



Gayle Lebond

Gayle has taken a responsibility for Young Athletes website matters. We are looking for more involvement from RH youngsters- in web and newsletter. Ask Gayle.

## Vets Hold National Top Ten Slot Mixed Starts to Track & Field but Youngsters Star in Yorks

Good performances all round set the scene for our Spring review. With so many gifted and dedicated athletes and organisers it isn't very surprising. Where there is disappointment, it is in an area which has been identified, is being addressed, and is making progress- but the solution won't come quickly. I refer to the dearth of young male athletes in our sport. It is not just RH that is feeling this lack; you can see it in uncontested events in track and field from other clubs too, you can see it in races on the road being won and flooded by the successes of veteran runners. You can see it when we put three top runners into vet over-35 national relay race but have no fourth, and that race is nowhere near as well supported as the over-40 and over-50 version. You can also see an aspect of it when you approach Herringthorpe Stadium by road- you will see half a dozen ladies training, running or jogging for every male. As of right now, running certainly, and athletics generally maybe, is a ladies boom-area.

Attracting young male athletes and potential athletes is not easy, especially for a non-metropolis with no student influx, but I think we are doing all the right things. Certainly the young men, and all the athletes at RH are doing the right things by their continued enthusiasm, outstanding performance and belief. None more so of course than our outstanding vets teams who have firmly fixed RH in the national road running top flight with results inside or just outside the top ten. And none more than the ladies, who have started the track and field season with an exhilarating display of achievement and promise. Success breeds success, and the ladies will be strengthened by the transfer to RH of Debbie Mason (formerly Robinson) from Tipton, a lady who has recorded a formidable collection of seriously good results from 5k to marathon.

On the home front you have the South Yorks track and field starting Saturday at our ground, with its new format. You have local races coming up at Kimberworth (12th) and Whiston (20th June). In the next issue, we will try to put some focus on recent road races and on field events. Your newsletter continues to be well-served by the extensive reporting of Steve Gaines and photos from Steve and from Alison Fawcett. Many thanks.

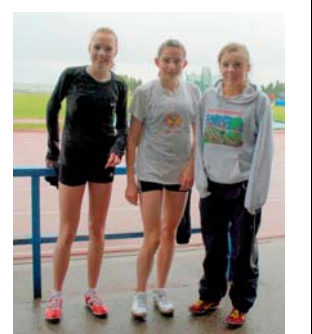


Above: Hilary Garrison, Paula Fisher and Gill Taylor take 8th place in the national. Below Liam O'Malley takes bronze in the county triple jump (silver in long jump) and Kelly Pagdin on the way to a Yorkshire javelin gold medal.



Simon Pugh

Typifying good support in the NoE Men & Women's league success



Wet Wet Wet...

...but happy and successful at the Yorkshires  
Robyn Lanceley, Steph Burns and Laura Spence 123 in the 1500  
Photos, report and more shots inside

### ULLEY RES

Pete Ruddleston memorial race

Whiston Cricket Club  
Weds 20th June

7.15pm off  
5 miles trail  
£3 (min age 15yrs)

Make it a big night  
(both runners and marshalls needed)



Secretary's Update

Steve Gaines

Welcome to new members

May 2007, Chris Ireland (46) 2nd claim member (1st claim SRRC), Bradley Nelson (9) Track & Field, Holly Fenwick (8), Daniel Bradford (9) Track & Field, Liam Brown (9) Track & Field, Michael Hill (56) Road, Alex Hill (22), Thomas Jenkinson (9) Track & Field; Andrew Smith (20) Road, XC, Track & Field, Roger Cvitanich (34), Daniel Cvitanich (13), Justine Cvitanich (33), Rebekah Cvitanich (9), Road, Track & Field & XC. Kane Smith (8). Alicia Karolewski (14) Track & Field & XC. Jessica Ashton (11) Track & Field.

Subs & affiliation fees.

Thanks to all those people who have reacted to the need to pay subs & fees. We now have 218 members who have paid, a much improved position. However, despite all the reminders that you WILL NOT BE ABLE TO COMPETE without a new England Athletics registration number, we still have over half our members who have yet to pay.

I am phoning round those athletes who do not live close by and do not get to the club, to make them aware. I will continue to remind all those competing athletes, who are yet to pay subs, that they will be disadvantaged if they do not pay by the end of this month. If anyone is unsure whether they need to pay, just contact me. There are lots more constructive things I can do for the club with my time, please help by paying your subs so I can get on with those things.

Herringthorpe Sports Village Launch Day.

The RMBC sponsored launch event is to take place on the 23rd June. The aim is to have all sports represented at an Open Day at Herringthorpe.

The plan is to let families and people of all ages come along and have ago at a sport. Sports such as Cricket, Archery, Football, Tennis, Grass Boarding, Hockey, Rock Climbing etc will be represented. The event starts at 12:00 midday and goes on until 4:00pm. We will be running a "Try Athletics" session at the track. The aim is to let people try running throwing and jumping, and to be assessed and compete over a variety of distances and events. We hope to identify some new talent, and hopefully get some new members. We plan to advertise the athletics session in all the local Gyms and fitness clubs. Jim Brogan is the lead contact for RHAC. We need coaches and helpers for the afternoon. Contact Jim if you can Help!

**BUSA Champs, Bedford 5th May**  
Congratulations to the club athletes taking part: Jon Thewlis 2nd 10000m 29.59.48. Rosie Edwards 10th 1500m final 4.43.49. Annabelle Grady 800m heats 2.25.42.

Fancy running the Budapest Marathon or half Marathon??

The half marathon is on the 2nd Sep 2007, and the marathon on the 30th Sep. Further details at <http://www.budapestmarathon.com/eng>

Track & Field Northern League team

Steve Gorrill, the men's team manager, is unable to devote the time needed to fulfil this role. His work commitments over the summer mean that he is unable to get to the club or the events. The team management role will be covered by David Scholey and Ian Cooley in the meantime. Athletes and competitors should let David or Ian know of match dates when they are available or unavailable due to holidays etc. The next match is on the 2nd June at Boston. Your club needs you, can we win again???

# SY Road League Fails to Fire RH Enthusiasm

There are some well-known names and a few newer ones giving us a presence at the road series but it has to be said the days of big RH turn-outs look long past. Times change, we are all getting older. It must be some time since we had no presence in the senior men's team results. We will give it some thought - not everyone sees these events as a priority.

SENIOR AND JUNIOR LADIES

1	Ruth Proctor	Guest	29:31:00
21	Alex Hill	RH	42:19:00
27	Emma Bird	RH	49:22:00

VET LADIES OVER 35

1	Beth Massey	Barns	33:03:00
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VET LADIES OVER 40

1	Linda Walton	BarnsH	33:13:00
2	Janet Hindley	RH	33:37:00
16	Diane Spencer	RH	43:04:00

## Results: Oxspring

1	John Heneghan	Sheff	25:23:00
43	Matthew Asbridge	RH	33:13:00
45	David Booth (J17)	RH	33:34:00
74	305	RH	41:50:00

Male Vets 40 - 44

1	Martin Broadhead	Hallam	26:54:00
4	Nigel Brookes	RH	29:37:00
16	Paul Campbell	RH	33:15:00

Male Vets 45 - 49

1	John Cox	Hallam	27:46:00
2	Drew Donaldson	RH	29:17:00

Male Vets 50 - 54

1	Kev Newman	Donc	28:29:00
6	Pete Neal	RH	30:34:00
7	Paul Venables	RH	30:50:00
9	Alan Gregory	RH	31:21:00
11	Martin Herrington	RH	31:47:00
12	Stuart Lake	RH	32:29:00
32	Tony Sargeant	RH	49:22:00

Male Vets 55 - 59

1	Bob Pringle	ShefTri	30:38:00
3	Mick Marsters	RH	32:08:00
15	Malcolm Rhodes	RH	40:48:00

Male Vets 60 +

1	Mick Cochrane	RH	32:51:00
2	Mike Theobald	Hallam	33:38:00

Teams Senior Men

1	Sheffield Running Club	225:32:00
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Teams All Vet Men

1	Doncaster A.C.	166:51:00
2	Hallamshire Harriers	168:24:00
3	Rotherham Harriers	176:08:00
4	Askern D.R.C.	179:39:00
5	Steel City Striders	185:17:00
6	Totley A.C.	185:18:00
7	Penistone F.R.	185:46:00
8	Maltby R.C.	194:49:00
9	Barnsley A. C.	195:57:00
10	Barnsley Harriers	197:41:00
11	Kimberworth Striders	206:24:00
12	Living Well Barnsley	209:22:00
13	Handsworth Roadhogs	215:05:00
14	Valley Hill Striders	217:47:00

TEAMS All Ladies

1	Barnsley A. C.	197:38:00
2	Totley A.C.	208:24:00
3	Kimberworth Striders	215:09:00
4	Steel City Striders	223:41:00
5	Handsworth Roadhogs	224:55:00
6	Askern D.R.C.	228:26:00
7	Doncaster A.C.	229:04:00
8	Penistone F.R.	230:32:00
9	Rotherham Harriers	231:26:00
10	Valley Hill Striders	233:48:00
11	Tickhill R.C.	248:51:00

## Fixtures: May, June, July

---May---

Wed 16 May 07	Askern 10K	open	Askern
Sat 19 May 07	SY T&F League	club teams	1.00pm Rotherham U11,U13,U15 Rotherham
Sun 20 May 07	National YA League rd2	clubs	9.30.
Sun 20 May 07	Sheffield 1/2 marathon	open	Totley
Tue 22 May 07	Totley Moor Fell	open	Worsboro
Wed 23 May 07	SYRL3	open	South Leeds Stadium
Sat 26 May 07	NoE Jun Champs Day 1	open	11:00 start, All age groups. Entries 01472 242190
Sat 26 May 07	Cleethorpes Open Meeting	open	Match 2 Rotherham
Sun 27 May 07	NJL Humber Div	clubs	South Leeds Stadium
Sun 27 May 07	NoE Jun Champs Day 2	open	Bedford
Sun 27 May 07	CAU Champs	open	Bedford
Mon 28 May 07	CAU Champs	open	Hallam CC
Tue 29 May 07	Hallam Chase	open	Dinnington
Wed 30 May 07	SYRL4	open	

---June---

Sat 02 Jun 07	North Men/Women Div 2EC	clubs	Match 2 Boston
Sat 02 Jun 07	BAL Round 2	clubs	Various venues
Sun 03 Jun 07	NYAL R3	clubs	Cleethorpes
Tue 05 Jun 07	SY T&F League	club teams	7.00pm Doncaster U17, Jun, Sen.
Sat 09 Jun 07	SY Schools AA Champs	areas	Cudworth Start 10.00am
Sat 09 Jun 07	Sen & U20 Comb ev EA ch	open	Northwood Stadium
Sun 10 Jun 07	Sen & U20 Comb ev EA ch	open	Stoke on Trent. closed
Tue 12 Jun 07	Kimmy Kanter	open	Droppingwell
Wed 13 Jun 07	SY Relay Champs	areas	7.00pm Cudworth
Wed 13 Jun 07	SY Relay Champs	SY clubs	7.00pm Cudworth

Sat 16 Jun 07	NoE Jun & Sen Ch Day 1	open	Wavertree, Liverpool
Sat 16 Jun 07	Inter County Schools Ch	areas	Cudworth Start 12:00 noon
Sun 17 Jun 07	NoE Jun & Sen Ch Day 2	open	Wavertree, Liverpool
Sun 17 Jun 07	SY T&F League	club teams	1.00pm Cudworth U11,U13,U15
Sun 17 Jun 07	3 Lakes Classic	open	Killamarsh Kestrels
Wed 20 Jun 07	Ulley Res (5m)	open	Whiston CC off at 7 £3
Sat 23 Jun 07	ESAA Comb Evts Champs	areas	Regional Round Leeds South 10:00am
Sat 23 Jun 07	U23 & U20 EA champs	open	Bedford. Inc. Euro trials. c/d 25th May
Sun 24 Jun 07	NYAL R4	clubs	Manchester Sport City
Sun 24 Jun 07	ESAA Comb Evts Champs	areas	Regional Leeds South 10:00am
Sun 24 Jun 07	JTomlinson's Leeds 10K	open	www.runforall.com 9.00am
Sun 24 Jun 07	Horwich Carnival 5k	open	NoEAA and BMAF Champs 12:50pm. close 15th Jun
Sun 24 Jun 07	U23 & U20 EA champs	open	Bedford. Inc. Euro trials. c/d 25th May

Tue 26 Jun 07	SY T&F League	club teams	7.00pm Cudworth U17, J, Sen.
Sat 30 Jun 07	SY T&F League 1.00pm	club teams	Woodbourn Rd U11,U13,U15

---July---

Sun 01 Jul 07	NJL Humber Div	clubs	Match 3 Hull, Costello
Sat 07 Jul 07	BAL Round 3	clubs	Various venues
Sat 07 Jul 07	Derwent River relays, Belper	2:30pm	open 4 x 3 mile legs, prizes mens ladies & mixed teams
Sun 08 Jul 07	North Men/Women Div 2EC	clubs	Match 3 Lincoln
Tue 10 Jul 07	SY T&F League	club teams	7.00pm Woodbourn Rd U17, Jun, Sen.
Mon 16 Jul 07	Doncaster Town 5K	open	Doncaster Vets 7.30. open 8.00

Team Results

Men 35-39

At U35, which is a new age group in veteran running, we fielded an incomplete team, which was a pity as Darren was in the top 20 times, Joe well inside and only two runners ran faster than Richard. Only 12 teams completed, showing this problem to be widespread.

- (14) Rotherham Harriers & AC
  - Joe Gavelle 35 15.44m
  - Richard Harris 35 15.17m +10
  - Darren Cooney 35 16.11m +3

Men 40-49

- 1 Bristol & West AC 2h05.13m
- 2 Herne Hill Harriers 2h06.14m
- 3 Sunderland Harriers 2h08.50m
- 4 Clayton-le-Moors Harriers 2h09.35m
- 5 Thames Hare and Hounds 2h10.39m
- 6 Oxford City AC 2h11.17m
- 7 **Rotherham Harriers & AC 2h11.47m**
  - Mark Ruddleston 40 15.52m
  - Drew Donaldson 40 16.41m +0
  - Andy Aked 40 14.57m +13
  - Raul Ruddleston 40 16.13m -2
  - Terry Eastwood 40 17.50m +0
  - Pete Shaw 40 16.54m +0
  - Dave Nuttall 40 16.55m +0
  - Peter Mirrlees 40 16.25m +1
- 8 Mansfield Harriers & AC 2h12.03m
- 9 Leicester Coritanian AC 2h12.12m
- 10 Tipton Harriers 2h12.27m
- 11 Nene Valley Harriers 2h13.14m
- 12 Aldershot, Farnham & D 2h14.50m
- 13 North Belfast Harriers 2h16.02m
- 14 Altrincham & District AC 2h16.27m
- 15 Neath Harriers 2h17.34m
- 16 Bromsgrove & Redditch AC 2h17.59m
- 17 Blackheath & Bromley HAC 2h18.12m
- 18 Derby AC 2h19.31m
- 19 Salford Harriers 2h21.24m
- 20 Wirral AC 2h22.11m
- 21 Reading Road Runners 2h22.27m
- 22 City of Portsmouth AC 2h22.39m
- 23 Blackpool, Wyre & Fylde 2h23.51m
- 24 Bridgend AC 2h23.52m
- 25 Headington Road Runners 2h25.01m
- 26 North Shields Poly 2h25.51m
- 27 Garden City Runners 2h26.15m
- 28 Sale Harriers 2h26.57m
- 29 Centurion RC 2h28.00m
- 30 Wesham RR & AC 2h28.04m
- 31 Dudley Kingswinford RC 2h28.43m
- 32 Serpentine RC 2h29.04m
- 33 Wolds Veterans RC 2h29.40m
- 34 North Herts RR 2h30.10m
- 35 Les Croupiers RC 2h32.07m
- 36 West Bromwich Harriers 2h33.22m

Men 50-59

- 1 Telford AC 1h41.29m
- 2 Salford Harriers 1h43.10m
- 3 Blackheath & Bromley H 1h43.31m
- 4 Oxford City AC 1h43.51m
- 5 North Belfast Harriers 1h44.01m
- 6 Wirral AC 1h44.09m
- 7 Wesham Road Runners & AC 1h44.21m
- 8 Altrincham & District AC 1h44.45m
- 9 Sheffield Running Club 1h45.33m
- 10 Blackpool, Wyre & Fylde 1h45.42m
- 11 **Rotherham Harriers & AC 1h45.53m**
  - Mick Marsters 50 17.45m
  - Paul Venables 50 18.17m +3
  - Steve Gaines 50 18.00m +2
  - John Atkinson 50 17.42m +4
  - Peter Neal 50 16.58m +4
  - Keith Williams 50 17.11m +0
- 12 Barnet & District AC 1h46.56m

BMAF Road Relay Championships 2007 Sutton Park, Sutton Coldfield

# Vets Deliver the Goods

Steve Gainers writes:

We had entered teams in W35-44, W45-54, M35,M40,M50 & M60, but due to unavailability of various athletes, we did not have any runners in M60 and fielded incomplete teams in M35 and W35 categories. The lack of a fourth M35 athlete was to prove frustrating, since the team were in 2nd place, behind Horwich the eventual winners, after 3 legs. However we would have needed someone to run 16:08 to achieve a medal, so it wouldn't have been too easy.

It was business as usual for this national event, the usual club suspects were along for the day, our investigative reporter Sid Scoop digging for dirt, our ladies team members spending more time in the retail outlets than the club tent, and three full and committed mens & womens teams.

Janet Hindley ran the first leg (since she was the only W35 runner). A real boost for the club and this age category was that Debbie Mason - obviously impressed with Janet's run - applied to join our club, and that bodes well for future events and next year.

The W45 team ran well and clocked their third 61 min time in 6 years to finish 8th. this is their 6th top 10 position since 2001. The clubs record is so impressive in this event this century, it is added to the bottom of this report.

The M50 team started well, Mick having another good run on leg 1, from then on we moved up, but despite good runs from John, Pete & Keith, we just failed to get a top 10 and first Yorkshire club place. The M40 team result was one of the best in the last 7 years, 7th place with the 3rd fastest time in the last 7 years, to finish 1st Yorkshire and 3rd Northern club.

Individual highlights were Andy Aked's brilliant run on leg 3, gaining 13 places and running the 3rd fastest M40 time of the day. Andy has had extensive injury problems lately and should be delighted with his run. Richard also ran the 3rd fastest time in the M35 event.

A good run from Mark - with a sub 16 minute time, and a good run from brother Paul who ran the 3rd fastest time for the team. This took so much out of Paul, that he actually went back to the Tipton tent after his leg, enthusing about his run for 5 minutes before realising he was in the wrong white tent. (See photo below)

Another good day for the club - Roll on next year.

The impressive club record in the National Vets event over the last few years is shown below:-

Team	position and time in						
	2007	2006	2005	2004	2003	2002	2001
W35					8 57:39	4 55:29	
W45	8 1:01.34		5 1:01.40	8 1:01.54	6 1:01.24	7 1:07.34	3 1:02.27
M40	7 2:11.47	7 2:11.24	20 2:15.00	28 2:17.58	12 2:11.40	18 2:14.33	17 2:14.18
M50	11 1:45.53	8 1:47.09	6 1:44.50	7 1:44.54	9 1:43.39		

The M50 team look forward to next year.....



RH Vets over-50 team I to r: Steve Gaines, Peter Neal, Mick Marsters, Keith Williams, John Atkinson, Paul Venables

NoE Track & Field League: Div 2EC  
5th May 2007, Mansfield

# Top Start for Men & Women

## As so often, depth wins the day

The men's and women's team triumphed in the first senior match of the season even though a weakened team was fielded. For this reason team managers David Scholey & Mavis White were hoping to score as many points as possible and to try and not to finish in the bottom three, keeping us out of relegation problems: Little did they know...

The team bolstered by the old hands especially in the men's team competed well and were never out of touch. The day started off looking negative as many of the events were not filled but with the good team spirit people volunteered to fill events they do not train for. Gregg Markham did the long jump, Ian Cooley threw the hammer. New member Chris Ireland running a 400mH, and a 400m in addition to his event - the steeplechase, and Nick Pike competing for the first time in two years in the pole vault which won vital points for the men.

In the women's team the same could be found with Charlotte Watt competing even though she hasn't trained in over a year and the women's team captain Liz Maher filling events such as the triple jump. Congratulations to Taz Oliver -Smith for her win in the javelin, which also got her the ESAA qualification standard.

In the middle distance events, we scored good points, the only event where we didn't have both A and B string covered was the 3000m.

All the athletes there gave great performances with everyone competing for the club, and for the club to do well. This spirit was evidenced by Mark Ward who gave up trying to run a fast 400 to focus on scoring points in more than just one event.

Apologies for the lack of detailed results. As at the 15th May there are still no results on the NoE website.

Mark Ward commented, after the first two events - the 400H - that "this was the best start we had made for some years." Simply because we had 2 runners, Chris Ireland and Simon Pugh both running before their main event, the 3000m S/C

The women's team also got off to a great start with maximum points from the 800m with new members Helen Walker (A) and Stacey Holmes (B).

In the mens 800 Martyn Boner (A) and David Smith (B) both scored good points, with David recording a pb of 2:10. Klachen Cheshire won the 1500m A race, Joanna Walker won the 3000m A race and the 1500m B race

Where we have sometimes been weak - the 3000m S/C and 5000m we again scored good points through Chris Ireland, Simon Pugh, Joe Gavelle and Mark Ruddleston. Congratulations to Gregg Markham for his win in the A Javelin. Congratulations to the event winners:- Stacey Lebond A Hammer and B Discus, Taz Oliver -Smith B Hammer



### Overall result

- 1 RHAC 392.5
- 2 Doncaster 387.5
- 3 Boston 387
- 4 Chesterfield 375
- 5 Lincoln W. 369
- 6 Barnsley 348
- 7 Newark 268

### Womens' match result

- 1 Barnsley 189
- 2 RHAC 185
- 3 Doncaster 178
- 4 Lincoln W. 155
- 5 Boston 152
- 6 Newark 121
- 7 Chesterfield 94

The team managers would just like to say a massive well done and thank you to all the athletes. Next match Saturday 2nd June, Boston.

### Men's match result

- 1 Chesterfield 251
- 2 Boston 205
- 3 Lincoln W 184
- 4 Doncaster 179.5
- 5 RHAC 177.5
- 6 Barnsley 129
- 7 Newark 117

Star performers in Men & Women's league stunning result:

From right: Joe Gavelle senior men 5k, above him David Smith in the 800m B event and on David's right is Martyn Boner striding out in the A event

Top: new members Helen Walker (left) and Stacey Holmes in the 800 metres where RH picked up a maximum.

## 2007 South Yorkshire Road League

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.

The races remaining are:

Barnsley (Worsborough) Weds 23rd May  
Rotherham (Dinnington Rugby club) Weds 30th May

All races start at 7:00pm

REPRESENT YOUR CLUB

Yorkshire Track & Field Championships 2007  
Cudworth, 12 & 13th May

Melissa Hellewell U15 100m heat  
U15 200m semi final 29.9

Natasha Hatswell U15 800m heat 2:36.7

## Fine RH Efforts Beat the Rain

Despite awful wet weather club athletes produced some excellent performances. The weather conditions can be seen in the photo of the U17 womens 1500m, where "team Russell" achieved the top 3 places.

It wasn't just the middle distance events where club athletes were strong, we had 7 medalists in the throws and 4 medalists in the jumps. Where I have been notified of PBs I have shown them. If there are any missing let me know & I will update the file.

Congratulations to all athletes for taking part, and to the medal winners.

### Female

Claire Lebond U17 Hammer 2nd 33.30  
U17 discus 3rd 28.11 PB  
U17 Javelin 4th 23.58

Stacey Lebond Sen & Jun Hammer 2nd (1st Jun) 38.60

Sarah Wilding U15 Shot put 7th 7.69  
U15 100m semi final 14.0

Kelly Pagdin U17 discus 2nd 35.03  
U17 Shot put 4th 10.31  
U17 Javelin 1st 36.40

Amber Merrills U17 Shot put 3rd 10.41  
U17 Long Jump 4th 4.58

Kim Bateman Sen & U20 High Jump 4th (3rd Jun) 1.3

Poppy Knowles U15 Long Jump 3rd 4.77  
U15 200m 6th 27.3

Olivia Neal U15 Long Jump 4th 4.61

Liz Maher Sen & U20 discus 4th (3rd Sen) 31.52

Laura Spence U17 800m 2nd 2:19.3  
U17 1500m 3rd 4:49.7

Robyn Lanceley U17 800m 4th 2:19.7  
U17 1500m 1st 4:45.1 PB

Stef Burns U17 800m 5th 2:21.1  
U17 1500m 2nd 4:46.6

Rebecca White U17 300m 7th 45.1 PB in heat

Nicky Emson U13 80m - semi final - 12.2 - 6th - PB  
Long Jump - 3.24m 10th

Rosie Edwards Sen & jun 3000m 1st 9:54.0  
Sen & Jun 1500m 2nd (1st Jun) 4:33.4

Helen Walker Sen & Jun 800m 5th (4th Sen) 2:19.3

Jess Fawcett Sen & Jun 800m 7th (2nd Jun) 2:26.3  
Sen & Jun 1500m 6th (3rd Jun) 4:50.4

Charlotte Vaughan Sen & Jun 400m 5th (3rd J) 62.7 PB

### Male

Liam O'Malley U17 Triple Jump 3rd 12.16  
U17 Long Jump 2nd 6.18

Ian Cooley Sen 100m 8th 14.0

Quinn Simms U13 100m 1st 13.8  
U13 800m 3rd 2:27.0 PB

Martyn Boner U20 800m 4th 2:00.5

Gareth Moreton U17 400m 4th 53.3 PB

Daniel Emson U17 400m 5th 53.4  
U17 High Jump 5th 1.60

Chris Ireland Sen 3000m S/C 1st 10:43.8

Simon Pugh Sen 3000m S/C 3rd 12:45.1

Phil Hoole Sen 5000m 2nd 15:46.3

Cian Scothern 1500m Heat 5:15.8

Picture: below

One of the strongest trios ever to turn out in an RH age group, Steph Burns, Laura Spence and Robyn Lanceley storm ahead in the U17 1500m for a medal clean sweep.

The man under the brolly would have been impressed.



National Young Athletes League  
Northern Premier division, Herringthorpe, 6th May 2007

# Star Performances But Numbers Take Their Toll

In the first of the NatYAL northern premier league matches we were well beaten, taking 4th place. The match was closely contested for most of the afternoon but in the final few events, Leeds emerged deserved winners. The difference in the clubs strength was visible, with RHAC having no competitors in many events - particularly the male events.

In the U17 men's match we had no competitor in 18 of the 28 events ie we had 10 competitors. In the U15 boys match we had 6 competitors in the 24 events. In the U13 boys match we had 7 competitors in the 16 events. Unless we can turn out more male athletes in the remaining matches, we will likely be relegated after only one season in the premier division. Thanks to all the athletes who did turn out, and a warm welcome to new members Nicki Emson, Issie Knowles and Tom Small, all competing for the club for the first time.

Congratulations to the male event winners:- Liam O' Malley in the U17 100m A (Grade 4) & U17 Triple Jump (Grade 2), Jordan Flude - U17 B Hammer, Quinn Simms U13 A 200m (G3). The following athletes also achieved graded standard performances; David Coupe U17 A discuss (G4), Daniel Emson U17 A High Jump (Grade 4), Liam O'Malley U17 A Long Jump (G2), Quinn Simms U13 A 100 (G3), U13 A High Jump (G4). Well done to you all.

The female turnout was much better, and there were outstanding performances from Kelly Pagdin and Stef Burns. Kelly won 2 of her events and achieved grade 1 standard in all her events. Stef won the 3000m achieving a grade 2 standard. Both were declared Athletes of the Match. Congratulations to the further event winners:- Robyn Lancelley U17 A 1500m (G2), Laura Spence U17 B 1500m (G2), Claire Lebond U17 B Discus (G2) & U17 B Javelin (G4), Poppy Knowles U15 A 200m (G3), Sarah Wilding U15 B 200 (G3) & U15 A Shot put (G4), Olivia Neal U15 A Long Jump (G3), Georgina Arif U15 A Discus (G4), Issie Knowles U13 B Long Jump (G4).

The following athletes also achieved graded standard performances; Heather Dyson U17 A 100m G4, Rebecca White U17 B 100m G4, Abbie Vernon U17 A 300m G3 & U17 A 800m G2, Ellie Moseley U17 B 300m G4 & U17 A High Jump G4, Laura Spence U17 A 300mH G4, Claire Lebond U17 A Hammer G2, Amber Merrills U17 B Shot put G4, Danielle Blank U17 A Long Jump G4, Sarah Wilding U15 A 100 G4, Nicki Emson U13 A 150m G4 & U13 A Long Jump G4, Megan Bailey U13 A 1200m G3. Well done to you all.

Thanks to Alan Coupe and Kevin Thomas - the team managers- and to all the officials & helpers on the day.

1. Leeds City 446pts
2. City of York 412pts
3. Southport Waterloo 354pts
4. Rotherham Harriers & A.C. 219pts

## Athletes of the Match

**Girls Track:** Stephanie Burns, Rotherham Harriers & A.C., 3000m, 10:23.6, U17W  
**Girls Field:** Kelly Pagden, Rotherham Harriers & A.C., Discus, 38.4m, U17W

## Results: Men

**T32 U17 Men's 100m 'A' Grade**  
1 23 Liam O'Malley Rotherham 12.2 G4

**T8 U17 Men's 200m 'A'**  
3 23 Gareth Moreton Rotherham 25.3

**T14 U17 Men's 800m 'A'**  
4 23 David Booth Rotherham 2:14.4

**F2 U17 Men's Hammer (5k) 'A'**  
3 23 David Coupe Rotherham 19.68

**F9 U17 Men's Discus (1.5k) 'A'**  
4 23 David Coupe Rotherham 23.73 G4

**F21 U17 Men's Shot Putt (5k) 'A'**  
4 23 David Booth Rotherham 9.43

**F31 U17 Men's Javelin (700g) 'A'**  
4 23 David Booth Rotherham 28.14

**F28 U17 Men's High Jump 'A'**  
2 23 Daniel Emson Rotherham 1.64 G4

**F16 U17 Men's Long Jump 'A'**  
2 23 Liam O'Malley Rotherham 6.00 G2

**F33 U17 Men's Triple Jump 'A'**  
1 23 Liam O'Malley Rotherham 12.32 G2

**T30 U15 Boy's 100m 'A'**  
4 23 Sam Howis Rotherham 14.0

**T35 U15 Boy's 1500m 'A'**  
4 24 Sam Howis Rotherham 05:08.5

**F32 U15 Boy's Javelin (600g) 'A'**  
3 23 Kade Garforth Rotherham 26.43

**F15 U15 Boy's Long Jump 'A'**  
4 23 Cian Scothern Rotherham 3.93

**F27 U15 Boy's High Jump 'A'**  
4 23 Kade Garforth Rotherham 1.40  
**T28 U13 Boy's 100m 'A'**  
2 23 Quinn Simms Rotherham 13.7 G3

**T4 U13 Boy's 200m 'A'**  
1 23 Quinn Simms Rotherham 28.3 G3

**T10 U13 Boy's 800m 'A'**  
3 23 Sam Skelton Rotherham 02:44.9

**F14 U13 Boy's Shot Putt (3.25k) 'A'**  
4 23 Truman Edley Rotherham 4.05

**F24 U13 Boy's Long Jump 'A'**  
4 23 Will Johnson Rotherham 3.18

**F6 U13 Boy's High Jump 'A'**  
23 Quinn Simms Rotherham 1.25 G4

**U17 Men's 800m 'B'**  
2 24 Stefan Smith Rotherham 2:14.4

**U17 Men's Hammer (5k) 'B'**  
1 24 Jordan Flude Rotherham 17.94

**U17 Men's Discus (1.5k) 'B'**  
4 24 Jordan Flude Rotherham 18.32

**U17 Men's Shot Putt (5k) 'B'**  
3 24 Tom Small Rotherham 5.55

**U17 Men's Long Jump 'B'**  
2 24 Daniel Emson Rotherham 5.28 G4

**U17 Men's Triple Jump B**  
3 24 David Coupe Rotherham 9.60

**U15 Boy's 1500m 'B'**  
2 23 Cian Scothern Rotherham 05:08.5

**U13 Boy's 100m 'B'**  
2 24 William Johnson Rotherham 14.7

## Results: Ladies

**T31 U17 Women's 100m 'A'**  
3 23 Heather Dyson Rotherham 13.5 G4

**T7 U17 Women's 200m 'A'**  
4 23 Rebecca White Rotherham 28.6

**T26 U17 Women's 300m 'A'**  
2 24 Abbi Vernon Rotherham 44.0 G3\*

**T13 U17 Women's 800m 'A'**  
2 23 Abbi Vernon Rotherham 02:20.9 G2\*

**T36 U17 Women's 1500m 'A'**  
1 Robyn Lancelley Rotherham 04:50.2 G2

**T19 U17 Women's 3000m 'A'**  
1 0 Stephanie Burns Rotherham 10:23.6 G2

**T1 U17 Women's 300m Hurdles 'A'**  
2 23 Laura Spence Rotherham 51.6 G4

**F3 U17 Women's Hammer (4k) 'A'**  
2 23 Claire Lebond Rotherham 32.36 G2

**F20 U17 Women's Discus (1.0k) 'A'**  
1 23 Kelly Pagdin Rotherham 38.40 G1

**F30 U17 Women's Shot Putt (4k) 'A'**  
2 23 Kelly Pagdin Rotherham 10.29 G1

**F25 U17 Women's Javelin (600g) 'A'**  
1 23 Kelly Pagdin Rotherham 40.74 G1

**F5 U17 Women's Long Jump 'A'**  
2 23 Danielle Blank Rotherham 4.40 G4

**F18 U17 Women's High Jump 'A'**  
2 23 Ellie Moseley Rotherham 1.51 G4

**T29 U15 Girls' 100m 'A' Wind=**  
3 23 Sarah Wilding Rotherham 13.6 G4

**T5 U15 Girls' 200m 'A' Wind=**  
1 23 Poppy Knowles Rotherham 27.3 G3\*

**T11 U15 Girls' 800m 'A'**  
3 24 Madeleine Wragg Rotherham 02:39.0

**T34 U15 Girls' 1500m 'A'**  
4 23 Rachel Hall Rotherham 05:56.4

**T18 U15 Girls' 75m Hurdles 'A' Wind=**  
4 24 Georgina Palmer Rotherham 14.9

**F4 U15 Girls' Long Jump 'A'**  
1 23 Olivia Neal Rotherham 4.62 G3

**F17 U15 Girls' High Jump 'A'**  
4 23 Olivia Neal Rotherham 1.35

**F19 U15 Girls' Discus (1.0k) 'A'**  
1 23 Georgina Arif Rotherham 18.80 G4

**F26 U15 Girls' Javelin (600g) 'A'**  
4 23 Poppy Knowles Rotherham 13.90

**F29 U15 Girls' Shot Putt (3.25k) 'A'**



Pictures: left, Amber Merrills flying high over the hurdles

1 23 Sarah Wilding Rotherham 7.08  
G4

T27 U13 Girls' 75m 'A' Wind=  
3 23 Nicky Emson Rotherham 11.7

T3 U13 Girls' 150m 'A' Wind=  
4 23 Nicky Emson Rotherham 22.4 G4

T9 U13 Girls' 800m 'A'  
4 23 Jessica Mangham Rotherham  
02:59.1

T22 U13 Girls' 1200m 'A'  
2 23 Megan Bailey Rotherham 04:18.6  
G3

F23 U13 Girls' Long Jump 'A'  
3 24 Nick Emson Rotherham 3.70 G4

F13 U13 Girls' Shot Putt (2.72k) 'A'  
4 23 Megan Bailey Rotherham 3.16

U17 Women's Shot Putt (4k) 'B'  
2 24 Amber Merrills Rotherham 7.47 G4

U17 Women's Javelin (600g) 'B'  
1 24 Claire Lebond Rotherham 23.63 G4

U17 Women's Long Jump 'B'  
2 24 Ellie Mosley Rotherham 4.12

U17 Women's High Jump 'B'  
1 24 Amber Merrills Rotherham 1.30

U15 Girls' 100m 'B' Wind=  
4 24 Olivia Neal Rotherham 14.8

U15 Girls' 200m 'B' Wind=  
1 24 Sarah Wilding Rotherham 27.7 G3

U15 Girls' 800m 'B'  
4 23 Melissa Hellewell Rotherham 02:57.8

U15 Girls' 1500m 'B'  
4 24 Georgina Palmer Rotherham 06:16.7

U17 Women's 100m 'B'  
2 24 Rebecca White Rotherham 13.5  
G4

U17 Women's 200m 'B'  
2 24 Heather Dyson Rotherham 29.1

U17 Women's 300m 'B'  
2 23 Ellie Mosely Rotherham 45.0 G4\*

U17 Women's 800m 'B'  
2 24 Jemma Creaghan Rotherham  
02:38.8

U17 Women's 1500m 'B'  
1 23 Laura Spence Rotherham 04:51.8  
G2

U17 Women's Discus (1.0k) 'B'  
1 24 Claire Lebond Rotherham 26.21  
G2

U15 Girls' 75m Hurdles 'B' Wind=  
4 23 Madeleine Wragg Rotherham 16.5

U15 Girls Long Jump B  
4 24 Melissa Hellewell Rotherham 3.16

U15 Girls' High Jump 'B'  
2 24 Madeline Wragg Rotherham 1.25

U15 Girls' Discus (1.0k) 'B'  
2 24 Georgina Palmer Rotherham 14.54

U15 Girls' Javelin (600g) 'B'  
2 24 Georgina Arif Rotherham 13.47

U15 Girls' Shot Putt (3.25k) 'B'  
1 24 Georgina Arif Rotherham 6.16



U13 Girls 75m B  
3 24 Megan Kincaid Rotherham 12.8

U13 Girls' 150m 'B' Wind=  
4 24 Isobella Knowles Rotherham 23.2

U13 Girls' Long Jump 'B'  
1 23 Isabella Knowles Rotherham 3.61 G4

T47 U17 Men's 4 x 400m Relay  
3 23 Rotherham Sam Bockari Gareth Moreton  
Liam O'Malley David Coupe 03:59.9

T42 U17 Women's 4 x 100m Relay  
4 23 Rotherham Amber Merrills Rebecca  
White Heather Dyson Jemma Creaghan 54.8

T45 U17 Women's 4 x 300m Relay  
3 23 Rotherham Ellie Mosely Abbi Vernon  
Robyn Lancely Laura Spence 03:03.1

Pictured above: Sarah Wilding is caught in the shot circle at Cudworth in the Yorkshire Championships.

Bad weather didn't faze the athletes, but South Yorkshire secretary Janette Tomlins is well wrapped-up against the cold.

T40 U15 Girls' 4 x 100m Relay  
4 23 Rotherham Melissa Hellewell Sarah Wilding Madeleine Wragg Poppy Knowles 55.4

T38 U13 Girls' 4 x 100m Relay  
4 23 Rotherham Nicky Emson Jessica Mangham Megan Kincaid Isobella Knowles 64.3

## County Championship Breakdown

Dwennis Russell has kindly sent us this summary:  
\*Just a quick update on the medals/performances at the different County champs

**Yorkshires**  
U15 girls  
Poppy Knowles - Bronze - Long Jump  
Poppy Knowles - 5th Final 200m

**U13 Girls**  
Nicky Emson - Long Jump 10th  
Nicky Emson - 80m - semi final 6th

**u17 women**  
800m  
Laura Spence - Silver Robyn Lancely - 4th Stephanie Burns - 5th  
1500m we got gold, silver and bronze for the 2nd year running  
Robyn Lancely - Gold Stephanie Burns - Silver Laura Spence - Bronze

**u20 women**  
800m Jessica Fawcett - Silver  
1500m Rosie Edwards - Gold Jessica Fawcett Bronze  
3000m Rosie Edwards - Gold  
(Rosie retained both titles she won last year, in the 3k she won all the senior women incl. Alex Gosling from Leeds, in the 1500m the only senior to beat her was Hattie Dean)  
High Jump Kim Bateman - Bronze

**Snr Women**  
Helen Walker - 800m - 4th

**u17 men**  
Daniel Emson - 400m - 5th  
Daniel Emson - High Jump - 5th

**Derbyshires**  
**u17 women**  
Abbie Vernon - Silver - 800m 2.18.1  
Abbie Vernon - Silver - 1500m 4.47.1

**Humberside**  
**Snr Women**  
Klachen Cheshire - Bronze - 800m 2.14.6 PB  
Klachen Cheshire - Gold - 1500m 4.38.8

Not a bad performance from RHAC middle distance group with 5 golds, 5 silvers and 4 bronze medals, with good performances in other events.

We must have one of the best group/club of female middle distance runners anywhere in the country, how many clubs have four u17 women who can run sub 4.50 and be able to qualify for the English Schools, and they can all do it in more than one event.

The following are athletes who achieved pbs last weekend

**Yorkshires**  
**U13 Girls**  
80m Nicky Emson (twice)  
**U15 girls**  
Poppy Knowles - Bronze - Long Jump PB

**u17 women**  
800m Laura Spence , Robyn Lancely , Stephanie Burns  
1500m Robyn Lancely , Laura Spence - Bronze

**u20 women**  
1500m Rosie Edwards  
3000m Rosie Edwards

**Snr Women**  
Helen Walker - 800m  
**u17 men**  
Daniel Emson - 400m

Caption Competition



Picture Quiz is suspended for a while, which should give you all a chance to search out some new material for us when for when it resumes. In its place, a caption competition. Send, say or give your suggestion to either [contact@rotherhamharriers.org](mailto:contact@rotherhamharriers.org) or to Pete Humphries or Steve Gaines at the club.

The first picture features Ian Cooley, who has suggested the idea of a monthly competition. But you won't want to be unkind to Ian will you? No, of course not, we would never allow it. A prize for the best each month, we will publish it if publishable and can use your pseudonym if you are worried about being found at the wrong end of a javelin. Also, your photos would be welcome. The more embarrassing the better!



Very simple last month. They are all starts of finishes. As I said, there are clues in the pictures: kit worn, spectators' clothing, backgrounds etc. And maybe athletes you know, so here goes.

- 1 You should recognise Wickersley Rd/Middle Lane junction. When last did you see so many variously attired runners there? Of course, the Prince of Wales Half. 1983?
- 2 Right in the middle, top RH lady June Harney at a fair rate of knots. You may know the buildings, I didn't. It's the Barnsley 6. Early '80s I guess. Maybe late '70s.
- 3 Finishing on Herringthorpe track suggests Rotherham Marathon, but they're not knackered enough and too close together. The Rotherham Advertiser, showing inter al Alan Chell, Phil Eddison, Jerry Spencer and Dave Ritchie.
- 4 A mass start in the distance, with an open-topped double decked bus- trade mark for a start in Heaton Park Manchester. This one is the National Vets Relays I think and probably 1996??
- 5 Poor weather, a big closed dual carriageway and (giveaway) some sort of gantries in the distance- they are the tollbooths on the Humber Bridge; I think it's the start. Early 80s.

All the venues are right, but my dates could be wrong. They usually are. I look forward to renewing this feature soon, when you have found me some new shots. As old or as new as you like. You would be surprised how much your ordinary snaps interest others. Good hunting.

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

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