



Cian Scothern

After a good and supportive cross-country season Cian had a morning out at the Treeton event. In fact he was prepared to run the 5k but entry rules didn't allow!



Dennis Russell

Architect and inspiration for so much of the RHAC ladies continuing success this year



Matthew Asbridge

Dedicated trainer and improver; one of a batch who have posted pbs on the road lately.

South Yorkshire Road League Four races, £5 Stunning value

This year, the **LAST** event (prize awarding) is **OURS**, at Dinnington. We want black vests in the prizes
**NO EXCUSES-
START IT RIGHT**

First event **WEDS 11th APRIL**
HAYFIELD LAKES
DONCASTER 7pm start
Directions page 7

**Runners of ALL standards:
SUPPORT YOUR CLUB**

National Cross-country Steve Gaines reports:

U17s Make Yorkshire History

RHAC Under-17s made history on Saturday by being the first Yorkshire club ever to retain a title won the previous year, thereby joining the four previous successes- Sale, Bedford, Leicester and Aldershot.

This was another good day for the club, with tremendous individual and team results. The weather was on the wild side, and would have undoubtedly been hard work for the runners. It was harder for the tent erection team, and even harder on the tent, which had to be retired from the event with injury before the senior men's race had started. Apologies to the band of supporters who became destitute, but thankfully it never rained. I gave some rudimentary instruction on how to avoid hypothermia (Huddle together wrapped in the ground-sheet facing someone with their feet in your armpits, and vice versa), but one parent said he preferred the hypothermia option!

On to the running, the highlight of the day was undoubtedly the U17 women's team performance, retaining the winners team trophy they won at Parliament Hill last year. This was a much improved performance this year, with all four scorers (Natalie, Laura S, Jade & Jess) finishing in the top 20. (the last scorer was 50th last year), and the team score of 55 points (121 last year) beating the second team by 33 points.

This was not the only highlight, Rosie Edwards had her best run of the season to finish 4th - only 3 seconds behind the bronze medal time - in the under 20 junior women's race. This completes a tremendous first season for Rosie as a RH member, and is well deserved since Rosie has run with drive and commitment in every event. The u20 team finished 4th.

Stef Burns also had her best result of the season finishing 6th in the U15 race. This follows her 4th in the area, and 8th in the intercounties. An excellent season with great results at the highest level of domestic competition.

On the organisational side; Thanks to Janice & Keith Barnes for organising the overnight stay and trip, thanks to Dave Johnson for driving the minibus, and (since he didn't have to go through Bradford) not getting lost. Thanks to Pete Shaw, Pete Neal, & Nigel for their help with the tent.

Thanks to all the coaches and parents for their support for the athletes, and their help hanging on to the tent. Thanks to Alison for helping with photography. Some photos are already on the website. More will be added. Race details are on page 4 in programme order.



Hoole & Thewlis in Fine Form

Congratulations!! Although this is the busiest time of the year for Cross Country events, we need to remember that road races take place all year round, and we want to pass on our congratulations to several RH runners for recent successes.

Phil Hoole recently won the Cheadle 5 road race near Stoke on Trent. Phil had set a pb for 5 miles of 25:52 only 3 weeks before this, at the Alsager 5. This is a high class event - Phil's time got him 38th place! Coach Pete Shaw reckons that his winning run in the Cheadle 5, where he equalled his pb, was a better run. The course is harder, and Phil had to beat ex international road runner Rob Deakin from Birchfield Harriers. Rob was a leading runner in the all conquering Birchfield mens team, and is still a top class runner.

Phil (1639) is pictured with Jon Thewlis at the National cross country at Sunderland. He has been in the senior men's team at county, area and national events this year, and has been a key counter in the scoring teams. Earlier, in the Dewsbury 10k, several RH athletes set PBs for the distance. Well done to Matthew Asbridge, Paul Campbell, Simon Mounsey, and Jo Walker. Jon too is back in form; 12th place at the northern's followed up by a fine run at Bath in the BUSA event (page 7).



Secretary's Update

Steve Gaines

Members Subs.

The clubs only sources of revenue are sponsorship and subs. These are needed to fund all the activities, championship entries, coach training, equipment provision etc etc.

We currently have over 430 registered members on our database, of those just over 130 have paid their 2007 subs. Can all those who have not yet paid do so - we need the funds to run the club!

You can pay with cash or cheque in the kiosk on club nights, you can send your cheques to Steve Gaines, Secretary RHAC, 92 Bawtry Road, Bessacarr, Doncaster, DN4 7BQ, or you can pay by internet banking. Gill Taylor, treasurer can supply sort code and account details if needed.

Current Subs are : Under 18 and Full time students £10, Over 18 £20 Family £30. In addition athletes will have to pay the affiliation fee to England Athletics if they wish to compete in leagues or championship events. The fee for 2007 is £3. Please ensure you read the article on Membership of England athletics in this copy of the newsletter also.

Membership of England Athletics: Important news for all club members and Athletes!!

From the 1st April 2007 ALL athletic clubs have to become members of England Athletics (EA) - the new governing body for athletics. Club membership costs £50 per club. We have to join if we want our athletes to compete in any league or championship. In addition to the club paying the membership fee, we also have to supply England Athletics with details of those members who are volunteers ie coaches /officials, and we have to supply the following information on competing members; First name, Surname, Gender, DoB Contact address, Postcode & First claim status. EA also state that membership data will only be supplied to competition providers but add that they will use addresses to send out information directly to clubs athletes and volunteers.

Athletes who currently compete or wish to compete will have a North of England registration number. These will be replaced by a new membership card & national number after 1st April. We aim to send our membership details in at the end of April.

It is important that you pay your subs and affiliation fees before the end of April as we will only be sending the names of paid up members forward. We will be able to supply updates after that initial submission, but if you want to compete you are advised to pay before the end of April.

If any member has any problem with us supplying their data to EA please let me know.

New members

Welcome to the following new members who were accepted at the March exec. committee meeting;

Lee Carratt (37) Road, Trail & Fell; Grace Lebond (9), all categories; Brandon-Lee Harris (9) Track & Field; Chantelle Strecker (12) & Jessica Strecker (12) both Track & Field. Jamie Bennett, 2nd claim Track & Field (1st claim Hallamshire Harriers).

We are keen to welcome new members, and I have been busy reviewing and (hopefully) improving, i) the promotion of the club, ii) the reception for new members iii) tightening up the joining process.

i) Promotion. We have issued Club information sheets to Schools Sports Co-ordinators. Jim Brogan & I are on the Rotherham Athletics Development group, which aims to make it easier for young people to enter athletics. We are involved with several schools events and have a promotional display board for use at those events.

ii) We have a New Member welcome pack for new members and parents. Gayle Lebond & Natalie Simms have taken over the reception duties for all under 11s. We are gathering contact & medical data needed for those young athletes.

iii) We have introduced a Temporary Membership scheme for new members. This enables a new or potential new member to train for up to 4 weeks with the club, after that period we ask that they join as full members or cease attending. This has only been used with the Young athletes so far, but has proved very successful.

It will be rolled out across the whole club and groups over the next few months. I will supply the coaches / leaders with data of who is a paid up member, so if your coach or leader mentions something to you don't take offence. It's me trying to get a grip on the membership and subs payment!

The actions seem to be paying off as I am receiving numerous enquiries via post and email, and several new members have turned up at training nights recently.

We are planning to review membership categories and subs over the next few months, with a view to make them fairer and attractive.

If you have any comments on this - or any other membership issue send me an email or talk to me on club nights. We plan to bring the proposals to the AGM in October for agreement.

Finally, I need to say a big thank you to the volunteers who are helping to keep the club going.

The club can only continue & improve with their help! We do need more though! If you want to help in any way please speak to Jim Brogan or myself

2007 South Yorkshire Road League

Numbers are now on sale in the kiosk.

They cost £5 for the 4 races. You need to confirm which age category you are in when you collect your number. The age categories are:-

Male: U17, Senior, Vet 40-44, Vet 45-49, Vet 50-54, Vet 55-59, Vet 60.

Female: U17, Senior, Vet 35-39, Vet 40-44, Vet 45-49, Vet 50.

If you change age groups during the series, your first age group applies.

There are first prizes for U17, MV60 and LV50. There are first & second prizes for LV45-49. All other categories have prizes for first 3. Prizes are awarded for the lowest times for the 4 races in the series.

The races are:

- Doncaster (Hayfield Lakes) Weds 11th April
- Penistone Weds 9th May
- Barnsley (Worsborough) Weds 23rd May
- Rotherham (Dinnington Rugby club) Weds 30th May

All races start at 7:00pm

The prizes will be presented in the club after the last event.

For anyone who hasn't run before, these races are very popular, good value, and have runners of all standards in them.

Let's ensure we have the usual good turnout from RH runners

This is an inter-club team series as well; a men's series and a women's (though we have no confirmed detail at the moment).

REPRESENT YOUR CLUB

Fixtures: March, April, May

March		May	
Sat 17 Mar 07	U17, U15 Indoor open Eng. Ath. Comb. Eve. Sports City Manchester	Sun 29 Apr 07	Rothwell 10K open 10.00am Info on 0113 282 4724
Sun 18 Mar 07	East Hull 20 (20 miles) open Entries close 7th March, inc HumberSide Champs	Wed 02 May 07	Tigers 10 open Dore
Sun 18 Mar 07	Louth 10 Mile open 11.30am start 3 mile Fun Run 11.40am Entries Close 11/3	Sat 05 May 07	North Men/Women Div 2EC clubs Match 1 Chesterfield host @ Mans field
Sun 18 Mar 07	Winter Warm Up open Blackpool 1st event 12 noon	Sat 05 May 07	BAL Round 1 clubs Various venues
Sat 24 Mar 07	English Schls CC Champs areas Leeds	Sun 06 May 07	National YA League rd 1 clubs Rotherham
Sat 24 Mar 07	Ulley Time Trial 5k RH, guests 11am first off, Royal Oak Ulley	Wed 09 May 07	SYRL2 open Oxspring
Sun 25 Mar 07	Ackworth Half open	Sat 12 May 07	National Vets Road Relays club teams Sutton Park
Sun 25 Mar 07	Easter Chuckie open 11.15 Wath Rugby Club off-road Club Champ race.	Sun 13 May 07	Milton 6 open Elsecar
Sun 25 Mar 07	Wakefield 10K open Thornes Park Wakefield	Sun 13 May 07	Leeds Half Marathon open Postal only close 23/4/07 Start 9.30am
Sun 25 Mar 07	Reebok Indoor, Sports City open Sale Harriers, Manchester 11.00am start	Wed 16 May 07	Askern 10K open Askern
Sun 25 Mar 07	City of Lincoln 10K open £12, Postal only close 12 March 11.00am start	Sat 19 May 07	SY T&F League club teams 1.00pm Rotherham U11,U13,U15
	April	Sun 20 May 07	National YA League rd2 clubs Rotherham
Sun 01 Apr 07	Open T&F Comp Rotherham- Celebration 75th Anniversary of Ladies Section	Sun 20 May 07	Sheffield 1/2 marathon open 9.30. £16. www.sheffieldmarathon.com
Sun 01 Apr 07	Northern 12/6 stage relays club teams Silksworth, Sunderland 11:30 s	Tue 22 May 07	Totley Moor Fell open Totley
Wed 11 Apr 07	SYRL1 open Hayfield Lakes Doncaster 7.00pm	Wed 23 May 07	SYRL3 open Worsborough
Sat 14 Apr 07	National 12/6 stage relays club teams Sutton Park, Sutton Coldfield.	Sat 26 May 07	NoE Jun Champs Day 1 open South Leeds Stadium
Sat 21 Apr 07	Sheffield Festival of Athletics Don Valley Sheffield Graded Open 12.00	Sun 27 May 07	NJL Humber Div clubs Match 2 Rotherham
Sun 22 Apr 07	London Marathon open entries closed	Sun 27 May 07	NoE Jun Champs Day 2 open South Leeds Stadium
Sun 22 Apr 07	Sheffield 10K open	Sun 27 May 07	CAU Champs open Bedford
Wed 25 Apr 07	Memorial Race open Maltby 6.45?	Mon 28 May 07	CAU Champs open Bedford
Sat 28 Apr 07	Rother Valley 10K open	Tue 29 May 07	Hallam Chase open Hallam CC
Sun 29 Apr 07	NJL Humber Div clubs Match 1 Rotherham	Wed 30 May 07	SYRL4 open Dinnington

Clumber Park Classic

This brief report courtesy of Don Gill: Duathlon debutant Robert Watkinson made a successful start to his new sporting career last Saturday morning when he filled an outstanding third place in the Clumber Park Classic. Rawmarsh based Rotherham Harrier Watkinson, who was celebrating his 33rd birthday, contested the tough Olympic distance event held on a course in North Nottinghamshire National Trust property that included a 10k run, 40k bike section and 5k run.

He recorded a total time of one hour 54 minutes 16 seconds to finish behind event winner Lincoln's Richard Hobby (1:53.35). Watkinson's next duathlon is at Worcester on Sunday (March 18) followed by a World and European qualifying event at Swindon on Sunday, April 1.

Norton 9

4 March 2007

1	J Wanjohi	DonAC	48.49	
10	S Mounsey	RHAC	53.16	
16	N Brookes	RHAC	54.51	V40
17	K Williams	RHAC	54.56	V55
60	J Spencer	RHAC	58.44	V40
61	M Asbridge	RHAC	58.47	
85	R Campbell	RHAC	61.10	V40
93	N Shaw	RHAC	61.25	
113	K Thomas	RHAC	63.08	V50
134	J Hindley	RHAC	65.06	F40
211	R Butterworth	RHAC	70.20	V40
283	M Rhodes	RHAC	74.26	V55
352	P Wells	RHAC	80.56	F60
353	G Taylor	RHAC	81.01	F50
399	D Spencer	RHAC	85.40	F50

Wilmot Wander

The 27th Derby (Chaddesden) Scout Group Wilmot Wander 2007 was won in fine style by RHAC through the efforts of Kerry Booth, Mick Marsters and Bill Watson. Their time of 4hrs 59 mins saw them lead home Broadway Bombers (5 hrs 01 mins). The RH team has been at the front end of the field on numerous occasions in the "round Derby" 36 mile off road event starting at Chaddesden and going through Stanley, Morley, Little Eaton, Duffield, Quarndon, Mackworth, Radbourne, Findern. Especial congratulations to Bill, who travels down from Scotland to meet up with the other team members.

Wombwell 5

1	Paul Green	C Sheff	25m45	
2	Richard Mace	C Sheff	25m46	
3	Alec Duffield	Loftus	25m50	
19	Nigel Brookes V40	RHAC	28m59	2nd V40
25	David Storey	RHAC	29m35	
28	Howard Darwin V40	RHAC	29m45	5th V40
42	Terry Hawley V50	RHAC	30m53	2nd V50
45	Glen James	RHAC	31m31	
56	David Russell	RHAC	32m11	
60	Richard Campbell V40	RHAC	32m23	
88	Peter Humphries V60	RHAC	34m09	2nd V60
97	Kevin Thomas V50	RHAC	34m50	
98	Janet Hindley LV35	RHAC	34m55	3rd V35
101	Neil Shaw	RHAC	35m04	

Cheadle Spring 5, Staffs

4th March 2007

1	P Hoole M	Rotherham Harriers	25.50	
2	R Deakin MV40	Birchfield Harriers	26.02	
3	M Griffiths M	Newcastle A.C.	26.56	
4	I Yates M	Trentham R.C.	27.13	
5	A Swatowski M	Rugeley R.R.	27.26	
6	D Ross MV40	Mansfield Harriers	28.02	
7	T Caulton MV45	Hatton Darts	28.51	
8	J Walker MV45	Staffs Moorlands A.C.	29.07	
9	M Oldham MV50	Manchester Harriers	29.27	
10	R Harrison L	Cheadle R.C.	29.36	

Watkinson Strides Out

Bassingthorpe a Promising Race, and Future-assured



RHAC's traditional series of runs based on licensed premises continued its rebirth last month with the Bassingthorpe Spring 6 Trail Race. In fact, arguably cross-country, it was a very enjoyable and successful day; landlord George Austin at the Plough, Wingfield and sponsor Clive Davenport were well pleased. They are pictured above with winner Rob Watkinson. It was a tough course but the runners were happy.

The event was sponsored by Newton Wright Construction Ltd (Clive is a partner in the company) in return for website work. His sponsorship was more than generous, and he has indicated a wish to repeat the event next year, though when exactly that would be is something we will have to explore.

The event owed a great deal to Kimberworth Striders who turned out a lot of runners and especially the cooperation of Pat Rooney who also marked out the course with me on Saturday prior to the race.

We had been concerned that the very thorough wetting the course received would be a problem, snow even, but all was relatively well on the day, the wettest area being the grass verges of Fenton Road.

Rob was in training for duathlon running, starting March 10 in Clumber; a brief preview of Don Gill's newspaper report appears above left. On the day, he probably surprised Shaun Dimelow by powering away early doors and never looked in any likelihood of being challenged. In fourth place, Howard Darwin continued his fine cross-country season and first lady Claire Stephenson (Kimberworth), herself an ex-harrier, is in fine form also. For RH, newcomer Dave Russell had a promising introduction.

Thanks to officials on the day: Jim Brogan, Alan Bryden, Arthur Jeavons, Ralph Rowbotham.

It is disappointing to have so few RH members turning out in events like this (or in some other events for that matter) but there could be valid reasons which need addressing. In any case, they will continue in one format or another.

Bassingthorpe Spring 6 miles -Race Results

1	Rob Watkinson	RHAC	34:47	SM
2	Shaun Dimelow	P'stone	36:31	SM
3	Stephen Greaves	KimbSt	39:08	SM
4	Howard Darwin	RHAC	40:17	VM40

5	Dan Birkinshaw	KimbSt	41:00	SM
6	Gary Dean	P'stone	41:42	SM
7	David Russell	RHAC	43:44	SM
8	Steve Gaines	RHAC	44:02	VM50
9	Ian Hetherington	KimbSt	45:27	SM
10	Ian Soakell	KimbSt	45:50	VM45
11	Claire Stephenson	KimbSt	46:23	SL
12	Ian Brookes	KimbSt	46:51	SM
13	Jim Rust	Maltby	47:53	VM55
14	Neil Shaw	RHAC	48:17	SM
15	Nina Hague	KimbSt	48:21	VL40
16	Carla Foster	KimbSt	48:25	SL
17	Keith Binney	Barns A.C.	48:58	VM55
18	Gavin Hamilton	Maltby	49:12	VM40
19	Derrick Green	KimbSt	49:33	VM60
20	Bev Soakell	KimbSt	51:54	VL45
21	Stuart Wright	Unatt	51:57	VM40
22	Dave Wright	RHAC	52:08	VM45
23	Henry Marston	RHAC	54:07	VM60
24	Luke Brady	RHAC	55:21	VM60
25	Roger Cook	KimbSt	58:53	VM55
26	Richard Green	KimbSt	58:53	VM50
27	Martin Simpson	KimbSt	60:53	VM50

Bassingthorpe Spring 3 miles Fun Run - Results

1	Sarah Wilding	RHAC	31:02	U15
2	Wendy Fuller	RHAC	39:46	VL55
3	Sue Arnold	Unatt	43:18	VL55
4	Ryan Rees	Unatt	44:22	SM
5	Caroline Dean	Unatt	44:44	SL

Awards- Men

1.	Rob Watkinson	RHAC
2.	Shaun Dimelow	Penistone
3.	Stephen Greaves	Kimberworth
VM40.	Howard Darwin	RHAC
VM45	Ian Soakell	Kimberworth
VM50	Steve Gaines	RHAC
VM55	Keith Binney	Barnsley A.C.
VM60	Derrick Greene	Kimberworth

Awards-Women

1	Claire Stephenson	Kimberworth
2.	Nina Hague	Kimberworth
3.	Carla Foster	Kimberworth
VL45	Bev Soakell	Kimberworth
Fun Run	Sarah Wilding	RHAC
	Wendy Fuller	RHAC

National

Report by Steve Gaines

U15 Boys

We didn't have a full team entered, but all 3 entered runners finished. James, Cian and Sam have been great supporters throughout the season. We are improving our schools links, to try and get more members - not just for this group but all groups. Apologies to Cian for the lack of race photos of him. He wisely chose to shelter from the wind, and I have a number of shots of various club athletes obscuring/ sheltering him. James and Sam's finishing positions are significant improvements on their NoE finishing positions.

Results

1	N Young	Mendip	15:01
168	James Moore		17:51
180	Cian Scothern		17:58
223	Sam Howis		18:42

266 finishers. Winning team; Tonbridge 41 points.

U17 Women

The U17 and U20 women ran together, and it was heartening and impressive to see all those RHAC vests up near the front.

Natalie and Laura (Spence) continued to run together, with (once again) Laura's speed putting her in front of Natalie in the first half, and Natalie's increasing strength taking her ahead in the second half. Laura is in her first year in this group and should be a real force next year. Jade started sensibly and worked her way through to an excellent placing, improving from 32nd last year. Jess also had a great run improving on her last years placing by 14 places. As always, the further support was there from Laura (Barnes) and Kim, with both placing higher than their NoE results would suggest.

Results

1	Charlotte Purdew	AF&D	17:08
8	Natalie Grant		18:24
12	Laura Spence		18:31
15	Jade Allen		18:57
20	Jess Fawcett		19:03
102	Laura Barnes		21:24
140	Kim Bateman		23:46

155 Finishers

Team	
1 RHAC	55 points
2 Royal Sutton Coldfield	88 points
3 AF&D	155 pts

U20 /Junior Women

As stated in the introduction, Rosie had an excellent run, very narrowly missing out on the individual bronze medal, leading the team home in fine style. It was good to see Klachen having a better run, her last 2 outings- the Inter counties and here have both been much improved performances. Good too to see Lindsay back in the team. She hasn't been much in evidence since her appearance in the winning U17 team last year and the XC relays, but her finishing position was good, and she had a good run. I suspect that Sarah would be disappointed with her run & position, but she has been struggling with illness and had not been able to train and prepare as well as she would have liked. Even if she had run well, it would have been difficult to reduce the team score by the 26 points needed to get into the medals. Let's not lose sight of the fact that 4th team place in the nationals is the best result I can remember!!

Results

1	J Sparke	Wd Grn & E	17:03
2	S Stockton	Vale Royal	17:29
3	L Snow	Wd Grn & E	17:38
4	Rosie Edwards		17:41
22	Klachen Cheshire		18:35
49	Lindsay Clarke		20:02
70	Sarah Barnes		21:21

90 finishers

Teams

1 Bristol & West AC	73 pts
2 Woodford Green	76
3 Vale Royal	119

4 RHAC 145

U13 Girls

We had 7 athletes entered, and all were there on the day. Olivia still not able to run due to her injury, but lending her vocal support to the RH runners. Unfortunately Georgina had to drop out, with a recurrence of the foot problem she has been suffering with this winter. Thankfully, it was not serious and she had recovered sufficiently to be able to dance next day at Olivia's party.

Natasha again led the team home, Megan had a much better run here, being less than 40 secs behind Natasha, and placing almost the same as her Northern position.

Madeline had a good run, and Mellissa and Sarah providing dependable support as always.

Results

1	E Goreka	AF&D	10:44
90	Natasha Hatswell		12:51
151	Megan Bailey		13:20
204	Madeline Wragg		13:54
228	Mellissa Hellewell		14:20
245	Sarah Wilding		14:57

268 finishers

Teams

1	E Cheshire	47 pts
23	RHAC	673 pts 32 teams finished

U17 Men

We had only one entry here. David Smith had a good run at Manchester finishing 100 out of 170. Strangely there only 180 finishers here, and I would have thought David should have placed higher than placing higher than his finishing position, he was almost 5 minutes behind the race winner here, whereas the gap was 3mins at the Northern

Results

1	D Forrester	St H& S	20:38
152	David Smith		25:19

Winning team AF&D 125 points

U15 Girls

A brilliant run from Stef! Unfortunately the team was weakened by the absence of Abbie and Robyn due to illness, and we only had 3 runners on the day.

Results

1	L Park	EllenAC	16:33
6	Stef Burns		17:18
129	Poppy Knowles		20:21
195	Rachel Hall		21:22

248 finishers

Winning team AF&D 68 pts

U13 Boys

With Curtis Benton still not fully confident that his leg injury was fully recovered, and Alex Carroll unable to get to Sunderland on the day, we had two runners. Both William and Nicholas have been great supporters this season, and both have appeared whenever possible in what is their first year of membership and competition. Both have run in the are and national champs! As mentioned above we hope to

boost member numbers in this age group with improved schools links. I hope we can get more new members as good as these two!

William and Nicholas had their customary competitive race, with William just getting in front in the final half mile.

Results

1	T Purnell	Stroud & D	10:22
222	William Johnson		13:17
225	Nicholas Myers		13:20

258 finishers

Winning team Tonbridge 117 pts

Senior Women

Gill Taylor was our only runner. We do need to work on getting more! Gill had a good run, running strongly in the windy conditions.

Results

1	Liz Yelling	Bedford	28:56
196	Gill Taylor		39:42

297 finishers, winning team Winchester 41 points

Senior Men

We had a reduced number of runners, but thankfully still managed to field a scoring team of 6. They were led home by Jon Thewlis, whose recent form in the area and BUSA champs has been very impressive. Even that form had not prepared me for the appearance of the runners at about the 1 mile point - with Jon in the lead. He did not sustain this early form, fading on laps 2 and 3. He was a little over one minute behind the winner of the BUSA event - who won here, and would have expected a better position here. He has however been suffering with a cold infection, and we are grateful for his commitment to the team.

Phil Hoole was our next counter, and started strongly, but faded slightly on the 3rd lap, but nevertheless finished in a good position here. Simon Mounsey had a solid run, Howard and Dan were involved a battle for the Harlington trophy, with Dan just sprinting to victory in the last 400m. Rick Sharp made up the scoring team, who finished a creditable 29th out of 72 teams. This is the first time for a number of years that we have finished a senior men's team at county, area and national events. I would like to say a big thanks to all the runners for turning out

Results

1	F Tickner	Wells City	3&:31
59	Jon Thewlis		40:20
131	Phil Hoole		42:28
315	Simon Mounsey		46:25
456	Dan Jones		48:56
463	Howard Darwin		49:02
520	Rick Sharp		50:37

916 finishers

Teams

1	Leeds City	162 pts
2	Bedford & County	226
3	Sale	287
29	RHAC	1940

Shots here and elsewhere by Steve Gaines and Alison Fawcett mostly. Many thanks.

"RHAC U17 and U20s Jump for Joy" was Steve's header on this photo.

And well they might, after such a super all-round performance.



Inter-counties

CAU (Inter Counties) Championships
Wollaton Park, Nottingham. 24th Feb 2007

Prior to the event, I was taking considerable pride in the fact that the club had 9 selected county runners. I am sure this is the most selected runners we have had. On the day that grew to 10, as Jade Allen's name was added to the 9 selected following the county champs. Jade had been unable to run the Yorks championships at Skipton on the 6th January, due to cold and illness. Both Jade and I spent a frustrating hour plus writing out, and submitting the nomination to ask for consideration for her inclusion in the CAU selected team.

On Friday it all became worth it when she was asked to run. One day is not ideal preparation for a major XC event, but

Jade joined her colleagues in the U17 Yorkshire team.

The full list of selected club athletes was:
Yorkshire; U15 Stef Burns, Robyn Lanceley. U17 Natalie Grant, Laura Spence, Jessica Fawcett, Jade Allen. U20, Rosie Edwards, Sarah Barnes. Derbyshire; U15 Abbie Vernon. Humberside; U20 Klachen Cheshire

The conditions on the day were heavy, the rainfall had created a good depth of sticky mud and wet conditions, and I was struggling to get from camera location to location in time, goodness knows what the course underfoot conditions were like! The races are reported in programme order. Full results are on the UKA website.

U17 Women

As the runners emerged from the start hill, I was surprised to see Laura ahead of Natalie. It should not have been a surprise, Laura has been running extremely well this season, and has looked strong in both training and races. Natalie was the second Yorkshire athlete, followed by Jess, and with Jade some distance behind - due to her rearguard position in the start pen.

As the race unfolded, Natalie's strength showed and she moved in front of Laura, although Laura was still running strongly. Jess was the third placed Yorkshire runner with some 800m still to go, but Jade was running strongly and passed Jess in the long finishing straight. RH runners were the first four athletes home for the county, finishing fourth placed

Rotherham HAC representatives in the CAU Inter-counties at Wollaton park, Nottingham.

Above: Laura Spence and Natalie Grant

Left: Jess Fawcett and Jade Allen

Below: Klachen Cheshire, Sarah Barnes and Rosie Edwards; Stef Burns and Robyn Lanceley. Abbie Vernon was absent ill.

All selected for Yorkshire except Abbie (Derbyshire) and Klachen (Humberside).

team

Results,

1	H Timmins	Cheshire	19:45
2	K Knowles	Cornwall	19:51
3	A Smith	Kent	19:54
9	Natalie Grant	Yorks	20:33
12	Laura Spence	Yorks	20:48
44	Jade Allen	Yorks	21:38
48	Jessica Fawcett	Yorks	21:41

U20 Women

Whilst every race in the Inter-Counties event has always been a very high class affair, this race was the only selection race today - with 3 places up for grabs in the GB team for the World XC champs in Mombasa, Kenya. This was therefore a top class field.

However, Rosie is not one to be easily put off by reputation or occasion, and as usual started with commitment and aggression. Her running through the heavy conditions was relaxed, and each lap saw her passing athletes on the hill, as she had one of her better runs so far this season to finish a very creditable 8th. Klachen looked much more competitive than in the Northerns earlier.

This time she not only ran more aggressively but also looked to be moving forward as a result. Klachen was rewarded with a good 21st placing. Klachen was much closer to Rosies time in this race than in the Northerns, showing what an improved run this was. Sarah, in her first outing in a Yorkshire vest, had another good run, not being phased by the occasion and running a good even paced race.

Results

1	Charlotte Purdue	Hants	24:04
2	Olivia Kenney	Warwicks	24:23
3	Stevie Stockton	Cheshire	24:32
8	Rosie Edwards	Yorks	25:17
21	Klachen Cheshire	Humber	26:21
74	Sarah Barnes	Yorks	29:42

U15 girls

Of the 3 athletes selected, Abbie was unable to run for Derbyshire, due to illness. We hope she recovers quickly! Stef has had an excellent season to date, and has been running consistently well. One of the downsides of this success is the amount of parental support such success demands.

Stef's dad had driven through the night from a football match commentary in Cardiff, to shout encouragement. No doubt much appreciated! Robyn had an improved run following the colds and illness she has suffered this winter, but is not yet back to the form she had earlier this year.

Results

1	B Potter	Scolland West	16:00
2	M Hawtin	Oxon	16:03
3	B Carter	Kent	16:09
8	Stef Burns	Yorks	16:32
74	Robyn Lanceley	Yorks	18:01





Track and Field Organisation

Ralph Rowbotham has sent the following letter which will contribute to plans for all interested track & field personnel to gather and provide their input to formulate a plan for development of the section.

Dear Friends, I am somewhat surprised to be writing this letter, this being a consequence of Bert's sudden departure from our ranks. Although I did this job many years ago, I only took it on again this last two years in an attempt to ease Bert's workload. I also thought I might be in a better position to find a more active Track and Field secretary. But meanwhile Bert still did the bulk of the background work, and I am still looking for a successor. After all I AM officially retired !!!

The other side of the coin is that half a dozen members working at half cock can out perform a single person working flat out ! The question is have we got these extra helpers??

The T and F committee has never been strong on committee meetings for several reasons.

1. Members meet informally every Monday and Wed at the track, but are reluctant to hold a meeting there and then, as already they are late for a meal time, or have to transport children home.
- 2 With 2,3 or even 4 weeks holiday, in the track season there is always some key person missing !
3. There is so much activity by mid summer, meetings would be required every other week.

So is there another way?? Can it be done by E-mail?? With myself and Jim Brogan in the middle?? I have purposely circulated this to everyone interested in T&F., not just the committee, and I hope to make the list even bigger. This list is about 30 strong, I would like to see a 100 on it!! Most people now have access to a computer and should be fully informed from our very own website, so this will save your time and hopefully have a wider participation.

Next question is.....WILL ANYONE REPLY??????

IF and WHEN you do can you please pass comment on anything, leagues, open meetings, officials ,coaching, kiosk, travel, volunteers , other persons requiring to be on this mailing list etc. etc. Bear in mind our first commitments are April 1st Open Meeting at Herringthorpe, and the The Sheffield Festival of Athletics at Don Valley on the 21st. where it appears we are responsible for staffing the field events. I am looking forward to your comments as soon as possible. Again, comments , suggestions please inform. Meanwhile I am away until the 16th March

Yours Ralph Rowbotham 68 Wickersley Road ROTHERHAM S60 3PP.
Tel.01709 382675 e-Mail ralphrowbotham@blueyonder.co.uk

Top: U13 squad at the national: Georgina Arif, Natasha Hatswell, Sarah Wilding, Mellissa Hellewell, Megan Bailey with well-known faces looking on. Right: Madeline Wragg who missed the group photo. Olivia Neal (injured) was supporting. Centre: U17 Laura Barnes and Kim Bateman. Above: U13 boys William Johnson and Nicholas Myers.

Top right: more shots of the 1976 Olympic Trial Marathon at Rotherham: a view back to the start giving some idea of the crowds that turned out, and below that looking back towards Dinnington from Laughton Common (around halfway). How massive the pit tip looks here; we've got used to not seeing them these days.



Treeton Torture: On-form Brookes Not Badly Hurt!



Treeton Partnership were blessed with a brilliantly nice day for the second running of the Treeton Torture 5k; the start shows John Spencer off like a rocket almost off shot, with eventual winner Nigel Brookes and 2nd Dave Nuttall easing into it behind Pat Rooney.

A little clutch of RH runners and a slightly greater bunch of Kimberworth supporters had a good morning out and Nigel Brookes who is certainly running in form at the moment made light of the course difficulty to storm home in 17.04

He was followed by Dave Nuttall and unattached Darren Naylor, and first lady was Claire Stephenson from Philippa James. Cian Scothern ran first in the short race/ fun run.

THE FUTURE OF SMALL CLUB RACES

The continued small turn-out in what we sometimes have called "small club events" leads to concern about their future. These are just a few thoughts which we will be considering, with others, in the future.

This last year or so we have had: New Year's Day, Treeton, Easter Chucky, Ulley Res, Prince in the park, Bassingthorpe, Devil at least. Whilst there have been some reasonable turn-outs, some have disappointed. Am I right in observing that any race not on a Wednesday has not done well? That some are new races which may need getting used to and expected? That we need dates fixed well in advance? That we need a series of races with other clubs to 'formalise' the events? That we need to advertise more as open races? That we need to try harder to avoid clashes? That more coordination with club championship is needed? That..... - what is your view?

Short Reports

Cleethorpes Open Cross Country, 18th Feb 2007

Mon 19 Feb 07

Dennis Russell has supplied the following results from the above meeting:-

U13 girls, Natasha Hatswell 3rd. U15 girls Stef Burns 1st, Robyn Lanceley 2nd, Abbie Vernon 3rd. The RH girls won the team prize. The U17 womens race was run with the U20, Seniors and Vets. Laura Spence had a good run to win the race overall, with Jade Allen 2nd U17 (4th O/all) and Jess Fawcett 3rd U17 (7th O/all). Again RH winning the team prize. Dennis reports that Philippa James ran the senior race, and that other RH runners ran, but Dennis did not know who they were. He did say that another RH senior lady ran and a male athlete who had also run that morning at Wombwell. (I suspect John Spencer!) I will try and get some full results.

Good to see Robyn, Jade and Jess over their illnesses and injury. It's looking good for the Nationals!

Another great run for Jon Thewlis!

Fri 16 Feb 07 Steve Gaines 44

Following his 12th place in the NoE cross country senior men's race, Jon recorded another impressive result in the BUSA championships & World Cross trials at Bath on the 3rd Feb. Jon finished 19th in a very high quality field. The race was won by Frank Tickner in 33:13. Jon's time was 34:32.

Help acknowledged

Ed: I have received the following email:

to peter [he means Phil] haigh.i run with the redhill road runners in nottingham.i ran sleaford half on sunday about 3 mile into the run i asked you if i could tag along with you.this was my 3rd half since i have been running with a club. i think with out your help i would not achieved my p.b of 1.38.38 something i thourt was impossible i hope i did not slow you down too much.i was told not to expect a p.b on that course and i knocked off about 6 and half mins off my time.big thank you again and good luck at london.mark tomlinson.

Well done Phil!

Dent

Jenny Horan was 1st O-55 as she and Adele Morris scored around 2.03.17 for the Dent Dale Run last week. Sometimes noised as a half-marathon, its about 14 miles and up and down. Quite a hard act in fact. Race debut on the day for Diane Spencer also, coming home in around 2.30 with John holding the track-suit etc. Well done, ladies.

ROAD LEAGUE EVENT 1

Directions to Hayfield Lakes for 7pm start.

Hayfield Lakes are a fishing complex on Hayfield Lane, which lies between Bawtry Rd (A638) south of Doncaster and the airport at Finningley ('Robin Hood'). The lane is one-way only (I think only westwards ie you can't get on it at its A638 junction

I think it's the same venue as the Doncaster Half Marathon, and has been used for cross-country.

Access from the motorway is not attractive, and best approach is probably via Doncaster town or Tickhill-Rossington depending where you start.

If via Rossington, take right fork on Littleworth Lane on leaving village, turn right at A638 then first left on to Hurst Lane. Left at next cross-roads.

If via Doncaster, go past the golf course towards Bawtry, pass the Rossington junction and proceed as above.

Ulley Time Trial

24th February 2007

1. Andy Aked	15:27
2. Philip Hoole	15:57
3. Mark Ruddleston	17:11
4. David Storey	18:10
5. Drew Donaldson	19:13
6. John Spencer	19:18
7. Steve Gorrill	19:58
8. Paul Campbell	20:02
9. Mathew Asbridge	20:12
10. Kevin Thomas	20:51
11. Janet Hindley	21:31
12. Simon Pugh	21:41
13. Diane Spencer	27:13
14. Dave Weatherburn	28:06

Last event 24th March 11.30 first runner

TREETON

1. Nigel Brookes	RHAC	17:04 VM
2. Dave Nuttall	RHAC	17:44 VM
3. Darren Naylor	Unatt	18:05 SM
4. John Spencer	RHAC	18:24 VM
5. Pat Rooney	Kimb St	19:07 VM
6. Jon Hallam	Unatt	19:47 SM
7. Claire Stephenson	Kimb St	19:58 SL
8. Ian Hetherington	Kimb St	20:26 SM
9. Philippa James	RHAC	21:03 VL
10. Ian Soakell	Kimb St	21:15 VM
11. Carla Foster	Kimb St	21:33 SL
12. Nina Hague	Kimb St	21:45 VL
13. Bev Soakell	Kimb St	22:14 VL
14. Dave Wright	RHAC	22:33 VM
15. David Brookes	Unatt	24:31 VM
16. Liz Court	Unatt	24:45 VL
17. Judith Webb	Valley Hill	25:34 VL

FUN RUN

1. Cian Scothern	RHAC	3:45
2. Michael Page	Unatt	4:02
3. Christopher Page	Unatt	4:17
4. Georgina Spencer	RHAC	4:23
5. Stuart Paterson	Unatt	5:38
6. Jenny Chadburn	Unatt	6:33
7. Olivia Jordan	Unatt	6:53
8. Shannon Singleton	Unatt	6:54
9. Richard Chadburn	Unatt	7:20
10. Alfie Jordan	Unatt	7:51
11. Janine Ellershaw	Unatt	7:52
12. Michael Jordan	Unatt	7:52
13. Rachel Chadburn	Unatt	7:52
14. Millie Singleton	Unatt	9:24

Rotherham Harriers & AC Newsletter

Editor Peter Humphries

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

Deadline for next copy: Monday prior to publication date (Wed 18 April)

VISIT www.rotherhamharriers.org
www.sycra.co.uk

Picture Quiz

Now, further to the photo from December, shown reduced as a reminder, which indeed IS the straight mile Brampton, Olympic Trial marathon in 1975. Don Gill, who as you may know writes the Advertiser reports, has emailed me as follows:



".....Can I make a comment on the mystery photograph supplied by Arthur Jeavons that first appeared in December? (reminder above)
 You are right in identifying it as the Rotherham Marathon of 1976 that incorporated the AAA and Olympic trial. You may recall that you have printed another mystery picture of this event in a previous edition of the newsletter. This race was won by Barry Watson and among the field were top Great Britain international Ian Thompson and Ron Hill. You may also recall that I have the programme from the race that includes the list of competitors. So by referring to this it is possible to determine who the runners are in the picture if the numbers are legible.
 In the centre of picture is number 16 - that man is identified as one R. Aconley of Wakefield.
 I am sure that you know Robin going back to the time when he ran for Stainforth AC and then Doncaster and Stainforth AC. I rang Robin at his home in Wroct near Doncaster and he confirmed that he did run in the 1976 Rotherham Marathon. He was 33 years of at the time. He cannot remember his time but his personal best for the distance was an impressive 2:34 in the Milton Keynes marathon. Robin has always been a really good club runner and throughout the years he has been a regular winner of the various age categories.
 His best time for ten miles was 51 minutes and he did 1:10

for the half marathon. Now at the age of 63, despite a knee problem, he is still training and racing and is a member of Doncaster AC. I hope that this information is of interest to you and your fellow members and if you think that this is worth printing in the newsletter please feel free. All the best. Don"
 He added further ".....David Heywood was the race secretary of the 1976 marathon and so he would have ordered the numbers like he said in the last newsletter. The bevy of beauties pictures are taken at Don Valley stadium and possibly Thornes Park, Wakefield and would I think both have been the Yorkshire Road Relay Championships."

I was moved by the discussion to fish out some of my own archive of shots, which from the era concerned are mostly 35mm slides. I was present at the start and course of the 1976 marathon trial, having recently moved to work at Wickersley School though still living in Conisbrough. And indeed, there are the large numbers!

I asked if there were many local runners in the field: "The runners in front of number 16 Robin Aconley appear to be - I have checked out some alternatives:-
 107 D.H Dowdle Gloucester AC, 137 J. Fisher Derby and County, 122 R.J. Evans Cardiff AC, 1 H. Blenkinsop Kendal AC, 86 B. Clifton Tipton Harriers, 186 F. G Howson Barrow AC, 88 A. Cubin Barrow AC, 188 J. F. Harper Charnwood AC, 276 G. Murphy Leevale AC, 76 M. Critchley Cardiff Harriers, 278 G. W. McIlroy Cardiff AC
 So the answer to your question appears to be no - there were no locals only Robin (in the shot that is). This obviously was a group off the pace of the leaders. You could do with a copy of this programme - The '76 marathon will probably throw up some more pictures and queries in the future - it was such a big event - probably the most important marathon ever staged in Yorkshire. My programme is signed by Ron Hill.
 Malcolm Palfreyman ran in the race - I am sure that he gave me a photograph that showed Ian Thompson coming on to the track at Herringthorpe - I must try and find it.
 I do not know whether I told you that I spoke to Ian Thompson on the telephone a couple of years ago - a friend of mine used to work with him at RAF Cranwell. Thompson then moved with his work and lives in Bath.



One of many shots I took at the start of the 1976 Olympic marathon trial at Wickersley; for those who were not around at that time - a surprising number I fancy - the old RH marathon course started on Morthen Road about 100 yards from the masons roundabout, out towards Dinnington where it looped twice around the Brampton straight mile area, then returned all the way to Herringthorpe. The question is, who do you know?

Right: like all good runners (!) I took advantage of the shade in a convenient beer garden - this time that of the Gallows pub at Laughton Common, from where I shot a good many more. Again, who do you know?

Picture Quiz: Last Month

Top, the RH ladies squad at the Northern 4-stage relays in Don Valley stadium, 19/10/97. The A-team finished 13th and the B-team (numbered 41) 24th. A good day out for (back row l to r) Janet Hindley, Sharron Marshall, Joanna Chapman, Caroline Dauris and (front) Katy Storey, Gill Bunker (Taylor), Julia Jennings and Hilary Garrison.
 On the right, I think this is Thornes Park, Wakefield, therefore the Yorkshire relay squad. But I'm struggling for the year, having looked back through my RR back copies without matching the personnel. Can anyone help? Surely, we didn't run a ringer!?!
 Left to right: Hilary Garrison, Janet Hindley, Gill Taylor, Sharon Burton, Jo Cliffe, Caroline Boyd.



From Janet Hindley's pictures a partial answer : Ralph Rowbotham writes: "The two mystery girls in the recent newsletter photo are Valery and Rita Davies ,two sisters in fact. They were sprinters and until recently kept a shop in Middle Lane, they competed at the same time as me. ... they were quite enthusiastic and competed at all the local grass track meetings..." Ralph wasn't sure whether they still do.

