



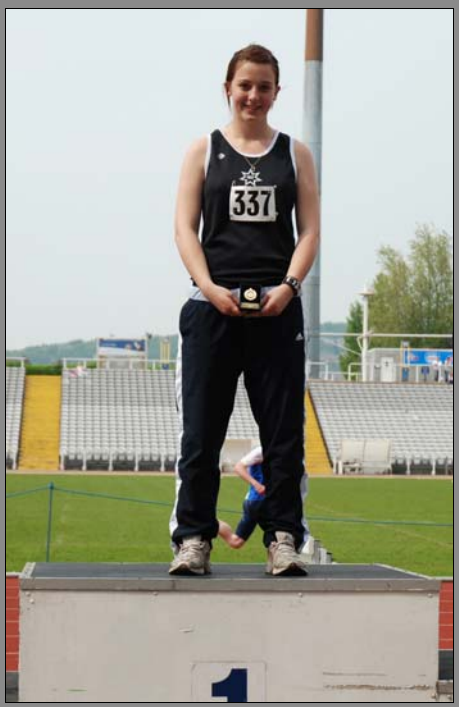
Big Medal Haul in Counties

Plenty of medal winners from RHAC in the various County Championships: the table of medal winners is on page 3, together with the Northern results. It is difficult to select one overall best performance, but Abbie Vernon set 2 new CBPs in the Derbyshire event and has performed strongly in the NYAL. Above: Abbie winning the 3000m in the NatYAL match 2 at Ashton-u-Lyne.

Claire Lebond is shown below on the medal podium at the Yorkshire Championships, where she took gold and silver. Her club support and performance have both been totally outstanding.

and Northerns

Successful at the northern championships were Claire Lebond, Stef Burns, and Abbie Vernon (as well as Michael Stanton, second claim)



A very successful season, even at this early stage, for Kane Humphrey, who took a U17 discus gold medal at the Yorkshire championships, seen here competing at the NYAL match 2 at Ashton-u-Lyne. In the background Jim Brogan timekeeping, watching are new members Paul Ward (28) and Karl Sampson who also threw to get points, in addition to their middle distance events

Junior & Young Athletes Going Strong

Our junior athletes took another big step to the top last weekend with a clear victory in match two of their summer campaign, putting Wakefield in second place in the four-match series. The ladies hiccupped a bit to go to third in the match behind Wakefield and Hull, having just pipped Hull for first place in the opening fixture on Hull's own turf. The young men however were far too strong on the day, winning by over 100 points. Kelly Pagdin was athlete of the match with a huge discus throw and her three first places cornered the points in the women's field events abetted by Claire Lebond with her three firsts, whilst Muktar and Abdi cleaned up the men's middle distance, Jamie Bennett also scoring strongly. But it is almost unfair to single people out: the whole squad shows evidence of good standards, good organisation, and good support.

A word too for the team managers, who clearly are so important in bringing about and maintaining such a good start. With Dave Scholey and Ian Cooley managing the men's team and Mavis White the senior ladies, at National Junior League it's the same on the men's side but with Kevin Thomas running the ladies outfit. In the NYAL Alan Coupe has the reins (boys/men) with the young ' team managed by Kevin and Peter Neal. Well done all, don't burn out.

Whilst it is always impressive to see star winning performances we have to keep stressing that teams don't win for that reason. It is of course essential, but so is competing and doing your best, not necessarily winning. And of course, taking part to pocket some points and avoid the dreadful zero marks. Well done indeed to all in these categories.

The Peter Ruddleston Memorial Race

Wednesday June 4th
start 7.15
at Whiston Cricket Club
Doles Lane Whiston
ULLEY RES

With the kind co-operation of Whiston PCCC and Whiston Parish Church 5 miles (gps) on bridle paths, discretionary footpath and lakeside track. Out and back and round Ulley Reservoir. Scenic course, azaleas in bloom! No floods!

Plenty of prizes. 3k Fun Run (bridle path)

SUPPORT YOUR CLUB EVENTS

Coming soon in KMR
Kimmy Kanter

June 17th
Droppingwell

RHAC EVENT
Prince 5k

NB JULY 9 NEW DATE
Wentworth Park

Also in this edition:

Fixtures, Road results, Secretary	page 2
County & North Track & Field, Results and Notes	page 3
National Junior League, Event Log	page 4
National Young Athletes	page 5
Vets National Relays, Various	page 6

Spotlight: Phil Hoole

Superb 1.08.22 at Wilmslow Half, 24.51 at Sale 5, along with the usual support in RH's 12-stage relay and track & field teams. And a county 5k track gold medal. All round class

THURSDAYS

Recent: Laughton Halfeld Arms 16th May
Conisbrough Hill Top 30th May

Next: The Bluebell, Wath wetlands 5th June 6.45
Barnburgh Church 12th June 7pm

Then: offers invited Thanks to Mick Hill, Pete Humphries, Luke Brady, Sharon Merrills, John Spencer, Kerry Booth

Secretary's Report Steve Gaines

South Yorkshire Road League Final- Worsbrough

Membership

The new member applications agreed at the May committee meeting were published in issue 44. As at 28th May there are 9 new applications that will be considered at the next committee meeting on the 5th June. 193 members have paid 2008 subscriptions to date.

I have now updated the details on the club section of the England Athletics website. This has meant confirming that 161 club members have paid their £5 competition licence fee.

The club treasurer will be sending the cheque shortly (For £805) and members should start to receive their 2008 / 9 competition licences during the next few weeks.

Remember - you need to have paid subs and fees, if you are to represent the club in competitions!!

Parent's forum.

A meeting was held, in Herringthorpe Leisure Centre, on the 14th May for all parents of young athletes. The aim was to allow parents to raise any issues, suggest any improvements, and discuss any problems with the Young Athlete coaches or club sec.

The meeting was well attended, and had good input from all attendees. It was agreed that we would try and improve the reception of new athletes and parents, when they come to the club for the first few times. Karen Frost and Julie Boven, both parent's of recently joined young athletes have agreed to act as the reception team for new parents.

Volunteers

We have arranged for 8 or 9 club members and helpers to be trained as track or field officials. The training takes place on the 26th June. This will mean that we will be better placed to supply the mandatory number of officials for the league matches that we compete in.

However, we always need more helpers - with officiating or helping in the kiosk. If you can help - and remember that the club and athletes cannot exist without volunteers - please contact Steve Gaines or Jim Brogan.

Senior And Junior Men

	Time	Acc Time
5 David Booth	29:20	(115:52)
11 Dave Storey	30:12	(119:12)
48 Neil Shaw	34:20	

Vets 45 - 49

15 Kerry Booth v45	35:29
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Male Vets 50 - 54

3 John Atkinson v50	30:25	(120:31)
4 Terry Eastwood v50	30:44	(121:43)
19 Dave Wright v50	35:47	(143:19)

Male Vets 55 - 59

2 Martin Herrington v55	32:15	(127:51)
15 Mick Hill v55	40:52	
16 Malcolm Rhodes v55	41:56	

Male Vets 60 - 64

1 Terry Hawley v60	32:03	(124:39)
2 Robert Tintinger v60	32:03	(122:51)
3 Mick Cochrane v60	33:00	(131:10)



Rotherham award winners at the Worsborough Road League: Dave Booth, John Atkinson, Bob Tintinger, Terry Hawley, Martin Herrington and Mick Cochrane. Dave Storey and Terry Eastwood were not around for the photo. Fine support from an elite but too small band.

RH support for the series has been poor in all honesty, and our road performance could do with a shot in the arm.

Hoole & Blizard Excel at RBK Manchester Sale Five

Guided respectively by Dave Tune and Peter Shaw, there is no doubt that Jenny and Phil are very big hitters on the road scene these days. Not only there, of course, as a run-down of RH club representation shows in the members' event log.

Jenny was about 10 seconds outside the course record at Sale, and emphatically beating the likes of Ian Fisher speaks for itself in Phil's case.

Phil has added the county 5k track gold medal to his portfolio this month. A superb achievement and superb progress.

Manchester Sale 5- 1-17 & ladies 1-7 at Wythenshawe Park on Monday 26th May 2008

1 Andi Jones	Salford H	24:01
2 Philip Hoole	Rotherham H & Ac	24:51
3 Ian Fisher	Altrincham DAC	25:45
4 Jonny Holt	Trafford AC	25:48
5 Philip Leybourne	V40 Blackpool W&F	26:01
6 Paul Freary	V40 Belgrave H	26:14
7 James Kovacs	Salford H	26:18
8 Jon Cordingley	V50 Bingley H & Ac	26:21
9 John Convery	V45 Bingley H & Ac	26:22
10 Matthew Proctor	JM Rochdale H & Ac	26:30
11 Stewart Macdonald	V40 Bingley H & Ac	26:36
12 Jeff Prest	Trafford AC	26:39
13 James Horman	Liverpool H & Ac	26:54
14 Paul Backhouse	E Cheshire Ac	27:06
15 Gareth Turner	Hallamshire H	27:17
16 Chris Heys	Sale H	27:27
17 Jenny Blizzard	1st L Rotherham H & Ac	27:28
21 Tess Walker	L Salford H	28:16
29 Rachael Elliott	L Team Kennet	30:12
31 Gemma Unsworth	L Blackpool W&F	30:18
34 Amanda Dlakins	L35 Birchfield H	30:31
36 Sue Beconsall	L45 Bingley H & Ac	30:51
39 Emma Jones	L Belle Vue Racers	30:59

Fixtures: May 2008 to July 31st

Wed 28 May 08	Memorial Race Maltby	open	Wesley Centre KMR 7pm start £3
Sun 01 Jun 08	National YAL	club teams	match 3 N1W Deeside College
Wed 04 Jun 08	Ulley Res KMR	open	Peter Ruddleston memorial race Whiston CC
Sat 07 Jun 08	Northern Athletics League	clubs	Match 2 Hallamshire
Sun 08 Jun 08	South Yorks T&F League	SY clubs	8-15 years t.b.c.
Wed 11 Jun 08	Otley 10	open	Weds 7:30 start, Otley RUFC. C/D 7th June
Wed 11 Jun 08	Milton 6	open	Elsecar
Tue 17 Jun 08	Kimy Kanter	open	Droppingwell KMR £3
Sun 22 Jun 08	National YAL	club teams	meeting 4 N1W Herringthorpe
Sun 22 Jun 08	3 Lakes Classic	open	Killamarsh Kestrels
Sun 22 Jun 08	BMAF 5k	open	Veteran only
Tue 24 Jun 08	South Yorks T&F League	SY clubs	seniors t.b.c.
Wed 25 Jun 08	Damflask Relays	club teams	Sheffield
Thu 26 Jun 08	Blackamoor Fell Race	open	Ttoley AC
Sun 29 Jun 08	National Junior League	SY clubs	match 3 Wakefield
July			
Wed 02 Jul 08	Abbey Dash	open	Maltby KMR
Sat 05 Jul 08	Tickhill Gala Race	open	
Sun 06 Jul 08	Northern Athletics League	clubs	Match 3 Herringthorpe
Sun 06 Jul 08	City of Manchester 10k	open	Sportcity . 09:30 start £14 entry C/D 27 June
Wed 09 Jul 08	Prince in the Park NEW DATE	open KMR	5k priv. road POW Greasbrough 7.15 off £3
Sat 19 Jul 08	South Yorks T&F League	SY clubs	all ages Includes Championship t.b.c
Sun 20 Jul 08	National YAL	club teams	meeting 5b N1W Horwich RMI
Sun 27 Jul 08	National Junior League	SY clubs	match 4 Herringthorpe
Sun 27 Jul 08	Hatfield Sprint Triathlon	open	nr Doncaster
August			
Sun 03 Aug 08	Northern Athletics League	clubs	Match 4 Doncaster
Sun 10 Aug 08	Askern 10	open	Askern AC
September			
Sat 06 Sep 08	Yorkshire Road Relays	club teams	Don Valley Sheffield

Mike Armstrong-Afghanistan Half!

I have received this just too late to get publicity at an opportune time, but here it is for your interest and possible support. The email came by circuitous route involving Heryn Marston, Bert Norburn, and Steve Gaines

From: Darren Tilley <mailto:Darren.Tilley@drivenworldwide.com>
 ".....My brother, Mike Armstrong asked me to pass on a message as he is currently serving in Afghanistan. He and around 30 colleagues are running a half marathon around the Helicopter Landing Site at their camp later in May, obviously in quite a difficult environment.

There is a web-site set up to receive sponsorship donations, which is: <http://www.justgiving.com/chrisoward1> and Mike would be very grateful if you could raise awareness of this event within the club in the hope that it will help raise a little bit of extra money for the 'Help for Heroes' charity.

Thanks and best regards, Darren Tilley, Managing Director Driven Worldwide - Head Office"

[I recall I think we have met up with Mike most often at the Round Rotherham Race: Ed]

2008 County Track & Field Championship Medallists

Gold-Yorkshire

Claire Lebond,	U17 Women's Hammer, 31.76m
Amber Merrills	U17 Women's SP, 10.36m
Kane Humphrey	U17 men's discus 40.90 PB
Liam O'Malley	U20 men Triple Jump 12.94m PB
Kelly Pagdin	U20 Women's Javelin 45.07 PB
Jade Allen	Junior Women's 800m 2:12.88
Laura Spence	Junior Women's 3000m 10:42.88
Yasin Mohammed	U17 men's 3000m 9:00.78
Mukhtar Mohammed	U20 men's 400m 50.18
Phillip Hoole	Senior men's 5000m 15:14.57
Chris Wright	Senior men's 110m Hurdles 16.35

Gold-Derbyshire

Abbie Vernon	U17 Women 800m 2:15.2 new CBP
Abbie Vernon	U17 women 1500m 4:38.1 new CBP
Emily Fisher	U17 women's 3000m 10:55.8

Silver-Yorkshire

Sarah Wilding	U15 girls SP 9.83m
Kane Humphrey	U17 men's SP 12.77m
Claire Lebond	U17 women's discus 23.52m
Kelly Pagdin	U20 women's discus 35.84m
Rosie Edwards	Senior women's 3000m 9:44.1 PB
Mukhtar Mohammed	U20 men's 800m 1:55.51
Senior mens 4 x 100m relay	45.20. Liam O'Malley, David Scholey, Nathan Buckingham, Sam Thorpe.

Silver- Nottinghamshire

Codie Marsh	U15 girl's 800m 2:26
Codie Marsh	U15 girl's 1500m 5:11

Bronze-Yorkshire

Simon Pugh	Senior Men 400mH 76.9
Robyn Lancelley	U17 women's 1500m 4:38.73 PB
Abdi Ahmed	U20 men's 1500m 4:03.59
Rosie Edwards	Senior women's 1500m 4:35.02

Bronze- Derbyshire

Emily Fisher	U17 women's 1500m 4:56.3
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2008 Northern Track & Field Championship Performances

F08 Under 17 Women Discus FINAL	
4 201 Claire Lebond	RHAC 27.32
F02 Under 17 Women Hammer FINAL	
2 201 Claire Lebond	RHAC 33.8
Under 17 Women Shot Putt FINAL	
6 201 Claire Lebond	RHAC 8.6
Under 15 Boys 100m FINAL	
488 Phazon Edwards	RHAC 12.7
Under 17 Women 3000m FINAL	
228 Stephanie Byrne	RHAC 10.11.69
Under 15 Boys 400m Heats	
8 487 Fuad Hassan	RHAC 60:32.00
Under 15 Boys 200m Heats	
6 488 Phazon Edwards	RHAC 25.4 25.4
T28 Under 17 Women 800m Heats	
2 147 Abbie Vernon	RHAC 02:16.8
Under 17 Men 1500m Heats	
Mursal Mohammed	RHAC 04:20.9
T33 Under 15 Boys 1500m FINAL Heat 2	
6 533 Karl Sampson	RHAC 04:37.2
Under 17 Men 3000m FINAL	
392 Yasin Mohammed	RHAC 09:26.0
T50 Under 17 Men 1500m FINAL	
9 393 Mursal Mohammed	RHAC 04:25.7
v Under 17 Women 800m FINAL	
3 147 Abbie Vernon	RHAC 02:15.2

FULL RHAC RESULTS

Yorkshire Track & Field Championships
Don Valley Stadium, Sheffield
10/11 May

Under 15 Girls Shot Putt FINAL	
2 104 Sarah Wilding	9.83
Senior/Under 20 Women Hammer FINAL	
6 531 Helen White	34.65
Under 13 Boys Shot Putt FINAL	
4 63 Jordan Small	5.12
Senior/Under 20 Women Triple Ju FINAL	
7 513 Kimberley Bateman J	9.34
Under 17 Women Hammer FINAL	
1 337 Claire Lebond	31.76
Under 17 Men Shot Putt FINAL	
2 750 Kane Humphrey	12.77
Under 17 Women Discus FINAL	
2 337 Claire Lebond	23.52
Under 17 Women Javelin FINAL	
6 337 Claire Lebond	25.45
Under 13 Boys Long Jump FINAL	
5 63 Jordan Small	4.05
Under 20 Men Long Jump FINAL	
6 408 Liam O'Malley	6.04
Under 13 Girls Long Jump FINAL	
4 175 Olivia Neal	4.7
10 104 Sarah Wilding	4.16
Under 17 Women Shot Putt FINAL	
1 334 Amber Merrills	10.36
Under 17 Men Discus FINAL	
1 750 Kane Humphrey	40.9
8 663 Jordan Flude	20.72
Senior/Under 20 Women Discus FINAL	
2 528 Kelly Pagdin J	35.84
Under 20 Men Triple Jump FINAL	
1 408 Liam O'Malley	12.94
Senior/Under 20 Women Javelin FINAL	
1 528 Kelly Pagdin J	45.07
Senior Men 400m Hurdles FINAL	
3 582 Simon Pugh	76.9
Under 20 Men Triple Jump FINAL	
7 666 Scott Davis	13.26
Under 15 Girls 100m Heats	
8 104 Sarah Wilding	DNS
6 103 Melissa Hellewell	14.28
Under 13 Boys 100m Heats	
2 63 Jordan Small	14.93
Under 17 Men 100m Heats	
4 663 Jordan Flude	11.84
Under 17 Women 1500m FINAL	
3 322 Robyn Lancelley	04:38.7
4 320 Stephanie Burns	04:44.0
Under 13 Boys 100m Heats	
4 70 Bradley Nelson	15.86
Under 13 Boys 100m FINAL	
7 63 Jordan Small	14.81
Senior/Under 20 Women 800m FINAL	
2 480 Rosie Edwards	09:44.1
Senior/Under 20 Women 800m FINAL	
4 463 Jade Allen J	02:12.7
Under 15 Girls 800m Heats	
6 103 Melissa Hellewell	02:54.3
7 152 Megan Bailey	02:44.8
Under 13 Boys 800m Heats	
7 70 Bradley Nelson	02:52.7

Senior Men 400m FINAL	
4 576 David Scholey	49.81
5 578 Mark Ward	50.57
Under 15 Boys 400m Heats	
2 220 Fuad Hassan	58.27
4 217 Quin Simms	60.92
Under 15 Boys 1500m FINAL	
11 798 Carl Sampson	04:47.2
Under 20 Men 200m Heats	
4 344 Sam Thorpe	23.41
Under 17 Men 3000m FINAL	
1 738 Yasin Mohamud	09:00.8
Under 15 Boys 200m Heats	
3 194 Phazon Edwards	26.49
Under 20 Men 800m FINAL	
2 366 Mukhtar Mohammed	01:55.5
Under 15 Boys 400m FINAL	
5 220 Fuad Hassan	58.94
Senior/Under 20 Women 800m Heats	
5 473 Helen Walker	02:18.7
Under 20 Men 200m FINAL	
7 344 Sam Thorpe	23.26
Sen/U20 Women 800m Heats	
3 463 Jade Allen J	02:14.7
6 462 Jessica Fawcett J	02:17.4
Senior Men 3000m Steeplechase FINAL	
4 582 Simon Pugh	12:45.8
Under 15 Boys 100m Heats	
6 194 Phazon Edwards	13.08
Senior/Under 20 Women 400m Heats	
3 440 Charlotte Vaughan J	62.82
5 439 Rebecca White J	60.99
Under 20 Men 100m Heats	
4 344 Sam Thorpe	11.78
Under 15 Boys 800m Heats	
5 284 Heather Dyson	13.8
Under 15 Boys 800m Heats	
dq 217 Quin Simms	DQ
Under 17 Men 200m Heats	
3 663 Jordan Flude	24.16
7 666 Scott Davis	26.87
Under 15 Girls 200m Heats	
2 104 Sarah Wilding	27.26
Under 20 Men 1500m FINAL	
3 384 Abdirisak Ahmed	04:03.6
Under 17 Men 400m Heats	
8 666 Scott Davis	63.45
Senior/Under 20 Women 1500m FINAL	
3 480 Rosie Edwards	04:35.0
4 462 Jessica Fawcett J	04:39.1
Under 17 Women 800m FINAL	
4 322 Robyn Lancelley	02:17.4
6 320 Stephanie Burns	02:21.0
Under 15 Girls 200m FINAL	
5 104 Sarah Wilding	27.37
Under 20 Men 400m FINAL	
1 366 Mukhtar Mohammed	50.16
7 363 Nathan Buckingham	54.68
Under 17 Men 1500m FINAL	
4 728 Mursal Mohammed	04:19.8
Senior Men 110m Hurdles FINAL	
1 581 Christopher Wright	16.35

Errors occur- as results lists as published are very difficult to handle. I will happily correct errors and omissions in the next edition.

Results and Notes

Askern 10km

A fine run from Richard, close enough to silver to be aggravating. Otherwise, all the usual suspects were present.

1	30:49:00	Pierson, M	Holmfirth	M
2	32:04:00	Baker, R	Hallam	M
3	32:08:00	Harris, R	RHAC	M
20	36:29:00	Booth, D	RHAC	M
30	37:17:00	Eastwood, T	RHAC	M50
47	38:05:00	Harris, M	RHAC	M45
49	38:12:00	Asbridge, M	RHAC	M
58	38:46:00	Walker, J	RHAC	F
88	40:04:00	Spencer, J	RHAC	M55
106	40:57:00	Shaw, N	RHAC	
110	41:11:00	Cook, N	RHAC	M45
154	43:36:00	Wright, D	RHAC	M50
232	47:27:00	Butterworth, R	RHAC	M40
271	48:58:00	Rhodes, M	RHAC	M55
297	50:27:00	Hill, M	RHAC	M55
300	50:34:00	Haigh, P	RHAC	M50
304	50:44:00	Myvett, R	RHAC	

Dave Haywood has sent off (recorded delivery) for the club's 2009 London marathon entries. You may have heard that the 'on-line entry' system for London introduced this year resulted in the race being over-full before the 2008 race had finished. Where we go from there I don't know.

The preparation of a newsletter is very time-consuming for one or two people (mainly, Pete Humphries and Steve Gaines- though with big support at times from Ian Hindley).

A lot of the problems are hidden- eg the conversion of the results of ONE track & field event into printable form takes over a full working day. This is basically because they are pdf files. Steve provides a lot of written comment. Why don't YOU help by submitting RESULTS, ARTICLES, COMMENTS however brief, LETTERS etc.

Treeton Torture

4 Miles
Sunday 4th May 2008

1	Stephen Phillips	Kimberworth	28:23
2	Paul Blakeney	Sheffield	28:42
3	Robert Bartle	Walkley	29:53
4	Colin Earl	Bannatynes	30:14
5	Luke Lythall	Bannatynes	30:43
6	Neil Shaw	RHAC	31:52
7	Phil Haigh	RHAC	32:22
8	Peter Humphries	RHAC	32:31
9	John Kirk	RHAC	32:50
10	Ian Soakell	Kimberworth	33:51
11	Craig Spencer	Kimberworth	34:38
12	Dave Wright	RHAC	35:03
13	Phil Widdowson	RHAC	35:32
14	James Billson	Treeton	37:53
15	Bev Soakell	Kimberworth	38:20
16	Georgina Cliff	Kimberworth	40:18

Round Rotherham personnel need a rest and there is concern about the 2009 event. RH organisers have every intention that this superb event will continue with its high standards. You could help by getting involved. Tell Sharon Burton or club secretary.

Luke Brady's trip to Plymouth to visit his daughter and son-in-law coincided with the Plymouth Half-marathon. His aim of 2 hours was confounded by a big hill approaching the finish. Result: 2:03

What was more interesting however is that he was making up the team for a missing runner in "Team Turbulence", a Royal Navy team based on the submarine "Turbulence" which is based at Plymouth, where Luke's son-in-law works.

VERY STRONG JUNIOR LEAGUE TEAM

Athlete of the Match (women) : Kelly Padgin dt 40.56m took the leading honour in this superb result at Scunthorpe. It seemed to me there were very few uncontested events.

MATCH RESULT

1 Rotherham H. & AC	465
2 Wakefield D. H. & AC	405
3 Kingston Upon Hull AC	365
4 Scunthorpe & D.AC	297
5 City of Sheffield AC	262
6 Grimsby Harriers AC	203
7 Hull Achilles AC	81

Men Event

1 Rotherham H. & AC	272
2 Kingston Upon Hull AC	168
3 Wakefield D. H. & AC	163
4 City of Sheffield AC	131
5 Scunthorpe & D.AC	112
6 Grimsby Harriers AC	101
7 Hull Achilles AC	46

Women Event

1 Wakefield D. H. & AC	207
2 Kingston Upon Hull AC	162
3 Rotherham H. & AC	158
4 Scunthorpe & D.AC	143
5 City of Sheffield AC	106
6 Grimsby Harriers AC	67
7 Hull Achilles AC	0

M 100m A		M 100m B	
4 Sam Thorpe	12.3	5 Nathan Buckingham	12.7
M 200m A		M 200m B	
4 Sam Thorpe	24.5	5 Nathan Buckingham	26.3
M 400m A		M 400m B	
1 Mukhtar Mohammed	52.2	1 Jamie Bennett	53.7
M 800m A		M 800m B	
1 Mukhtar Mohammed	2.02.9	1 Jamie Bennett	2.04.0
M 1500m A		M 1500m B	
1 Abdi Ahmed	4.18.1	2 Mahumed Dirrir	4.52.4
M 3000m A		M 3000m B	
1 Abdi Ahmed	9.00.7	1 Abdikarem Ali	11.03.1
M 110mH A		M 110mH B	
1 David Coupe	24.3	2 Liam Thompson	22.7
M 400mH A		M 400mH B	
3 Liam Thompson	68.5	2 Sam Howis	75.4
M 2000m Sc A		M 2000m Sc B	
2 Liam Thompson	7.36.8	1 Sam Howis	7.44.6
M Discus Throw A		M Discus Throw B	
2 Kane Humphreys	38.92	1 David Coupe	23.85
M Hammer Throw A		M Hammer Throw B	
4 David Coupe	15.58	3 Sam Thorpe	12.47
M High Jump A		M High Jump B	
2 Liam O'Malley	1.75	1 Jamie Bennett	1.70
M Javelin Throw A		M Javelin Throw B	
5 Kane Humphreys	32.04	3 Liam O'Malley	28.09
M Long Jump A		M Long Jump B	
3 Liam O'Malley	5.47	3 Ben Rollinson	4.54
M Pole Vault A		M Pole Vault B	
2 Kane Humphreys	11.45		
M Triple Jump A		M Triple Jump B	
1 Liam O'Malley	12.60	1 Ben Rollinson	11.19
W 100m A		W 100m B	
4 Charlotte Vaughan	13.8	2 Rebecca White	14.4

W 200m A		W 200m B	
4 Heather Dyson	29.6	3 Danielle Heald	28.5
W 400m A		W 400m B	
1 Rebecca White	61.0	1 Charlotte Vaughan	62.3
W 800m A		W 800m B	
2 Jessica Fawcett	2.25.5	1 Laura Spence	2.26.2
W 1500m A		W 1500m B	
3 Laura Spence	5.05.6	2 Jessica Fawcett	5.20.9
W 3000m A		W 3000m B	
1 Kelly Padgin	10.56	1 Claire Lebond	26.71
W 100mH A		W 100mH B	
1 Kelly Padgin	41.99		
W 400mH A		W 400mH B	
6 Heather Dyson	3.95		
W Discus Throw A		W Discus Throw B	
1 Kelly Padgin	40.56		
W Hammer Throw A		W Hammer Throw B	
1 Claire Lebond	33.02		
W High Jump A		W High Jump B	
1 Kelly Padgin	41.99		
W Javelin Throw A		W Javelin Throw B	
1 Kelly Padgin	41.99		
W Long Jump A		W Long Jump B	
6 Heather Dyson	3.95		
W Pole Vault A		W Pole Vault B	
1 Kelly Padgin	10.53	1 Claire Lebond	7.68
W Shot Putt A		W Shot Putt B	
1 Kelly Padgin	10.53		
W Triple Jump A		W Triple Jump B	
W 4x100m Relay	1 52.2	1 Danielle Heald 2 Heather Dyson	
		3 Rebecca White 4 Charlotte Vaughan	
W 4x400m Relay			
M 4x100m Relay	3 46.4	1 Liam O'Malley 2 Nathan Buckingham	
		3 Jamie Bennett 4 Sam Thorpe	
M 4x400m Relay	2 3.38.9	1 Jamie Bennett 2 Nathan Buckingham	
		3 Abdi Ahmed 4 Mukhtar Mohammed	



Young athlete Sarah Wilding (in the 200m at the Yorks champs, where she set a PB)

YOUNG ATHLETES- LEAGUE STANDINGS AFTER 2 MATCHES

				4th May	18th May
UP	15	Macclesfield	8	763.0	4.0 370.0 4.0 393.0
UP	5	Bolton	7.5	801.0	3.5 397.0 4.0 404.0
3	29	Warrington	7.5	772.5	3.5 397.0 4.0 375.5
4	25	Team North Cumbria	7	722.5	4.0 401.0 3.0 321.5
5	9	East Cheshire	7	721.0	4.0 339.0 3.0 382.0
6	13	Horwich RMI	6	700.0	2.0 316.0 4.0 384.0
7	21	Rotherham	5	671.5	3.0 341.5 2.0 330.0
8	11	Halifax	5	630.5	2.0 275.5 3.0 355.0
9	23	St Helens Sutton	5	503.0	3.0 239.0 2.0 264.0
10	31	Wrexham	4.5	613.5	3.0 338.0 1.5 275.5
DOWN	19	Ribble Valley	4	543.0	1.0 237.0 3.0 306.0
DOWN	27	Trafford	4	498.0	2.0 238.0 2.0 260.0
DOWN	1	Altrincham	3	398.0	2.0 209.0 1.0 189.0
DOWN	7	Deeside	2.5	507.5	1.0 232.0 1.5 275.5
DOWN	17	Manx	2	366.0	1.0 201.0 1.0 165.0
DOWN	3	Blackley & N Man.	2	226.0	1.0 110.0 1.0 116.0

Three to come on 1st June, 22nd June and 20th July



Chris Wright on his way to winning the senior men's 110m hurdles event at the Yorkshire's. (photo: Alison Fawcett).

Club Event Log

M Darwin, Howard	18	F Hatswell, Natasha	10	F Arif, Georgina	7
M Booth, David C	16	M Hill, Michael	10	F Bellamy, Susan	7
M Hoole, Philip	16	M Myers, Nicholas	10	F Burton, Sharon	7
M Nuttall, David	16	M Nelson, Bradley	10	F Cheshire, Klachen	7
F Lebond, Claire	15	M Simms, Quinlan	10	M Humphrey, Kane	7
M Thomas, Kevin	15	M Smith, David J	10	M James, Glenn	7
M Eastwood, Terry	14	F Taylor, Gillian	10	F Kirby, Sophie	7
F Horan, Jennifer S	14	F Thomas, Eleanor	10	M Page, Christopher	7
M Spencer, John M	14	F Bateman, Kim	9	M Ruddleston, Mark	7
M Storey, David	14	F Blizzard, Jenny	9	M Scholey, David E	7
M Humphries, Paul	14	F Bovan, Elspeth	9	F Spence, Laura	7
M Brookes, Nigel	13	F Burns, Stephanie	9	M Thorpe, Sam	7
F Hutchinson, Emily	13	F Flintham, Hayley	9	F Allen, Jade	6
F Morris, Adele	13	F Grant, Natalie L	9	F Arif, Mollie	6
M Shaw, Neil	13	M Hawley, Terry	9	M Atkinson, John	6
M Small, Jordan	13	F Lancelley, Robyn H	9	M Burke, David W	6
M Tintinger, Robert	13	F Mangham, Jessica	9	M Coupe, David A	6
M Booth, Kerry	12	F Neal, Olivia	9	F Creaghan, Jemma	6
M Humphries, Peter	12	M Rhodes, Malcolm S	9	F Fenwick, Holly May	6
F Marsh, Codie	12	F Spencer, Georgina	9	M Harney, Brian	6
F Fawcett, Jessica	11	M Cochrane, Michael	8	M Harris, Brandon-Lee	6
F Hellewell, Melissa	11	F Edwards, Kristie	8	M Harris, Richard	6
M Neal, Peter L	11	F Fisher, Paula	8	F James, Philippa	6
F Vernon, Abbie	11	F Hall, Rachel	8	M Johnson, William M	6
M Asbridge, Matthew	10	M Howis, Samuel	8	M Lidster, Andrew	6
F Bailey, Megan	10	F Spencer, Diane	8	F Phillips, Drew	6
F Edwards, Rosie	10	M Thompson, Liam P	8	M Scothern, Cian	6
M Haigh, Phillip	10	M Williams, Keith	8	F Fisher, Emily	6
		F Kelwick, Chantelle	8		

When we set up the "can you represent RHAC on six occasions" idea, it wasn't obvious just how much support was being given to their club by so many people. Which is why I'm publishing this ongoing list. Of course, it isn't completely fair as different events and disciplines take a different effort and a different toll. But it is useful to know, and you can see for example how the track and field specialists are marching up the list as their season progresses. Examination of the database can give interesting views- such as that Phil Hoole is the club's best all-rounder at this time! (ie road, T&F, cross-country)

Keep me informed of errors, omissions, and additions. Please note: the above does not contain results from Askern 10k, Sale 5, or the FULL county championship participation list, which were not available at compilation time. Recently-added events are in a panel on page 6. More detail next month.

Check your list at www.rotherhamharriers.org, Event Log identity: rhmember password: creamer

Good results May Get Better

A sound start to the season's league campaign for the Young Athletes' outfit sees them solidly in central position in the league (see page 4) after two matches.

Though it's only speculation really, it looks from the fixture list as though the last two meetings (featuring a strong looking team in Bolton (match 4) and Warrington (match 5) could be similar to the first two in challenge, and possibly outcome. Match three however offers the chance to score more heavily as relatively weak teams in Blackley, Manx and Deeside are our opponents.

Of course, on the day all can be different, but we will know shortly, possibly before you read this, as the third fixture, at Deeside, is on June 1st.

Staying in the top ten in this league would maintain our league status, whilst we would need a top two place to get promotion.

Young Athletes Match 1 Carlisle

T32 U17M 100m 'A'	11.7	21 JORDAN FLUDE	U17M 100m 'B'	12.8	22 SCOTT DAVIES
T8 U17M 200m 'A'	23.8	22 JORDAN FLUDE	U17M 200m 'B'	23.8	21 GARETH MORETON
T25 U17M 400m 'A'	53.5	1 GARETH MORETON	U17M 400m 'B'	60.4	22 ABDI KARIM ALI
T14 U17M 800m 'A'	02:10.3	21 MURSAL MOHAMMED	U17M 800m 'B'	02:21.0	22 ABDI KARIM ALI
T37 U17M 1500m 'A'	04:32.9	21 MURSAL MOHAMMED	U17M 1500m 'B'	04:49.9	22 LIAM THOMPSON
T16 U17M 3000m 'A'	09:29.2	21 YASIN MOHAMMED	U17M 3000m 'B'	11:14.1	22 SAM HOWIS
T2 U17M 400m Hurdles 'A'	68.9	21 LIAM THOMPSON			
T23 U17M 100m Hurdles 'A'					
T44 U17M 1500m S/Chase 'A'	05:38.9	21 LIAM THOMPSON	U17M 1500m S/Chase 'B'	05:43.3	22 SAM HOWIS
F2 U17M Hammer (5k) 'A'	22.55	2 name not stated			
F9 U17M Discus (1.5k) 'A'	36.31	21 KANE HUMPHREY			
F21 U17M Shot Putt (5k) 'A'	11.92	21 KANE HUMPHREY			
F31 U17M Javelin (700g) 'A'	37.83	22 KANE HUMPHREY	U17M Javelin (700g) 'B'	13.86	21 ABDI KARIM ALI
F12 U17M Pole Vault 'A'		No Competitors Declared			
F28 U17M High Jump 'A'	1.6	21 YASIN MOHAMMED	U17M High Jump 'B'	1.4	22 MURSAL MOHAMMED
F16 U17M Long Jump 'A'	4.25	21 SAM HOWIS			
F33 U17M Triple Jump 'A'					
T30 U15B 100m 'A'	15.4	21 ANDREW LIDSTER	U15B 100m 'B'	16	22 CHRIS PAGE
T6 U15B 200m 'A'	26.0	21 FUAD HASSAN	U15B 200m 'B'	30.4	22 MICHAEL PAGE
T24 U15B 400m 'A'	60	22 FUAD HASSAN	U15B 400m 'B'	61.0	21 QUIN SIMMS
T12 U15B 800m 'A'	02:17.7	21 QUIN SIMMS	U15B 800m 'B'	02:44.8	22 CHRIS PAGE
T35 U15B 1500m 'A'	05:16.8	22 NICK MYERS	U15B 1500m 'B'	05:30.4	21 MICHAEL PAGE
T21 U15B 80m Hurdles 'A'					
F1 U15B Hammer (4k) 'A'					
F8 U15B Discus (1.25k) 'A'					
F22 U15B Shot Putt (4k) 'A'	5.05	22 ANDREW LIDSTER			
F32 U15B Javelin (600g) 'A'	17.57	21 NICK MYERS			
F15 U15B Long Jump 'A'*= AW Standards	3.79	21 MICHAEL PAGE	U15B Long Jump 'B'	3.37	22 ANDREW LIDSTER
F27 U15B High Jump 'A'	1.35	21 FUAD HASSAN			
F10 U15B Pole Vault 'A' No Competitors Declared					
T28 U13B 100m 'A'	16.2	21 BRADLEY NELSON	U13B 100m 'B'	15.5	42 LIAM MARSH
T4 U13B 200m 'A'	31.5	21 LIAM MARSH	U13B 200m 'B'	33.7	22 SAM TERRY
T10 U13B 800m 'A'	02:48.8	21 JORDAN SMALL	U13B 800m 'B'	03:07.0	22 TOM EVANS
T33 U13B 1500m 'A'					
T17 U13B 75m Hurdles 'A'	16.3	21 SAM TERRY	U13B 75m Hurdles 'B'	16.3	22 BRADLEY NELSON
F14 U13B Shot Putt (3.25k) 'A'	5.91	21 JORDAN SMALL	U13B Shot Putt (3.25k) 'B'	5.4	22 BRADLEY NELSON
F24 U13B Long Jump 'A'	3.92	21 TOM EVANS	U13B Long Jump 'B'	3.54	22 LIAM MARSH
F6 U13B High Jump 'A'	1.2	21 JORDAN SMALL			
T31 U17W 100m 'A'	13.7	22 DANIELLE HEALD	U17W 100m 'B'	13.8	21 DREW PHILLIPS
T7 U17W 200m 'A'	28.2	21 DREW PHILLIPS	U17W 200m 'B'	28.3	22 DANIELLE HEALD
T26 U17W 300m 'A'	45	21 POPPY KNOWLES			
T2 U17W 400m 'A'	02:17.1	21 ABBIE VERNON	U17W 400m 'B'	02:17.5	22 ROBYN LANCELY

T36 U17W 1500m 'A'	04:48.7	21 ABBIE VERNON	U17W 1500m 'B'	04:48.9	22 ROBYN LANCELY
T19 U17W 3000m 'A'	11:13.8	21 EMILY FISHER			
T20 U17W 80m Hurdles 'A'					
T1 U17W 300m Hurdles 'A' No Competitors Declared					
F3 U17W Hammer (4k) 'A'	30.67	21 CLAIRE LEBOND			
F19 U17W Discus (1.0k) 'A'	25.23	21 CLAIRE LEBOND	U17W Discus (1.0k) 'B'	18.57	22 DANIELLE HEALD
F30 U17W Shot Putt (4k) 'A'					
F25 U17W Javelin (600g) 'A'	26.78	21 CLAIRE LEBOND	U17W Javelin (600g) 'B'	14.2	22 EMILY FISHER
F5 U17W Long Jump 'A'	4.63	21 POPPY KNOWLES	U17W Long Jump 'B'	3.39	22 ROBYN LANCELY
F34 U17W Triple Jump 'A'	9.18	21 DREW PHILLIPS			
F18 U17W High Jump 'A'					
F11 U17W Pole Vault 'A' No Competitors Declared					
T29 U15G 100m 'A'	14.4	21 CODIE MARSH	U15G 100m 'B'	14.3	22 MELISSA HELLEWELL
T5 U15G 200m 'A'	27.4	21 SARAH WILDING	U15G 200m 'B'	30.3	22 NATASHA HATSWELL
T11 U15G 800m 'A'	02:33.6	21 CODIE MARSH	U15G 800m 'B'	03:02.6	22 MELISSA HELLEWELL
T34 U15G 1500m 'A'	05:07.0	21 NATASHA HATSWELL	U15G 1500m 'B'	05:37.5	22 MADELINE WRAGG
T18 U15G 75m Hurdles 'A'	15.6	21 MADELINE WRAGG	U15G 75m Hurdles 'B'	14.6	22 OLIVIA NEAL
F4 U15G Long Jump 'A'	4.93	21 OLIVIA NEAL	U15G Long Jump 'B'	4.21	22 GEORGINA ARIF
F17 U15G High Jump 'A'	1.44	21 MADELINE WRAGG	U15G High Jump 'B'	1.3	22 OLIVIA NEAL
F20 U15G Discus (1.0k) 'A'	16.05	21 GEORGINA ARIF	U15G Discus (1.0k) 'B'	9.44	22 MELISSA HELLEWELL
F25 U15G Javelin (600g) 'A'	21.85	21 SARAH WILDING	U15G Javelin (600g) 'B'	11.27	22 NATASHA HATSWELL
F29 U15G Shot Putt (3.25k) 'A'	10.09	21 SARAH WILDING	U15G Shot Putt (3.25k) 'B'	7.92	22 GEORGINA ARIF
T27 U13G 75m 'A'	12.1	21 EMILY HUTCHINSON	U13G 75m 'B'	14	22 ELIZABETH COUPE
T3 U13G 150m 'A'	27.8	21 ELIZABETH COUPE			
T9 U13G 800m 'A'	02:51.1	22 CHANTELLE KELWICK	U13G 800m 'B'	02:52.7	21 EMILY HUTCHINSON
T22 U13G 1200m 'A'					
T15 U13G 70m Hurdles 'A'					
F7 U13G High Jump 'A'					
F23 U13G Long Jump 'A'	3.72	21 CHANTELLE KELWICK	U13G Long Jump 'B'	3.13	22 EMILY HUTCHINSON
F13 U13G Shot Putt (2.72k) 'A'	5.86	22 ELIZABETH COUPE	U13G Shot Putt (2.72k) 'B'	5.74	21 CHANTELLE KELWICK

Young Athletes Match 2 Ashton-u-Lyne

T32 U17M 100m 'A'	15.4	21 SCOTT DAVIES	U17M 100m 'B'	14	22 SAM HOWIS
T8 U17M 200m 'A'	27.4	21 GARETH MORETON	U17M 200m 'B'	27.4	22 SCOTT DAVIES
F29 U15B 100m 'A'	15.4	21 GARETH MORETON	U15B 100m 'B'	15.4	22 CHRIS PAGE
T25 U15B 200m 'A'	52.4	21 GARETH MORETON	U15B 200m 'B'	52.4	21 GARETH MORETON
T14 U17M 800m 'A'	02:27.4	21 ABDI KARIM ALI	U17M 800m 'B'	02:27.4	21 ABDI KARIM ALI
T37 U17M 1500m 'A'	04:28.0	22 YASIN MOHAMMED	U17M 1500m 'B'	04:28.1	21 MURSAL MOHAMMED
T16 U17M 3000m 'A'	10:56.1	21 YASIN MOHAMMED	U17M 3000m 'B'	11:12.7	22 LIAM THOMPSON
T2 U17M 400m Hurdles 'A'	65.5	21 LIAM THOMPSON	U17M 400m Hurdles 'B'	71.8	22 SAM HOWIS
T23 U17M 100m Hurdles 'A'					
T44 U17M 1500m S/Chase 'A'	05:35.1	22 SAM HOWIS	U17M 1500m S/Chase 'B'	05:37.8	21 LIAM THOMPSON
F2 U17M Hammer (5k) 'A'					
F9 U17M Discus (1.5k) 'A'	43.20	21 KANE HUMPHREY			
F21 U17M Shot Putt (5k) 'A'	11.90	21 KANE HUMPHREY	U17M Shot Putt (5k) 'B'	4.47	22 SCOTT DAVIES
F31 U17M Javelin (700g) 'A'	37.25	21 KANE HUMPHREY	U17M Javelin (700g) 'B'	29.30	22 GARETH MORETON
F12 U17M Pole Vault 'A'					
F28 U17M High Jump 'A'	1.5	21 YASIN MOHAMMED	U17M High Jump 'B'	1.5	22 MURSAL MOHAMMED
F16 U17M Long Jump 'A'					
F33 U17M Triple Jump 'A'					
T30 U15B 100m 'A'	13.7	21 FUAD HASSAN	U15B 100m 'B'	1	22 JOEL WOOD
T6 U15B 200m 'A'	28.1	21 JOEL WOOD	U15B 200m 'B'	29	22 CARL SANSON
T24 U15B 400m 'A'	60.8	21 QUINN SIMMS	U15B 400m 'B'	64.8	22 PAUL WARD
T12 U15B 800m 'A'	02:26.8	21 QUINN SIMMS	U15B 800m 'B'	02:41.9	22 ANDREW LIDSTER
T35 U15B 1500m 'A'	04:35.9	21 CARL SANSON	U15B 1500m 'B'	05:17.1	22 NICK MYERS
T21 U15B 80m Hurdles 'A'					
F1 U15B Hammer (4k) 'A'					
F8 U15B Discus (1.25k) 'A'	12.98	21 JOEL WOOD	U15B Discus (1.25k) 'B'	12.36	22 PAUL WARD
F22 U15B Shot Putt (4k) 'A'	6.19	21 CARL SANSON	U15B Shot Putt (4k) 'B'	3.6	22 ANDREW LIDSTER
F32 U15B Javelin (600g) 'A'	11.36	21 NICK MYERS	U15B Javelin (600g) 'B'	10.2	22 PAUL WARD
F15 U15B Long Jump 'A'					
F27 U15B Pole Vault 'A'					

T28 U13B 100m 'A'	15.0	21 WILL JOHNSON	U13B 100m 'B'	15.6	22 SAM TERRY
T4 U13B 200m 'A'	31.6	21 BRADLEY NELSON	U13B 200m 'B'	33.3	22 LIAM MARSH
T10 U13B 800m 'A'	02:42.9	21 WILL JOHNSON	U13B 800m 'B'	02:52.5	22 JORDAN SMALL
T33 U13B 1500m 'A'	05:38.7	22 SAM TERRY	U13B 1500m 'B'	05:38.7	21 KANE FROST
T17 U13B 75m Hurdles 'A'	14.8	21 WILL JOHNSON	U13B 75m Hurdles 'B'	16.6	22 DANIELLE HEALD
F14 U13B Shot Putt (3.25k) 'A'	5.27	22 BRADLEY NELSON	U13B Shot Putt (3.25k) 'B'	3.44	21 KANE FROST
F24 U13B Long Jump 'A'	3.99	21 JORDAN SMALL	U13B Long Jump 'B'	3.25	22 LIAM MARSH
F6 U13B High Jump 'A'	1.20	21 JORDAN SMALL			
T31 U17W 100m 'A'	14.4	21 DANIELLE HEALD	U17W 100m 'B'	14.1	22 DREW PHILLIPS
T7 U17W 200m 'A'	28.1	22 DREW PHILLIPS	U17W 200m 'B'	28.8	21 DANIELLE HEALD
T26 U17W 300m 'A'					
T13 U17W 800m 'A'					
T36 U17W 1500m 'A'					
T19 U17W 3000m 'A'	10:50.1	21 ABBIE VERNON			
T20 U17W 80m Hurdles 'A'					
T1 U17W 300m Hurdles 'A'					
F3 U17W Hammer (4k) 'A'	23.7	21 CLARE LEBOND	U17W Discus (1.0k) 'B'	20.41	22 DANIELLE HEALD
F19 U17W Discus (1.0k) 'A'	8.00	21 CLARE LEBOND	U17W Shot Putt (4k) 'B'	6.30	21 ABBIE VERNON
F25 U17W Javelin (600g) 'A'	25.96	21 CLARE LEBOND	U17W Javelin (600g) 'B'	10.9	22 EMILY FISHER
F5 U17W Long Jump 'A'					
F34 U17W Triple Jump 'A'					
F18 U17W High Jump 'A'					
F11 U17W Pole Vault 'A'					
T29 U15G 100m 'A'	14.8	21 MELISSA HELLEWELL	U15G 100m 'B'	15.4	22 CODIE MARSH
T5 U15G 200m 'A'	29.4	21 MELISSA HELLEWELL	U15G 200m 'B'	29.8	22 NATASHA HATSWELL
T11 U15G 800m 'A'	02:25.3	21 CODIE MARSH	U15G 800m 'B'	02:42.0	22 CHLOE POTTER
T34 U15G 1500m 'A'	05:07.4	21 NATASHA HATSWELL	U15G 1500m 'B'	05:36.5	22 MADELINE WRAGG
T18 U15G 75m Hurdles 'A'					
F4 U15G Long Jump 'A'	4.26	22 CHLOE POTTER	U15G Long Jump 'B'	4.05	21 MADELINE WRAGG
F17 U15G High Jump 'A'	1.4	21 MADELINE WRAGG	U15G High Jump 'B'	1.15	22 CODIE MARSH
F30 U15G Discus (1.0k) 'A'	18.46	21 GEORGINA ARIF	U15G Discus (1.0k) 'B'	12.56	22 MELISSA HELLEWELL
F26 U15G Javelin (600g) 'A'	18.36	21 GEORGINA ARIF	U15G Javelin (600g) 'B'	10.56	22 NATASHA HATSWELL
F29 U15G Shot Putt (3.25k) 'A'	7.26	21 GEORGINA ARIF	U15G Shot Putt (3.25k) 'B'	6.71	22 OLIVIA NEAL
T27 U17G 75m 'A'	11.5	21 NIKKI EMSON	U13G 75m 'B'	11.9	22 KRISTIE EDWARDS
T3 U13G 150m 'A'	22.4	22 ELSPETH BOWAN	U13G 150m 'B'	21.4	21 NIKKI EMSON
T9 U13G 800m 'A'					
T22 U13G 1200m 'A'	04:48.3	21 CHANTELLE KELWICK	U13G 1200m 'B'	22	2
T15 U13G 70m Hurdles 'A'	04:49.5	EMILY HUTCHINSON			
F7 U13G High Jump 'A'	1.20	21 CHANTELLE KELWICK	U13G 70m Hurdles 'B'	17.6	22 EMILY HUTCHINSON
F23 U13G Long Jump 'A'	3.85	22 NIKKI EMSON	U13G Long Jump 'B'	3.76	21 ELSPETH BOWAN
F13 U13G Shot Putt (2.72k) 'A'	5.54	21 CHANTELLE KELWICK	U13G Shot Putt (2.72k) 'B'	5.07	22 ELIZABETH COUPE

Relays

T43 U17M 4 x 100m Relay	04:00.8	21 Rotherham SCOTT DAVIES	LIAM THOMPSON SAM HOWIS	GARETH MORETON
T47 U17M 4 x 400m Relay		21 Rotherham ABDI KARIM ALI	GARETH MORETON MURSAL MOHAMMED	YASIN MOHAMMED
T41 U15B 4 x 100m Relay	60.2	21 Rotherham FUAD HASSAN	QUINN SIMMS ANDREW LIDSTER	JOEL WOOD
T46 U15B 4 x 400m Relay	04:42.3	21 Rotherham CARL SANSON	QUINN SIMMS NICK MYERS	PAUL WARD
T39 U13B 4 x 100m Relay				

Vets Still Walk Tall at Sutton



above: medallists Bob Tintinger, Terry Hawley and Malcolm Palfreyman at Sutton Park

Storming runs from Paul Ruddleston in the over 40 and Terry Hawley in the over 60 class marked very strong team results for us at Sutton Park in what is now called the Masters Relays. There is no wonder that Terry is pictured always smiling, he is getting faster not slower. Bob and Malcolm being fast as usual, bronze medals were well earned, though I suspect a little irritation at not being higher— and indeed, the results show how close it was.

A well-deserved eighth place among the sharp ones was the result of an all-round team effort at over-40. A notable run from Pete Mirrlees.

It was disappointing that we could not field ladies or vet men over-35 and over-50, largely due to a number of injuries.



From David Haywood: Re: The recent Simpson photo (above) I was chatting to Bert Garnham last night and he reveals from left to right John Taylor, Bert himself, Alan Simpson, Ian Allinson and Gary Johnson who he believes died recently

Rotherham Harriers & AC Newsletter

Editor Peter Humphries
Ser 4 No 45 Pubn. Date 28/5/08
News/comment: 01709 549125
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We are always interested in the views and news of athletes, especially members (old, new, ex- or prospective).

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

21st British Masters Open Road Relay Championships 2008 Sutton Park, 17th May 2008

Men 40-49 Team Results

1	Bristol & West AC	2h05.28m
2	Leicester Coritanian AC	2h10.33m
3	Clayton-le-Moors Harriers	2h10.59m
4	Tipton Harriers	2h11.26m
5	Redhill Road Runners	2h12.20m
6	Neath Harriers	2h12.48m
7	Bedford & County AC	2h13.39m
8	Rotherham Harriers & AC	2h14.14m
9	North Belfast Harriers	2h14.25m
10	Telford AC	2h15.42m
11	Oxford City AC	2h16.48m
12	Wirral AC	2h16.58m
13	Morpeth Harriers	2h17.14m
14	Sunderland Harriers	2h17.58m
15	Team Bath AC	2h18.27m
16	Salford Harriers	2h18.54m
17	Wolverhampton & Bilston	2h19.01m
18	Clevedon AC	2h19.38m
19	Bridgend AC	2h20.14m
20	Reading Road Runners	2h22.19m
21	Halesowen A & CC	2h22.44m
22	Mansfield Harriers & AC	2h23.29m
23	Derby AC	2h23.53m
24	Stroud & District AC	2h24.11m
25	North Derbyshire RC	2h26.12m
26	Blackpool Wyre & F AC	2h26.27m
27	Birmingham Rowheath	2h27.30m
28	Dudley Kingswinford RC	2h28.23m
29	Sparkhill Harriers	2h30.11m
30	North Shields Polytechnic	2h39.43m
31	Wesham RR & AC	2h42.21m

Rotherham: gain

John Comrie	17.06m
Peter Shaw	16.54m 4
Raul Ruddleston	15.59m 15
Pete Mirrlees	16.27m 7
Nigel Brookes	16.44m 3
Dave Nuttall	16.57m 1
Howard Darwin	17.39m 0
Mark Ruddleston	16.28m 1

Men 60-69 Team Results

1	Elswick Harriers	52.40m
2	Oxford City AC	53.26m
3	Rotherham Harriers & AC	53.46m
4	Clydesdale Harriers	54.36m

5	Nuneaton Harriers	55.00m
6	Bingley Harriers & AC	55.04m
7	Hardley Runners	56.55m
8	Herts Phoenix AC	57.30m
9	Altrincham & District AC	58.04m
10	Team Bath AC	58.42m
11	Dudley Kingwinford RC	58.51m
12	Barnet & District AC	58.54m
13	Wolverhampton & Bilston	59.02m
14	Thames Hare & Hounds	59.39m
15	Birchfield Harriers	59.50m
16	Liverpool Harriers & AC	59.50m
17	Exmouth Harriers	61.33m
18	Salford Harriers	61.56m
19	Clevedon AC	62.16m
20	Les Croupiers RC	62.59m
21	Wesham Road R & AC	63.10m
22	Bedford & County AC	63.27m
23	Clayton-le-Moors Har	64.05m
24	Blackpool Wyre & F AC	64.51m
25	Spectrum Striders RC	65.47m
26	Blackheath & Bromley	71.09m
27	Reading Road Runners	73.39m

Rotherham: gain

Terry Hawley	17.40m
Malc Palfreyman	18.26m 2
Bob Tintinger	17.40m 4

EVENT LOG– RECENTLY ADDED

26-Apr-2008	SY T&F1-Cudworth
17-May-2008	SY T&F 2-Doncaster
22-May-2008	SY T&F 3-Rotherham
27-Apr-2008	NJ T&F L1 Hull
3-May-2008	Northern M&W T&F 1
13-Apr-2008	Hull Open T&F
6-Apr-2008	Northern 12-Stage/6-Stage Relay
26-Apr-2008	National 12-Stage/6-Stage Relay
20-May-2008	Sheffield Half-marathon
16-Apr-2008	SY Road L 1-Hayfield
23-Apr-2008	SY Road L 2- Oxspring
30-Apr-2008	SY Road L 3-Dinnington
14-May-2008	SY Road L 4-Worsborough
5-Apr-2008	Rother Valley 10k
20-Apr-2008	Rothwell 10k
4-May-2008	Wilslow Half marathon
6-Apr-2008	Open T&F Herringthorpe
17-May-2008	National Vets Road Relays
4-May-2008	Treeton Torture
4-May-2008	Nat Young Ath T&F 1 Carlisle
18-May-2008	Nat Young Ath T&F 2 Cheshire
24-May-2008	Northern U15/17 Championships
25-May-2008	NJ T&F L2 Scunthorpe
13-May-2008	County T&F Championships (vrs)



Rotherham Hospice Fun Run. Matthew Asbridge, who with Olivia Abell. (both RH&AC were category winners. The inaugural 3K event attracted 190 entrants, prizes were awarded to 1st team of 4 (Earl team) and first family of 4 (Gregory family). Prizes were presented by local sporting champions Ryan Rhodes (British Light middleweight boxing Champion) and Katie Crowley (England Basketball player).

RHAC are involved in initiatives like this routinely, providing courses, marshalling, timekeeping & recording and event software/results service. This serves as a service to local society and notably to schools, also leading to recruitment of members.