



## Rotherham Harriers & AC Newsletter May/June 2005

### National Veterans Relays

# Vets all step up Rankings

**National Veterans Road Relays**  
**Sutton Park**  
**21<sup>st</sup> May 2005**

**RHAC Vet teams all improved their last year's national status last Saturday, the O-40m team moving up 8 places to 20th, O-50's moving up one and ladies O-45 moving up three. Jim Brogan reports:**

Rotherham Harriers veterans teams certainly more than upheld the club's proud tradition in the National

Veterans Road Relays, held as always over the testing 3 mile lap in Sutton Park. Although no medals were achieved on the day, there were solid performances all round from the 3 teams, which bodes well for the forthcoming Yorkshire Veterans Road Relays.

The over 45 ladies produced our highest team placing of the day, finishing 5<sup>th</sup>, an agonising 10 seconds behind 4<sup>th</sup> placed Bingley Harriers. The over 50's men worked their way steadily through the field to achieve an outstanding 6<sup>th</sup> place. For the over 40's men it was good to see the return of Paul Venables

and also Paul Ruddleston. Both Paul's produced excellent performances to show that they have lost none of their competitive edge. The outstanding run of the day came from Mark Ruddleston with a superb time of 15-34 for the over 40's men's team.

All in all a day to be proud of for the club, and particular thanks are due to Peter Neal and Steve Gaines for once again organising the men's teams, and to Gill Taylor for ensuring that the ladies were there as always.



RHAC Vet O-50 team: back Malc Palfreyman, Terry Hawley, Alan Gregory, Martin Herrington; front Steve Gaines and Mick Marsters.  
*Photo: Jim Brogan*

#### Results: Veteran Men O/40

##### RHAC finishing position 20<sup>th</sup>

A total of 55 teams finished in this category

1. John Atkinson 52<sup>nd</sup> 17-42
2. Drew Donaldson 42<sup>nd</sup> 17-17
3. Paul Ruddleston 37<sup>th</sup> 16-42
4. Dave Nuttall 30<sup>th</sup> 16-38
5. Peter Neal 24<sup>th</sup> 16-23
6. Mark Ruddleston 17<sup>th</sup> 15-34
7. John Comrie 19<sup>th</sup> 17-15
8. Paul Venables 20<sup>th</sup> 17-29

Mark Ruddleston was 4<sup>th</sup> fastest on leg 6

Peter Neal was 9<sup>th</sup> fastest on leg 5

##### Other team positions:

1. Bristol & West AC
2. Telford AC
3. Clayton Le Moors
4. Tipton
5. Staffordshire Moorlands
6. Sunderland

**Full results page 4**

#### Veteran Men O/50

##### RHAC finishing position 6<sup>th</sup>

A total of 46 teams finished in this category

1. Alan Gregory 30<sup>th</sup> 17-53
2. Martin Herrington 17<sup>th</sup> 17-24
3. Malcolm Palfreyman 13<sup>th</sup> 17-27
4. Terry Hawley 11<sup>th</sup> 17-34
5. Mick Marsters 7<sup>th</sup> 17-22
6. Steve Gaines 6<sup>th</sup> 17-10

Mick Marsters was 5<sup>th</sup> fastest on leg 5

Steve Gaines was 8<sup>th</sup> fastest on leg 6

##### Other team positions:

1. Oxford City
2. Invicta East Kent
3. Stockport Harriers
4. Wirral
5. Altrincham

#### Veteran Ladies O/45

##### RHAC finishing position 5<sup>th</sup>

A total of 17 teams finished in this category

- Gill Taylor 9<sup>th</sup> 21-06
- Patricia Muller 6<sup>th</sup> 21-02
- Hilary Garrison 5<sup>th</sup> 19-32

### Askern 10k

## Richard's 'Rehab' now complete

Richard Harris showed his return to top level racing is back where he wants it by a determined first place in the Askern 10k last week

Richard set out the conditions for this race early on, as clearly captured in our picture. Scott Mitchell did not let him go but was unable to get on terms ultimately as Harris came home first in around 31.42 according to time-keeper on the night Jim Brogan (full results still awaited). He seems to have recovered fully from the unlucky road accident we reported in January.

This photo (also on page 5) comes by courtesy of Darren Cooney, who we hope and believe we may see on the other side of the camera before long. Darren has now completed medical treatment: as he puts it, he has a full skull again! He has several weeks of recuperation yet, but intends to be back running before long. His enthusiasm seems stronger than ever.



**Secretary's Notes Bert Norburn**

**CRB Disclosure ALL CLUB COACHES**

Section B of the application form should be completed as follows:-

Organisation name UK Athletics  
Address Athletics House, Central Boulevard, Blythe Valley Park, Solihull, West Midlands B90 8AJ

**Welcome, Wellcommen, Ben Venute....**

The following new members were accepted by the executive committee of the club at the May meeting:-

Oliver Arif 13yrs T&F, Georgina Arif 11yrs T&F, Matthew James Beal 17yrs T&F (From City of Sheffield subject to hardship application), Nicole Blank 10yrs T&F, Sarah Anne Clark 11yrs T&F, Mark Dever 16yrs T&F, Adam Christopher Green 12 yrs T&F, Natalie Green 11yrs T&F, Rhian Hasteley 19 yrs T&F, Sam Jones 8yrs T&F, Ryan Jones 13yrs T&F, Olivia Lambert 10yrs T&F, Mollie Lidster 10yrs T&F, Peter Lidster 10yrs T&F, Abbie Martin 10yrs T&F, Danielle Pearson 11yrs T&F, Emily Picken 11yrs T&F, Cameron Rush 10yrs T&F, Zachary Rush 12yrs T&F, Nicole Slater 10yrs T&F, Leanne Spooner 16yrs 2<sup>nd</sup> Claim T&F (NJL Only City of Sheffield Athlete), Rebecca Jayne Strutt 11 yrs T&F, Jon Francis Tart 10yrs T&F, Holly Tinkler 11yrs T&F, Jade Tinkler 14yrs T&F, Amy Leanne Troop 11yrs T&F, Daniel Lee Troop 8yrs T&F.

We extend the usual warm welcome to our new friends and wish them all a successful career in the black vest with the white 7 pointed star.

**The 7 pointed star travels the world.**

One of our most distant members Victor Hutchins who lives in London NW10 has been in touch to renew his subs. What a timely reminder to all you track and field guys and dolls you are now 4 months+ overdue please pay up we need your subs having lost

£500+ income due to the cancellation of our open in May.

Victor gets about a bit wearing the harriers colours here are some of the events he carried our colours in last season, Reading half Marathon 1hr 32m, Taunton Marathon 3hr 20m, Krakow Marathon (Poland if my geography is correct) 3hr 59m, Leeds Half Marathon 1hr 36m, Lisbon (Portugal) Marathon 3hr 55m, Taunton Half Marathon 1hr 37m (this year). Vic has the following entries already in for 2005 Leeds Half Marathon, Torbay Half Marathon, Helsinki Marathon, Wolverhampton Half Marathon and Porto (Portugal) Marathon. It's tremendous to see the club colours travelling the world.

Have any other member carried our colours so far in 2 years, let me know.

**Boost Club Funds whilst buying athletic equipment**

The NoEAA have negotiated a deal with Sport-E an on line discount sportswear supplier. Every time you order from them VIA the NoEAA website your club gets commission. You must access Sport-E via this website DO NOT ENTER IT AS ONE OF YOUR FAVOURITES OTHERWISE WE WILL MISS THE COMMISSION.

The NoEAA website is [www.noeea-athletics.org.uk](http://www.noeea-athletics.org.uk) Happy shopping!!!!

**Rotherham Town Sports Club, Clifton Lane, Rotherham S65 2AH**

T/N 01709 361 739 (better known to many as Rotherham Town Cricket Club).

We are delighted to inform you that members of Rotherham Harriers & AC have been appointed as Associate Members of the above Club. This was following an invitation by Director Peter Farmer and Manager Andy Cooke. This means that ALL THE FACILITIES at Clifton Lane are available forthwith. There is a Club Room where your execu-

tive meet for their meetings and an excellent bar/function room upstairs. Parking is available either on the Cricket side of the ground or the Rugby side. In the very near future brand new luxury changing/shower facilities are to be built as an extension. Once complete this will form an excellent base for road runners rather than the old dingy changing facilities at Herringthorpe. Your executive committee are delighted to commend this new facility to you.

**Cabinet Reshuffle!!**

No not the leader of the Labour Party's shuffle you couldn't help but notice our very own cabinet shuffle. Following our break in we believed that the damage was beyond repair. We didn't take account of the expertise of Martin Binstead the dad of one of our new youngsters. He is the proprietor of CSM Doors Ltd, of Wath-upon-Dearne. He saw our predicament and quickly announced that he could fix it and replace the doors with a metal roller with barrel locks, 'FREE OF CHARGE'. Not only did he make a great job but it only took him from the Wednesday returning with job done and dusted the following Monday.

A BIG thank you to Martin if you require Expanding Gates, Window Grills and Bars, Steel Personnel & Fire Doors, Roller & Sectional Garage Doors, Light Fabrications whether Domestic/Commercial or Industrial he can be contacted on 0800 3282454

**Block booking Savings!!!!**

Secretary Bert Norburn has received information for savings on block bookings 10 or more to the following Theme Parks

Alton Towers Normal Price £28 block price £21 each

Thorpe Park Junction 15 M25 Surry Normal £27 Block £20 each

If you require any further info contact Bert

**National Road Relays**

**Newcomers feel at home after Blizzard's pace**

Jenny Blizzard came in 5th after the first leg with a time of 16.45, just missing out on a top ten fastest runner spot. She was extremely pleased with her run, as is fitting- she has never run better and on the day she had a storming run. Anita Cavell bravely took on the second spot and ran exceptionally well in 20.46. Leanne Gibson took over from Anita for her first run with the senior women in a relay.

She was great and did 21.07, Sharon Burton was next and did 21.40 having had 5 weeks off recently with a foot injury, Hilary Garrison did leg 5 and ran the second best team time in 20.23 also having been sidelined recently with a back injury, and just returning to running.

Team captain Gill Taylor took over the last leg, her choice so that if I she had breathing problems it wouldn't affect the other runners/team. Things did go OK, and despite not much recent training she ran 22.22. Our total time was 2.03.03, winners were Bristol & West AC in a time of 1.43.32, second Shaftsbury Barnet and third City of Glasgow.

So all in all a really good team effort. The weather was generally good if a little windy at the top of the course and coming back down the hill.

Anita has agreed she will for us again and Leanne is also keen to run with us again, we didn't put her off!!

1	Bristol & West AC	1:43:32	
2	Shaftsbury Barnet H	1:45:04	
3	City Of Glasgow AC	1:45:09	
35	Rotherham Harriers & AC	2:03:03	
	J Blizzard	(5) 16:45	
	A Cavell	(30) 20:46	
	L Gibson	(38) 21:07	
	S Burton	(38) 21:40	
	H Garrison	(36) 20:23	
	G Taylor	(35) 22:22	

The men unfortunately ran into large-scale selection problems but, having qualified, nonetheless went with an incomplete team. Interesting to see that a number of other usually big names were in similar trouble, for example Westbury, Liverpool and Chester le Street.

Rotherham Harriers & Ac	3:09:54
P Hoole	(29) 28:27
J Thewlis	(20) 14:48
S Gregory	(39) 32:16
M Ruddleston	(36) 16:22
N Brookes	(38) 31:14
W Vayro	(39) 16:54
P Neal	(40) 32:12
S Gaines	(41) 17:41

*This report is modified from a Gill's private report Ed*

**South Yorkshire Road League**

**Titles there for the taking**

At first sight RHAC looks well placed in the Road League but on the men's side it is due to poor turn out from other clubs as much as anything we have done. Certainly opinions differ as to the importance of this series; I always thought it vital to impress other runners and bring on your own stars of tomorrow.

I realise of course where the problem lies: there are too many events for too few runners. As it is, we have been well represented by a batch of runners who are sufficiently good to have kept us in the hunt, and it wouldn't take much of a turn-out in the last two races to take us to the top of the senior list.

Simon Mounsey, Simon Gregory and Dave Storey have been our consistent scorers, with Joe Gavelle and Neil Shaw contributing.

At vet level, I think it fair to say we are unlikely to close the gap, though individually there have been some good performances. The highlight currently is at O-55 where Terry Hawley is rolling back the years with some impressive performances for a good series lead.

The ladies on the other hand have established an impressive lead, based on Jenny Blizzard's continued domination of the scene, with sharp backup from Anita Cavell and contribution so far from Leanne Gibson and Sue Bellamy. There is also, crucially, further support following.

## South Yorkshire Road League

**Road League 1 Dinnington****Senior Men and Juniors**

1	Paul Green	Hallam	25:34
2	Adam Dyson	Hallam	25:53
3	Darren Newbould	Sheffield	26:19
4	Joe Gavelle	RHAC	26:32
12	Simon Gregory	RHAC	28:58
33	David Storey	RHAC	31:45
34	Simon Mounsey	RHAC	32:04
35	Roy Butterworth	RHAC	32:12
49	Neil Shaw	RHAC	33:34

**Vet Men over 40**

1	Simon Wright	Doncaster	26:27
2	John Cax	Hallam	27:29
3	John Comrie	RHAC	29:20
8	Steve Phillips	RHAC	30:53
26	Steve Gorrill	RHAC	36:40
27	Alan Corish	RHAC	36:43
32	Rick Bellamy	RHAC	40:59

**Vet Men over 45**

1	Kev Newman	Doncaster	27:39
2	Pete Neal	RHAC	28:49
8	Terry Eastwood	RHAC	29:47
15	Stuart Lake	RHAC	31:35
17	Paul Venables	RHAC	31:48
25	John Kirk	RHAC	33:39
31	Simon Pugh	RHAC	35:05
34	David Burke	RHAC	36:31
35	Dave Wright	RHAC	36:35

**Vet Men over 50**

1	Mick Page	Doncaster	28:19
2	Mike Queen	Sheffield	29:12
3	Steve Gaines	RHAC	29:28
5	Martin Herrington	RHAC	29:51
8	Ian Gregory	RHAC	30:31
12	Ray Howarth	RHAC	32:23
36	Pat Wells	RHAC	43:45

**Vet Men over 55**

1	Terry Hawley	RHAC	30:02
2	Mike Theobald	Hallam	31:51
3	Geoff Hayes	Barnsley	32:16
13	Malcolm Rhodes	RHAC	37:29
18	Luke Brady	RHAC	39:26

**Vet Men over 60**

1	Pete Rowland	Doncaster	30:05
2	Dave Trickett	Hallam	30:18
3	Robin Aconley	Doncasterr	32:38
9	Pete Humphries	RHAC	36:00
14	Derrick Clarke	RHAC	38:42
24	Dave Weatherburn	RHAC	44:52

**Senior Ladies**

1	Jenny Bizard	RHAC	30:04
2	Nicola Squires	Hallam	30:27
3	Fiona Davies	One2One	31:03
6	Leanne Gibson	RHAC	33:48
8	Sue Bellemly	RHAC	34:22
13	Claire Lambert	RHAC	35:34
14	Kelly Thomason	RHAC(N/S)	35:42

**Vet Ladies over 35**

1	Jane Ayres	Doncaster	32:57
2	Anita Cavell	RHAC	33:59
3	L. Hardwick	Barnsley	35:26

**Vet Ladies over 40**

1	Pippa Weir	Totley	32:36
2	Sharon Burton	RHAC	36:03
3	Babara Rusling	Maltby	36:12
8	Sharon Merrills	RHAC	39:33

**Vet Ladies over 45**

1	Lesley Day	Doncaster	33:41
2	Linda Westlake	Barnsley	34:25
3	Karen Osborne	Maltby	35:55

**Vet Ladies over 50**

1	Patricia Muller	RHAC	36:18
2	M. Harrison	Barnsley	37:13
3	Chris Lowe	Doncaster	37:43
7	Jenny Horan	RHAC	43:12

**Road League 2 Worsbrough****SENIOR AND JUNIOR MEN**

1	Darren Newbould	Sheffield	26:38(52:57)
2	M. Broadhead	Hallam	26:47(53:24)
3	Martin Steeper	Doncaster	26:49
11	Simon Mounsey	RHAC	28:54(60:58)
13	Simon Gregory	RHAC	29:03(58:01)
27	David Storey	RHAC	31:03(62:48)
31	Neil Shaw	HAC	1:18(64:52)
49	Matthew Asbridge	RHAC	33:52
56	Roy Butterworth	RHAC	34:33(66:45)

**VET MEN OVER 40**

1	Simon Wright	Doncaster	26:37(53:04)
2	John Cax	Hallam	27:37(55:06)
3	John Comrie	RHAC	29:26(58:46)
8	Steve Phillips	RHAC	30:58(61:51)
25	Alan Corish	RHAC	36:17(73:00)
27	Rick Bellamy	RHAC	38:13(79:12)

**VET MEN OVER 45**

1	Kev Newman	Doncaster	27:39(55:18)
2	Dave Nuttall	RHAC	29:05
3	Pete Neal	RHAC	29:10(57:59)
7	Paul Venables	RHAC	30:07(61:55)
9	Terry Eastwood	RHAC	30:17(60:04)
16	Phil Roberts	RHAC	31:42
24	John Kirk	RHAC	33:59(67:38)
33	Dave Wright	RHAC	36:58(73:33)

**VET MEN OVER 50**

1	Pete Goodall	Barnsley	28:28
2	Mick Page	Doncaster	28:32(56:51)
3	Mike Queen	Sheffield	29:15(58:27)
4	Martin Herrington	RHAC	29:59(59:50)

**VET MEN OVER 55**

1	Terry Hawley	RHAC	29:55(59:57)
2	Robert Tinting	MexbPulse	30:38(61:05)
3	Pete Wakefield	Steel City	32:27(65:34)
14	Malcolm Rhodes	RHAC	38:22(75:51)
16	Luke Brady	RHAC	40:00(79:26)

**VET MEN OVER 60**

1	Dave Trickett	Hallam	30:47(61:05)
2	Robin Aconley	Doncaster	33:58(66:36)
3	John Hewitt	BarnsH	34:08(67:34)
5	Pete Humphries	RHAC	36:15(72:15)
14	Derrick Clarke	RHAC	39:22(78:04)
24	Dave Weatherburn	RHAC	44:33(89:25)

**SENIOR AND JUNIOR LADIES**

1	Jenny Bizard	RHAC	29:46(59:50)
2	Nicola Squires	Hallam	30:22(60:49)
3	Fiona Davies	OnetoOne	31:28(62:31)
10	Sue Bellemly	RHAC	35:29(69:51)
13	Leanne Gibson	RHAC	35:52(69:40)
16	Kelly Thomason	RHAC(N/S)	6:30(72:12)

**VET LADIES OVER 35**

1	Jane Ayres	Doncaster	32:17(65:14)
2	Anita Cavell	RHAC	34:07(68:06)
3	L. Hardwick	Barnsley	35:57(71:23)

**VET LADIES OVER 40**

1	Pippa Weir	Totley	34:08(66:44)
2	Babara Rusling	Maltby	36:08(72:20)
3	Sue Charlesworth	Penistone	37:31(75:02)
8	Sharon Merrills	RHAC	40:25(79:58)

**VET LADIES OVER 45**

1	Lesley Day	Doncaster	34:01(67:42)
2	Linda Westlake	Barnsley	35:18(69:43)
3	Karen Osborne	Maltby	36:23(72:18)

**VET LADIES OVER 50**

1	M. Harrison	Barnsley	37:31(74:44)
2	Chris Lowe	Doncaster	37:33(75:16)
3	Sue Higham	Penistone	38:42
7	Jenny Horan	RHAC	42:35(85:47)
8	Pat Wells	RHAC	44:18(88:03)

**Teams after two races****SENIOR & JUNIOR MEN**

1	Sheffield Tri Club	236:52
2	<b>Rotherham Harriers</b>	239:37
3	Askern D.R.C.	247:23
4	Doncaster & Stainforth	248:09
5	Barnsley Harriers	253:34
6	Steel City Striders	267:39
7	One to One	275:51

**ALL VET MEN**

1	Doncaster & Stainforth	165:13
2	<b>Rotherham Harriers</b>	175:18
3	Steel City Striders	179:42
4	Hallamshire Harriers	181:27
5	Barnsley A.C.	182:51
6	City of Sheffield A.C.	183:58
7	Askern D.R.C.	186:02
8	Sheffield Tri Club	186:20
9	Mexborough Pulse	186:27
10	Maltby R.C.	190:24
11	Penistone F.R.	193:10
12	Handsworth Roadhogs	197:56
13	Barnsley Harriers	201:20
14	Kimberworth Striders	206:58
15	Valley Hill Striders	215:05
16	One to One	235:22

**ALL LADIES**

1	<b>Rotherham Harriers</b>	197:13
2	Doncaster & Stainforth	202:25
3	One to One	206:52
4	Totley A.C.	208:49
5	Barnsley A.C.	210:07
6	Maltby R.C.	218:43
7	Sheffield Tri Club	235:41
8	Handsworth Roadhogs	238:59
9	Valley Hill Striders	239:40

**Rotherham Harriers & AC Newsletter**

Editor Peter Humphries  
 Contact for news/comment: 01709 549125E-mail: peterh@thedoc.fsnet.co.uk  
 Club Websites:  
[www.rotherhamharriers.org](http://www.rotherhamharriers.org) (official site)  
[www.hmarston.pwp.blueyonder.co.uk/rhac/index.htm](http://www.hmarston.pwp.blueyonder.co.uk/rhac/index.htm)  
 Newsletter and back issues on-line: [www.thedoc.fsnet.co.uk/rindex.htm](http://www.thedoc.fsnet.co.uk/rindex.htm)  
 We are always interested in the views and news of runners, especially members (old, new, ex- or prospective). Deadline for copy: third Tuesday each month.

## Women 45 to 54 Team Results

1	Wrexham Amateur A.C.	57.04m
2	Redhill Road Runners	59.04m
3	Bromsgrove & Redditch	1h01.09m
4	Bingley Harriers A.C.	1h01.30m
5	<b>Rotherham Harriers &amp; A.C.</b>	<b>1h01.40m</b>
	<b>Gillian Taylor</b>	<b>21.06m</b>
	<b>Pat Muller</b>	<b>21.02m +2</b>
	<b>Hilary Garrison</b>	<b>19.32m +1</b>
6	Holmfirth Harriers	1h02.14m
7	Cannock & Stafford A.C.	1h02.50m
8	Les Croupiers R.C.	1h03.08m
9	City of Bath A.C.	1h03.27m
10	Horwich RMI Harriers	1h04.01m
11	Middleton Harriers A.C.	1h05.32m
12	Serpentine R.C.	1h05.38m
13	Westbury Harriers	1h06.14m
14	North Derbyshire R.C.	1h06.40m
15	Forest of Dean A.C.	1h06.43m
16	Angels Running Club	1h09.49m
17	Longwood Harriers A.C.	1h10.10m

## Men over 50 Team Results

1	Oxford City A.C.	1h41.15m
2	Invicta East Kent A.C.	1h43.27m
3	Stockport Harriers & A.C.	1h43.35m
4	Wirral A.C.	1h44.38m
5	Altrincham & District	1h44.48m
6	<b>Rotherham Harriers &amp; A.C.</b>	<b>1h44.50m</b>
	<b>Alan Gregory</b>	<b>17.53m</b>
	<b>Mart Herrington</b>	<b>17.24m +13</b>
	<b>Malc Palreyman</b>	<b>17.27m +4</b>
	<b>Terry Hawley</b>	<b>7.34m +2</b>
	<b>Mick Marsters</b>	<b>17.22m +4</b>
	<b>Steve Gaines</b>	<b>17.10m +1</b>
7	Nene Valley Harriers	1h44.58m
8	Ron Hill Cambuslang H	1h45.17m
9	Elswick Harriers	1h45.24m
10	South London Harriers	1h45.41m
11	Barnet & District A.C.	1h46.19m
12	Bingley Harriers & A.C.	1h47.22m
13	Bolton United Harriers	1h47.36m
14	Holmfirth Harriers	1h47.38m
15	Neath Harriers	1h49.04m
16	Wesham Road Runners	1h49.14m
17	Southampton R.C.	1h49.25m
18	Preston Harriers	1h49.39m
19	City of Bath A.C.	1h49.41m
20	Derby A.C.	1h50.36m
21	Notts A.C.	1h51.15m
22	Chester-le-Street & Dist	1h51.49m
23	Les Croupiers R.C.	1h52.03m
24	Mansfield Harriers & A.C.	1h52.14m
25	Tipton Harriers	1h52.57m
26	Herts Phoenix A.C.	1h53.05m
27	Clayton-le-Moors Harriers	1h53.08m
28	Bedford & County	1h53.13m
29	Longwood Harriers A.C.	1h53.23m
30	Wrexham A.A.C.	1h53.55m
31	Middleton Harriers A.C.	1h54.29m
32	Halesowen A. & C.C.	1h54.36m
33	Barrow & Furness	1h54.47m
34	Bromsgrove & Redditch	1h54.50m
35	Liverpool Harriers & A.C.	1h55.02m
36	Dudley Kingswinford R.C.	1h57.58m
37	Spectrum Striders	1h59.09m
38	Sunderland Strollers R.C.	2h01.22m
39	Wolverhampton & Bilston	2h02.04m
40	North Fylde A.C.	2h03.07m
41	Royal Sutton Coldfield	2h05.49m
42	Garden City Runners	2h07.48m
43	Birchfield Harriers	2h11.47m
44	North Shields Polytechnic	
45	Nuneaton Harriers	
46	Salford Harriers	

## Men over 40 Team Results

1	Bristol & West A.C.	2h3.09m
2	Telford A.C.	2h07.10m
3	Clayton-le-Moors Harriers	2h07.24m
4	Tipton Harriers	2h07.28m
5	Staffordshire Moorlands	2h09.21m
6	Sunderland Harriers	2h10.03m
7	Woodford Green A.C.	2h10.26m
8	Salford Harriers	2h10.28m
9	Chelmsford A.C.	2h11.09m
10	East Hull Harriers	2h12.50m
11	Oxford City A.C.	2h12.55m
12	Horwich RMI Harriers	2h13.14m
13	Wrexham Amateur A.C.	2h13.33m
14	Brigend A.C.	2h13.59m
15	East Cheshire Harriers	2h14.02m
16	Preston Harriers	2h14.15m
17	Wirral A.C.	2h14.35m
18	Derby A.C.	2h14.48m
19	Mansfield Harriers & A.C.	2h14.59m
20	<b>Rotherham Harriers &amp; A.C.</b>	<b>2h15.00m</b>
	<b>John Atkinson</b>	<b>17.42m</b>
	<b>Drew Donaldson</b>	<b>17.17m +10</b>
	<b>Paul Ruddleston</b>	<b>16.42m +5</b>
	<b>Dave Nuttall</b>	<b>16.38m +7</b>
	<b>Peter Neal</b>	<b>16.23m +6</b>
	<b>Mark Ruddleston</b>	<b>15.34m +7</b>
	<b>John Comrie</b>	<b>17.15m -2</b>
	<b>Paul Venables</b>	<b>17.29m -1</b>
21	Southampton R.C.	2h15.57m
22	West Cheshire A.C.	2h16.00m
23	Reading A.C.	2h16.03m
24	Bromsgrove & Redditch	2h16.28m
25	North Fylde A.C.	2h17.05m
26	Birchfield Harriers	2h18.43m
27	Neath Harriers	2h19.04m
28	Halesowen A. & C.C.	2h19.09m
29	Royal Sutton Coldfield	2h19.21m
30	Woodstock Harriers A.C.	2h20.20m
31	Redhill Road Runners	2h20.46m
32	Les Croupiers RC	2h20.48m
33	City of Bath A.C.	2h21.12m
34	Thames Hare and Hounds	2h21.59m
35	North Herts R.R.	2h23.51m
36	Holmfirth Harriers	2h24.07m
37	Kidderminster & Stourport	2h24.21m
38	Wolverhampton & Bilston	2h25.22m
39	South London Harriers	2h27.01m
40	Leicester Corinthians	2h27.18m
41	Vale Royal A.C.	2h27.31m
42	Headington Road Runners	2h27.53m
43	Northbrook A.C.	2h27.59m
44	Dudley Kingswinford R.C.	2h28.18m
45	Wesham R.R. & A.C.	2h28.25m
46	North Shields Polytechnic	2h28.43m
47	Birmingham Rowheath A.C.	2h28.46m
48	Sparkhill Harriers	2h29.19m
49	Garden City Runners	2h30.29m

## Saturday 14th May 2005

1	Mark HallM45	U/A	34.08
2	Mark Armstrong	HartBurn	34.17
3	David Nolan	HallamH	34.27
8	Claire WoolisF	Sutton/A	35.20
14	Simon Mounsey	RHAC	36.49
18	Simon Gregory	RHAC	37.09
22	Drew DonaldsonM45	RHAC	37.27
50	Terry EastwoodM45	RHAC	40.07
193	Malcolm RhodesM55	RHAC	46.42
215	Derrick ClarkeM60	RHAC	47.23
236	David WrightM45	RHAC	48.08
357	Jim GallacherM45	RHAC	52.16
535	M SarjeantM50	RHAC	57.25
603	Emma BirdF	RHAC	60.40
613	Wendy FullerF50	RHAC	61.19

## Men's teams

1	HallamH	13
3	RHAC	51
	Simon Mounsey	13
	Simon Gregory	17
	Drew Donaldson	21
15	RHAC	427
	Terry Eastwood	49
	Malcolm Rhodes	179
	Derrick Clarke	199
26	RHAC	943
	David Wright	214
	Jim Gallacher	309
	M Sarjeant	420

## Vets

50	Liverpool Harriers	2h31.20m
51	West Bromwich Harriers	2h31.34m
52	Dudley & StourbridgeH	2h32.35m
53	Forest of Dean A.C.	2h33.29m
54	Banbury Harriers	2h35.09m
55	Bourneville Harriers	2h43.45m



Hilary Garrison on stage 3 while Alan Gregory launches the men O-50 effort. Group picture features the men's O-40 squad.

**Running Shorts**

\***At the Shakespeare Marathon** on 24th April RHAC runners Phil and Matthew Asbridge ran 3.24.17 and 3.35.34 respectively.

\***A week earlier at London**, our colleagues of about 18 months ago Lousie Adkins and Jason Ward made around £1400 for Rotherham Hospital by running sponsored by family and friends. We haven't seen either for some time, I hope they will be back.

Luke Brady made his effort at the Sheffield Half Marathon, where he raised £500 for Weston Park Hospital..

\***I spoke with road secretary Peter Neal** soon after the national Vets Relays. One of the things he mentioned was the amount of help he'd received organising the teams, and asked particularly that I should pass on his thanks to Steve Gaines and Gillian Taylor, who organised the men O-50 and ladies teams respectively.

On a disquieting note, Peter has picked up via the race programme on the day that the British Masters AF, the controlling body, has responded to a proposal from the relay organisers which will have the effect of making the men's category 35 to 49 rather than, at present, 40-49. The way Peter saw it, it seems to be signed, sealed and delivered as far as they are concerned. I think we agreed we did not like it, and can't as yet see any positive benefit to doing it, whilst there are certainly negatives- not least for those who are nearing or just 40!

Whether this is for all competition, I am not clear. Hopefully there will be club consultation. Hopefully, we think, it will get knocked in the head.

**\*from David Haywood:**

Can I ask that you consider supporting the Devil this year planned for 10th August. Clearly your road running committee are concerned that following last years total of 27 entrants that a similar number could spell the death knell of the event after some 6 years.

We do feel its no good spending club cash, hard enough to come by as it is, and countless man hours to be rewarded by such a poor response.

Perhaps events dont retain their appeal and popularity and this could be the case. It would be sad to see its demise especially as we pay tribute to the late Phil Allen and any surplus cash goes to the hospice.

Also if someone out there wishes to have a go commenting on the event please step forward it may be time for me to have a different perspective on the event

Once more may I ask you try and support us on the 10th August please.

**Picture Quiz**

One from Dave Haywood's collection: who do you know from these elite runners in the pictured event? (One of if not the most prestigious we have ever held).

What year? Dave also points out that the previous 'mystery' photo was indeed the start of a Rotherham Marathon; in 1976. The runner in the union jack shorts was Dave Allen, one-time of ASVAC and a teacher

in Dinnington. Dave also offers:-

"Its been the recent London Marathon but for a £10 first prize can you name the local runner to finish third in the very first race back in 1981 and can you name the first British mens and ladies winner of the event."

Answers to Jim Brogan or David Haywood.



**Picture Quiz: last month**

Henry Marston has the answer, it's the Rotherham Advertiser from a few years ago. He accesses the on-line newsletter and enlarges the pictures by computer.

So too has Don Gill, who writes:

..... the answer to the picture quiz is I think the Rotherham 10k - could be Rotherham Advertiser 10k that started on the road at the side of Herringthorpe playing fields. Did it go to the Park Hotel junction left to Clifton Lane up the hill to Stag round-about down Herringthorpe Valley Road onto Fitzwilliam Road left onto St Anne's Road and up that steep hill opposite Clifton Park past Clifton School then finish on track at stadium? Mark Ruddleston is on the front rank plus Mick Thompson? Other Harriers there but can't quite make them out - looks like you. I am sure that I was in there - it seems like only yesterday but it must be perhaps ten years ago?



Don is quite right; I have enlarged the centre of the picture and left to right see Mark Ruddleston, John Comrie, Jim Brogan, Alan Gregory, Pete Humphries, Mick Teather and Dave Ritchie. I think I see some others but am not sure.



**ROAD LEAGUE 3**  
**Next Weds, 25 May**  
**off 7.15pm**  
**Rother Valley Country Park**

**£4 for all four races- keep your number. All 5 miles.**

**8 June Hayfield 7.15**  
**Club Vests**

## Yorkshire Track & Field Championships

Bert Norburn and Dennis Russell report:  
Summary of Harriers performance at this years  
Championships held at Dorothy Hyman 14th &  
15th May

### Sen Men

1500m Gold Rob Watkinson 4m 03.8s Jonathon  
Thewliss 4th 4m 07.5  
5000m Silver Jonathon Thewliss 14m 50.8  
Javelin silver Gerrard Paish Blunket (2nd claim  
member) 58.3m, 4th Gregg Markham 50.50m  
Steeplechase Bronze Simon Pugh

### U20's

400m silver David Scholey 50.2s  
800m Gold Rhian Hasteley 1m 57.4

### U17 Men

400m hurdles gold Ben Harvey 64.7

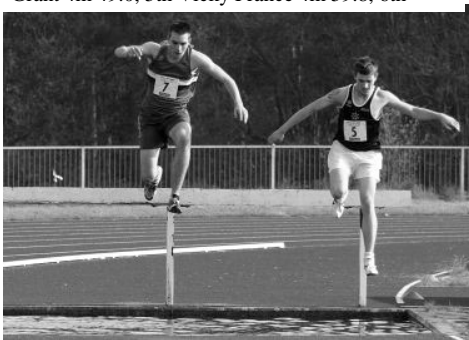
### Women U20

Shot Putt silver Laura Booth 11.84m  
Discus Throw 5th Lizzie Maher 32.04m

### U17 Women

(Dennis Russell adds: Following on from their suc-  
cess at the Yorkshire XC champs earlier this year  
the Rotherham U17 women continue to dominate  
middle distance running at the Yorkshire AA Track  
& Field Champs at Cudworth where Jade Allen  
won the 1500m and Natalie Grant won the 800m  
gold medals.

1500m Gold Jade Allen 4m 48.1, Silver Natalie  
Grant 4m 49.0, 5th Vicky France 4m 59.8, 6th



Lea Johnson at the NJL (top) whilst Jessica Fawcett  
(centre) and Victoria France are in frame with Natalie  
Grant in the women's league. (photo Dennis Russell)

Lyndsay Clarke 5m 02.5, 7th Jessica Fawcett 5m  
03.3, Leanne Waddington 8<sup>th</sup> in 5.09.2, Sarah Barnes  
10<sup>th</sup> in 5.13.2. A fantastic achievement to have 7  
athletes out of the 15 in the final.

800m Gold Natalie Grant 2m 18.6 4th Lyndsay  
Clarke 2m 21.0 Also in heats; Victoria France 4<sup>th</sup>,  
Jessica Fawcett 5<sup>th</sup>, Jade Allen 1<sup>st</sup> in 2.18.2 but was  
disqualified (unfairly, Dennis says).

High Jump: Silver Helen Banks 1.60m

Long Jump: 5th Helen Banks 5.08m

Discus Throw: Bronze Stacey Lebond 28.80m

Hammer Throw: Silver Stacey Lebond 32.28m

**U15 girls** 800m – Laura Spence 6<sup>th</sup> in 2.28.4 (heats  
2.26.0)

Also in heats Steph Burns and Jemma Creaghan

1500m – Steph Burns 4<sup>th</sup> in 5.00.4, Laura Spence 6<sup>th</sup>  
in 5.05.2

High Jump silver Ellie Mosley

Javelin: Gold Kelly Pagdin 26.66m

## Sheffield Festival (Don Valley)

### Saturday 23<sup>rd</sup> April 2005.

The following is a synopsis of performances from  
Harriers who competed in this prestigious event.  
Over 600 Athletes took part, Rotherham Harriers  
promoted the field events and organised all field  
officials. A big thanks to those who helped out and as  
a result Club Funds were boosted by **£336**. Here is  
the important information the achievements of our  
members:-

### A big thank you to those officials who donated their £10 payments to Club Funds.

100metres

M15	13 David Coupe	14.7s
F15	18 Heather Lee Dyson	14.5s
	22 Amber Merrills	14.6s
	30 Claire Lebond	16.6s

800metres

SM	8 Robert Spencer	2-05.7
F20	6 Annabelle Grady	2-31.5

200meters

M15	16 David Coupe	32.0s
F15	23 Amber Merrills	30.5s
F20	3 Annabelle Grady	29.2s

400m

SM	4 Robert Spencer	52.6s
F17	5 Charlotte Vaughan	64.3s

1mile

SM	5 Simon C Pugh	5-35.2
F15	2 Laura Spence	5-30.5

Long Jump

M15	10 David Coupe	3.52m
F15	Claire Lebond	3.58m
F20	1 Annabelle Grady	4.50m

Shot Putt

F15	4 Amber Merrills	8.8m9
	5 Claire Lebond	6.99m

High Jump

M15	4 David Coupe	1.25m
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Javelin

F15	1 Kelly Pagdin	30.15m
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## Askern 10k



Two more of  
Darren  
Cooney's shots  
form Askern:

Left Simon  
Gregory and  
Simon Moun-  
sey who have  
been top RH  
supporters this  
year, and below  
it's nice to see  
Paul Venables  
back after long-  
term injury and  
medical treat-  
ment.



## Fell Running



Aggravation for Adele Morris to be pulled out of  
the Three Peaks Fell Race at the cut which I think  
she said was 20 miles. She has aimed her sights in  
the fell direction recently, a competition which I  
guess will eminently suit her as she is a very strong  
runner as evidenced by her marathon and particu-  
larly Round Rotherham performances.

She thought she would be strong at the end of the  
race and I agree. She will be back next year, she  
says. Adele is pictured above during the Three  
Peaks (courtesy of Ken Horan),