



## Rotherham Harriers & AC Newsletter March/April 2005

### Letter to the Editor

Dear Editor,

It gives me great pleasure to write this letter to all athletes, coaches, officials, parents and helpers. The first 3 months of 2005 have seen some tremendous results from kids in sports hall to vets in cross-country. The object of this letter is not to praise anyone in particular but to say a big thank you to all who helped in these 3 months. For one athlete to compete it takes an army of helpers. To all who have helped and competed, a big thank you from the club and your President.

Dave Johnson



### Relay for Life

#### -an inspiring 24 hours

The Tickhill fundraising husband and wife team of June and Martin Ashton and their hardworking volunteers are staging one of their biggest ever events in May in aid of the Helen Ashton Appeal. Relay for Life will be held on **Herringthorpe Stadium athletics track in Rotherham**. Teams of up to 15 people will run or walk around the track from **2pm on Saturday, May 28 to 2pm on Sunday, May 29**.

One of the highlights of the Relay for Life will be the **survivor's lap of honour** when those people who have won their battle against cancer will begin the relay by walking the first lap cheered on by their family and friends. In the evening the Candle of Hope Ceremony will also be another moving experience.

Fundraising for Cancer Research UK was inspired in Tickhill by the Awesome Foursome team of Helen Ashton and her sisters Alex and Georgia Ashton along with their friend Arianna Lockhart. Tragically Helen died at the age of thirteen after losing her battle against cancer. Thanks to their splendid efforts the team has now raised £50,000, donated to Cancer Research UK, Weston Park, Make a Dream Come True, Pact House, Tree Tops, Daisy Lloyd Appeal, Bluebell Wood, Wish Upon a Star and the Children's Cancer Ward at Sheffield Children's Hospital.

Anyone who would like to take part in the Relay for Life can contact June Ashton by email on [june@ashton4951.freemove.co.uk](mailto:june@ashton4951.freemove.co.uk) or by telephone on 01302/742045.

### Cross-country

## RH 5 SPEARHEAD SY EFFORT FIRST EVER MEDAL FOR S. YORKS SCHOOLS

Rotherham Harriers made up 5 out of 6 scorers as South Yorks Schools took their first ever medals by running into bronze position at the English Schools Inter girls Cross-country. See reports p.3.

As Dave Johnson says, what a great season it has been. Dennis Russell concluded his latest of many reports for us this season by thanking his athletes:-

**"I would like to say a big thank you to all my group for putting so much effort into training and competing for their club during the last 12 months. Also a very big thanks for my birthday cards, presents and the delicious birthday cake, sadly to say there is none left to share with you. Thank you, you are a great group to coach.**

Dennis Russell, UK Athletics Level 4 Coach"

Nice sentiments and of course quite right.

But promising athletes don't always turn out to be good ones and good athletes don't always make a good team without the inspiration and dedication of top organisers. As Dennis says, there are many contributing.

But he's the main one, and thoroughly deserves our recognition and admiration. Well done.

Pictures: Amber Merrills (left) and Stefanie Burns (right) at the English Schools (Junior Girls)



### Victor de Roeck

I am sorry to inform members of the death of Vic de Roeck last week. I recall Vic was ever present, especially timekeeping in all weathers, during the '80's. He was better known to some of my senior colleagues. Ralph Rowbotham writes:

Victor de Roeck whose death was announced recently at the age of 93 was an athlete with our club in the 1930/40s. He lost contact with the club in the following years but was well known as a businessman in Rotherham.

He came of a large family amongst whom was brother Edmund, a member at the same time as Victor and who died only last year aged 99!

Both brothers made recontact with the club in the 1960s and were fully committed both socially and at committee level. Victor in fact was president in the years 1980/83. They both realised the importance of fund raising and were very active in that respect. Victor then turned to timekeeping and rarely missed a weekend at summer track and field meetings, often acting as chief timekeeper.

I once put the question to Eddy (Edmund) that why they should have a family name of Belgian Flemish origin, the surprising answer was that their father arrived in this country as a lion tamer! These two gentlemen served our club well, we offer our respect and condolences.

### 12-Stage Relay

Peter Neal

## Road Squad Lines Up

The Road Racing Championship season kicks off with the NoEAA 12 Stage Relay for men and the 6 Stage Relay for women on Saturday 2<sup>nd</sup> April at Heaton Park, Manchester.

A squad of 24 names has been entered for the men's event from which the 12 team members will be selected, reserves will also be required. This year's legs are 1,4,7,10 long, the rest short.

All team members should by now be aware of this event and have it in their racing plans, individuals will be contacted regarding fitness and availability. If you have any problems regarding the event please contact Peter Neal on 01709 701027

### 24 man squad

Andy Aked	Joe Gavelle	Phil Hoole
Richard Harris	Mark Ruddleston	Jon Thewlis
Pete Mirrlees	Peter Neal	Nigel Brookes
Warren Vayro	Simon Gregory	Simon Mounsey
Ian Whitaker	Chris Beighton	Dave Tune
Dave Storey	John Atkinson	Alan Chell
Steve Gaines	John Comrie	Terry Eastwood
Ken O'Mara	Rob Watkinson	Lee Johnson

Three weeks after the above events come the National Road Relay Championships, the ladies team can enter directly, the men's must qualify by finishing in the first 20 or so in the northern event. We plan to take teams in BOTH events, so make a note of the date in your diary - 23/4/2005 Sutton Park, Sutton Coldfield.

Below are the date and venues that I received regarding this years track season the venues that interest us are the **Division 1 & division 4EC**.

We really also need to see more women willing to take part (we are hoping that we could get enough interested to be able to enter some form of women's B team alongside the men's B team). Last year the men's B team missed out on promotion because we could not field a women's B team

**NORTH OF ENGLAND TRACK AND FIELD LEAGUE**  
**VENUES 2005**

<b>Division</b>	<b>Match 1</b>	<b>Match 2</b>	<b>Match 3</b>	<b>Match 4</b>
	Sunday May 1st	Sat June 4th	Saturday July 2nd	Sunday August 7th
<b>1</b>	<b>Sale Harriers Manchester @Sports City,Manchester</b>	<b>Gateshead Harriers @Gateshead</b>	<b>Leeds City AC @South Leeds</b>	<b>Blackpool &amp; Fylde AC @Blackpool</b>
2E	Middlesbrough AC (Mandale) @Middlesbrough	Morpeth Harriers @Jarrow		Nestle Rowntree AC @York
2EC	Chesterfield & District AC @Derby	Lincoln Wellington AC @Lincoln	Boston & District AC @Boston	Derby AC @Derby
2WC	Preston Harriers @Preston	Pendle AC @Venue TBA	Border Harriers @Carlisle	Blackburn Harriers @Blackburn
2W	Manx Harriers or Trafford AC @Douglas or Stretford	Altrincham & District AC @Venue TBA	Wigan Harriers @Wigan	Liverpool Pembroke Sefton @Ormskirk
3E	Hartlepool Burn Road @Chester le Street ????	New Marske Harriers @Middlesbrough ????	Richmond & Zetland AC @Venue TBA	North Shields Poly @Jarrow
3EC	Barnsley AC @Cudworth	Cleethorpes & District AC @Cleethorpes	Scunthorpe & District AC @Scunthorpe	Kingston upon Hull AC @Hull
3WC	Oldham & Royton Harriers @Oldham	Pudsey & Bramley AC @Venue TBA	Rosendale Harriers @Venue TBA	East Cheshire Harriers @Ashton under Lyne
3W	West Cheshire AC @Ellesmere Port	Leigh Harriers @Wigan	Liverpool Harriers @Wavertree	Stockport Harriers @Stockport
<b>4EC</b>	<b>Grimsby Harriers @Cleethorpes</b>	<b>Wombwell Sporting AC @Cudworth</b>	<b>Rotherham Harriers 'B' @Rotherham</b>	<b>Hull Achilles/Goole @Hull</b>
4WC	Manchester Harriers @Stockport	Leeds City B @South Leeds	Bury AC @Bury	Rochdale Harriers Venue TBA (Oldham ???)
4W	Macclesfield Harriers @Macclesfield	Mossley Hill AC @Venue TBA (Ormskirk/Wavertree)	Wirral AC @Bebington	Hyndburn AC @Clayton le Moors)

Multi-events?

# Calling all Fast Grannies

**Bert received this email:**

Hi Bert  
I work in the PR department at totesport - 4<sup>th</sup> biggest bookmaker in the UK. We are running the Gran National at Doncaster racecourse on the 30<sup>th</sup> March and I was wondering if any of your members might want to take part. It is a bit of fun and we expect lots of press to come along so it could be a good plug for the running club as well

**GRANNIES REQUIRED FOR DONCASTER GRAN NATIONAL RACE**

Do you know a Granny who is full of energy, up for a bit of fun and interested in having a £1,000 free bet on the Grand National?

Leading bookmaker totesport has launched its very own race, the totesport Gran National, with grannies from all over the Doncaster region competing to win a major bet on the real horse race.

Grannies will compete at Doncaster Racecourse where they will have to race 100m with a hobbyhorse while completing fun 'jumps' which are named in reference to the real fences. Here Bechers Brook will be more a case of dodging the potted plants, while the water jump will be substituted by a couple of giant water pistols.

The triumphing granny from the Doncaster regional heat will go forward to the grand final to face grannies

from across all the UK in Liverpool on 6 April.

Damian Walker, PR Manager for totesport, comments: "The Grand National is one of the few times of the year when the whole country goes betting mad, including many Grans who only ever bet on this one race. totesport decided to offer one Gran the chance to upgrade her usual low risk fun wager to a £1,000 bet.

"The races are all going to be fun events and the winner of each heat will also receive a £50 bet. Every granny that is nominated will also receive a complimentary £1 bet for the Grand National so it's worthwhile asking your gran if she fancies taking part."

Jeremy Milnes, Doncaster Racecourse added, "This will be a truly unique event and sure to be lots of fun but the real racing begins the following day with the first major flat meeting of the season, the Stanleybet Lincoln Meeting, Thursday 31st March to Saturday 2nd April."

Interested grannies should visit their local totesport shop to complete an entry form.

- For further information on Totesport contact Paul Petrie: 07799477051 ppetrie@tote.co.uk
- **Yorkshire heat takes place on the 30<sup>th</sup> March**

**Rotherham Harriers & AC Newsletter**

Editor Peter Humphries  
Contact for news/comment: 01709 549125E-mail: peterh@thedoc.fsnet.co.uk  
Club Websites:  
www.rotherhamharriers.org (official site)  
www.hmarston.pwp.blueyonder.co.uk/rhac/index.htm  
Newsletter and back issues on-line: www.thedoc.fsnet.co.uk/rrindex.htm  
We are always interested in the views and news of runners, especially members (old, new, ex- or prospective).Deadline for copy: third Tuesday each month.  
Thanks to contributors this month . There were more than 12. Why don't YOU contribute to Rotherham Runner?

**ROAD LEAGUE 1**

**Weds 27 April  
DINNINGTON RFC**

**DON'T MISS IT!**

# Top Youngsters Round Off Winter Season

## National Cross Country Champs at Cofton Park Birmingham 12<sup>th</sup> February 2005

The first event of the championships was a combined U17 and U20 women race. The sole RHAC representative in the U20 category was Rebecca Harvey (in her first race as a RHAC member), she produced a solid performance, finishing 108<sup>th</sup>.

The U17 women's quartet of Victoria France, Lyndsay Clarke, Sarah Barnes and Leanne Waddington finished a creditable 10<sup>th</sup> team. The quartet set of on the 5k 2 lap course at a sensible pace and were packing well with Sarah Barnes sprinting the last 100m to overtake several rival runners. The individual positions were: Victoria France 53<sup>rd</sup>, Lyndsay Clarke 69<sup>th</sup>, Sarah Barnes 90<sup>th</sup> and Leanne Waddington 102<sup>nd</sup>.

The U13 girls only had 3 available athletes and thus could get a team placing, but they all put in a solid performance with Jemma Creaghan 114<sup>th</sup>, Amber Merrills 183<sup>rd</sup> and Rebecca Middleton 204<sup>th</sup>.

The U15 girls quartet of Natalie Grant, Jade Allen, Laura Spence and Laura Barnes put in an excellent all round performance finishing 9<sup>th</sup> team. Natalie ran her usual solid race finishing 8<sup>th</sup>, she was backed up well with Jade Allen 24<sup>th</sup> and Laura Spence in 25<sup>th</sup> (the days best performance by a RHAC athlete) and Laura Barnes who ran out of her skin to finish 245<sup>th</sup>. If it had been the first three runners to count the team would have finished 2<sup>nd</sup>.

Jonathon Thewlis again put in solid performance to finish 6<sup>th</sup> in the U20 men's race; Phillip Hoole making his debut at the Nationals finished 204<sup>th</sup> in the senior men's race. The sole RHAC runner in the senior women's race was Janet Hindley who improved her position from last year by 41 places to finish 177<sup>th</sup>.

## AAA's Indoor Champs at NIA Birmingham 26/27<sup>th</sup> February 2005

### 1<sup>st</sup> Day Saturday

The first event involving RHAC athletes was the U17 women's high jump where Helen Banks excelled with a new p.b. of 1.66m to finish in 5<sup>th</sup> place.

The U17 women's 800m event involved Jade Allen and Natalie Grant. Jade was in heat 2 which was the fastest heat of the day and finished in 3<sup>rd</sup> place in a new pb of 2.19.84, she narrowly missed qualifying for the final by 0.04 secs. The 3<sup>rd</sup> heat saw Natalie take control with 300m to go and easily won the heat in 2.18.52.

Martyn Boner was in U17 men 800m and produced a storming last 200m to win his heat in a new indoor p. b. of 2.02.31.

### 2<sup>nd</sup> Day Sunday

The U17 women's 1500m saw Victoria France and Lyndsay Clarke battling it out for 7.5 laps and Lyndsay produced a near perfect tactical race to win the AAA bronze medal in 4.49.96 which knocked 10 secs of her outdoor p.b. and 6 secs of her indoor p.b. Victoria finished in 5<sup>th</sup> place in 4.58.63.

The U17 women's 800m final brought some of the fastest times ever recorded in that age group, with Natalie Grant finishing in 2.14.95 which was an indoor p.b. by nearly 3 secs. Natalie pre race plan was to run each 200m lap between 33 and 34 secs and her pacing was spot on with laps of 33.5, 34.0, 34.0, 33.45

The start of the U17 men's 800m final set of like a 400m race with Martyn Boner tracking the leaders and going through the 200m laps in approx 27 secs, 400m in 56 secs, 600m in 88 secs and finishing in 6<sup>th</sup> place with a time of 2.04.71.

Truly a good set of performances from the young squad of RHAC athletes who entered the AAA Indoor champs.

## Reebok Inter Counties Cross Country at Nottingham 5<sup>th</sup> March

First race involving athletes from RHAC was the U15 girls with Natalie Grant again putting in a fine performance in finishing 7<sup>th</sup> with her training partner Jade Allen in 28<sup>th</sup>, these two were also the first two Yorkshire athletes to finish for the Yorkshire team.

Stefanie Burns, despite being overawed by the number of competitors in her race still managed to put in a class performance in by finishing 36<sup>th</sup>. She was also the 2<sup>nd</sup> Yorkshire athlete to finish.

Jonathan Thewlis finished 21<sup>st</sup> in the senior men's 2 lap 4k race, Jonathan was up with the leading group at the end of the first lap but the strength of the senior athletes proved too much for him.

Jenny Blizzard finished 86<sup>th</sup> and 4<sup>th</sup> Yorkshire athlete, this is the first time for a number of years that RHAC as had a senior woman representing Yorkshire at Cross Country.

Overall all the RHAC athletes did the club proud.

## English Schools Cross Country Champs at Norwich 12<sup>th</sup> March

The grand finale of an outstanding Cross Country season for the young girls from RHAC occurred during the first race at the ESAA XC Championships

The Inter Girls brought rewards for the RHAC athletes, with six runners from the squad of eight to count for the team prize, the five RHAC members ran solidly as part of a team to finish an excellent 3<sup>rd</sup> to gain South Yorkshire Schools their first ever team award at the English Schools XC Champs. The other athlete who counted in the team was a race walker from the City of Sheffield club. The positions of the girls were; Natalie Grant 14<sup>th</sup>, Jade Allen 33<sup>rd</sup>, Lyndsay Clarke 86<sup>th</sup>, Victoria France 90<sup>th</sup> and Leanne Waddington 122<sup>nd</sup>, and during the race Natalie fell once and Victoria fell twice, so really an outstanding performance, so when these girls run in an u17 race next years x.c. season the other clubs in England will have some top competition from the girls in black.

The Inter Boys race saw Matthew Pollard finish in 262<sup>nd</sup>, Sam White in 287<sup>th</sup> and Martyn Boner 291<sup>st</sup>

The Junior Girls race again brought success to Stefanie Burns who started slowly and came through strongly to finish 45<sup>th</sup>, sadly for Laura Spence she started well but suffered after the long steep climb and finished in 132<sup>nd</sup>, Jemma Creaghan ran a solid race to finish 234<sup>th</sup>, and Amber Merrills ran bravely for 336<sup>th</sup>

The Senior Girls race RHAC sole representative was Rebecca Harvey who finished 282<sup>nd</sup>



Natalie Grant at Wollaton Park

## Secretary's Notes Bert Norburn

### Membership reminder

*Have you got your card for 2005?*

*You are now 3 months overdue with this years subs. This is vital income for your club, you know if you haven't paid up yet, senior T&F athletes are now appearing after the long dark cold winter so contact Bert ASAP*

**Just a reminder Juniors and people in Full time education £8, Seniors £16, Family Membership £25.**

In addition anyone 11 years or over on 31<sup>st</sup> August 2005 and who wishes to take part in any competition has to pay the £2 levy to the North of England Athletic Association Membership Scheme. This will be collected when you pay your subs.

### New Members

Welcome, Welcommen, Ben Venute

The following new members were accepted by the executive in March 2005:

Louise Binks 14 yrs T&F XC, Amy Hill 16 yrs T&F 2<sup>nd</sup> Claim Member for NJL purposes already 1<sup>st</sup> claim City of Sheffield

We wish them both a successful athletic career wearing the black vest with the 7 pointed star.

### Technical Officials Wanted

The National Young Athletes League (Formerly the McDonalds YA League to the older sweats) are recruiting officials for this coming season. If you have a youngster who competes in this league what better way to help the day along that helping to officiate. A FREE course has been arranged at Dorothy Hyman, Barnsley early in April. (Mid-week 6.00pm start) If you are interested contact YA Secretary Dave Johnson before 31<sup>st</sup> March.

### Track Refurbishment update!!!!!!!

The track is closed from 21<sup>st</sup> March to 3<sup>rd</sup> April to conclude the refurbishment.

*The first event to take place on the new surface is the Open Meeting on Monday 2<sup>nd</sup> May 2005. Liz Guite is taking entries and forms are in the kiosk. This open event also incorporates our Club Championships for 2005*

Peter Elliott, The Mayor of Rotherham Cllr Fred Wright and an executive from Sport England are attending to formally open the new track so **BE THERE** this is an important day in the history of **YOUR CLUB**

## Club Championship Races

26 March Ulley Time Trial. First runner off at 11:30am. Meet at Royal Oak.

**This is a Rotherham Harriers event. Please support your Club race.**

3<sup>rd</sup> April **Doncaster ½ marathon.**

10<sup>th</sup> April **Wakefield 10K** at 10.00 from Thornes Park Athletic Stadium, Horbury Road. Entry Fee £6. E/D £7. Payable to Wakefield Hospice. SAE required. Entries to Wakefield Hospice fundraising Wakefield Hospice Aberford Road Wakefield WF1 4TS. CD 4 April. Entry forms from fr4@wakefieldhospice.co.uk.

27 April (Wed) South Yorks Road league race 1 **Dinnington** at 7.00pm.

11 May (Wed) South Yorks Road league race 2 **Worsborough** 7.15

25 May (Wed) South Yorks Road league race 3 **Rother Valley** 7.15

8 Jun (Wed) South Yorks Road league race 4 **Hayfield** 7.15

1<sup>st</sup> May **Sheffield Half Marathon** at 9.00 from Don Valley Stadium. Entry fee £13. E/D £16. No SAE required. Enter on line at www.Sheffieldmarathon.com

Or request form by letter or telephone from Sheffield Half marathon, 8 Sandygate Park Road, Sheffield S10 5TY. Tel:- 0114 230 8429. Or email ian@scssheffield.demon.co.uk

2<sup>nd</sup> May **Retford Charter day 5K** at 10.00am starting from Market Place and finishing at Kings Park Retford. Entry fee £4.50 E/D £5.50. Entries to Charter Day races, 4 Hannams Cottages Hospital Road Retford DN22 7BG. CD 23 April. SAE for race number. Enter on line or print of entry form at www.retfordac.com

14 May (Saturday) **Rother Valley 10K**

18 May **Askern 10K** (Incorporating South Yorks 10K Championships) at 7.00pm from Askern Miners Welfare Club. Entry fee £6. E/D £8. No prizes for E/D. Entries to The Askern 10K 43 Jossey Lane Scawthorpe Doncaster DN5 9DB. CD 11 May. SAE for race number. Enter on line or print off entry form at www.askerdc.org

14 August **Askern 10** (Incorporating Yorkshire and South Yorks 10 Mile Championships) at 10.30 from Askern Miners Welfare Club. Entry fee £6. E/D £8. No prizes for E/D. Entries to The Askern 10 3 Amberly Rise Skellow Doncaster DN6 8NS. CD 6 August. SAE for race number. Enter on line or print off entry form at www.askerdc.org

## Coaching

### U K ATHLETICS COACH EDUCATION COURSES 2005 - 2006 YORKSHIRE REGION

**Anyone interested in any of these courses should contact secretary Bert Norburn in order that funding can be arranged. They will be free to coaches in our club.**

#### APRIL 2005

Saturday 2<sup>nd</sup> Level 1, Dorothy Hyman Stadium, Cudworth (Course code YO 77)

Friday 22<sup>nd</sup> Level 1, Leeds Metropolitan University (Course code YO 64) - **FULL**

Saturday 23<sup>rd</sup> Fitness in Running & Walking, Burnley Road School, Mytholmroyd (Course code YO FiRW 08)

Saturday 30<sup>th</sup> Level 2 Core, Dorothy Hyman Stadium, Cudworth (Course code YO 215) - Day 1

#### MAY 2005

Sunday 1<sup>st</sup> Level 2 Core, Dorothy Hyman Stadium, Cudworth (Course code YO 215) - Day 2

Saturday 21<sup>st</sup> & Sunday 22<sup>nd</sup> Level 2 Core, Leeds Metropolitan University (Course code YO 213)

Saturday 21<sup>st</sup> & Sunday 22<sup>nd</sup> Coaching Athletics to Disability Groups (Optional Module), English Institute of Sport, Sheffield

#### JUNE 2005

Saturday 4<sup>th</sup> Children in Athletics, Dorothy Hyman Stadium, Cudworth (Course code YO CiA 21)

Saturday 25<sup>th</sup> Level 1, Bradford (Course code YO 76) Full venue details to follow

Sunday 26<sup>th</sup> Children in Athletics, Bradford (Course code YO CiA 20) Full venue details to follow

#### JULY 2005

Saturday 2<sup>nd</sup> Level 1, English Institute of Sport, Sheffield (Course code YO 72)

Saturday 2<sup>nd</sup> Level 2 Event modules (Speed, Throws), Dorothy Hyman Stadium, Cudworth (Course code YO 215 S & YO 215 T)

Sunday 3<sup>rd</sup> Level 2 Event modules (Endurance, Jumps), Dorothy Hyman Stadium, Cudworth (Course code YO 215 E & YO 215 J)

#### SEPTEMBER 2005

Saturday 24<sup>th</sup> & Sunday 25<sup>th</sup> Level 2 Core, Spensborough (Course code YO 21 4C)

#### OCTOBER 2005

Saturday 15<sup>th</sup> & Sunday 16<sup>th</sup> Level 3, Phase 1, Leeds Metropolitan University (Course code YO 3001 / 1)

Saturday 29<sup>th</sup> Level 4, Phase 1, Leeds Metropolitan University (Course code YO 4000 / 1)

#### FEBRUARY 2006

Saturday 4<sup>th</sup> & Sunday 5<sup>th</sup> Level 3, Phase 2, Leeds Metropolitan University (Course code YO 3001 / 2)

Saturday 4<sup>th</sup> & Sunday 5<sup>th</sup> Level 4, Phase 2, Leeds Metropolitan University (Course code YO 4000 / 2)

Saturday 25<sup>th</sup> Level 1, Leeds University (Course code YO 73)

Sunday 26<sup>th</sup> Level 1, Leeds University (Course code YO 74)

#### MARCH 2006

Saturday 4<sup>th</sup> Level 1, Harrogate Ladies College (Course code YO 75)

**Further details on all of the above courses from the Regional Education & Training Administrator, Bob Schofield, 3 Thornton Close, Hessele, East Yorkshire, Tel. 01482 645272 or e mail bschofield@ukathletics.org.uk**

Course Costs: **(Free to coaches in our club.)**

**Level 1 & Children in Athletics £50**

**Level 2 (Core, Event Module ,Assessment) £120**

**Level 2 Event Module (additional) £30**

**Level 3 Phase 1 or Phase 2 £80**

**Eating Disorders £40**

## Ulley

### Ulley Time Trial 26/02/2005

1. Andy Aked	15:04 (new course record)
2. Richard Harris	16:02
3. Joe Gavelle	16:16
4. Mark Ruddleston	16:29
5. Jenny Blizard	18:04
6. David Storey	18:44
7. Terry Hawley	18:59
8. Rob Spencer	19:33
9. John Comrie	19:53
10. Janet Hindley	20:11
11. Phil Haigh	20:13
12. Mathew Asbridge	21:30
13. Ian Hindley	21:50
14. Dave Wright	22:19
15. Gill Taylor	23:15
16. Dave Weatherburn	25:51

Congratulations to Andy Aked on beating the course record.

**March 26th last in series £1**  
**Start times from 11am, first off 11.30**  
**Followed by a social with refreshments in the Royal Oak**

## Race Results

#### Lord Mayor's 10k

1	Pumlani Bangani	Scunthorpe AC	30.53
5	Philip Hoole	RHAC	31.34
25	Simon Gregory	RHAC	36.11
143	Roy Butterworth	RHAC	42.44

#### Wilmslow Half Marathon

1	Tomas Abyu	Salford	1:06:11
2	Scott Winton	NwZealnd	1:06:44
3	Mike Proudlove	CofStoke	1:07:00
6	Andrew Aked	RHAC	1:07:28
13	Philip Hoole	RHAC	1:11:32

# New Names Fly the RH Flag

## The Easter Chucky Fun Run Sunday 20<sup>th</sup> March 2005

1. Harry Thorpe	U/A	11:47
2. Robert Beardshall	Wombwell	12:02
3. Victoria France	Rotherham	12:21
4. David Booth	Rotherham	12:36
5. Frank Thorpe	U/A	12:54
6. Emma Morris	Rotherham	15:51
7. Amelia Goodair	Askern	16:22
8. George Thorpe	U/A	16:44
9. Naomi Gibson	Rotherham	17:12
10. Isaac Pairsdairn	U/A	17:57
11. Claire Chapman	U/A	18:40
12. Charlie Thorpe	U/A	19:09
13. V. Spencer	Rotherham	21:44
14. B. Spencer	Rotherham	21:44
15. R. Spencer	Rotherham	21:44
16. Billy Chapman	U/A	22:29
17. Mathew Taylor	U/A	27:30
18. Susan Taylor	U/A	27:30
19. Amy Usher	U/A	27:40
20. Emily Kearne	U/A	27:40
21. Emily France	Rotherham	27:40
22. Jeffrey Willard	U/A	

## The Easter Chucky 10Km Sunday 20<sup>th</sup> March 2005

1. Andrew Goodair	Askern	33:26
2. Simon Gregory	Rotherham	34:25
3. Dean Winter	U/A	34:38
4. David Nutall	Rotherham	34:52 VM
5. Paul Collingwood	Askern	35:11
6. William Ayres	Totley	35:35 VM
7. Dan Cooper	Barnsley A.C.	36:11
8. John Elvidge	U/A	36:16 VM
9. Stephen Phillips	Rotherham	36:21 VM
10. Peter Burke	U/A	36:34
11. Gary Podmore	U/A	36:42 VM
12. Lee Crow	Kimberworth	36:49 VM
13. Fiona Davies	1-2-1	38:05 L
14. Kerry Booth	Rotherham	38:40 VM
15. Pippa Weir	Totley	38:46 VL
16. Ian Micklethwaite	1-2-1	39:14
17. Maria Hart	Sheffield	39:18 VL
18. Robert Mawhood	U/A	39:19 VM
19. Keith Binney	Barnsley A.C.	39:25 VM
20. Richard Eyre	Barnsley A.C.	39:46
21. Robert Dawson	U/A	40:02
22. Oliver Humphreys	U/A	40:23
23. Shaun Ferron	Askern	40:52
24. Leanne Gibson	Rotherham	41:02 L
25. Derek Stewart	East Vets	41:18 VM
26. Geoff Peat	Kimberworth	41:19 VM
27. Lea Johnson	Rotherham	41:20
28. Ian Hamilton	U/A	41:32 VM
29. Robert Bartle	U/A	41:46
30. Dennis Beaver	Kimberworth	41:54 VM
31. John Wroe	Barnsley A.C.	42:01 VM
32. Paul Butcher	U/A	42:05
33. Sue Bellamy	Rotherham	42:17 L
34. Steve Nixon	Kimberworth	42:22
35. Steven Farnsworth	U/A	42:33 VM
36. Caroline Boyd	Maltby	42:35 VL
37. Colin Earle	U/A	42:38 VM
38. Paul Hetherington	Valley Hill	42:39 VM
39. Roy Nixon	Kimberworth	42:47 VM
40. Justin Lewis	U/A	42:58
41. Mark Graham	U/A	43:13 VM
42. Ed Moore	U/A	43:15

Simon Gregory, recently transferred to RH was the man on the day with a nice time to log second place in the Chucky at Wath.

With a number of athletes away at Wilmslow, Ackworth etc, Simon was ably backed up by Dave Nuttall who picked up the vet prize.

Leanne Gibson continued her assault on the road scene with a promising fourth place.

Some interesting names were to be seen; Paul Collingwood (5th) is the brother of former RH star

Lee and John Elvidge, unattached vet in 8th place is the younger brother of Steve: a huge unfulfilled running talent in my view, perhaps he's coming to it late. I remember in his young days he tried a half marathon after a few months of running and came up with 1.13!

Not a lot of RH runners, it has to be said, but we know and I think accept the reasons. Even so, we have to think about support in our own events.

## Sports Hall

Bert Norburn

## Young Harriers Gain County Honours at Sportshall regional competition

Report on the Sportshall Regional Competition, The Meres Leisure Centre, Grantham, Sunday 20<sup>th</sup> February 2005

South Yorkshire County Athletics Association fielded 4 teams in the regional competition, in Under 15 and U 13 Boys and Girls Team sections. The athletes were selected from Sportshall Festivals held in, Barnsley, Doncaster, Sheffield and Rotherham going through to a County Final at the English Institute of Sport, Sheffield on Sunday 6<sup>th</sup> February where final selection was made. Last years teams would take some matching with the U15 girls winning their section and eventually taking third place in the National Sportshall Finals at the NIA in Birmingham.

Teams from Derbyshire, Nottinghamshire, Lincolnshire, Leicestershire, Northamptonshire and South Yorkshire took part and the competition was stiff.

The under 13 girls team took 3<sup>rd</sup> place on 450 pts behind winners Derbyshire on 682 pts. The team with individual medal performances included the following young harriers:- Rebecca Middleton (Bronze 6 lap relay, silver shot putt), Heather Dyson, Jemma Creaghan (silver high jump), Claire Lebond (gold shot putt), Olivia Neal (Gold speed bounce), Samantha Rollinson.

The U 13 Boys team took 4<sup>th</sup> place on 417 pts behind winners Nottinghamshire 640 pts. Team members and individual medal winners included the following young harriers:-Majed Saiepour

The U15 Boys took 4th place on 494 pts behind section winners Derbyshire on 661 pts. The team and individual medal performances included the following young harriers Ben Rollinson, David Coupe.

The U 15 girls matched the team in 2003/4 also taking 1<sup>st</sup> place on 614 pts. They also went forward to the National Finals at the NIA Birmingham on 20<sup>th</sup> March. Team members with individual medal performances included the following young harriers:- Charlotte Vaughan (Gold Speed Bounce, Silver 4 Lap relay), In the U15 individual standings 36 athletes competed, Charlotte Vaughan Bronze on 133 pts.

Congratulations to these young harriers many getting their first county badges.

In the National Finals at Birmingham on Sunday 20<sup>th</sup> March 2005 Charlotte Vaughan was a member of the U 15 Girls Teams, she was 38<sup>th</sup> in the individual competition (87 athletes took part). She just missed out on a medal coming 4<sup>th</sup> in the Speed Bounce. The team were placed 11<sup>th</sup>.

43. Marion Harrison	Barnsley A.C.	43:42 VL
44. Malcolm Rhodes	Rotherham	43:44 VM
45. Kathy Attwood	Totley	44:00 VL
46. George Thompson	Kimberworth	44:21 VM
47. David Brookes	U/A	44:23 VM
48. Roger Cook	Kimberworth	44:27 VM
49. Richard Green	Kimberworth	44:29 VM
50. Alan Corish	Rotherham	44:30 VM
51. Carl Davis	U/A	45:16
52. Daniel Batty	Penistone	45:20 VM
53. Don Gill	Donc & Stain	45:21 VM
54. Tim Wade	1-2-1	45:45 VM
55. H. Antcliffe	Kimberworth	46:05 VM
56. Jim Shaw	U/A	47:19
57. Gordon Firth	1-2-1	47:21 VM
58. Roger Taylor	U/A	47:27
59. Steph Borysiewicz	Valley Hill	47:32 VL
60. Steve Rogan	Kimberworth	47:34 VM
61. David Mears	U/A	48:08 VM
62. Alan Cooper	U/A	48:11
63. Peter Watling	U/A	48:49 VM
64. Carol Parsons	Totley	49:27 VL
65. Chris Oxley	1-2-1	50:54 VM
66. Melanie Green	1-2-1	51:35 L
67. Elanor Wilson	Flying S	51:49 L
68. B. Relan	U/A	52:27 VM
69. Trevor Rufus	U/A	52:27 VM
70. Marion Stewart	East Vets	52:32 VL
71. Helen Cain	Sheffield	52:41 L
72. Ruth Rew	U/A	53:31 VL
73. G. Waller	1-2-1	53:39 VM
74. Gail Nixon	Kimberworth	54:01 L
75. Alison Marsden	1-2-1	54:27 VL
76. Paul Goodhall	1-2-1	54:48
77. David Hamshaw	U/A	55:18
78. Katherine Mason	U/A	55:20 L
79. Caroline Bennett	Kimberworth	55:26 VL
80. Paul Thorpe	Hallamshire	57:26 VM
81. Deborah Wright	U/A	57:26 VL
82. Christine Mater	Kimberworth	60:11 VL
83. Tony Beaumont	Flying S	60:21 VM
84. Elizabeth Doughty	Barnsley A.C.	61:00 VL
85. Sara Widdowson	U/A	63:10 L
86. Julie Copland	Sheffield	65:51 L



Jade Allen at Wollaton Park

## Running Shorts

**From Darren Cooney:** Thanks for the message, however, due to 5 people being rushed into Intensive Care on one day, I have had the op changed to the 22nd or 29th - let u know asap. (or later- Ed)

The '5' did the same as me when I first had my accident. It's a bit of a sickener but hopefully they have got through the 'first stage' rather than going the 'wrong way'. I'll be in touch.

*Darren is understandably irritated by the delay, but of course remains philosophical and optimistic. As we all do- Ed*

**From Ralph Rowbotham:** Janice Streets called today, she and Robert leave their hotel at Bramley tomorrow, they have about 3 weeks left in this country before they leave for Spain, where they will divide their time between their house on the Costa del sol and their caravan in the south of France

**From John Kirk:** Hope these results find you. I ran the Friskney half marathon on Sunday, it may be of some interest to club members in the future. It is a P. B course, flat all the way (I came in 21st position knocking 2.30mins off my P.B), something I'm in debt to Jim Brogan for (3.30mins have gone off my half marathon P.B since joining Jim's group. Also running was ex harrier Jane Clark 1st FV 35 in 25th position and Kimberworth strider Stuart Wright in 20th position. Friskney is just outside Skegness (not too far after for fish and chips)

Regards John

P.S shame it was on the same day as Norton.

(Winner: Shaun North (Boston) 74.57 Ed)

**From Dave Haywood:** 15 took part in the recent "Haywoods Hike" and special thanks must go the David Booth for his map reading skills which ensured everyone got back safely after some 3 and a half hours walking.

The date of this years "Devil" will be on either the 3rd or 10th August. The final date will be decided shortly.

**From Neil Shaw:** Results from last couple of races....

## SPEN 20 (13/3/05)

1 John Convery	Bingley	1-59.57
2 Phil Grimes	Halifax	2-05.44
3 Ryan Barker	Halifax	2-07.18

## RHAC...

34 Neil Shaw	2-23.43
42 Phil Haigh	2-27.39
57 John Kirk	2-32.19
66 Matthew Asbridge	2-34.29

168 Finishers

## ACKWORTH HALF (20/3/05)

1 Zachary Kihara	Birchfield Harriers	1:05:27
2 Ian Fisher	Otley	1:07:40
3 David Watson	Holmfirth Harriers	1:08:07

## RHAC...

18 Joe Gavelle	1:18:33
39 Drew Donaldson	1:22:01
40 Mick Masters	1:22:17
81 Ray Howarth	1:27:07
116 Neil Shaw	1:30:11
166 John Kirk	1:34:28
203 Patricia Muller	1:38:26
206 Matthew Asbridge	1:38:43

596 Finishers

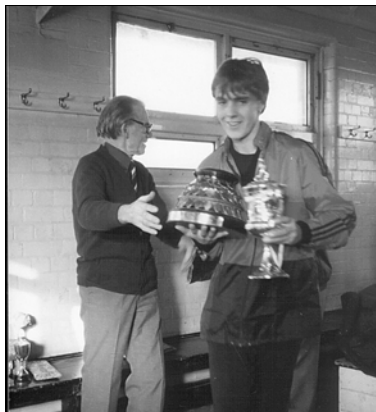
\*Claire Lambert ran a 1.38 pb at the **Blackpool Half Marathon**.

Thanks to all my colleagues for their results, pbs or not. They are all welcome. Umpteen contributors this month, and Sid Scoop is on holiday! It makes RR preparation much easier.

## Norton 9

1	M Scaife	Morpeth H	44.43
5	J Gavere	RHAC	48.54
28	T Eastwood	RHAC	54.44
49	S Phillips	RHAC	57.02
82	B Harney	RHAC	59.35
94	N Shaw	RHAC	60.18
109	M Asbridge	RHAC	61.04
113	S White	RHAC	61.58
206	M Rhodes	RHAC	68.34
302	D Weatherburn	RHAC	77.44
314	P Fisher	RHAC	79.27
392	A Jeavons	RHAC	96.01

## Picture Quiz:



**Last month's picture quiz** featured two great performers from RHAC.. Left, the photo which was passed to me by Dave Johnson, off the front of a calendar commemorated (in 2004) the centenary of the country's oldest organised road race, the Morpeth to Newcastle race. And running it, none other than Eddie Kirkup. Amongst other achievements, which of course were many, Eddie is stated in the page for



## Wickersley Joggers' Reunion

**It is 21 years since the Saturday morning running group, started by Brian Steeples, became known as Wickersley Joggers. To celebrate this occasion we invite current and former associates of Wickersley Joggers to a reunion.**

**This will be held in the upstairs room of the Three Horseshoes PH, Wickersley, from 7:30pm on Thursday 26 May 2005. A buffet is going to be provided for which there is a charge of £4.50. Would anyone who wishes to attend please pay any Wickersley Jogger or Tony Sarjeant (01709 540688), before the 14 May where possible.**

**We look forward to seeing as many of you there as possible. No exercise whatsoever will be involved but there will be plenty of opportunity to reminisce about running times which were a lot quicker than they are today.**

Two for you this month. The one on the left features the prize handover at the Christmas Day Race 1983. Personnel please. You ought to know the venue too for that matter.

The lower picture is a mystery to me, I really don't know what and when it is though I think I know where, and I certainly know two people in it. I can't acknowledge it, I found it on the floor at the changing rooms a while ago! I even left in the creases.

May 2004 to have won the event in 1955 as a major surprise after never running more than 7 miles! He won it in 1956 and 1958 as well, the latter only 17 seconds outside Jim Peters; course record. Right, Steve Gaines. The camera (which we are told never lies) has caught a similarity in style though it may be for an instant: the links are that Steve ran with Bingley and Morpeth before moving into our area and joining RH in 1985. Here, he is wearing Morpeth kit and is I think part way through the Morpeth race, though he says he can't remember it