



Jenny Blizard's brilliant run of successes continued with North of England gold at Manchester in the 5k. New coach Dave Tune confesses he is delighted.

Rotherham Runner



Rotherham Harriers & AC June 2006 Ser 4 No 25



Success On and Off the Field

ABBEY DASH

Wednesday 5 July
7.15 start at
Maltby RC

Popular multi taking in Roche Abbey

Start & finish at Wesley Centre
Blyth Rd (near White Swan)

£3 on the night

PRINCE IN THE PARK

GREASBROUGH
PRINCE OF WALES

Wednesday 12th July
7.15 start
Only £3

5k road race
traffic-free in
Wentworth Park
S Yorks Permit

www.rotherhamharriers.org

MEXBOROUGH TOWN CENTRE 5k

MEXBOROUGH PRC

Sunday 16th July
1pm
£3

Mexborough Athletic Club,
Adwick Road

Part of the Mexborough Gala

It is by no means unusual for family groups to take part in athletics at Rotherham: quite the reverse, and there are currently a number of groups we could mention. One such, and a name that has cropped up in results on a regular basis this season (and before) is that of Lebond. Claire (left) among other things was recently in the north of England medals for javelin and discus and Stacey has been called up to represent South Yorkshire Schools

at hammer. Our congratulations to the girls, and their colleagues in the RH squads for their efforts and for the fine season that we have had to date.

Mum Gayle is one of our CPOs and coaches sprints whilst Steve coaches field events, hammer in particular. He is also sponsorship co-ordinator for RH and due in great part to his efforts we are celebrating receiving backing from Yorkshire Bank (page 9). Well done all.

Schools Selection

The following Young Harriers have been selected to represent South Yorkshire (& Derbyshire) Schools at this years English Schools Competition.

Sen Girls: Stacey Lebond (Dinnington School) Hammer

Senior Boys: David Scholey (Aston School) 400m

Inter Girls: Kelly Pagdin (Dinnington School) Javelin
Natalie Grant (Winterhill School) 1500m
Jade Allen (St Bernards School) 800m

Junior Girls: Amber Merrills (Wath School) Shot
Abbie Vernon JG 800m (Derbyshire)

Stop Press!

Young Athletes Marching On

National Young Athletes League , Middlesborough Sunday
25th June 2006

Match Result

1. Rotherham Harriers & A.C. 369pts
2. Wakefield 354pts
3. Middlesborough 342pts
4. Birtley 183pts

Athlete of the Match Stephanie Burns 2:21.7 800m
Liam O'Malley 5.91m Long Jump



David Booth pictured as he enters the level central section of the Ulley Res course. Some good track results and leading junior placings on trail and road promise a good cross-country season, though he is at the low end of the age-group.

Good Day Out at Horwich

Carnival 5k -AAA & NoEAA 5k Championship, Sunday 18th June 2006

Ever-improving Jenny Blizard spearheaded a superb day with 4th in AAA & 1st (gold medal) in NoEAA in the Horwich Carnival 5k.

1	Kate Reed	L1	Bristol & West	15:45
2	Cathy Mutwa	L2	Birchfield Harriers	16:02
3	Kate Ramsey	L351	Charnwood AC	16:14
4	Jenny Blizard	L4	Rotherham Harriers	16:25
5	Alyson Dixon	L5	Chester-Le-Street	16:39

In the British Masters 5k Championship Andy Aked took 3rd in O/40 (bronze medal), Kevin Lilley 14th in O/40, Pete Mirrlees 9th in O/45 and Peter Neal 13th in O/45

Rotherham H&AC won 3rd team (bronze medals) in 40-49 category, 4 to count .

Gill Taylor was 6th in the Ladies O/50 and Paula Fisher 11th in Ladies O/45.

BMAF 5k - Men -- FINAL RESULTS

1	David Taylor	V40	Blackh	14:38
2	Darran Bilton	V40	Leeds	14:55
3	Paul Freary		Belgrave	15:05
4	Andrew Aked	V40	RHAC	15:21
22	Kevin Lilley	V40	RHAC	16:07
38	Peter Mirrlees	V45	RHAC	16:39
60	Peter Neal	V45	RHAC	17:12
160 finishers				

BMAF 5k - Men -- TEAM RESULTS

1	Herne Hill Harriers	97
2	Sunderland Harriers & AC	104
3	Rotherham Harriers & AC	121
4 Andrew Aked		
21 Kevin Lilley		
37 Peter Mirrlees		
59 Peter Neal		
4	Nene Valley Harriers	150
5	Oxford City AC	181
6	Ron Hill Cambuslang	200
7	Leeds City AC	206
8	Sale Harriers	268
9	Salford Harriers	281

BMAF 5k - Ladies -- FINAL RESULTS

1	Fiona Matheson	1-L45	Falkirk	17:46
24	Gillian Taylor	6-L50	RHAC	20:54
42	Paula Fisher	11-L45	RHAC	23:08

Rotherham Harriers & AC Newsletter

Editor Peter Humphries

Contact for news/comment: 01709 549125

E-mail: peterh@thedoc.fsnet.co.uk

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

Deadline for copy: various circumstances have resulted in an irregular publication date. I will try to announce on

www.rotherhamharriers.org

Ulley Res Remembers Peter in Style

Ulley Res Res 5 Miles 7th June 2006

The first running of the Peter Ruddleston memorial race, 'Ulley Res' was a big success. The good weather of course helped but the key factors were good support from neighbouring clubs (of which especial mention of Maltby is due, also Kimberworth), and the very generous and willing support from officials and marshalls on the night-- all volunteers, no-one had to be asked. Thanks therefore from race organiser Pete Humphries to Bert Norburn, Jim Brogan, Dave Haywood, Alison Booth, Kerry Booth, Steve Gaines, Alan Bryden and Phil Roberts. The help and generosity of Whiston Cricket Club in making their facilities available is much appreciated as is the co-operation of RMBC.

The event was won in fine style by Mark Ruddleston, shaking off the challenge of Peter Neal back on form, and Nigel Brookes. Kellie Thomason (below) was first lady.

It was good to see a lot of RH vests and many friends of Peter turned out on the night. President Dave Johnson handed over the event trophy to Mark, a trophy made available by the generosity of Derrick Clarke and which in recent years had been competed for by Peter's former colleagues. The competitors seemed very happy with the off-road course, even the 'interesting' gorse area with its difficult transit. The event succeeded in making a profit with 48 runners and in addition was supported by the generosity of Paul Ruddleston who now lives in London, and to whom we send our greetings and thanks.

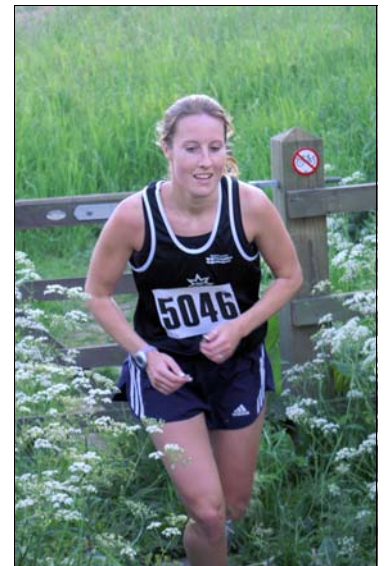
1.	Mark Ruddleston	M40	RHAC	30:29
2.	Peter Neal	M40	RHAC	30:52
3.	Nigel Brookes	M40	RHAC	31:43
4.	Simon Gregory	SM	RHAC	32:17
5.	Simon Mounsey	SM	RHAC	32:33
6.	Alan Gregory	M50	RHAC	33:14
7.	Howard Darwin	SM	Unatt	33:25
8.	Steve Durdy	M40	Maltby	33:37
9.	Brian Harney	M60	RHAC	34:22
10.	Shaun Clarkson	M40	BarnH.	34:26

11.	John Spencer	M40	RHAC	34:30
12.	John McDermott	M40	RHAC	34:44
13.	David Booth	SM	RHAC	34:57
14.	Ray Howarth	M50	RHAC	35:01
15.	Mick Barber	M40	Maltby	35:08
16.	Brian Lowndes	M50	Maltby	35:10
17.	Pat Rooney	M50	KS	36:03
18.	Ellis Brookes	M40	Mexb	36:13
19.	Phil Haigh	M40	RHAC	36:57
20.	Mark Pearce	M40	Barn H.	37:04
21.	Jim Rust	M50	Maltby	37:15
22.	Kellie Thomason	SL	RHAC	37:23
23.	Neil Shaw	SM	RHAC	37:45
24.	Phil Widdowson	M40	RHAC	37:55
25.	Ian Soakell	M40	KS	38:12
26.	Dave Wright	M40	RHAC	39:54
27.	Martin Wilson	M40	Mexb	40:15
28.	Ken Chapman	M60	KS	40:26
29.	Henry Marston	M50	RHAC	41:32
30.	Ian Wade	SM	Hands	41:37
31.	Don Buxton	M50	Maltby	42:36
32.	Carla Foster	SL	KS	43:26
33.	Paul Varah	M50	RHAC	43:43
34.	Dave Burke	M40	RHAC	43:43
35.	Luke Brady	M50	RHAC	43:55
36.	Bev Soakell	L45	KS	44:20
37.	Robert Houghton	M50	Maltby	44:24
38.	Alan Mirfin	M60	RHAC	44:44
39.	Roy Varo	M60	RHAC	44:47
40.	Derek Clarke	M70	RHAC	44:51
41.	Dave Thorpe	M50	Maltby	44:59
42.	Malcolm Rhodes	M50	RHAC	46:25
43.	Ray Mathews	M60	Maltby	49:35
44.	John Clarke	M60	RHAC	52:47
45.	Sarah Higham	L35	Maltby	53:02
46.	Tony Sarjeant	M50	RHAC	55:10
47.	Wendy Fuller	L55	RHAC	56:58
48.	Arthur Jeavons	M80	RHAC	61:23

Two out of two for Kellie

Memorial Race, Maltby 26-4-06 approx 10k

RHAC was relatively well-represented in a smallish turnout at the Maltby Memorial Race with Terry Eastwood first scorer. Kellie Thomason (right) had a fine run, first shadowing Philippa James then springing her on the long uphill to Carr windmill.



1	Carl Ryde	DAC	37:51
2	Philip Martin	KS	41:36
3	Terry Eastwood	RHAC	43:06
4	John Spencer	RHAC	43:16
5	Gary Durham	MRC	45:03
6	Pat Rooney	KS	45:37
7	Geoff Smith	MRC	45:58
8	Keith Binney	B	46:22
9	Kellie Thomason	RHAC	46:26
10	Ian Brookes	KS	46:43
11	Brian Harney	RHAC	46:59
12	Alan Ellis	U/A	47:08
13	Philippa James	HallH	47:10
14	Ray Howarth	RHAC	48:00
15	Phil Widdowson	RHAC	48:15
16	Pete Humphries	RHAC	49:16
17	Ian Soakell	KS	49:42
18	Caroline Boyd	MRC	50:48
19	Dave Wright	RHAC	51:02
20	Will Liversidge	KS	52:13
21	Mark Spencer	U/A	52:33

22	Paula Fisher	RHAC	52:56
23	Nina Hague	KS	53:26
24	Malc Proctor	KS	53:53
25	Greg Barber	MRC	55:16
26	Luke Brady	RHAC	56:29
27	Paula Wright	Tick	61:20
28	Gav Baldwin	MRC	61:21
29	Lindsay Rust	MRC	61:22

Richard Wraps up Road League

Richard Harris duly took the series title at Hayfield, having been untouchable throughout, and thereby made himself dual champion after taking the winter cross-country series in similar style.

Apart from Richard however, there was only Bob Tintinger in position one, and though we had a decent turn-out in general it only brought us seconds and thirds in the team events. A very good result for a non-targeted series, and I do understand the problems- but I'm not comfortable with it.

SENIOR AND JUNIOR MEN

1	Richard Harris	Roth	25:37	(103:59)
2	John Wonjohi	DoAC	26:20	(107:13)
3	Darren Newbould	CoSH	26:35	(108:02)
18	Simon Mounsey	Roth	30:16	
20	Simon Gregory	Roth	30:20	
35	Matthew Astbridge	Roth	31:52	(130:18)
39	Martin Jones	Roth	32:23	

VET MEN OVER 40

1	Simon Wright	DoAC	27:13	
2	Nigel Brookes	Roth	27:56	(114:57)
3	Garry Shaw	DoAC	29:29	(119:23)
17	Roy Butterworth	Roth	36:52	

VET MEN OVER 45

1	Kev Newman	DoAC	27:38	(111:41)
2	Pete Neal	Roth	28:10	(115:20)
3	Drew Donaldson	Roth	28:59	(119:37)
12	John McDermott	Roth	32:25	

VET MEN OVER 50

1	Pete Goodall	BaAC	28:08	(112:20)
---	--------------	------	-------	----------

2	Mick Page	DoAC	28:26	(116:05)
3	Alan Gregory	Roth	29:47	
6	Ray Howarth	Roth	32:19	(129:28)

VET MEN OVER 55

1	Bob Tintinger	Roth	29:37	(120:45)
2	Pete Wakefield	StCS	30:38	(129:23)
3	Richard Borysiewicz	Vali	30:40	(123:52)
13	Malcolm Rhodes	Roth	39:11	

VET MEN OVER 60

1	Pete Rowlands	DoAC	29:38	(121:49)
2	Robin Aconley	DoAC	32:04	(132:17)
3	Brian Harney	Roth	32:08	(133:59)

SENIOR AND JUNIOR LADIES

1	Channah Patton	HalH	28:29	(117:10)
2	Joanna Walker	Roth	29:36	(120:31)
3	Fiona Davies	LivW	30:06	(122:04)

VET LADIES OVER 40

1	Dawn Critchell	BaAC	30:31	(123:37)
9	Adele Morris	Roth	40:35	(166:02)

VET LADIES OVER 50

1	Jane Foster	Peni	36:22	
6	Jenny Horan	Roth	41:29	(168:25)
8	Pat Wells	Roth	42:26	(170:59)

All Vet Men

Doncaster A.C.	341:14
Rotherham Harriers	348:02
Barnsley A. C.	357:33
Steel City Striders	363:36
Penistone F.R.	386:20
Barnsley Harriers	389:51
Askern D.R.C.	390:27
Maltby R.C.	394:13
Kimberworth Striders	410:21
Handsworth Roadhogs	412:54
Living Well Barnsley	428:50

All Ladies

Barnsley A. C.	387:11
Totley A.C.	411:27
Rotherham Harriers	432:29
Living Well Barnsley	439:03
Doncaster A.C.	458:54
Handsworth Roadhogs	467:14
Steel City Striders	473:42
Barnsley Harriers	507:30

Final Placings

Senior Men

Askern D.R.C.	468:38
Rotherham Harriers	472:34
Doncaster A.C.	476:17
Sheffield Tri Club	489:36
Steel City Striders	496:35
Totley A.C.	518:46
Handsworth Roadhogs	528:40

Oh no he isn't!
Oh yes he is!

Pete Neal is hot on the heels of Mark Ruddleston after they overcame the early lead pace of Nigel Brookes- but it was to stay that way; Mark took the inaugural memorial race by half a minute or so.

Gateman Steve Gaines snapped this action on the homeward stage of the Ulley Res trail race on 7th June



'Kimmy Kanter' - Tuesday 13th June 2006

1	26.41	Martin Broadhead	HH	1st
2	26.58	Andrew White	HH	2nd
3	28.04	Tim Pearson	HH	3rd
4	29.00	Peter Neal	RH	1st V40
5	29.49	Mark Woodhouse	Hand.	SM
6	30.21	Robert Tintinger	RH	1st V50
7	30.28	Simon Gregory	RH	SM
8	30.32	Chris Bailey	HH	SM
9	30.36	Lee Crow	KS	V50
10	30.43	Munee Saif	KS	V40
11	30.55	John Spencer	RH	V40
12	31.24	Steve Ford	KS	V40
13	31.32	Steve Gaines	RH	V50
14	31.45	Richard Borysiewicz	VHR	V50
15	32.17	John Lynch	Mex.P	V50
16	32.34	John McDermott	RH	V40
17	32.35	Paul Rust	MRC	SM
18	32.47	David Booth	RH	Jnr
19	32.58	Nick Morris	VHR	SM
20	33.13	Ray Howarth	RH	V50
21	33.27	Kevin McGrath	HH	V40
22	33.41	Keith Ward	KS	V50
23	33.48	Roy Nixon	KS	V50
24	34.25	Ellis Brookes	Mex.P	V40
25	34.43	Ian Brookes	KS	SM
26	34.45	Ian Hetherington	KS	SM
27	34.49	Bob Drobek	KS	V40
28	35.11	Ian Soakell	KS	V40
29	35.31	Brian Lowndes	MRC	V50
30	35.36	Jim Rust	MRC	V50
31	35.39	Kerry Booth	RH	V40
32	36.03	Mathew Ford	KS	Jnr
33	36.08	Dave Wright	RH	V40
34	36.13	Paul Campbell	Mex.P	SM
35	36.19	Phil Adderley	KS	SM
36	36.21	Paul Hetherington	VHR	V50
37	36.51	Graham Makepeace	U/A	V40
38	36.53	Tony Wood	VHR	SM
39	37.32	Peter Humphries	RH	1st V6
40	37.52	Bev Sutton	VHR	1st F
41	38.08	Nina Hague	KS	2nd F
42	39.09	Chris Sumner	VHR	V50
43	39.11	John Hackleton	U/A	SM
44	39.31	Nigel Topham	MRC	V40
45	39.52	Richard Green	KS	V50
46	40.02	Steph Borysiewicz	VHR	3rd F
47	40.05	Robert Houghton	MRC	V50
48	40.13	Geoff Evans	HH	V60
49	40.43	David Thorpe	MRC	V50
50	40.46	Roy Varo	RH	V60
51	41.03	Mel Hornby	VHR	V60
52	41.06	Malcolm Rhodes	RH	V50
53	41.13	Roger Cook	KS	V50
54	41.16	Chris Holt	KS	SM
55	41.26	Bev Soakell	KS	1st LV40
56	41.28	Neil Majer	KS	SM
57	41.32	Harvey Antcliffe	KS	V50
58	41.37	Angela Ford	KS	FV40
59	41.50	Cain Green	KS	SM
60	41.53	Val Rivers	KS	1st FV50
61	42.35	Rod Rivers	KS	V50
62	43.25	Lynne Schuller	MRC	FV40
63	43.25	Steve Durdy	MRC	V40
64	45.02	Gail Nixon	KS	FV40
65	45.08	Dave Sears	MRC	V50
66	45.10	Jayne Sanderson	KS	FV40
67	45.15	Pat Rooney	KS	V50
68	45.22	Martin Simpson	KS	V50
69	46.56	Marie Woodhead	KS	1st FV35
70	48.23	Stan Bagshaw	KS	V70
71	49.26	Joan Williams	KS	FV50
72	49.48	Christine Majer	KS	FV40
73	49.48	Christine Majer Snr	KS	FV40
74	50.02	Caroline Bennett	KS	FV40
75	51.47	Melanie Mason	Tickhill	FV40
76	51.49	Sue Andrews	KS	FV40
77	52.05	Nicky Birkinshaw	Tickhill	FV40
78	57.06	Arthur Jeavons	RH	V80

National Junior League

RH Clear Lead at Junior Level

National Junior Athletic League Match 3 Sunday 11th June 2006

Dorothy Hyman Stadium Cudworth, Barnsley (moved from Rotherham following damage to the track, Rotherham hosted the event)

Match Results

1st Rotherham (Roth) 508
2nd Hallamshire (Hall) 292
3rd Cleethorpes (Clee) 286
4th Kingston U Hull (Hull) 256
5th Grimsby (Grim) 242
6th Scunthorpe (Scun) 179

The Young Harriers took this event with ease a 200+ points advantage over the next nearest team.

In spite of the fact that the fixture had to be moved to Barnsley our youngsters ran out easy winners. It highlights the problems re fixtures with National School County Championships on the day before and examinations the following days, League/competition administrators really do have to take notice of outside influences when fixing these meetings. I know you can only compete against what is presented before you BUT really this doesn't help true competition. What happened to the competition review announced by UKA so many years ago, the U 17's don't seem to have been adjusted/affected in any way. Well done to our young athletes, team managers, officials and helpers

Athletes of the Match

Men Peter Smith Kingston u Hull 56.84m Gd I Hammer
Women Emma Gilbert Scunthorpe 38.68m Gd I Hammer

Full Mens Results

Long Jump A 2 Liam O'Mally Roth 5.90
Long Jump B 1 Ben Rollinson Roth 5.14
Hammer A 4 David Coupe Roth 10.58
High Jump A 2 Daniel Emson Roth 1.60
Triple Jump A 1 Liam O'Malley Roth 11.51
Triple Jump B 1 Ben Rollinson Roth 11.48
Discus A 3 Martyn Boner Roth 26.93
Discus B 4 David Coupe Roth 16.59
Shot Putt A 2 Julian Cliffe Roth 11.78
Shot Putt B 3 David Coupe Roth 5.65
Javelin A 3 David Booth Roth 27.12
400m H A 3 Ben Harvey Roth 60.6
400m H B 2 Scott Harwood Roth 68.2
100m A 4 Lee Harwood Roth 12.3
100m B 1 Scott Harwood Roth 12.7
800m A 1 M Boner Roth 2 04.1
400m A 1 D Scholey Roth 49.7
400m B 1 Ben Harvey Roth 54.7
3000M A 2 Howard Wood Roth 10 17.1
110m H A 3 Scott Harwood Roth 17.6
200m A 2 David Scholey Roth 23.2
200m B 1 Lee Harwood Roth 25.3
1500m A 5 Lee Johnson Roth 5 08.7
1500m B 1 David Booth Roth 5 14.8
2000m Steeple Chase A 3 David Booth Roth 8 07.2
2000m Steeple Chase B 1 Lee Johnson Roth 8 31.2
4 X 100m Relay 1 Rotherham 47.5
4 X 400m Relay 1 Rotherham 3 48.9

Full Womens Results

Shot Putt A 1 Laura Booth Roth 11.03
Shot Putt B 1 Theresa Olivia-Smith Roth 7.13
Hammer A 4 Theresa Oliver-Smith Roth 16.89
Hammer B 4 Laura Barnes Roth 12.11
Long Jump A 4 Jenny Middleton Roth 4.15
Long Jump B 2 Laura Sanderson Roth 3.88
High Jump A 1 Kay Humberstone Roth 1.72
High Jump B 1 Jenny Middleton Roth 1.50
Javelin A 1 Kelly Pagdin Roth 34.14
Javelin B 1 Theresa Olive-Smith Roth 32.23
Discus A 1 Kelly Pagdin Roth 28.0
Discus B 1 Laura Barnes Roth 25.59
Triple Jump A 1 Charlotte Vaughan Roth 10.33
Triple Jump B 1 Jenny Middleton Roth 9.13
400m H A 2 Laura Spence Roth 74.7
100m A 4 Laura Sanderson Roth 15.3
100m B 3 Rebecca White Roth 14.4
800m A 1 Jessica Fawcett Roth 2 23.6
800m B 1 Lyndsay Clarke Roth 2 29.2
400m A 3 Laura Sanderson Roth 63.8
400m B 2 Sarah Barnes Roth 64.1
200m A 2 Charlotte Vaughan Roth 27.6
200m B 1 Rebecca White Roth 28.9
1500m A 1 Laura Barnes Roth 5 47.1
4 X 100m Relay 2 Rotherham 55.0
4 X 400m Relay 1 Roth 4 44.2

North of England Championships

North of England AA U15 & U17 Championships

Our Youngsters performed well in the U15/U17 Championships at Leeds South Stadium over this weekend 27th/28th May 2006.

Claire Lebond, Amber Merrills, Abbie Vernon, Kelly Pagdin and Natalie Grant all came home with medals (some more than one). Several of the group were competing in their first year of competition in their age groups.

Thanks to everyone who took part this weekend and congrats to the medallists.

Harriers Performances

U15 Girls Javelin Final 2nd Claire Lebond 25.38m

U15 Girls Discus Final 3rd Claire Lebond 23.48m

U15 Girls Shot Final 2nd Amber Merrills 10.35
5th Claire Lebond 8.02

U15 Girls 1500m Heat 1 4th Abbie Vernon 4 52.74
FINAL 3rd Abbie Vernon 4 47.04

U15 Girls 75H Heat 2 5th Amber Merrills 12.28

U17 Women Javelin Final 2nd Kelly Pagdin 33.01m

U17 Women Shot Final 3rd Kelly Pagdin 9.71m

U17 Women 1500m Heat 1 6th Jessica Fawcett 4 57.14s
Heat 2 2nd Natalie Grant 4 50.61
FINAL 3rd Natalie Grant 4 50.61

U17 Women 800
Heat3 1st Jade Allen 2 24.99

FINAL 6th Jade Allen 2.23.86

Some tremendous performances with many athletes picking up medals in their first year of competition in their age groups

North of England U20 Championships

RHAC was proudly and well represented at the NoEAA U 20's Championships, at Sports City, Manchester weekend of 17/18th June.

400m Heat 1 8th Martyn Boner 53.26s (1st year in age group)
Heat 2 3rd David Scholey 50.35s
Final 400m 5th David Scholey 49.82s (only .4s off a medal)

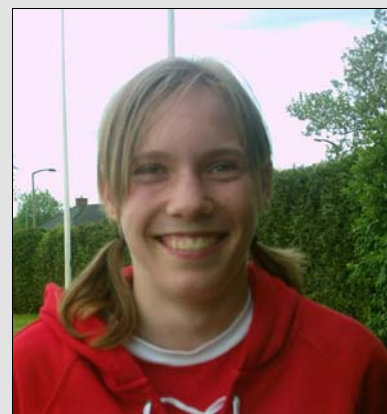
Women 400m Final 4th Jade Allen 58.45s (U 17 competing out of age group)
1500m Final 15th Sarah Barnes 5m 20.02s (first year in age group)

5000M Senior Men 11th Phillip Hoole 15m 45.08s

Senior Ladies Pole Vault 6th= Jenny Cuthbertson 2.50m

U20 Ladies Hammer 6th Stacey Lebond 38.61m

U20 Women 800m Heat 5th Natalie Grant 2.19.36
Final Natalie Grant 6th 2 18.03 (U17 competing out of age group)



Abbie Vernon (above) and Kelly Pagdin



National Young Athletes League Sunday 4th June 2006
Division 1 N E, King George 5th Stadium, Cleethorpes

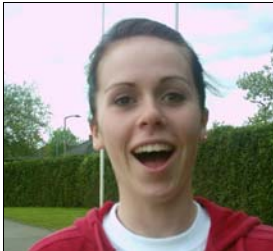
RH Dominate Again

Team managers, Alan Coupe and Kevin Thomas delivered their teams in good spirits at the Grimsby track and proceeded to take apart the opposition from Grimsby, Darlington and Barnsley. They ran out winners with a massive 63.5 points advantage Natalie Grant took the Female Athlete of the Match award with a grade 2 performance in the U17 800m coming in at 2 19.1.

An impressive start from the first three fixtures 2 wins and a 2nd place

Result		
1	Rotherham	368.5
2	Darlington	305
3	Barnsley	239.5
4	Grimsby	152

B = Barnsley
D = Darlington
G = Grimsby
R = Rotherham



Athlete of The Match
Female Track Natalie Grant Rotherham Harriers Gd II U 17 L 800m 1 19.1

Individual Results

U 15 B Hammer A 1 D 19.37, 2 R Jordan Flude 17.81

U17 W Hammer A 1 R Thereza Smith 17.70

U15 G Long Jump

A 1 B 4.99, 2 R Poppy Knowles 4.44, 3 D 4.13, 4 G 3.25
B 1 B 4.49, 2 R Heather Dyson 4.10, 3 D 3.86, 4 G 3.03

U17 W Long Jump

A 1 D 4.93, 2 R Charlotte Vaughan 4.71, 3 G 3.68
B 1 R Ellie Mosely 4.08, 2 D 3.49

U13 B High Jump

A 1 G 1.34, 2 R Quinn Slimms 1.20, 3 D 1.10
B 1 G 1.15, 2 R Cameron Rush 1.15,

U13 G High Jump

A 1 B 1.25, 2 R Olivis Neal 1.25, 3 D 1.20, 4 G 1.15
B 1 B 1.25, 2 R Madelin Wragg 1.20

U17M 400m H A 1 D 71.2, 2 R Daniel Emson 72.1

U13 G 150m

A 1 B 21.7, 2 R Gerogina Arif 22.5, 3 D 23.2, 4 G 23.7
B 1 R Melissa Hellewell 22.6, 2 B 23.2, 3 G 24.0, 4 D 27.6

U13 B 200m

A 1 B 29.7, 2 G 30.5, 3 D 31.8, 4 R Curtis Benton 32.5
B 1 B 31.7, 2 G 32.4, 3 R Cameron Rush 34.3, 4 D 35.0

U15 G 200m

A 1 R Abbie Vernon 27.4, 2 B 27.7, 3 D 28.0, 4 G 33.0
B 1 R Rebecca Middleton 28.9, 2 B 28.9, 3 D 29.5

U15 B 200m

A 1 R Sam Johnson 25.6, 2 D 26.3, 3 G 30.4, 4 B 36.5
B 1 D 27.1, 2 R Glynn Walker 27.8

U17 M 400m H 2nd Daniel Emson 72.1

U17 M 400m 2nd Liam O Malley 55.5

U17 L 300m 1st Natalie Grant 43.3

U17 Men 200m

A 1 D 23.5, 2 r Jared Riskey-Jones 25.5
B 1 D 23.7, 2 R David Coupe 27.4

U17 L 200m

A 1 B 26.4, 2 d 26.6, 3 R Rebecca White 28.6, 4 G 26.9
B 1 D 27.9, 2 R Louise Binks 29.1

U13 G 800m

A 1 R Sarah Wilding 2 47.8, 2 G 2 48.9, 3 B 3 03.4, 4 D 3.19.9
B 1 R Olivia Neal 3 00.9, 2 B 3 29.5

U15 G 800m

A 1 R Robyn Lancel 2 37.7, 2 D 2 40.8, 3 B 2 04.9,
B 1 R Jemma Creaghan 2 43.7, 2 D 2 51.0, 3 B 3 05.9

U17 L 800m

A 1 R Natalie Grant 2 19.1 (Athlete of the match performance) 2 D 2 42.5
B 1 R Jessica Fawcett 2 21.7

U15 B 800m

A 1 D 2 22.7, 2 R Stefan Smith 2 22.8
B 1 D 2 26.4, 2 R Zach Rush 2 58.8

U13 B 800m

A 1 G 2 33.7, 2 D 2 54.4, 3 B 2.59.0, 4 R Curtis Benton 3 00.3
B 1 G 2 44.8, 2 D 2 59.4, 3 R Luke Brocklesby 3 03.9, 4 B 3 13.0

U13 G 70m H

A 1 G 12.9, 2 B 14.0, 3 R Madelin Wragg 15.7, 4 D 19.7
B 1 B 16.0, 2 R Samantha Rawlinson 17.3, 3 G 17.3

U13 G Shot

A 1 R Sarah Wilding 7.12, 2 B 6.84, 3 D 6.66
B 1 R Georgina Arif 5.95, 2 B 5.26, 3 D 4.72

U13 B Shot

A 1 B 7.05, 2 D 5.44, 3 G 5.33, 4 R - Brocklesby 4.90
B 1 R Cameron Rush 4.90, 2 B 4.46, 3 G 4.30, 4 D 3.64

U15 B Discus

A 1 G 24.48, 2 R Jordan Flude 19.64, 3 G 14.58

U17 M Discus

A 1 B 28.75, 2 G 28.10, 3 R David Coupe 20.63

U15 G 75m H

A 1 B 11.8, 2 R Amber Merrills, 3 D 14.9, 4 G 17.4

U17 M Long Jump

A 1 R Laim O Malley 5.92, 2 G 5.02, 3 D 4.98, 4 B 3.81
B 1 R Ben Rollinson 5.75, 2 D 4.78

U15 B Long Jump

A 1 D 4.91, 2 B 4.88, 3 R Stefan Smith 4.54

U15 B 80m H

A 1 D 13.7, 2 G 17.8, 3 R Zach Rush 19.4

U17 Ladies Discus

A 1 R Laura Barnes 24.81, 2 G 18.81, 3 B 16.53
B 1 G 12.47, 2 R Rebecca White 12.20

U15 G Discus

A 1 B 26.43, 2 R Claire Lebond 23.55, 3 G 11.90, 4 D 11.22
B 1 R Rebecca Middleton 17.17, 2 B 12.89, 3 D 11.43

U15 G High Jump

A 1 B 1.58, 2 D 1.50, 3 R Poppy Knowles 1.50
B 1 R Heather Dyson 1.40, 2 B 1.35, 3 D 1.30

U17 Ladies High Jump A 1 D 1.50, 2 R Ellie Mosely 1.40

U13G 1200m A 1 D 4 16.8, 2 G 4 25.9, 3 B 4 26.7, 4 R Madaline Wragg 4 31.1

B 1 R Samantha Rollinson 4.49.2, 2 G 4 50.9

U17 Men Shot

A 1 B 10.20, 2 D 9.77, 3 R Daniel Emson 8.88
B 1 B XXXX, 2 D 8.92, 3 R Ben Rollinson 7.12

U15 B Shot

A 1 D 7.82, 2 R Tom Watson 7.02
B 1 R Liam Thompson 5.69, 2 D 5.38

U15 G 100m

A 1 B 13.3, 2 D 13.3, 3 R Poppy Knowles 14.1, 4 Grimsby 16.3
B 1 R Heather Dyson 13.8, 2 B 14.4, 3 D 14.6, 4 G 16.1

U13G 75m H

A 1 B 10.8, 2 G 11.0, 3 R Georgina Arif 11.5, 4 D 13.4
B 1 R Melissa Hellewell 11.9, 2 G 12.3, 3 B 12.5, 4 D 13.8

U15 B 1500 A 1 R Liam Thompson 5 22.0

U15 G 1500

A 1 Abbie Vernon 5 01.3, 2 B 5.20.1, 3 D 5 47.2
B 1 d 5 34.1, 2 R Rebecca Middleton 5 46.9, 3 B 8 11.7

U17 Women 1500m A 1 R Louise Binks 5 39.9,
B 1 R Laura Barnes 5 43.7

U17 Men 1500m

A 1 D 4 42.9, 2 R David Booth 4 48.5

U15 B Javelin

A 1 R Stefan Smith 24.37, 2 D 18.31, 3 B 17.17
B 1 R Zach Rush 9.28, 2 D 8.10,

U17 Men Javelin

A 1 R David Booth 28.97, 2 d 17.62, 3 B 14.72

U15 G Shot

A 1 R Amber Merrills 9.05, 2 B 8.28, 3 G 6.48, 4 D 6.42
B 1 R Claire Lebond 8.52, 2 B 5.15, 3 D 4.85

U17 Women Shot

A 1 D 7.15, 2 R Thereza Oliver Smith 6.52, 3 B 6.38, 4 G 6.27
B 1 R Laura Barnes 6.14. 2 B 6.10

U17 Men High Jump

A 1 G 1.66, 2 R Daniel Emson 1.63, 3 D 1.50

U15 B High Jump A 1 R Glynn Walker 1.58, 2 B 1.30

U17 Men Triple Jump

A 1 R Liam O Malley 11.51, 2 G 11.05, 3 D 10.34
B 1 R Ben Rollinson 11.45

U17 Ladies Triple Jump

A 1 R Charlotte Vaughan 10.24, 2 D 10.01

U17 Ladies Javelin

A 1 R Theraza Oliver-Smith 37.87, 2 B 23.68, 3 G 14.54
B 1 R Jessica Fawcett 4.18

U17 M 1500m SC A 1 R David Booth 5 57.5

U15 G Javelin

A 1 R Claire Lebond 24.04, 2 B 20.70, 3 G 14.36, 4 D 14.22

U13 G 4 X 100m Relay

1 Rotherham 57.1, 2 B 58.9, 3 d 67.7

U15 G 4 X 100m Relay

1 B 53.0, 2 Rotherham 54.9, 3 D 56.8

U15 B 4 X 100m Relay 1 Rotherham 52.0, 2 D 52.2

U17 Women 4 X 100m 1 D 52.0, 2 Rotherham 54.7

U17 Men 4 X 100m Relay 1 D 47.5, 2 Rotherham 50.3

U17 Women 4 X 300m Relay 1 Rotherham 3 41.9

U15 B 4 X 400m Relay 1 Rotherham 4 26.4

Northern Men & Women

RH win again

North of England T&F League Division 2EC
Saturday 3rd June
Dorothy Hyman Stadium Cudworth, Barnsley

(posted 5/6). The Harriers senior team bounced back from the disappointment of the track problems at Cudworth this afternoon 3rd June with another fine performance all round coming away with the second victory having won the first event at Herringthorpe. That now makes it 2 from 2, well done everyone a great achievement in sweltering conditions.

Result

1	Rotherham	449
2	Boston	425
3	Lincoln Wellington	400
4	Barnsley	372
5	Chesterfield	335
6	Grantham	252
7	Derby	191

Well done everyone

Individual Performances

R = Rotherham

Bo = Boston

L = Lincoln

Ba = Barnsley

C = Chesterfield

G = Grantham

D = Derby

Triple Jump A 1 D 11.45, 2 Bo 10.96, 3 G 9.45, 4 Ba 9.19, 5 Jenny Middleton R 9.17, 6 C 8.93, 7 L 8.43
B 1 g 9.20, 2 Ba 9/04, 3 Bo 9.02, 4 Kim Bateman R 8.39, 5 L 8.28

1500m A 1 Jenny Blizzard R 4 33.8, 2 D 4 38.8, 3 Ba 5 03.8, 4 L 5 08.6,
B 1 Sarah Barnes R 5 25.6, 2 L 5.28.2, 3 D 5 30.4, 4 Ba 5 52.9,

200m A 1 Ba 26.0, 2 D 26.1, 3 C 27.3, 4 Bo 27.5, 5 L 28.0, 6 Laura Sanderson R 28.4, 7 G 30.7

B 1 Ba 26.2, 2 D 27.1, 3 Anabelle Grady R 29.4, 4 L 29.5, 5 C 30.0, 6 Bo 32.0

Discus A 1 Ba 38.7, 2 Elizabeth Maher R 34.29, 3 G 34.27, 4 Bo 28.85, 5 C 26.14, 6 D 24.07, 7 L 20.68

B 1 Helen White R 27.7, 2 G 26.92, 3 D 21.77, 4 C 20.20, 5 Bo 19.50, 6 Ba 17.58

4 X 100m Relay 1 Ba 51.7, 2 D 52.7, 3 C 53.3, 4 L 55.3, 5 Bo 55.7, 6 Rotherham 57.6

4 X 400m Relay 1 Ba 4 06.1, 2 Rotherham 4 06.7, 3 Bo 4 22.5, 4 L 4 28.8, 5 C 4 42.6

High Jump A 1 G 1.78, 2 D 1.60, 3 C 1.55, 4 L 1.55, 5 Jenny Middleton R 1.55, 6 Bo 1.40, 7 Ba 1.35

B 1 D 1.50, 2 G 1.50, 3 Bo 1.40, 4 C 1.40, 5 Kim Bateman R 1.35,

Javelin A 1 Bo 35.10, 2 Kelly Pagdin R 32.15, 3 Ba 27.89, 4 D 26.09, 5 G 25.84, 6 L 23.22, 7 C 12.18

B 1 Bo 30.14, 2 G 25.32, 3 Stacey Lebond R 23.65, 4 Ba 19.16, 5 L 11.71, 6 C 9.62

Men

Hammer A 1 C 40.97, 2 Owen Thomas R 37.22, 3 G 33.49, 4 Bo 28.86, 5 L 29.51, 6 Ba 27.60

B 1 C 28.72, 2 Robert Wilkinson R 27.48, 3 Bo 22.26, 4 L 17.09, 5 G 12.63, 6 Ba 5.88

400H A 1 Bo 60.7, 2 C 62.2, 3 Ba 68.1, 4 R Ben Harvey 68.2, 5 G 73.3, 6 L 99.0

B 1 R Chris Wright 62.4, 2 G 73.0, 3 Ba 73.1, 4 Bo 73.3, 5 C 82.2,

Pole Vault A 1 C 3.50, 2 L 3.40, 3 Ba 2.80, 4 Bo 2.80,
B 1 C 3.30, 2 L 2.30

800m A 1 R Rhian Hasteley 1 57.5, 2 L 1 58.5, 3 G 2 03.4, 4 Ba 2 04.0, 5 C 2 26.0, 6 Bo 2 27.9

B 1 R Martyn Boner 2 02.5, 2 G 2 04.4, 3 L 2 05.7, 4 C 2 09.5, 5 Ba 2 10.5, 6 Bo 2 26.8

100m A 1 Bo 10.8, 2 Ba 10.9, 3 L 11.0, 4 R Tom Baulk 11.4, 5 G 11.8, 6 C 12.3

B 1 Bo 11.7, 2 Ba 11.7, 3 G 12.0, 4 R Lee Harwood 12.1, 5 L 12.2, 6 C 13.4

Long Jump A 1 Bo 6.27, 2 C 6.25, 3 R Laim O Malley 6.08 (pb), 4 G 6.04, 5 L 5.31, 6 Ba 5.02

B 1 R Scott Harwood 5.98, 2 C 5.92, 3 Bo 5.89, 4 G 5.03, 5 L 5.02, 6 Ba 4.75

3000m SC A 1 L 9 37.2, 2 Ba 10 28.4, 3 Bo 10 52.3, 4 R Simon Pugh 12 34.3

B 1 L 10 12.6, 2 Bo 12 04.7, 3 Ba 12.33.5

100H A 1 Bo 15.8, 2 L 16.9,
B 1 L 19.5, 2 Bo 21.0

Discus A 1 Bo 43.32, 2 C 36.63, 3 R Graeme Stark 34.83, 4 Ba 34.77, 5 L 28.87, 6 G 35.47

B 1 C 34.15, 2 Bo 31.97, 3 R Robert Wilkinson 30.23, 4 Ba 27.06, 5 L 25.13, 6 G 16.74

400m A 1 R David Scholey 51.0, 2 C 51.4, 3 Ba 51.7, 4 L 53.0, 5 G 53.3, 6 Bo 53.9

B 1 R Scott Harwood, 58.18, 2 G 56.0, 3 L 56.2, 4 C 58.1, 5 Bo 59.4, 6 Ba 60.4,

1500m A 1 L 4 16.4, 2 C 4.17.2, 3 Ba 4 19.6, 4 G 4 24.9, 5 Bo 4 34.4, 6 D 4. 49.2, 7 R Steve Gorrill 4 57.1

B 1 L 4 25.7, 2 Ba 4.42.7, 3 G 4 55.1, 4 R Peter Shaw 4 58.2, 5 Bo 5 04.7

High Jump A 1 C 2.03, 2 Bo 1.85, 3 R Chris Wright 1.65, 4 L 1.60, 5 Ba 1.60, 6 G 1.55

B 1 C 1.90, 2 L 1.60, 3 Bo 1.55, 4 R Daniel Emson 1.55, 5 G 1.40, 6 B 1.40

200m A 1 Ba 22.5, 2 L 22.7, 3 Bo 23.1, 4 C 23.5, 5 R David Scholey 23.5, 6 G 24.7

B 1 R Lee Harwood 23.6, 2 Bo 24.8, 3 C 25.3, 4 L 25.5, 5 Ba 26.0, 6 G 26.3

Shot A 1 R Graeme Stark 12.84, 2 Bo 12.28, 3 Ba 12.22, 4 C 10.45, 5 L 9.55, 6 G 7.10

B 1 Ba 10.80, 2 Bo 10.33, 3 R Julian Cliffe 9.79, 4 C 9.42, 5 L 8.57, 6 G 6.98



Graeme Stark

5000m A 1 R Phil Hoole 15 39.3, 2 L 16.28.9, 3 c 16.34.2, 4 Bo 17 08.2, 5 G 17 11.3, 6 D 17 41.5, 7 Ba 18 50.0

B 1 R Joe Gavelle 16 00.0, 2 C 17 29.9, 3 Bo 20 54.0

4 X 100m Relay 1 Ba 45.7, 2 Rotherham 46.9, 3 C 47.2, 4 L 48.2, 5 Bo 48.9, 6 G 50.0

Javelin A 1 Bo 54.59, 2 C 52.58, 3 Ba 37.44, 4 L 37.27, 5 G 34.23, 6 R Graeme Stark 31.51

B 1 C 41.43, 2 L 37.14, 3 Ba 26.29, 4 Bo 29.29, 5 G 28.99

Triple Jump A 1 Bo 12.57, 2 R Liam O Malley 11.97 (pb), 3 Ba 11.68, 4 C 11.47, 5 L 11.01, 6 G 10.53

B 1 Bo 12.27, 2 R Daniel Emson 11.32, 3 C 11.30, 4 L 10.69, 5 Ba 10.29

4 X 400m Relay 1 Rotherham 3 37.7, 2 Ba 3 43.0, 3 G 3.43.8, 4 C 3 46.1, 5 L 3 54.9, 6 Bo 3 59.0

Fixtures

01-Jul	South Yorks YA Multis
01-Jul Sat	Tickhill Gala Run (3.5m trail)
02-Jul	Tough 10 (miles road)
02-Jul	Northern Men/Women Div 2 EC
04-Jul	South Yorks T & F
05-Jul W	Roche Abbey 10k (Maltby RC)
08/9 Jul	British Vets T & F Champs
08-Jul	YA Open Meeting Barnsley
12-Jul W	Prince in the Park 5 k confirmed
13-Jul	Pilsley 6 (24th Hardwick Hall)
16-Jul	Nat Jun Lge Humber Div
16-Jul	Eccup 10 mile Yorks Vets Champs
16-Jul	Mexborough Town Centre 5k
23-Jul	Nat UKA YA Lge
23-Jul	Yorks Vets Road Relays
29-Jul	South Yorks T & F
02-Aug	Devil Takes the Hindmost
06-Aug	Northern Men/Women Div 2 EC
12/13 Aug	Yorkshire Comb Events (inc U13,U11)

11.30am Cudworth	
Tithes Lane Rec Gd 3pm	£3
Aireville Park Skipton	01756 797367 by 26/6
Derby 3 of 4	note change of venue
7pm Cudworth	
Maltby on the night	
Birmingham	
Cudworth 11am	£2.50 per event by 26/6 ask at RH
Prince of Wales Greasbrough 7.15	on the night £3
course in Wentworth Pk	
Pilsley 7.30	£6 otd +£1 Cyril Leason entry form postal by 10/7
Grimsby	
Athletic Club 1pm £3	on the day NOTE OUR DATE
CHANGE	
Rotherham	
Esholt	
11am Rotherham	
Herringthorpe Track 7pm	£2.50 (+£2 UA) entry form (format change: track damage)
Boston 4 of 4	
Cudworth	

Secretary's Notes

Welcome...Willkommen..Bienvenuti..Bienvenida..
 Bienvenu..Failt..Croeswaid..Welcum etc
 The Executive Committee on the 1st June accepted the following membership applications en bloc:-
 Natasha Hatswell 12 yrs T&F XC, Melissa Faye Hellewell 12 yrs T&F XC, Joseph Hobson 8 yrs T&F, Jessica Alice Mangham 9yrs T&F XC, John McDermott 45 yrs RR.

Track Repair Update

The infill of the excavation has started and should be completed by week ending 1st July. Balfour Beatty have then got to remove 40 metres including all 8 lanes on the back straight and re surface to Polytan spec.

Polytan have then to spray the surface and re-paint the lanes and other markings. They have pencilled 2nd September in for this work. RMBC have decided that the track will not be available for competition until after the re spray has been completed. The track remains on on training nights

Fixture Changes due to track repair.

1st July

SYCAA multi event competition moved to Cudworth (entry forms in the kiosk)

23rd July National Young Athletes League has moved to Woodbourn Road, Sheffield now a double header wit City of Sheffield Div 2 match.

12th/13th August Yorkshire Combined events Championships incorporating a multi event challenge for U13 and U11 athletes (1 run, 1 jump, 1 throw) moved to Cudworth. (Entry forms in the kiosk)

Upgrading/repair of Stadium Pavilion

Peter Atkinson has confirmed to Secretary BN that the Council has approved expenditure of £20,000 to upgrade the pavilion. The boarding will be renewed and painted, window frames/windows will be replaced where required and security bars will be fitted.

This is good news the exterior of the building should look far better than the shanty town appearance that we have suffered for many a month. The work should start hopefully within the next two weeks.

Future Plans.

BN has been in touch with Peter Atkinson outlining a proposal for a possible joint bid for lottery money to develop/build a grandstand.

Steve Gorrill did some plans some years ago he is updating and re costing them for submission. It's a bit like ascending a water fall with in a canoe with one paddle at the moment but at least we are still afloat and trying.

South Yorkshire Track Relays

From Bert Norburn

A broad spectrum of Harriers age groups took the spoils in the South Yorkshire Relays on Wednesday Night at a cool but dry Cudworth Stadium.

There were only two categories where we failed to medal, a tremendous performance. This event highlighted our true strength in the local scene. 18 medals in total, 10 Gold, 4 silver and 4 bronze. Well done everyone

Here are the full results

U11 Boys 60m Shuttle Gold 42.7s

Ben Twible, Joe Hobson, Ryan Sutherland, Dorian Mars

U11 Girls 60m Shuttle 5th 51.7s

Elizabeth Coupe, Ellie Forster, Katy Trueman, Emily Trueman.

4 X 100m

U 13 Girls Gold 56.6s

Mellisa Hellewell, Olivia Neal, Georgina Arif, Nicole Blank

U 13 Boys Bronze 58.5s

Scott Davies, Cameron Rush, Quin Simms, Curtis Benton

U 15 Girls Silver 54.1s

Heather Dyson, Abbie Vernon, Jemma Creaghan, Rebecca Middleton

4th Place Rotherham B 58.1

Claire Lebond, Stephanie Burns, Robyn Lancel, Georgina White

U 15 Boys Gold 49.7

Jordan Frude, Gareth Moreton, Sam Wilkinson, Sam Johnson

U17 Women Gold 52.7

Charlotte Vaughan, Natalie Grant, Rebecca White, Jade Allen

5th Rotherham B 56.7s

Laura Spence, Ellie Mosley, Laura Barnes, Jessica Fawcett

U17 Men Bronze 49.4s

David Coupe, Ben Rollinson, Daniel Emson, Jared Risley-Jones

Sen Women Bronze 55.7s

Lyndsay Clarke, Annabelle Grady, Sarah Barnes, Laura Sanderson

Sen Men Gold 45.5s

David Scholey, Scott Harwood, Lee Harwood, Tom Baulk

Vet Men Silver 55.4

Alan Coupe, Kevin Thomas, Simon Pugh, Ian Cooley

4 X 400m

U 17 Women A Gold 4m 08.2s

Laura Spence, Jade Allen, Jessica Fawcett, Natalie Grant

B Silver 4m 23.0s

Charlotte Vaughan, Rebecca White, Ellie Mosley, Laura Barnes

U 17 Men Silver 3m 54.8s

David Coupe, Ben Rollinson, Daniel Emson, Jared Risley-Jones

Invitational Sen ladies Gold 4m 20.0s

Lyndsay Clarke, Annabelle Grady, Sarah Barnes, Laura Sanderson

3 X 800m

U 15 Girls A Gold 7m 29.1s

Abbie Vernon, Stephanie Burns, Jemma Creaghan,

B Bronze 8m 08.0s

Robyn Lancel, Rebecca Middleton, Rachel Hall

U15 Boys Gold 7m 24.4s

Sam Wilkinson, Tom Watson, Stefan Smith

B Team 4th 8m 25.1s

Scott Davies, Quin Simms, Josh Glen

Medley Relay 200m X 200m X 400m X 800m

Sen Men Gold 3m 41.1s

David Scholey, Tom Baulk, Ben Harvey, Rhian Haste

B team 5th (Guests one athlete under age)

David Coupe, Alan Coupe, Kevin Thomas, Simon Pugh

Ben Twible..
U11 Boys Shuttle relay..



Shorts

Inter-Countries: Rob Watkinson just missed the medals in the 1500m Final in Bedford over the last bank holiday weekend. He finished 5th. He missed the next Northern league meeting having received an invitation to run in a BMC event in Ireland over the same weekend, and ran 3.50.66 to post first British runner.

Herringthorpe Stadium Track Out of Action

There has been a massive water main fracture beneath the track around about the 100m start area. The track has been severely damaged as has the in field area. Representatives from Rotherham Council (health and safety), the stadium, Yorkshire Water and Polytan made a site visit straight away.

As a result the in field will was closed until further notice as there was a risk of subsidence and collapse. No throws will be allowed until further notice. The stadium staff will allow training on the track using only 4 lanes for the perimeter of the track.

Yorkshire Water wanted to effect a repair asap but the hold-up seems to be in the track-laying aspect- Bert reports in his notes on current progress. As at 26th June, the picture below tells all.

YORKSHIRE BANK CHARITABLE TRUST HELPS THE ROTHERHAM HARRIERS AND ATHLETIC CLUB The Yorkshire Bank Charitable Trust has made a donation of £500.00 to The Rotherham Harriers and Athletic Club. The donation was made from the Trust after the Club requested money for ongoing expenditure that membership subscriptions simply do not cover.

The Rotherham Harriers and Athletic Club have been in operation since 1887 and is operated by individuals on a voluntary basis. Over the past 2 years the whole club has worked hard to move with the times. To this end they have altered their Constitution, they have been awarded Club Mark Status last October and were also awarded Community Sports Club Status, the latter allows sponsors to offset donations against their taxes.

Club Secretary, Bert Norburn along with Stephen Lebond, Sponsorship Co-ordinator for the club said:- "We are delighted with this donation from the Yorkshire Bank Charitable Trust. The Club will use the money towards continuous expenditure that wouldn't be possible without the support of local businesses and individuals who sponsor the club". The Yorkshire Bank Charitable Trust, established in 1982, aims to support a range of organisations in a number of sectors throughout England. The Trust supports charities that are engaged in work to support arts, education, communities in depressed areas, as well as a variety of youth projects.

Mark Pollard, Senior Branch Manager of Yorkshire Bank, Rotherham said:- "The Yorkshire Bank Charitable Trust is delighted that we have been able to support the Club that provides facilities to varying age groups within our community and we hope that many people will benefit from the donation". For further information, please contact: Stephen Lebond, 01909 550443 or Bert Norburn, 01709 367532 Peter Brown, Yorkshire Bank, 0113 2472510.

Secretary Bert Norburn and colleagues have stepped in at a late stage to ensure the Historic Hardwicke Hall 6 mile event goes on. Cyril Leason, who incidentally has been an RHAC member for many years, has hosted the event virtually single-handed for as long as I can remember, but is finding the going a bit tough now.

Ben Twible's stepfather Kevin Ruane was one of only 4 English entrants who took part in the European Toughest Firefighter Alive Competition in Monchengladbach, Germany on 3rd of June 2006. The competition is designed to represent different physical aspects of operational fire-fighting and it is broken into four stages. Each stage must

be completed in order and within a minimum time of 4 minutes per stage to prevent time penalties. The stages are as follows:

Stage 1. Run 20m to a fire engine and connect 2 lines of hose to the pump. Drag both lines of hose a distance of 80m, then roll up 2 lengths of hose, place them inside a box and run 20m to the finish line. (The further the competitors drag the hoses, the more resistance they en-



counter until at the finish line they drag the equivalent of a 15 stone man)

Stage 2. Run 20m to a hammer box (the bottom is 30cm from the floor and the top is 1m from the floor) pick up a 6kg sledgehammer and make 100 hits to the top and bottom of the box. Run 20m, collect 2 x 20kg weights and go through a 1.2m high tunnel 25m in length with the weights. Once through the tunnel run 20m around a cone then back through the tunnel placing the weights at their collection point. Run 20m, pick up a 90kg shoulder weight and carry it 100m, run 50m to a 3m high wall, climb over the wall and land on the crash mat on the other side.

Stage 3. Run 25m and pitch 2 ladders, run 20m and

collect 2 x 25kg weights then climb up a stairway to a 3rd floor balcony. Once on the balcony, pull up a rope with 2 x 20kg hoses from the ground floor on to the balcony, pick up the 2 x 25kg weights and run back down to the ground floor placing the weights at their collection point. Run to a fire branch and screw on the nozzle then race to the end.

Stage 4. Run from the basement to the top floor of a 15 floor high building.

Throughout the competition, a fire tunic and helmet must be worn and shorts and training shoes are allowed to be worn instead of boots and leggings. At stages 1, 3 & 4 a 20kg breathing apparatus set is worn on the competitors back without donning the face mask.

156 competitors took part in the TFA competition coming from the following countries, England, Germany, Austria, France, Holland, Ireland, Poland, Hungary Czech Republic and Sweden.

Kevin completed the course in 10 minutes, 23 seconds coming in 10th in Europe in the over 40's category.

The Christmas Party this year draws the old uns and the young uns together (The first time for a long time.) I have provisionally booked the Trades and Labour Club Greasbrough Street for Friday 22nd December 2006, confirmation should follow in the next few days. The road league awards will be presented and the Maurice Jackson XC awards for the young uns. This is a great venue and I hope all members will support it. You know who will attend!!!! as he always does for the youngsters. (Date & venue confirmed)



Training night at Herringthorpe: a bit more of a water-jump than most steeplechasers bargain for. September- some time- is the best we can expect.

Reebok Manchester 5

Blizard, Gavelle, Cooney Star Joe G on song as Cooney Comeback gathers pace

The Reebok Manchester 5 at Wythenshawe Park on Monday 29th May 2006

Manchester 5 -- FINAL RESULTS

Jenny Blizard smashed her pb with a 27.35 run only 7 seconds outside the course record as she took first in the ladies list at the Manchester 5.

Joe Gavelle (below) ran a superb 8th in 25.53 and Darren Cooney showed how serious his comeback is with 10th in 25.54. The event was headed by Sheff Half winner Tomas Abyu (Salford Harriers 23:28). Jenny, who now is trained and advised by Dave Tune, has not commented yet but Dave is well happy

Meanwhile, Richard Harris wrapped up a fine South Yorkshire League series win with a fine performance at Hayfield Lakes.

1	Tomas Abyu	Salford	23:28
2	Andrew Norman	Altrinc	23:44
3	Paul Green	Sale	24:17
4	Carl Hardman	Salford	24:30
5	Simon Mills	Sale	25:06
6	Tarus Elly	Salford	25:41
7	Ciaran Fitzpatrick	M1	25:45
8	Joe Gavelle	RHAC	25:53
9	Phillip Leybourne	Salford	25:53
10	Darren Cooney	RHAC	25:54
24	Jenny Blizard	L1	27:35
32	Tessa Walker	L2	28:49

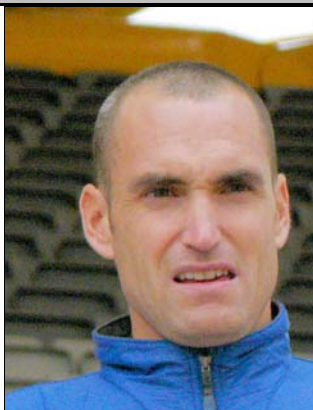
Three Lakes Classic 2006

1	Nigel Brooks	RHAC	1.43.20	M40
2	Shaun Wright	U/A	1.43.35	M
3	Michael Marsters	RHAC	1.44.30	M40
11	Stuart Lake	RHAC	1.58.20	M40
20	Robert Langley	RHAC	2.07.21	M40

Inaugural event taking in Treeton Dyke, Rother Valley Park and Ulley Reservoir with Mick Marsters showing his strength not far adrift of Nigel Brookes.

I'm not sure about the M40 classification; Mick has been putting smart results into the vet 50 lists for quite some time now.

Nice to see Bob back in the fray also.



"24th Historic "Hardwick Hall"

6 Mile Road Race

**Thursday 13th July 2006 Race Starts 7.30pm prompt
PROMOTED BY ROTHERHAM HARRIERS & AC**

For men 15 years and over before April 1 st 2006 and Ladies 15 years and over before September 1st 2005

Mystery Runner Alan Simpson (Rotherham Harriers & AC) 1st & Gold Medal winner 1500m World Games Helsinki 1963

6.40 p.m. Alan Simpson Mystery Runner Lights Bess of Hardwick Flame Torch at Hardwick Hall

6.45 p.m. Alan Simpson Lights Beacon at Hardwick Inn

7.00 p.m. Alan Simpson Lights Beacon at Hardstoft Green

7.20 p.m. Alan Simpson arrives at Pilsley School and Lights Beacon

7.30 p.m. Start of Road Race at Pilsley School

8.00 p.m. Finish of Road Race at Pilsley School

Northumberland 100

9th place for Kerry Booth in a time of 25 hours 41 minutes whilst Mick Cochrane weighed in with 28h 51m for 20th place.

This event went from Wooller over the Cheviots on 28th/29th May and took place in gale force winds with sunshine.

Mick reports having lost considerable time due to marshalls not being at their points- this is a Long Distance Walking Association event and it seems they don't take kindly to people who run a bit too quick!

The Prince in the Park on 12th July sees a return to Greasbrough for RH events for the first time in almost 10 years. Of course, colleagues may well reflect that increasing traffic problems have more or less forced minor events like these out of existence.

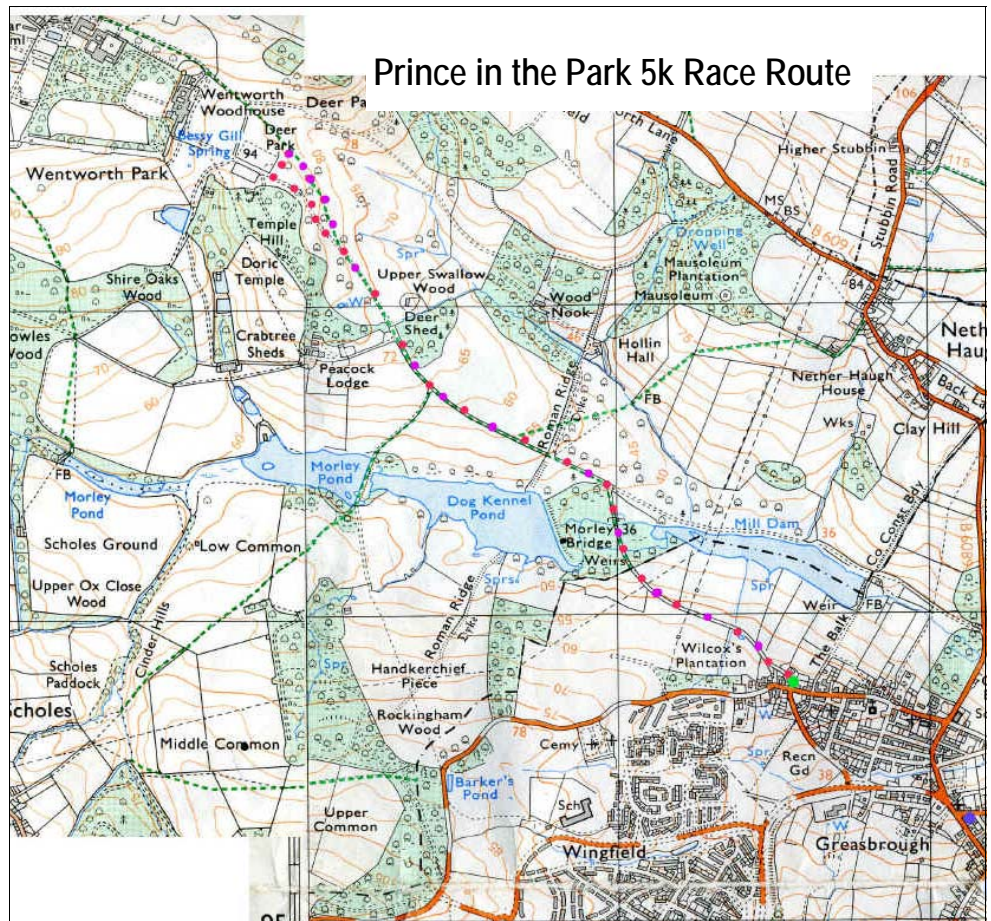
Hence our move to trail races, or as in the present case, traffic-free road. I'm not sure how enthusiastic the Wentworth Estate management are, but they have been very agreeable and co-operative in the present venture. The start & finish is just inside the gate at the Coach Road entrance. Parking is possible at the Prince of Wales, where admin will be done (entries on the night £3 and awards and social) but it is limited.

Plenty of parking space is however available just off Fenton Road on Coach Rd, on the supermarket forecourt, or on the grass.

It may be that we will launch a series of races (summer, winter, or each) together with Maltby, Kimberworth, and Mexborough, all of whom seem to see the problems of providing events for ordinary members as rather similar for all of us. At the moment however, it's unofficial.

Dave Johnson will make the awards at the Prince of Wales, which will include the framed photograph which is to be used for the Peter Ruddleston memorial race and which is now ready. The award has been made possible by the kind help of Derrick Clarke.

The route for the Prince is shown right, basically out and back; the 'out' being gentle down then long drag up- though of course you get all the effort back in the second half (we hope).



Picture Quiz: Last Month



John McDermott's paper clipping (right) is of, of course, Peter Elliott (left) in his younger days and with colleagues from RHAC. The caption reads "A happy trio. Winners in the junior boys' section (from left: 1 Peter Elliott (Rawmarsh Comprehensive School), 2 Glynn Davis (Aston) and 3 Steven Bennett (Brinsworth)"

The reverse of the clipping refers to steel production figures for 1975 just issued so I guess it's 1976 though no-one has offered that or alternatives. Presumably it is Rotherham Schools Championships and is from the Advertiser.

Reproduction of paper cuttings is a problem; the very spotty appearance which results makes it difficult to use them without squinting. Nonetheless, they are very welcome. There are ways and means of reducing the "fringing" or whatever it is called, but I can't seem at the moment to make it effective. 'A' for effort.

Quiz



The second photo, donated by Caroline Boyd, is obviously Homestead-linked as Gloria Girdlestone is featured extreme right I guess starting the event. But just what event, I don't know. These 'memory lane' pictures certainly entertain you, to judge from comments received, but you're not letting me in on any inside information concerning the answers. I assure you, "the quiz master is always right" does not apply usually- I am in the dark as to people, venues, etc on many occasions, and the donors of the pictures don't always know either.

To clarify for younger/newer RH members: the Homestead was a frequent backer of our minor events due to Terry Girdlestone's sporting interest and commercial interest in the "apres-ski" but also due to Don Creamer's persuasiveness in getting backing. This event looks to be quite small unless this is a portion of the field. All RH runners as far as I see, so presumably a Homestead 10k or similar. Dave Carratt extreme left, then I spot Mick Carr, Eddie Bywater, Sharon Burton, June Harney (some behind them I am not sure about; they are not too clear), Caroline with Ian Newsome behind, Jeff Ashmore (Jeff still turns out at Wickersley on Saturday mornings and it was nice to see him at the Ulley Res memorial race), Jenny Gent and is that Elaine Laurie next? Certainly Brian Gent leaning round Gloria and Henry Marston back row. Some other faces I recognise but I'm struggling for names. Come to think, it looks a bit like me behind Ian, but I cannot remember it if so. Around 1984? Only a guess.



This month's quiz is sent to me by Ken Chapman of Kimberworth (Ken was in his early days a Rotherham Harrier as were so many) and it is linked to one of last month's photos. It's the same venue. Could it even be the same date??

Ken is in the shot (top one) central with back to camera (like the snooker commentator once famously said) wearing blue. Most of the vests are black (yellow extreme right). Why do you think the central figure in the start hot is wearing red shorts? You can get a colour version of the magazine by the way if you use the internet: the pdf versions are now always in colour.

As usual, this is a plea for photos for your magazine. Not only old ones- I have been very short of recent stuff to highlight the achievements of our athletes. I have to mention in this context the tremendous work which has been done by Bert Norburn and Steve Gaines in recent months, work which has allowed me to keep the web site well up to date with pictorial content and also to spread the coverage of this newsletter to some more, different people. I am at the moment particularly short of photos of the gentlemen. Coaches/organisers please note. In fact it's more general a problem than that- it is very difficult for me to recognise the achievements of athletes unless someone draws my attention to them. Parents, coaches, managers, even onlookers, and the athletes themselves if they wish, should let me know far more frequently just who deserves a mention (or more than that).

Next few weeks sees development of
www.rotherhamharriers.org and www.sycac.co.uk
Pay us a call