAC 32:25
5 Alan Corish RHAC 37:52 (115:42)
6 Gavin Lait RHAC 40:30

Vet Men Over 45
1 Nev Newman Donc. 28:03 (85:01)
2 Pete Neal RHAC 28:42 (88:16)
3 Alan Chell RHAC 30:16 (91:17)
4 Kerry Eastwood RHAC 30:18 (91:19)
5 Stuart Lake RHAC 32:06 (96:18)
6 Alan Joyce RHAC 33:34 (101:18)
7 Dave Wright RHAC 36:33 (113:16)

Vet Men Over 50
1 Mick Page Donc. 28:15 (85:55)
2 Steve Gaines RHAC 30:18 (92:06)
3 Alan Corish RHAC 30:38 (93:30)
4 Malcolm Rhodes RHAC 37:47 (115:07)

Vet Men Over 55
1 Robert Tintinger Mexb. 30:12 (90:50)
2 Brian Harney RHAC 33:53

Vet Men Over 60
1 Channah Patton Hallam 29:19
2 Jenny Blizard RHAC 30:53 (93:10)
3 Joanne Seymour Hallam 31:54 (96:09)
4 Beth Massey Barnsley 33:17 (101:09)
5 Sue Bellamy RHAC 34:36 (104:11)

Lady Vet Over 35
1 Linda Walton Barns H 35
2 Estelle Brown Sheffil Tri 36 (109:52)

Lady Vet Over 40
1 Lesley Day Donc. 33:22
2 Philippa Weir Totley 34:03 (102:29)

Lady Vet Over 45
1 Linda Westlake Barnsley 36:24 (107:17)

Lady Vet Over 50
1 Mary Pickles RHAC 34:59 (105:59)
2 Jenny Horan RHAC 39:46 (121:06)
3 Pat Wells RHAC 44:44 (135:19)

Standings of possible medal winners (one race to go)

Male Vet O40
1 Mark Ruddleston RHAC (83:02)
2 Dave Brooksbank Barnsley AC (86:02)
3 Nigel Brooks RHAC (87:14)
4 Mark Buskwood Totley AC (90:04)

Male Vet O45
1 Kev Newman Doncaster (85:01)
2 Pete Neal RHAC (88:16)
3 Steve Storey Penistone (90:03)
4 Colin West Steel City (90:33)
5 Chris Ward Steel City (90:56)
6 Alan Chell RHAC (91:17)
7 Kerry Eastwood RHAC (91:19)
8 William Alves Totley AC (93:29)

Male Vet O50
1 Mick Page Doncaster (85:55)
2 Mike Quinn Sheffield (88:25)
3 Bob Pringle Sheffield Tri (90:27)
4 Steve Gaines RHAC (92:06)
5 John Lynch Metheringham (92:33)

Senior Ladies
1 Jenny Blizard RHAC (93:10)
2 Joanne Seymour Hallam (96:09)
3 Beth Massey Barnsley AC (101:09)
4 Sue Bellamy RHAC (104:41)
5 Natalie Milward Totley AC (108:21)

Summarising the chances of medals in the last event (June 9th), and bearing in mind the number of awards to be made, the above table shows our chances.

If all goes normally, Mark Ruddleston is assured of first vet and Nigel Brooks of third. Movement is unlikely if the others turn up.

Likewise at vet 45, Peter Neal could catch New-
man, nor should he get caught. Alan Chell and
Terry Eastwood have too much to do if opponents
are present, as is the case with Steve Gaines at O50 and
Sue Bellamy at Senior Ladies.

Jenny Blizard is well in front of the senior ladies however
Darren Cooney

Darren phoned me yesterday with the good news that his latest, and we all hope, last operation took place a week last Friday and appears fully successful. He now embarks on four to six weeks of inactivity whilst bruising etc goes away: no work, no training either although it is well to the fore in his plans. We are hoping to meet up at Hayfield where the last road league takes place.

From Dave Haywood:

Often so many things in our sport get taken for granted. It’s rewarding therefore to report that thanks to the endeavours, last July, of our secretary Bert Norburn and his team of helpers like Gill Taylor, Dave Johnson and others connected with the Meathor-roughly 5K, that recently the South Yorkshire Times sent the club a cheque which boosted much needed club funds to the tune of £300.

Whilst he may wish to remain a reluctant hero the road running committee still wish to acknowledge the London Marathon run of 3 hours 37 mins by Derrick Clark. They plan to make a small presentation to him on the night of the Devil (Takes the Hindmost).

Hallam Chase

Brian Harney was our only representative with a fine 27.37 which gave him a handicapped time of 36.47 to take eighth place and 1st O55 vet. Mike Hayes (Dark Peak) won, Jane Cockerton (Penistone) the ladies. Shaun Marsden (Hallam, 23.18) was fastest on the night.

Retford 5K

Andy Aked’s 16.17 took 2nd place in close company as Billy Farquharson won the town centre event.

Tigers 10

Joe Gavelle (55.44) and Jenny Blizard (63.25) won the race, Mark Ruddlesotn (55.46) was first vet home in second place overall; not surprisingly the trio took the team award. Good support from John Spencer (68.15) and Phil Eddison (68.57).

Milton 6

Ray Howarth (37.48) was second O50. A fine 33.23 from Pete Shaw won him second place.

Young Athletes

What a fine start to the season it has been for RHAC’s young athletes, as Bert Norburn has been pointing out in this newsletter. And none better than the performance of Laura Booth of course, having won the Yorkshire to take the team title.

Jonathan Thewils ran a 3.57.07 pb in the 1500 meters at U20 which puts him into the frame for the AAA U20 championships later.

Also in the medals at the Northern event were Victoria France (silver) with a pb 10.29.58 in the U17 3000 metres and Natalie Grant (bronze) with a pb 2.16.30 in the 800 metres at U15, where Jade Allen also ran pb (2.23.55) in her heat, ultimately finishing seventh. Fine performances also from Martyn Bomer (U17 800m final), Stacey Lebond (U17 hammer, javelin, discus and shot finals!) and Lynsay Clarke (U17 800m final).

Inter Counties

Whilst Laura Booth was throwing for Yorkshire, Rob Watkinson was taking bronze in the senior mile event (4.14.42) and coincidentally assisting Yorkshire to take the team title.

**FASTEAST TIMES IN THE HALLAM CHASE**

These statistics cover the period 1951-date, and come from a fascinating publication by Malcolm Douthwaite (HH), who has been organiser and handicapper of the Hallam Chase for many years.

The only RH name in this is of course Brian Mullarkey, who also ran second in 1969 (not forgetting it’s a handicap race).

Though often seen at local races, especially supporting Chris, Brian’s sport these days is cycling since he was forced out of running by a leg injury. But he was seriously fast back in the 60’s and 70’s and maybe early 80’s.

Our recent Hallam Chase successes have come from Brian Sprakes, and naturally, Brian Harney has carried the RH flag no end of times.

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Club</th>
<th>Year</th>
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</thead>
<tbody>
<tr>
<td>19:42</td>
<td>Trevor Wright</td>
<td>HH</td>
<td>1968</td>
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<tr>
<td>20:10</td>
<td>Malcolm Patterson</td>
<td>DPF</td>
<td>1987</td>
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<tr>
<td>20:21</td>
<td>Derek Walker</td>
<td>SUH</td>
<td>1989</td>
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<tr>
<td>20:29</td>
<td>Rod Duerdon</td>
<td>SUH</td>
<td>1974</td>
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<tr>
<td>20:34</td>
<td>Ian Wainwright</td>
<td>SUH</td>
<td>1966</td>
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<tr>
<td>20:37</td>
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<td>1965</td>
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<tr>
<td>20:37</td>
<td>Malcolm Patterson</td>
<td>DPF</td>
<td>1984</td>
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<td>20:38</td>
<td>Peter Rawnsley</td>
<td>SAC</td>
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<td>20:47</td>
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<td>Bill Donmoney</td>
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<td>1974</td>
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<tr>
<td>20:52</td>
<td>Alan Bargh</td>
<td>SUH</td>
<td>1951</td>
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<tr>
<td>20:52</td>
<td>Peter Rawnsley</td>
<td>SUH</td>
<td>1973</td>
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<tr>
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<td>Albert Harden</td>
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<td>20:58</td>
<td>Johnny Nichols</td>
<td>SUH</td>
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<tr>
<td>21:01</td>
<td>Rod Duerdon</td>
<td>SAC</td>
<td>1975</td>
</tr>
</tbody>
</table>

Happy 30th to Alan. Ted Parkinson is loomng over Graham Ellis (81) of Holmfirth and Dave Trickett (next to Alan). Ted Parkinson is loomng over Graham Ellis. In photo 2, a youthful Henry Marston is hard at work. I hope it does not offend to say that Henry was just an average club runner until he tried 100 mile/ 24 hours racing in later career and proved to be immediately and outstandingly successful. The lead runner of the group is Mick Fallon. Mick didn't do much team racing as I recall but was always a seriously good runner and still is judging by the speed I see him doing in local training runs. The white vests are those of Alan Simpson, who i think was former world mile record holder, and training partner Bert Garnham just behind.

**Picture Quiz**

Last Month: Two shots of the last (or near-last) Rotherham Marathon, starting on Morthen Road, Wickersley, therefore 1984 unless you know better. One thing these old photos show is how rapidly and extensively our environment has changed and continues to change. Identifiable on the front line are Alan Gregory (centre) and Eddie Kirkup (2nd right), and among visitors are Graham Ellis (81) of Holmfirth and Dave Trickett (next to Alan). Ted Parkinson is looming over Graham Ellis. In photo 2, a youthful Henry Marston is hard at work. I hope it does not offend to say that Henry was just an average club runner until he tried 100 mile/ 24 hours racing in later career and proved to be immediately and outstandingly successful. The lead runner of the group is Mick Fallon. Mick didn't do much team racing as I recall but was always a seriously good runner and still is judging by the speed I see him doing in local training runs. The white vests are those of Alan Simpson, who i think was former world mile record holder, and training partner Bert Garnham just behind.

**This month’s Quiz**

Another of Peter Neal’s collection. This one is marked as a South Yorkshire Police Photograph, first lap at 6 miles. I make 6 RH members, maybe more. Who are they, what and when is it? Who leads, and why no club vest? I suspect I know who the lap markers (extreme right) are. Am I right?