



Alan Coupe reports- Phil Hoole (left) took pride of place at the National Cross Country Team Championships in Birmingham after racing to the gold medal with Yorkshire.

At the climax of the cross country season at Cofton Hall on Saturday, almost 3,000 runners ran for their counties and Rotherham HAC was represented by seven Harriers' athletes, selected through trials and championship events and three of them managed to secure medals.

Phil earned his national title in the Senior Men's race and it was reward for the long hours of work he has put in on the track, over the country and on the roads.

Steph Burns (near left) showed that she is steadily returning to form after injury and illness with a place in the bronze medal winning Yorkshire U20 women's team and, demonstrating the wide appeal of the Herringthorpe club, Ryan Beale was a member of the Derbyshire side in the U13 boys race as they took the silver medal.

Other county representatives who were unfortunate not to win medals were Devon Stead (U13 Boys-Yorkshire), Kyle Craib (U20 Men Nottinghamshire), Nick Myers (U17 Men-Derbyshire) and Cody Marsh (centre) (U17 Women Nottinghamshire).

Fixtures: March 2011—

Month	Date	Event	Location	Notes
March	Sun 20 Mar	NoE 6/12 Road Relays	Catterick (TBC)	clubs
	Sun 20 Mar	Dronfield 10k		open
	Sat 26 Mar	Clifton Park 5k TT		RH,etc
	Sat 26 Mar	Yorkshire Vets X/C Ch	Honley, West Yorkshire	clubs
	Sun 27 Mar	SY Indoors	EIS Sheffield; U11,13 & 15 start 12:30	open
	Sun 27 Mar	Spennethorpe Open	Cleckheaton	open
	Sun 27 Mar	Scunthorpe Open	Quibell Park, details on NoEAA web site	open
	Sun 27 Mar	Royal Oak 5 (ex-Gala)	KMRT Tickhill £4 11am tbc	open
	Sun 27 Mar	Rossington Gallop 2 Trail	Northern Racing College, Doncaster.	open
	Wed 30 Mar	SY Road League	Oxspring	open
April	Sat 02 Apr	Rother Valley 10k		open
	Sat 02 Apr	Silkstone Shuffle 1	Silkstone Cricket Ground	open
	Sun 03 Apr	Wakefield Hospice 10K	Start 9.00am, 1K Fun Run.	open
	Sun 03 Apr	Notts AC Spring Spruce Open	All ages, Harvey Hadden Stadium, Nottingham	open
	Sun 03 Apr	Stoke Open Meeting	All ages, Sutton Park	open
	Sat 09 Apr	National 6/12 Road Relays	details on NoEAA web site	clubs
	Sun 10 Apr	Trafford Open Medal Meeting	KMRT Plough, Wingfield £4 11am	open
	Sun 10 Apr	Bassingthorpe 5	All ages, for details RH website	open
	Sun 10 Apr	Peterborough Open Meeting	Costello Stadium	open
	Sun 10 Apr	Hull Open Meeting	Thornes Park	open
	Sun 10 Apr	Wakefield Spring Open	Low Bradfield	open
	Wed 13 Apr	SY Road League 2	At Herringthorpe, all ages	open
	Sat 16 Apr	SY T&F	Inc England Champs	SY clubs
	Sun 17 Apr	London Marathon & mini	Don Valley Stadium	open
	Sun 17 Apr	Sheffield Festival of Athletics	Wagon & Horses, Oxspring, details RH website	open
	Mon 18 Apr	Truncheon 4.2 miles (TFS)	Includes 1.3m Fun Run closed?	open
	Sun 24 Apr	Graves Easter Dash	Brodsworth (new venue)	open
	Wed 27 Apr	SY Road League 3	off at 10.30am provisional date	open
	Sat 30 Apr	Clifton Park 5k TT		RH,etc
May	Sun 01 May	Nat Jun League	Match 1 - Herringthorpe	club teams
	Sat 07 May	Northern League Div2EC	Match1 - Wakefield	club teams
	Sun 08 May	Young Athletes League	Match 1 - Herringthorpe	club teams
	Sun 08 May	Holymoorside 10k		open
	Wed 11 May	SY Road League 4	Worsbrough Mill	open
	Sat 14 May	Yorks Champs		open
	Sun 15 May	Yorks Champs		open
	Sat 21 May	British Vets Road Relay Chps	Sutton Park	clubs
	Sat 21 May	SY T&F	At Doncaster, U15s and younger	SY clubs
	Sun 22 May	Young Athletes League	Match 2 - Quibell Park, Scunthorpe	club teams
	Thu 26 May	SY T&F	At Woodbourn Road, U17s/youngers	SY clubs
	Sat 28 May	Clifton Park 5k TT	off at 10.30am provisional date	RH,guests
	Sat 28 May	Housman 100 miles (tfs)	100 miles in 48hrs details RH website	open
	Sun 29 May	Nat Jun League	Match 2 - Costello Stadium, Hull tbc	club teams

RH ATHLETES PROMINENT IN INTER-COUNTIES

Elsewhere in this issue are results from RH young ladies varying their training and competing experience with some road running— as many have done before— Robyn Lanceley and Natasha Hatswell at Norton 9 and Steph taking on the challenging Bolsover 10k.

And Jenny Blizard is going strong. She reports "Doing Brighton marathon next and training going well . Did PBS and beat previous course records at Ferriby 10 and Stamford 30 k. Started later than expected but ahead of last year so think it's down to endurance from last year as well as adding in some strength training this year.

Doing some blogs for Daves shop [Dave Tune's shop at Epworth- Ed] and Facebook including you tube videos for physio advice."

**Sun 27 March TRAC 5m Tickhill 11am
Royal Oak KMRT 1st race
Get there in black**

**Sunday April 10th at 11am
From The Plough, Roughwood Rd, Wingfield
RHAC promotion
The Bassingthorpe Spring 5
2nd in the KMRT series
£4 only age limit 15 on the day
Run if you can
Help if you can't**

National Cross-country
By Alan Coupe

Proper Cross-Country!

The term 'mudlarks' is regularly applied to the brave, some might say foolhardy, men, women, boys and girls who represent Rotherham Harriers in cross country events held across the country through the worst of the winter weather, but it was never so apt as in the English Cross Country national championship held in the grounds of Alton Towers last Saturday. In some of the deepest and most slippery mud most people had ever seen 27 Harriers turned up to do battle with the course and compete against the other 4500 runners representing elite athletics clubs, running groups and jogging groups from all over England in the biggest event on the Cross Country calendar.

The conditions were so bad that injured and exhausted athletes threatened to swamp the overworked first aid tents and courses were hurriedly shortened or adjusted to make sure that as many people finished in as good a condition as possible.

Rotherham Harriers entered teams in the U15 Girls, where the team was 17th overall (Jess Freeman 80th, Charlotte Dodds 142nd, Jess Mangham 151st, Georgina Spencer 181st, Bonnie Smith 247th and Holly Rodgers 256th) in a field of over 400 starters; and in the U15 boys, where the team finished 27th overall (Robert Bentham 157th, Connor Ryan 170th, Will Johnson 249th and Aidan Kidder 306th).

Other Harriers competed as individuals with pride of place going to Natasha Hatswell (U17 Ladies 46th), Steph Burns (52nd) and Robyn Lancelty (84th) in the junior women and the fast improving Kane Smith in the U13 boys who moved up from 265th last year to 85th this year showing how much work he has put in over the last year. Also in the U13 boys Bradley Carr and Ryan Beale ran well but a fourth runner could not be found to complete the team.

In other age groups the U17 men had Nick Myers (142nd) Chris Maris (195th) and Aiden Kidder (306th), the Junior men Kyle Craib (88th), the U17 ladies Emma Parkinson 118th, Heidi Smith 194th and the Senior Ladies Janet Hindley (199th) and Jayne Allen (384th) in a field of almost 600 starters.

The real cavalry charge of the day, however, came in the senior men's race where 1500 starters competed last over the by-now pretty treacherous course. Showing that age is no barrier club president and veteran athlete Pete Neal led home the three Harriers competing in 483rd place with John Comrie and John Spencer also completing the course muddied but unbowed



From top clockwise: Natasha Hatswell on her way to finishing 46th in the U17 women's race; Chris Maris battling through the mud in the U17 men's race; Jessica Freeman, first harrier in the U15 girls event; Senior Men John Comrie, John Spencer, Peter Neal

Secretary Steve Gaines was clearly impressed:....

"The club athletes were heroes - as you will see when the photos arrive. This was the muddiest cross country event I have ever been to! There were so many athletes injured / fatigued that there was a chance the first aid team could not cope and the meeting looked like being cancelled. The race distances and courses were reviewed and changed as the course became muddier, and this enabled all the races to take place.

Particularly good runs from:- Kane Smith who led home the U13 club athletes in 85th place. Kane was 265th last year - which shows how much he has developed and improved over the last 12 months.

Natasha Hatswell was 46th in the U17 womens race (3rd Yorkshire runner), and Jessica Freeman was 80th - leading home the team who finished 17th in the team race - in the U15 girls race. Georgina Spencer had a good run to finish 4th scorer in the team.

The club president, Peter Neal, showed that he is still competitive by finishing the first RH scorer in the mens race."

Newsletter Correspondents

Reports are published as received from club or section secretaries or their nominated agents. Consequently any topical information should go to them, and they will expand any information requirements you have.

The fixture list and online scroller are updated by section secretaries or their agents and I use these directly. **There is now an easy-to-use input screen on the website for YOUR own reports. Don't let us miss your performance.**

Main correspondents for this issue are:

Alan Coupe, Steve Gaines, Howard Darwin
Photos: Nigel Brookes and Steve Gaines
Editor: Pete Humphries peterh@thedoc.fsnet.co.uk

Trail & Fell Series: Grindleford Gallop

Perliminary Results

Richard Howcroft 3:08
Lorraine Craib 3:26
Gary Ridgeway 3:36
Adele Morris 3:51
Neil Shaw 3:53
Eleanor Thomas 4:17
Alan Bolton 4:24
Diane Spencer 5hrs
Emma Packham 5:07

With this 21-miler the fell-running series heads on to race 4

Adele's early report (results left) indicates that both she and Richard have 5 points scored for a slight lead in the series.

"Another good turn out for Rotherham Harriers. Richard did a stormer! . PBs for Richard, Neil,

Lorraine, Alan & Diane. Kevin Thomas has been checking the split times from Tenerife & will have a training plan in place for Eleanor by the time she meets them out there on Monday! Emma showed true grit & determination . She had knee problems at mile 6 & a very raw blister but she still battled on to finish, it wasnt going to beat her.

This was the third race in the trail race series . The next one is the Trunce on Mon 18th April.

The picture below shows the RH contingent unfortunatley missing Diane and Lorraine



Tales from the Fells

Mickleden Straddle, 6th February 2011. 14 Miles, 2000 feet.

It seemed quite mild and still when I looked out of the window first thing; but after driving a mere 15 miles West to Langsett on the edge of the Pennines for the start of Mickleden Straddle, I was in a whole new microclimate. White streaks of horizontal rain crayoned across seriously swaying trees and the car shook as buffets of wind hit it broadside.

After a minimal warm up which didn't really do the trick, I started well up the field and keeping a good pace on the initial flat track; but on the first climb up to Hingcliff Hill, as the race course veered head on into the wind, my chilled legs seemed to suffer a rapid energy drain and I knew it was going to be a struggle from there onwards. The next 3 or more uphill miles following Mickleden Edge and then on across the Cut Gate path were all directly into the very strong wind, which at times seemed to almost stop me in my tracks. It was also very wet and sometimes the path became more of an upstream paddle in a rushing river or a sapping wade through deep, sucking peat. I was now struggling to enjoy this as person after person slowly edged past me.

I have done Mickleden Straddle a few times and was reminded of one time when conditions were possibly even worse. I remember heading up Mickleden Edge in full waterproofs and noting that the hailstones stinging my face were actually going the wrong way! They were falling upwards – or at least being blown upwards as a similarly colossal wind to today's accelerated over the ridge line. Lots of runners dropped out that day, before they'd even got onto the moor top.

Back in the present, we passed the highest point in South Yorkshire – Margery Hill – where the views

on a clear day are amazing, and I began to hold my own a bit better as the race dropped down towards Cranberry Clough and the Upper Derwent Valley, gradually easing out of the worst of the wind. I like to do occasional training runs out here when I get chance, sometimes at dusk and coming back off with a head torch when it has a fantastic, isolated atmosphere and you really can feel like you're miles from civilization... until an Airbus comes in low and loud overhead, dipping towards Manchester Airport. I also remember one magical sunny summer's evening out here when I thought I was dreaming for a moment as a large silver horse silently crested the rise in front of me and flew gracefully upwards – it turned out to be a large and very lost helium balloon, but just for a moment, it had me excited.

Down at the valley bottom, after a speedy descent from the moor edge, the race turned South along the main track that circumnavigates Derwent Reservoir. There were quite a lot of other runners out for a Sunday morning steady round the res and the way I was feeling, I definitely envied their less hurried, more conversational pace. I overtook a few, but was surprised when a conversational pair loomed up behind me. Glancing round, I saw that these guys had race numbers on and marvelled at the way they maintained such a chirpy conversation as they eased past me at around 6-30 per mile.

The race then turned back up towards the moor, contouring across on a tenuous path past a checkpoint nicknamed "ice station zebra." This probably stems from when the area is snowed up as it can really resemble arctic tundra. A steep, then steady climb brings you back to Margery Hill to rejoin the outward route, but now we had the wind behind us! On

the long descent back to Langsett Reservoir, the wind was as strong as ever, and it gusted and pushed from behind, though I struggled to take advantage; I just didn't feel my legs could turn over fast enough at this stage and found myself stumbling often. Back down Mickleden Edge, I passed John and Diane Spencer out spectating and they gave me some much needed encouragement: John looked to be walking at a funny angle, and I soon realised why as the updraft, now coming from the side, was that strong that you had to lean about 30 degrees from the vertical to stop yourself being knocked over.

Back at the head of the reservoir, I was more or less running by myself, and just trying to maintain some sort of momentum as the 13 or so miles began to tell. It was good to be more sheltered from the wind now and my warming legs actually felt a bit more springy, but the mile back along the track to Langsett Car Park still felt like a long way. I couldn't help myself feeling a bit disappointed with my time and position; but given the conditions and the elements runners had to battle, I was glad to have come out ok – just red faced and very muddy!

- 1st Tom Brunt – Holmfirth – 1-46:27
- 2nd Jon Morgan – Dark Peak - 1-46:47
- 3rd Mark Tuckett – Dark Peak - 1-47:13
- 39th Howard Darwin – Rotherham – 2-11:12
- 51st Nicky Spinks (1st Lady) – Dark Peak – 2-14:48
- 65th Mick Cochrane – DPFR/Roth – 2-19:05
- 93rd Richard Howcroft – Rotherham – 2-30:07
- 188th Adele Morris – Rotherham – 3-13:00

Sharon Burton, Trail and Fell Sec would like to inform all interested in competing in the Round Rotherham individual and relay event on Saturday 15th October that entry forms are now available online in the events section of the website and will be available in the club kiosk very shortly. Online entry will be available from 21st March 2011.

Trail & Fell series 2011

NAME	Tiger Tor	Mickledn	Grindleford
Jonathan Maxfield	1		
Mick Cochrane	1	2	
Richard Howcroft	1	2	2
John Spencer	1		
Phil Eddison	1		
Kevin Thomas	1		
David Booth	1		
Kerry Booth	1		
Adele Morris	1	2	2
Howard Darwin		2	
Neil Shaw			2
Eleanor Thomas			2
Emma Packham			2
Alan Bolton			2
Diane Spencer			2
Lorraine Craib			2

Next events: Trunce and Housman
For scoring details pick up a leaflet next week or see next Newsletter issue

Results Roundup

Howard Dar-

Pocklington Snake Lane 10: 27th February 2011
 1st Ricky Stevenson – New Marske Harriers – 48:03
 2nd Jonathan Taylor – Morpeth Harriers – 49:43
 3rd Richard Morrell - New Marske Harriers – 52:19
 33rd (1st Lady) – Louise Brown – Scarborough – 59:59
 55th Terry Eastwood – Rotherham Harriers – 1-02:07

Wombwell 5: 20th February 2011
 1st Darren Middleton – Barnsley AC – 26:05
 2nd Mark Rushbrook – Unattached – 26:22
 3rd Howard Wood – City of Sheffield – 27:00
 17th John Comrie – Rotherham Harriers – 29:32
 21st (1st M50) Terry Eastwood– Rotherham Harriers – 29:56
 24th (1st Lady) Julie Buckley – Penistone – 30:17
 52nd Matthew Asbridge – Rotherham Harriers – 33:14
 56th Steve Grant - Rotherham Harriers - 33:22
 57th John Spencer - Rotherham Harriers - 33:29
 64th Geoff Sanderson - Rotherham Harriers - 34:07
 100th Janice McWilliam - Rotherham Harriers - 37:20

Liversedge Half Marathon, Rotherham: 13th February 2011
 1st Ben Crowther – Halifax Harriers – 76:31
 2nd Mike Flatley (M40) – Middleton – 77:30
 3rd Andy May – Unattached – 77:40
 29th (1st Lady) Donna Edmonson-Booker (F35) – Idle Valley AC – 88:40
 143rd Dan Lee – Rotherham Harriers – 104:55

No Walk in the Park 5k, Chesterfield: 5th February 2011
 1st Tim Clayton – North Derbyshire RC – 17:35
 2nd Greg Sorby – Sheffield Tri – 17:47
 3rd Stuart Moore – Wye Valley Runners – 17:49
 9th Terry Eastwood – Rotherham Harriers – 18:47
 13th (1st Lady) Suzanne Sharman - North Derbyshire RC – 19:54

Bolsover Castle 10k: 23rd January 2011
 1st Andy Ward (V40) – Clowne RR – 31:20
 2nd Julian Lings – Sheffield RC – 33:02
 3rd Richard Harris – Bingley Harriers – 33:20
 15th John Comrie – Rotherham Harriers – 36:54
 20th (1st Lady) – Christine Howard (V40) – Matlock AC – 37:39
 26th Terry Eastwood – Rotherham Harriers – 38:37
 82nd Stephanie Burns – Rotherham Harriers – 42:19
 104th John Spencer - Rotherham Harriers - 42:37
 108th Stephen Grant - Rotherham Harriers - 43:04
 338th Alan Bolton - Rotherham Harriers - 52:10

Alsager 5: 6th February 2011
 1st A Ford – Sale Harriers – 23:49
 2nd T Humphries – Cannock and Staffs – 23:56
 3rd M O Dowd – Notts AC – 23:58
 28th (1st Lady) H Dean – Hallamshire – 27:32
 41st C Adams – Rotherham Harriers – 28:04

Debutantes among the seasoned campaigners at Norton 9

1	00:45:09	Andrew Pearson	Longwood
2	00:48:58	Carl Ryde	DoncAC M
3	00:49:13	Les Ball	Lincoln M40
18	00:53:57	John Comrie	RHAC M45
28	00:55:20	Nigel Brookes	RHAC M45
32	00:55:53	Terry Eastwood	RHAC M50
119	01:04:16	Natasha Hatwell	RHAC F
120	01:04:16	Robyn Lanceley	RHAC F
150	01:06:25	Neil Shaw	RHAC M
179	01:08:01	Stephen Cotter	RHAC M50
180	01:08:02	Kevin Thomas	RHAC M55
212	01:10:03	Jayne Allen	RHAC F40
301	01:15:38	Malcolm Rhodes	RHAC M60
306	01:15:52	John Dutton	RHAC M45
325	01:16:52	Michael Hill	RHAC M60
341	01:17:30	Gillian Neal	RHAC F50
357	01:18:17	Alan Bolton	RHAC M40

Clifton Park Time Trial 26/02/2011

1	John Comrie	00:17:39
2	Peter Neal	00:17:45
3	Dave Smith	00:17:53
4	Robert Bentham	00:18:37
5	John Spencer	00:19:47
6	Mathew Asbridge	00:21:03
7	Janice McWilliam	00:21:20
8	Paula Fisher	00:21:22
9	Neil Shaw	00:22:02
10	Nina Hague	00:22:20
11	Peter Humphries	00:22:26
12	Neil Mason	00:22:42
13	Gill Taylor	00:24:05
14	Gemma Williamson	00:24:13
15	Mick Hill	00:24:31
16	Lorna Kelly	00:26:17
17	Louise Johnson	00:27:55
18	Tom Porter	00:28:34
19	Kate Taylor	00:29:28
20	Suzanne Bentham	00:32:10
21	Malcolm Metcalfe	00:35:18



Upper photo: John Comrie back on form pictured here at the Norton 9

Lower photo: fine ambassador Jonathan Bilton successful at the Leeds YA Indoor Open

Secretary's Report

Steve Gaines

Membership

The following new member applications have been approved by the club committee:-

February: Jade Jackson, Nathan Martin, Claire Lebond, Kathryn Dowthwaite, Lorna Kelly, Louise Johnson, Janet Dutton, Kate Taylor, Neil Mason.

March: John Dutton, Dawn Gillott, Sarah Burton, Sarah Langston, Abby Stroughair.

A warm welcome to you all!

A reminder to all members that annual subscriptions are overdue, and will increase in price (by £5) at the end of March, so please pay in the next two weeks! England Athletics Competitor licence renewal fees will be paid in early April. (The annual licence runs from 1st April to 31st March). All competing athletes who are aged 11 or over in the competition year need to be affiliated and hold a licence. Your EA fee will not be paid if you have not paid your membership fee, and your card will not be issued.

Competition

Calling all U11 and U13 athletes! The club expects you to compete and represent your club. That is the reason that the coaches give up their time - to develop you so that you are able to enjoy athletics to the full by competing for your own enjoyment and to represent the club.

We do not expect that members have to win, the main thing is that you take part and enjoy it! Everyone who takes part in the South Yorkshire league events scores team points for the club - regardless of your performance!

There are many opportunities for young athletes to take part in competition.

Under 13 athletes can represent the club in the UK Young Athletes League team. The first match is on the 8th May.

U11 and U13 athletes also have the chance to compete, and represent the club in both the South Yorkshire Track & Field League and in Open meetings.

You can find details of all the local and league meetings in the fixture list in this newsletter, or on the web site events page, or from your coaches.

Short Reports

from Adrienne Bilton

Leeds Young Athletes Indoor Open Meeting 1 - 6th February 2011.

John Charles Centre for Sport, Leeds.

Jonathan had a very successful start to his first indoor competition of 2011. He came a very close 2nd in the U13 boys 60m, equalling his personal best time of 8.8 secs, and won the U13 boys high jump, with a new personal best of 1.28m! He was the only athlete from the Rotherham Harriers to attend this competition.

Ralph Rowbotham Memorial

A recent exec meeting decided to launch/re-launch an appeal for a collection to fund the purchase of a bench in commemoration of Ralph Rowbotham.

Report: "a collection is to be held for the friends and colleges of Ralph Rowbotham to make a donation towards the purchase of a commemorative bench which will be sited at Herringthorpe Stadium. Donations will be collected by David Haywood who can be found in the kiosk on a Monday and Wednesday evenings.

Please make all donation before the end of April. Thank you, executive committee."

from Rhian Haste (The Man In Black (definitely!))

Northern Athletics Indoor Champs 2011 - English Institute of Sport, Sheffield- 15th and 16th January 2011

Only spotted one other Rotherham athlete while i was there but it was to catch Ben collecting a medal. His first year as a U20, I think:

T45 Under 20 Men 60m FINAL

1	566 Charles Burke Sale Harriers Manchester	6.99
2	648 Jordan TothHolmfirth Harriers	7.03
3	641 **Ben Shields Rotherham Harriers**	7.07

T80 Senior Men 800m FINAL

1	268 Paul Bradshaw Blackburn Harriers	1:53.51
2	236 Tom Smith Kingston upon Hull AC	1:53.85
3	173 **Rhian Haste City of Sheffield AC**	1:54.61

After spending many years being entered into championships as a member of Barnsley AC; but never being a member. I now seem to have been re-labelled as City of Sheffield - but was most definitely sporting the Rotherham Harriers colours though

Well done both Rhian and Ben