



We Are Sailing !

RH's new sail banner very prominent in the cool clear weather of London's Parliament Hill Fields at the 2009 national.

Glorious weather greeted the club athletes and supporters, at the "Home of English Cross Country". The entry and competitor numbers were up on the last few years - and so they should be as this is one of the great events of the athletics year.

We had 38 athletes and loads of supporters. Thanks to you all for making the journey.

We finished 6 teams (the highest number for 3 years), with some great team and individual performances. Again it was the Junior women's team, with their 2nd placed team, who took pride of place. Pictured below: Jade Allen 31st, Jess Fawcett 35th, Natalie Grant 10th, and Laura Spence 53rd, with back up from Kim Bateman (unrecorded for some reason).

New member Luke Cotter, in his first season of cross country running, led the U13 boys team home in 9th place. A fantastic run. The team (pictured left with banner) finished 25th. (L to R: Aidan Hall 151, William Johnson 263, Robert Bentham 208, and Luke)

The other team positions were:-

U13 Girls 31st: Emma Ellis 136, Jessica Freeman 211, Emma Dutton 235, Georgina Spencer 260, Emily Hutchinson 271, Jessica Mangham 279) Well done to both Emma's and Jessica F for their first National.

U15 Girls 17th (Codie Marsh 39, Natasha Hatswell 57, Megan Bailey 181, Zoe Brain 263, Olivia Neal 272).

U15 Boys 46th (Nicholas Myers 222, Devon Wood 310, Paul Ward 323, Luke Hammill 341)

Sen Men 39th (Due to a mix up Jon Maxfield was shown as non scoring in the results published, and the team shown as 52nd. This should be corrected.)

Phil Hoole 111, Jonathan Maxfield 297, Paul Humphries 365, Simon Mounsey 368, Howard Darwin 682, Pete Neal 740, John Spencer 1026. Jenny Blizard (66) Janet Hindley (304) and Gill Taylor (454) ran the senior womens race. Abbie Vernon had to pull out of the U17 womens race, due to breathing problems. With Stef Burns absent, that meant Robyn Lanceley (38)

Emily Fisher (60) & Rachel Hall (153) were short of a 4th team scorer. David Smith finished 106th in the Junior mens race. Full results can be seen on the ECCA website. Other photos are on our website.



RH Top Veterans

Pictured left to right are Mick Marsters, Bob Tintinger and Mark Ward, three gents who have not let time take quite the toll it might!

Details inside of RH O-60 vets stupendous performance on the country this year where Mick finally translated his well-known ability into XC medals- leading the team home in the northern whilst Bob turned the tables in the drier conditions at Ruthin in the British National, both times Terry Hawley making a lively third.

Mark too was instrumental in RHs fine cross-country results in S Yorks (and in 12-stage road relays)- but it was in the indoor British Veterans Track & Field where he dominated all comers for a national gold title at 400m and at 800m. And already an influence in the 2009 outdoor season.

Ulley Res

The Peter Ruddleston
Memorial Race
KMRT Series fourth race

5 miles trail (2 mile fun run)

Whiston Parish Church Cricket Club
Doles Lane Whiston Rotherham

Wednesday 3rd June 2009
7.15 start
£3 on the night

KMRT second Event

Sunday 17th May 10.30 start

Tickhill Multi-TerrainTen

Tickhill Cricket Club
£6 (£7 on day, there is a limit)
Road, paths, fields via Stancil, Rossington,
Wellingley

Support RH at these events

KMRT third Event

Wednesday 27th May 7pm start

Maltby Memorial Race

Wesley Centre Blyth Road

RHAC and Herringthorpe

As we publish this newsletter on Wednesday 6th May we are due to meet councillor Iain StJohn at the track for a tour of inspection and to explain and discuss the aspects of premises and provision which cause us some concern.

That is, the aspects of maintaining and developing our sport which are perhaps not fully understood or appreciated by area authorities who take the decisions on development. Councillor StJohn has shown considerable interest, and whilst I am not aware that he is directly involved in the decision-making, it can only be to our good that he sees things for himself. I had hoped for a cold dark wet winter's night- but we have to settle for May!

I have to tell you that we do not know how or if development at Herringthorpe is going ahead. We have all seen the demolition- but then what? While we applaud the possibility of things such as grandstands for spectators the real requirement in my view is to give decent premises in which a club can run its affairs, coaches can meet their charges, parents can meet officials and wait in civilised surroundings, commerce can be carried on, proper provision can be made for refreshments, child protection issues, and so on.

In other words, the things that successful clubs do and have to do but which local politicians perhaps never consider. And any development here will be a waste of time without a properly-provisioned club.

Fixtures: Spring-Summer 2009

May			
Sat 09 May 09	Yorkshire Championships	open	Don Valley
Sun 10 May 09	Yorkshire Championships	open	Don Valley day 2
Wed 13 May 09	SY Road League	SY clubs	4 Rotherham DATE CORRECTED
Sat 16 May 09	British Vets Road Relays	club teams	Sutton Park, Sutton Coldfield.
Sat 16 May 09	SY T&F League 2	SY clubs	Cudworth U11 - U15s
Sun 17 May 09	NatYAL Match 2	clubs	Rotherham
Sun 17 May 09	Multi-terrain 10	open	Tickhill KMRT
Thu 21 May 09	SY T&F League 3	SY clubs	Doncaster, U17s, - Seniors & Vets
Sat 23 May 09	Roth'm Hospice Run 4 Fun	open	Herringthorpe Stadium, 3Km Fun run on the track & fields
Sat 23 May 09	Northern U15 & U17 Champs	open	Gateshead
Sun 24 May 09	NJAL Match 2	clubs	Venue TBC
Sun 24 May 09	Northern U15 & U17 Champs	open	Gateshead day 2
Sun 24 May 09	CAU Championships	open	Bedford
Mon 25 May 09	CAU Championships	open	Bedford day 2
Wed 27 May 09	Memorial Race	open	Maltby Wesley Centre KMRT series
Sun 31 May 09	NatYAL Match 3	clubs	Jarrow (TBC)
June			
Wed 03 Jun 09	Ulley Res	open	Whiston PCCC, 5m 6.45 off KMRT series
Sat 06 Jun 09	Northern Div 2EC Match 2	clubs	Venue TBC
Sun 07 Jun 09	SY T&F League 4	SY clubs	Rotherham U11s - U15s
Sun 14 Jun 09	NJAL Match 3	clubs	Wakefield
Tue 16 Jun 09	Kimy Kanter	open	Droppingwell KMRT series
Sat 20 Jun 09	Northern U20 & Senior Champs	open	Sports City Manchester
Sun 21 Jun 09	3 Lakes Classic, 15 miles	open	Rother Valley Country Park, 11:00am. £5(£2extra on day)
Sun 21 Jun 09	NatYAL Match 4	clubs	Sheffield, Woodbourn Road
Sun 21 Jun 09	Northern U20 & Sen Champs	open	Sports City Manchester day 2
Tue 23 Jun 09	SY T&F League 5	SY clubs	Sheffield; U17s, Seniors - Vets
Sun 28 Jun 09	Mansfield Half Marathon	open	Full details on www.mansfield-harriers.org
Sun 28 Jun 09	Ackworth Open meeting	open	Thornes Park. All ages £2 per event,C/D 17th June
July			
Sat 04 Jul 09	Gala 5 mile	open	Tickhill KMRT series
Sun 05 Jul 09	Northern Div 2EC match 3	clubs	Boston
Sun 05 Jul 09	Maltby Abbey Dash	open	Wesley Centre KMRT series
Wed 08 Jul 09	Prince in the Park	open	5k Greasbrough KMRT series
Sat 18 Jul 09	SY T&F League 6	SY clubs	Doncaster; All ages. U11 & U13 Champs
Sun 19 Jul 09	NatYAL Match 5	clubs	Venue TBC
Sun 26 Jul 09	NJAL Match 4	clubs	Herringthorpe

Secretary's Update

Steve Gaines

Membership

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

Name	(Age)
Feb; Ella Frost	(9)
Lesley Pogmore	(33)
Alan Bolton	(40)
Maisie Elliott	(11)
Beth Taylor	(12)
Mar; Bradley Langton	(8)
Sharon Troop	(39)
Helen Hollingworth	(44)
Hannah Worboys	(12)
Sam Allen	(11)
Joanne Ridgeway	(31)
Apr; Jarman Langton	(10)
Devon Stead	(11)
David Cole	(52)
Julie Thomas	(37)
Jordan Rodgers	(12)
Jade Rodgers	(11)
David Thompson	(30)
Sue Walker	(45)

A warm welcome to you all, and special thanks to the new members who have competed for the club since joining.

Thursday Runs continue this year now we have the light nights. 6.30 starts at venues decided by general moot- away from Herringthorpe to give us some variety, but otherwise very much like club nights. Typically around 6-8 miles, generally steady & re-grouping, or staying together, and pitched at the clientele who turn up and take part.

Very sociable, and all and any are welcome to join, or to propose their own run- pick a venue, plan a run which can be as simple as you like but should be "in the environment" rather than a road run. Afterwards maybe a drink, maybe we don't bother, it depends. Suitable for beginners if they can keep up a slow to steady pace with fairly frequent stops.

Venues so far this year have been: Loyal Trooper S.Anston for Stones Wood), Cavalier Ravenfield (for Parks & ponds), Hill Top Conisbrough (Parks and river Don), St Alban's Church Wickersley (Carr Hill).

This Thursday 7th May- The Cutler North Anston (Mick Hill i/c)

Organisers

Congratulations to RHAC organisers- planning, officials, marshals, results etc, usually the same people, who according to a quick reckon-up were responsible in whole or in part for the following last year:

Bassingthorpe 5, Ulley Res, Prince 5k, Ulley/Clifton Park time trials, SY Cross country, Yorkshire Cross-country, SY Road League, 2 open Track & Field meetings, Young Athletes League, Junior League, SY Track & Field league (2 meetings), 5k Challenge, Treeton, Race for Life, Hospice Fun Run, Young Athletes Indoor League, Xmas Day Race, Round Rotherham, Rotherham Schools Cross-country, Schools Indoor Track & Field. And probably others.

London Marathon Results

Congratulations to our representatives at London, which according to the results list comprises the following:

Pos	Pos	cat	time
m/f	in cat		
1221	264	DRAKE, TIM	M40 03:05:10
1260	3	MARSTERS, MICHAEL	M60 03:05:49
3543	86	HOWARTH, RAYMOND P	M55 03:29:16
3882	278	HAIGH, PHILIP	M50 03:32:02
647	399	ATKINSON, KEELY	W18 03:34:45
4699	2480	SHAW, NEIL M	M18 03:38:00
863	525	BELLAMY, SUSAN J	W18 03:40:48
6192	85	HARNEY, BRIAN	M60 03:47:58
15191	2760	BELLAMY, RICHARD K	M40 04:36:34
16168	293	BRADY, LUKE	M60 04:42:21
22566	472	CLARKE, JOHN B	M60 05:44:01

Track & Field 2009 Fixtures (Updated 4th May 2009)

	April	May		June		July	August	September
Northern Athletics League		Sat 2nd May, Derby		Sat 6th June, Doncaster (Lincoln Wellington Hosts)		Sun 5th July, Boston TBC	Sunday 2nd Aug, Sheffield	Div 2 Prom. match 16th Aug Cleckheaton
National Young Athletes League		Sun 3rd May, York	Sun 17th May, Rotherham	Sun 31st May, Jarrow tbc		Sun 21st June, Sheffield Woodbourn Rd	Sun 19th July, Rotherham	
National Junior League	Sun 26th April Rotherham		Sun 24th May Hull		Sun 14th June Hull	Sun 26th July Rotherham	30th Aug Promotion match	
South Yorks League	Sat 25th April Rotherham 10:30am All ages		Sat 16th May Cudworth 10:30am U15s	Tues 19th (was 21st) May Doncaster 6:30pm Seniors	Sun 7th June Rotherham 10:30am U15s	Tues 23rd June Sheffield 6:30pm Seniors	Sat 18th July Doncaster 10:30am All ages (U11 & U13 champs)	
S Y Track Relays					SY Track Relays 16th June Doncaster			
Northern Club Cup						Round 1 Sat 25th July, Hull		Final Sat 12th Sep Trafford

Treeton Trek

Yorkshire Veterans Cross Country Championships
14th Feb Knavesmire York

Masters Indeed !

3rd May 2009 4 MILES OFF ROAD
David Haywood has loyally persevered with the Treeton event (not our own event by the way) beyond the original planned three-year 'franchise' but competitors have not responded in any numbers, notwithstanding a small 'faithful' contingent and a switch to more attractive weather. It could even then be worth continuing (as in Clifton Park) except that this is after all a well-planned and well-organised event and correspondingly time-consuming to prepare. It's a tough course; calling it (formerly) 'Treeton Torture' may not have helped. We will await Dave's review.

On the day, the first three broke the course record. That might be partly down to the dry warm conditions but also there was some class at the front.;

Posn	Name	Club	Time
1	Luke Field	RHAC	25:01:00
2	Dan Birkinshaw	Kimb Str	26:06:00
3	Kevin Doyle	Kimb Str	27:48:00
4	Pat Rooney	Kimb Str	28:50:00
5	John Spencer	RHAC	30:33:00
6	Gary Groves	Kimb Str	30:52:00
7	Phil Haigh	RHAC	31:03:00
8	Craig Spencer	Kimb Str	31:41:00
9	William Bealby	Sheff Tri Club	32:22:00
10	Neil Shaw	RHAC	33:17:00
11	Janet Hindley	RHAC 1st Lady	33:25:00
12	Peter Humphries	RHAC	34:06:00
13	Ian Hindley	RHAC	34:45:00
14	Warren Tyler	Treeton	37:37:00

The annual county championships took place on the area next to the racecourse, and this was rather wet & muddy following the heavy snowfall and resultant thaw. The mud (and the date clash of the fixture with Valentine's Day) did not deter the 21 club athletes, and there were some excellent performances.

The event has two separate races, the first one for females and males over 50, and one for males 35 - 49. The women and over 70 men running one lap of 5 Km, the remaining men's age groups all running 2 laps for a 10Km race.

As this is the county championships the standard is high, with over 325 athletes taking part in the 2 races. In the first race we expected that our men's over 60 team would be potential winners - the club did win the national relay cross country in October - but one of the athletes in that winning trio, Malc Palfreyman was unavailable due to injury on this occasion.

To prove the depth of talent that the club has, Mick Marsters stepped in to the team and won the over 60s race, beating last years winner Bob Tintinger into second place by 12 seconds. 3rd counter in the team was Terry Hawley, and despite Terry's dislike of mud and cross country finished 6th in the over 60's race to secure a convincing team victory over Bingley Harriers.

We did not have a team in the over 50 men's race. Peter Neal being our only runner, Peter finishing in a very respectable 14th place in the race.

In the women's event we had entered a team in both the 35 - 44 and 45+ categories, but only had 2 (of the 3 needed) in the 35 - 44 race. Philippa James finishing 6th in the over 40 race, and Diane Spencer finishing 19th. The over 45's team of Sharon Burton (9th over 45), Gill Taylor (6th over 50) and Jenny Horan (an excellent 3rd, just 4 seconds behind the winner, in the over 60 race) finished 4th team - only 6 points behind the 3rd placed team.

In the second race, in which conditions were somewhat muddier following the passage of the 200 runners in event one, the club had an excellent turn out with 12 club athletes toeing the start line. the 35 - 39 trio of Gary Claxton (9th over 35), Simon Mounsey (11th) and Glenn James (31st) earning well deserved 3rd place team medals.

Former Harrier Richard Harris (now a member of Bingley) ran well to finish second in the race, but had no team mates from his club. The 9 over 40 category athletes started strongly, and it was difficult to tell which club would win the team event. In the end the quartet of Darren Cooney (4th over 40), Mark Ruddleston (5th), Mark Ward (8th) and Peter Mirrlees (9th over 45) got the silver medal, just 7 points behind Bingley Harriers. Excellent back up being provided by John Comrie, Howard Darwin, Dave Nuttall, Steve Gorrill and John Spencer.

Results (RH&AC unless stated otherwise)	9 Sharon Burton 25:15	Team
	Women 50 - 59	1 Holmfirth 57, 2 Keighley & Craven
	1 Mary Green Bingley 22:59	88 3 Rotherham 146.
	6 Gill Taylor 25:57	

Men 60 - 69
1 Mick Marsters 39:03
2 Bob Tintinger 39:15
6 Terry Hawley 42:22

Team 1 Rotherham

Men 50 - 59
1 Steve Rennie City of Hull 35:59
14 Peter Neal 38:45

Women 40 - 44
1 Julie Mastronlono Lofthouse & Whitby 20:55
6 Philippa James 24:15

Women 45 - 49
1 Sue Becconsall Bingley 21:07

BMAF National Championships, Ruthin 21st March

60s Follow County Gold By National

Congratulations to the mens O/60 team of Bob Tintinger (3rd, 33:31) Mick Marsters (7th 34:08) and Terry Hawley (10th in 34:25) for their team win in the national championships - beating the team from Oxford City AC.

Well done to Bob for his individual 3rd place medal, repeating last years performance at Banbury. Mick knew he would have problems holding Bob in the drier conditions, and so it proved. But what strength - of both ability and loyalty - it shows when someone the speed of Terry Hawley can put his own preferences aside and step up to make a team to such stunning effect. An object lesson to all our members. And others are doing it in the big events too.

In the O/50 event Peter Neal finished 25th (33:11). In the O/45 event Mark Ruddleston finished 11th (30:38)
In the womens event Philippa James finished 8th in the O/45 event

ESAA Championships, Stanford Hall 21st March

RH Well Represented at County XC

Congratulations to those club athletes who were selected to run for their county teams.

The provisional results include the following club athletes:-

Junior Girls

Codie Marsh had a great run to finish 11th in the race. This was her best performance of the winter season, and was the 3rd placed northern athlete. Megan Bailey was in the SY scoring team in 313th place.

Junior Boys

Nicholas Myers finished 222nd in the Junior boys race.

Inter Girls

Natasha Hatswell finished 93rd and was the first scorer in the SY team.

Senior Girls

Stef Burns finished 17th in the race, and was SY's first scorer, Robyn Lanceley 49th and 2nd scorer, and Laura Spence was 93rd and 4th scorer.

7 athletes all finishing in the county scoring teams is a great achievement - well done to you all.

Inter counties Cross Country Championships

Wollaton Park Nottingham 7th March.

The club strength again showed, with club athletes being selected for the Yorkshire team, and 3 being selected for other county teams.

The selected athletes for Yorkshire were:-
Luke Cotter (11th U13 Boys race, 3rd team)

The athletes selected for other counties were:

Codie Marsh (54th U15 girls) Notts
Emily Fisher (49th U17 Women) Derbys
Abbie Vernon (50th U17 women) Derbys

Clifton Park Events

The next time trial is on May 9th. (10.30) Runners keep their number. The list shows number, name, time, and event number. This is a tough-ish challenge and times generally slower than Ulley. This list is ALL RESULTS in time order. You can trace the improvement of a good many of the runners.

Note events 1-2-3 times are scaled from 5.24k course	49	Pete Humphries	22.58	6
event 4 onwards = exact 5k (gps)	44	Philippa James	23.02	5
	28	Paula Fisher	23.15	2
	26	Eleanor Thomas	23.25	2
31 Phil Hoole 15.47 6	32	John Kirk	23.39	2
31 Phil Hoole 16.29 2	7	Phil Haigh	23.43	2
48 Luke Field 16.39 6	8	Ian Hindley	23.50	4
31 Phil Hoole 16.43 4	10	Janet Hindley	23.54	2
2 Simon Mounsey 16.54 6	27	Phil Roberts	23.54	2
39 Jonathan Maxfield 16.56 5	24	Phil Smales	24.05	2
31 Phil Hoole 17.01 3	8	Ian Hindley	24.13	1
48 Luke Field 17.04 5	22	Mick Hill	24.13	6
39 Jonathan Maxfield 17.09 4	10	Janet Hindley	24.21	1
37 Dave Tune 17.19 4	52	Jonathan Pye	24.23	6
43 Nigel Brookes 17.23 6	6	Neil Shaw	24.32	3
2 Simon Mounsey 17.35 5	6	Neil Shaw	24.37	1
43 Nigel Brookes 17.57 5	22	Mick Hill	24.59	5
2 Simon Mounsey 18.14 1	25	Henry Marston	25.02	1
14 Terry Hawley 19.01 6	22	Mick Hill	25.06	1
13 John Comrie 19.03 5	22	Mick Hill	25.06	4
18 Peter Neal 19.03 5	18	Peter Neal	25.11	6
14 Terry Hawley 19.10 5	54	Olivia Neal	25.11	6
38 Nigel Cook 19.12 4	22	Mick Hill	25.17	2
13 John Comrie 19.28 6	7	Phil Haigh	25.19	1
30 Pete Shaw 19.30 2	1	Malc Rhodes	25.27	3
13 John Comrie 19.39 3	25	Henry Marston	25.30	3
42 John Elvidge 19.40 4	47	Paul Davenport	25.42	5
30 Pete Shaw 19.41 5	51	Jayne Allen	25.5	6
18 Peter Neal 19.43 3	46	Gillian Neal	25.58	6
14 Terry Hawley 20.15 1	1	Malc Rhodes	26.08	1
35 Dave Nuttall 20.24 3	25	Henry Marston	26.25	6
9 Matthew Asbridge 20.28 2	4	Gill Taylor	26.30	1
9 Matthew Asbridge 20.41 4	23	Jenny Horan	26.43	1
40 Phil Eddison 20.42 5	46	Gillian Neal	27.00	5
6 Neil Shaw 20.44 6	21	Wendy Whitaker	27.16	5
7 Phil Haigh 20.46 6	25	H.Marston	27.27	5
13 John Comrie 20.50 1	29	Alan Bryden	27.35	4
18 Peter Neal 21.06 1	21	Wendy Whitaker	28.28	4
9 Matthew Asbridge 21.07 1	29	Alan Bryden	28.30	5
9 Matthew Asbridge 21.08 5	55	Kath Brookes	28.35	6
10 Janet Hindley 21.08 5	17	T.Allen	29.04	1
11 Paul Campbell 21.20 1	16	Ruth Wildman	29.14	4
40 Phil Eddison 21.22 4	16	Ruth Wildman	30.36	3
11 Paul Campbell 21.25 2	23	Jenny Horan	30.36	3
5 Steve Gaines 21.28 1	19	Emma Smart	31.00	3
28 Paula Fisher 21.30 5	36	Pat Wells	31.00	3
9 Matthew Asbridge 21.32 3	15	M.Metcalf	31.15	2
28 Paula Fisher 21.35 6	21	Wendy Whitaker	31.20	1
5 Steve Gaines 21.36 2	20	Sharon Troop	31.20	5
27 Phil Roberts 21.46 4	19	Emma Smart	31.21	1
10 Janet Hindley 21.48 4	36	Pat Wells	31.22	5
50 Jason Wilkinson 22.04 6	29	Alan Bryden	31.35	2
34 Brian Harney 22.18 3	15	M.Metcalf	31.55	1
28 Paula Fisher 22.32 3	23	Jenny Horan	32.30	5
32 John Kirk 22.44 3	45	Helen Hollingsworth	32.30	5
7 Phil Haigh 22.55 3	20	Sharon Troop	32.58	4

SY League 1 Herringthorpe 25/4

Old Firm Leads the Way

Initial impressions were not misleading, a good Rotherham turn-out Ralph said. And so it was. Second indeed to the very numerous Doncaster athletes, but nonetheless something like former strength in numbers for RH and a clear lead in the junior, senior and veteran men's category. Mark Ward prominent among others. Already a better result than all of last season's in this league.

MATCH RESULT

Doncaster	1167.5
Rotherham	897
City of Sheff	579
Barnsley	371.5
Wombwell	343
Rother Vall	107
Hallamshire	100
Wath AC	75
Penistone	15
Dearnside	0

Worth a second look also as to points awarded for officials. Presumably South Yorkshire has become exasperated by poor club involvement in some cases. So this year each participating club is asked to provide a field team. Defaulting clubs as always have to be covered by volunteers from others, but this year credit (in points) is duly given to those volunteers. OK, it was on our own patch, but all the same a score of 95 shows clearly where the sport's net contributors are based.

Northern Men & Women's League Div 2EC

Brilliant Start in Northern Seniors

Superb result from the first senior Track & Field meeting at Derby- no official results available due to computer problems on the day, but according to the Sheffield Star the result was:

Of course no individual reports to hand, except that Jess Ennis threw a pb in the shot, which didn't much alter the course of events. Not many RHAC names were mentioned, which may well indicate that we won by a top all-round team effort. If so, well done indeed.	1 Rotherham Harriers	375
	2 Lincoln Wellington	311
	3 Chesterfield DAC	305
	4 Kingston upon Hull AC	296
	5 Boston DAC	294
	6 City of Sheffield	284

Reports from on-the-day observers would be more than welcome.

British Veterans Indoor Track & Field Championships, Lee Valley, March 7/8

Ward No. 1

Congratulations to Mark Ward for his wins in the over 40 category, in the 400m (51.2secs) and 800m (2:01.25).

These results are well deserved, and come on the back of an excellent winter season's cross country running and preparation. Worth a mention too that he has significantly contributed to cross-country, but also to road relay and now track and field. A true club all-rounder.

Editorial (2)

It will not have escaped your notice that we have not had a newsletter for a couple of months. I apologise for this situation, which is due largely to nothing more than wear and tear on yours truly and pressure of other things to do. As it is, I have had to adjust this edition to be more of a forthcoming events diary than a log of what has happened and what has done it. There is still a fair amount of 'catch-up' here, but a lot has been covered less fully than it deserves.

And that of course is a nice irony; the more we succeed as a club the harder it is to keep abreast of it in all ways- and make no mistake, the performance of RHAC and its athletes has been outstanding yet again in these early parts of 2009. The newsletter was not up to date with the action in February, even more so now. We have to adopt a modified approach to how we produce it, otherwise your newsletter will become a sporadic production. The bulk of what has always been produced is down mainly to your secretary Steve Gaines and myself: On medical grounds I have to do less rather than more IT work (as from now I'm afraid) and you will agree I'm sure that no-one will benefit if we burn Steve out with even more work than the enormous load he already carries.

So this is the situation. We need a regular production- more or less monthly to keep all in touch. The website does this- but not everyone uses the internet and website. We will aim to inform members of upcoming events, and especially important ones. We will aim to keep abreast of team results. We may go as far as highlighting individual performance if correspondents prepare the ground for us- and these correspondents might be team managers, coaches, parents etc. This may be more obvious in the case of photos- I particularly would like to see group or team photographs wherever possible.

In particular I regret that we cannot publish detailed track & field results for all meetings. These are available on the internet anyway. South Yorkshire League results are easy to extract and publish- I designed the results system that way- but none of the others are (being cluttered pdf files), so I will publish none of them. (*Unless you want me to do show the SY results?*)

In other words, we need more people to input into the system. This of course is not a new idea. It is for example what underpinned the developments promoted by Ralph Rowbotham in developing club sections back in the '80s- Ralph was wise in this as in many things- it's too easy to overload yourself and drop out.

Can you operate a computer? We will take whatever reporters/correspondents we can get, but an online might be:

Correspondents (SUMMER) for: Coaching & club activity, Local events, Road, Track & Field, Men/Women's League, Junior League, SY League, Young Athletes League
I will be asking in the next few weeks. You can have all the help you need.

South Yorks League	Barnsley	City of Sheff	Dearnside	Doncaster	Hal-lamshire	Pe-nistone	Roth-erham	Rothe-r Vall	Wath AC	Wom-bwell
G8-11	31	34		108	10		58			58
B8-11		66		68		10	89		40	
G11-13	94.5	112.5		115.5	13		82.5		17	12
B11-13		120		142	4		119			25
G13-15	38	147.5		151			79.5	7		
B13-15		68		94			54		18	
U17W	35			45	24		42			
U17M		11		124			16	30		41
JSW	22			67			23			12
JSM	47			101	17		101	50		66
VW	46						9	10		36
VM	38			97	22		129			73
officials	20	20	0	55	10	5	95	10	0	20
deductions	0	0	0	0	0	0	0	0	0	0
all U15 girls	163.5	294	0	374.5	23	0	220	7	17	70
all U15boys	0	254	0	304	4	10	262	0	58	25
U17 women	35	0	0	45	24	0	42	0	0	0
U17 men	0	11	0	124	0	0	16	30	0	41
JVS women	68	0	0	67	0	0	32	10	0	48
JVS men	85	0	0	198	39	0	230	50	0	139
all meet 1	371.5	579	0	1168	100	15	897	107	75	343

National Junior League - 26 April 2009.

Juniors Promising

Wins coming from:

Sam Thorpe	400m	B String	52.3 sec
Kyle Craib	3000m	A String	9.28.5
John Rwothomach	3000m	B String	10.59.3
David Coupe	110mH	B String	23.6 sec
Kane Humphrys	Discus	A String	39.83m
	Javelin	B String	40.05m
Liam O'Malley	High Jump	A String	1.70m
Gareth Moreton	High Jump	B String	1.65m
Olivia Neal	400m	B String	66.6 sec
Laura Spence	1500m	A String	4.54.7
Emily Fisher	Javelin	B String	17.50m

It was the first match of the National Junior League of the 2009 season which was held at Rotherham on Sunday 26 April 2009. Although the combined team was under strength they still managed to finish in second place behind Doncaster.

And Wins for both the men & Womens 4 x 400m teams

PB's for Liam Thompson in the 110mH (21.1 sec) & 400mH (65.8 sec).

This will hope give us a good spring board for the remaining matches.

Thanks to Ian Cooley for this report

Match Result

Doncaster	416pts
Rotherham	380
Scunthorpe	359
City of Sheffield	308
Kingston Upon Hull	263
Cleethorpes	125
2Dash	80
Hull Achilles	0

McCains UK Young Athletes League, York 3rd May.

RH Very Strong in Sharp-end Fixture

The first of our 2009 matches was in less than favourable conditions (strong winds) and against possibly 3 of the strongest clubs in our division.

Thanks to some good work on the part of our new team managers, and the support of athletes and parents we had an excellent turn out - particularly in the U13 and U15 age groups.

It has been the case over the last 2 years that our club has not been able to cover all events with an "A" and a "B" competitor. That certainly was not the case in this match.

Thanks to Jackie Hutchinson and Jeanice Small our U13s team was one of the strongest for some time.

It is important to thank all the athletes for agreeing to turn out, to fill places in what is not always their preferred event, and in so doing earn valuable points for the team.

The match result was a very encouraging 3rd place for the team. We also had the two athletes of the match, with Alex Kiwomye (U15B 200m) and Codie Marsh (U15G 1500m) being judged best athletes.

The final match scores were:-

1st	City of York	388 pts
2nd	Wakefield	343 pts
3rd	RH&AC	321 pts
4th	Lincoln	257 pts

Full results are now on the UKYAL web site.

The next fixture is at Herringthorpe on the 17th May. It would be good if all the athletes focused on training for the events they did in this first match, so that we are at maximum strength for the next match.

Ed: Steve Gaines rightly credits coaches- and of course athletes and parents for this great performance. It also shows the result of careful, dedicated and intelligent planning and development. For example, coaching review is being undertaken, as you can see elsewhere in this edition. We are not standing still. To stand still is to move backward. We move forward.

Northern Men's 12 Stage

1 Leeds City AC	3:19:22
2 Sale Harriers Manchester	3:25:16
3 Trafford A.C.	3:25:39
4 Liverpool H & AC	3:26:41
5 Derby AC	3:28:38
6 Morpeth H & AC	3:28:48
7 Salford Harriers & AC	3:30:16
8 Hallamshire Harriers	3:30:36
9 Leeds City AC	3:32:02
10 Altrincham	3:33:04
11 Sunderland H & AC	3:36:36
12 Holmfirth Harriers	3:38:52
13 Stockport H & AC	3:38:53
14 Blackpool Wyre And Fylde AC	3:42:11
15 Rotherham Harriers & AC	3:42:19
Simon Mounsey (42) 24:02	
Nigel Brookes (35) 13:42	
Paul Humphries (36) 23:55	
David Tune (33) 13:45	
Jon Maxfield (26) 23:41	
Gary Claxton (24) 13:32	
Philip Hoole (19) 21:39	
Mark Ward (18) 13:36	
Mark Ruddleston (19) 23:29	
David Smith (17) 13:24	
Luke Field (15) 23:08	
Howard Darwin (16) 14:26	
16 Gateshead H & AC	3:42:26
17 Horwich Rmi Harriers	3:42:37
18 Barrow & Furness Striders AC	3:42:38
19 Keighley & Craven AC	3:43:03
20 Wigan Phoenix	3:44:12
SELECTED:-	
31 Kingston Upon Hull AC	3:52:49
36 Beverley AC	3:56:55
38 Sheffield Running Club	3:58:03
40 City Of Hull AC	3:59:54
Disqualified: Bingley Harriers	
52 complete teams	

Womens 6 stage Team Result

1 Chester-Le-Street & Dist AC	1:25:04
2 Morpeth H & AC	1:26:03
3 Hallamshire Harriers	1:26:49
4 Leeds City AC	1:26:55
5 Sale H Manchester	1:27:21
6 Liverpool H & AC	1:28:23
7 Stockport Harriers	1:28:35
8 Horwich Rmi Harriers	1:30:13
9 Wakefield Dh & AC	1:30:56
10 Wigan Phoenix AC	1:31:55
11 Blackpool Wyre & Fylde AC	1:31:57
12 Holmfirth Harriers	1:32:44
13 Rotherham Harriers & AC	1:32:58
Jenny Blizard (4) 13:40	
Natalie Grant (3) 13:53	
Jade Allen (2) 14:18	
Jess Fawcett (3) 15:28	
Eleanor Thomas (10) 17:46	
Sarah Barnes (13) 17:53	
14 Trafford Athletic Club	1:33:32
15 Keighley & Craven AC	1:35:03
16 Clayton Le Moors Harriers	1:35:40
17 Macclesfield Harriers & Ac	1:36:06
18 Leeds City AC 'B'	1:36:30
19 Wilmslow	1:37:52
20 Hallamshire Harriers 'B'	1:38:56
SELECTED:-	
29 Scunthorpe And District AC	1:44:40
31 Sheffield Running Club	1:45:45
40 complete teams	

ERRA National Men's 12 Stage

1 Belgrave Harriers	4:04:43
2 Newham And Essex Beagles	4:09:54
3 Tipton Harriers	4:11:48
4 Shettleston Harriers	4:11:49
5 Birchfield Harriers	4:13:05
6 Bedford And County AC	4:13:39
7 Notts AC	4:13:50
8 Leeds City AC	4:14:16
9 Bristol & West AC	4:16:07
10 Aldershot, Farnham & Dist	4:16:34
15 Morpeth Harriers & AC	4:23:22
20 Hallamshire Harriers	4:26:15
27 Leeds City AC 'B'	4:30:44
34 Altrincham	4:39:17
37 Mansfield Harriers & AC	4:42:03
38 Rotherham Harriers & AC	4:42:10
Philip Hoole (19) 27:16	
Nigel Brookes (35) 16:55	
Simon Mounsey (45) 30:34	
David Tune (46) 16:55	
Jon Maxfield (47) 30:35	
M Ruddleston (46) 16:38	
Luke Field (45) 30:32	
Howard Darwin (45) 18:01	
Paul Humphries (43) 30:10	
David Smith (39) 16:47	
Gary Claxton (40) 30:59	
Mark Ward (38) 16:48	
39 Gateshead Harriers & AC	4:42:19
SELECTED:-	
42 Holmfirth Harriers	4:44:57
43 Derby AC	4:45:02
61 complete teams	

National Womens 6 Stage

1 Charnwood AC	1:38:14
2 Aldershot Farnham & District	1:38:21
3 Bristol & West AC	1:40:44
4 Hallamshire Harriers	1:42:04
5 Bedford & County AC	1:42:08
6 Chester-Le-Street & District	1:43:12
7 Winchester & District AC	1:44:43
8 Woodford G/ Essex Ladies	1:44:50
9 Swansea Harriers	1:44:59
10 Coventry Godiva Harriers	1:45:32
13 Leeds City AC	1:47:59
14 Morpeth Harriers & AC	1:49:58
SELECTED:-	
16 Lincoln Wellington A C	1:50:47
22 Notts A C	1:56:04
23 Holmfirth Harriers	1:56:18
25 Scunthorpe And District AC	1:59:31
37 Mansfield Harriers & AC	2:06:01
38 Rotherham Harriers & AC	2:06:05
Jess Fawcett (52) 20:29	
Laura Spence (37) 19:06	
Paula Fisher (38) 21:12	
Janet Hindley (34) 20:15	
Julie Thomas (31) 21:49	
Gillian Taylor (38) 23:14	
47 complete teams	

A table showing relay performances over the last few years (from Steve Gaines)

Key points:-
 * The men's team have qualified for the national event every year for the last 5 years.
 * This years men's 12 stage time was the fastest of those years
 * We have entered a ladies 6 stage team for the last 5 years
 The club aim is to send teams to ALL the major area and National championship events for Road & XC.

National 12 & 6 stage road relays

Good Performance and Support

Following the men's team qualification - by finishing 16th at the area event on the 5th April, we had a men's and a women's team in action at Sutton Park. Both teams finished in 38th position in their event. The men's team posting the best time for 5 years. The men's team finished 9th Northern team, and the women's team 13th Northern team. Excellent results in an event of the highest standard. Thanks to all for running and supporting

Ed: A very effective collection of speed merchants, improvers, solid supporters, youngsters and returning top runners made this a fascinating men's line-up: and ladies too to a considerable extent.. Good that the same outfit contested both men's events, and the times were very consistent through the team.

Not quite the force of some former years, but we are getting there again. It's easy to under-estimate the status of a result like this- north of England top ten isn't bad however you look at it.

Bassingthorpe 5: Good RH Presence

The first KMRT race of the season saw a strong comeback effort from newly re-joined Luke Field but the sharpness was not quite re-established, so we have Gav Felton (BAC) as our third winner in 3 Springs (Rob Watkinson '07, Mark Ruddleston '08). Greater numbers too. Claire Spencer first lady, running strongly. Only Megan and Georgina ran the fun run, and I got the distinct impression it was the age ban on 5 mile running which kept them from the main event as they both looked strong enough to place well in it. (continued below)

BASSINGTHORPE SPRING 5 MILES			
08/03/2009			
PosnName	Club	Time Cat	
1 Gavin Felton	Barnsley AC	30:29 SM	
2 Luke Field	RHAC	31:05 SM	
3 Simon Hopkins	Kimb Str	32:36 SM	
4 Kevin Doyle	Kimb Str	33:03 SM	
5 Chris Cotton	Kimb Str	33:15 SM	
6 Peter Neal	RHAC	33:25 VM50	
7 Mick Marsters	RHAC	33:48 VM60	
8 Melvin Wallace	Barnsley AC	33:53 SM	
9 Nigel Cook	RHAC	34:06 VM45	
10 Ryan Cudworth	Tickhill RC	34:54 SM	
11 Ian Hetherington	Kimb Str	35:14 VM40	
12 Claire Spencer	Kimb Str	35:47 SL	
13 John Spencer	RHAC	36:03 VM45	
14 Phil Eddison	RHAC	36:29 VM50	
15 Dave Allembly	Wombwell	36:38 VM51	
16 Patrick Rooney	Kimb Str	36:52 VM52	
17 Lee Carratt	RHAC	37:36 SM	
18 Kevin Thomas	RHAC	37:51 VM55	
19 Philip Haigh	RHAC	38:31 VM50	
20 Ian Brookes	Kimb Str	38:44 VM40	
21 Al Kirk	RHAC	38:55 VM45	
22 Alvin Hickling	Kimb Str	38:59 VM50	
23 Joanne Ridgeway	RHAC	39:03 VL40	
24 Gary Ridgeway	RHAC	39:03 VM40	
25 David Booth	RHAC	39:22 SM	
26 Phil Roberts	RHAC	39:26 VM50	
27 Jim Rust	Maltby	39:35 VM55	
28 Chris Green	Kimb Str	39:39 VM45	
29 Kerry Booth	RHAC	39:41 VM45	
30 Marisol Carrera Vivar	Bingley	40:05 VL35	
31 Janet Hindley	RHAC	40:12 VL40	
32 Nigel Deakin	Maltby	40:13 VM45	
33 Craig Spencer	Kimb Str	40:22 SM	
34 Eleanor Thomas	RHAC	40:27 SL	
35 Mick Barber	Maltby	40:30 VM40	
36 Brian Lowndes	Maltby	40:38 VM60	
37 Sharon Burton	RHAC	41:29 VL45	
38 Keith Binney	Barnsley AC	41:44 VM60	
39 Nina Hague	Kimb Str	42:12 VL40	
40 Karen Osborne	Maltby	42:19 VL50	
41 Neil Shaw	RHAC	43:03 SM	
42 Tony Redfern	Maltby	43:19 VM40	
43 Paul Adshead	Kimb Str	43:27 SM	
44 Debbie Hogarth	Kimb Str	43:53 VL45	
45 Michael Hill	RHAC	44:35 VM55	
46 Sharon Merrills	RHAC	44:38 VL45	
47 Robert Houghton	Maltby	44:58 VM55	
48 Malcolm Rhodes	RHAC	45:59 VM60	
49 Dave Thorpe	Maltby	46:04 VM60	
50 Paul Staley	RHAC	46:40 VM50	
51 Christopher Flintham	Maltby	46:57 VM40	
52 Nick Scarr	Kimb Str	47:37 SM	
53 Michelle Monteiro	RHAC	48:57 VL35	
54 Gillian Neal	RHAC	50:12 VL45	
55 Luke Brady	RHAC	50:25 VM60	
56 Graham Benton	Maltby	50:58 VM50	
57 Alan Bryden	RHAC	52:34 VM65	
58 Roger Cook	Kimb Str	52:38 VM60	
59 Richard Green	Kimb Str	53:29 VM55	
60 Lesley Pogmore	RHAC	56:19 VL40	
61 Emma Bird	RHAC	56:48 VL35	
62 Tony Sarjeant	RHAC	56:48 VM55	
63 Richard Doherty	Tickhill RC	56:57 SM	
64 Helen Hughes	Tickhill RC	57:04 VL40	
65 Ray Mathews	Maltby	58:15 VM65	
FUN RUN 4KM			
1 Megan Bailey	RHAC	19:10	
2 Georgina Spencer	RHAC	22:09	

Nice to have Nigel Cook joining our local series runs, he took 1st vet 45, Peter Neal (V50) and Mick masters (V60) were other successes. Sharon Burton was first VL45.

A stunning debut performance from Joanne Ridgeway (VL40), who looked in no trouble at all. Husband Gary said she was a decent runner- he should have said decent!. It was nice to see Marisol Carrera back- she said she would return- and she is now Marisol Carrera Vivar.

Finally I salute Tony Sarjeant and his group of co-runners who took on the full event and came out smiling. At least, a bit!

Year	Men's 12 stage		Women's 6 stage		Men's 6 stage		Women's 4 stage	
	Northern	National	Northern	National	Northern	National	Northern	National
2002	26		14		No team			
2003	14	No team	13	No team	No team			
2004	16	No team	18	No team	Incomplete (3)			
2005	16	Incomplete (8)	Incomplete (1)	35 2:03.03	24			
2006	9	55 4:57:07	Incomplete (1)	Incomplete (3)	Incomplete (1)		Incomplete (4)	
2007	23	52 4:55:19	9	19 1:53:55	15		No team	
2008	15	36 4:47.48	4	18 1:53.07	37	dnq	11	
2009	16	38 4:42.10	13	38 2:06.05				

Rotherham Harriers & AC Newsletter

Editor Peter Humphries
 Ser 5 No 5 Pubn. Date 5/5/09
 News/comment: 01709 549125 peterh@thedoc.fsnet.co.uk
 We are always interested in the views and news of athletes, especially members (old, new, ex- or prospective).
 VISIT www.rotherhamharriers.org www.sycra.co.uk
 Correspondents and reporters are now seriously required- see comments in this edition

Review of the Coaching Structure at Rotherham

As an athletics club which endeavours to provide coaching in all events across all age groups, Rotherham Harriers are indebted to our dedicated band of qualified (and voluntary) coaches for their considerable efforts. Without this service we would be unable to guide the development of our athletes. Over the years Rotherham Harriers can take great pride in the coaching we have delivered, and the many excellent performances from our athletes.

With the 2012 Olympics rapidly looming, expectations are high and this has necessitated athletics in the UK taking a long hard look at itself, if medals are to be delivered. This expectation has cascaded down through to the clubs. Our club is acutely aware that we have to deliver the best coaching service possible to our athletes, whilst still working within the confines of our volunteer coaching personnel. In an ever changing athletics agenda it is necessary that we are ourselves prepared to adopt change in the way we provide our coaching. To this end the Executive Committee of Rotherham Harriers & A.C. requested the services of Peter Moore, well known at the club and beyond as a level 4 Coach and Coach Tutor, to take a critical look at our current coaching structure, and to make recommendations for improvements to this structure. The terms of reference we set for Peter were:

1. Identify short term improvements and changes in Young Athletes coaching.
2. Create a medium/long term plan for coaching at the club.

Peter has now completed his review and has made some strong recommendations which should greatly enhance the quality of coaching at the club. The views of all coaches and parents have been sought, via questionnaires, and these views have been fully taken into account by Peter in constructing his recommendations.

In summary, Peter has made the following major recommendations:

- There should be no specialisation for an under 11/13 athlete. However, specific competition preparation training and development may be given as and when required.
- All U11's/U13's should be given the opportunity to experience all disciplines wherever and whenever possible.
- An induction period/assessment of 4 weeks with an intake on the first Monday of each month, dependent on necessity or need.
- A Coaching Coordinator should be responsible for both U11 and U13 age
- Groups to liaise between groups with their existing relative coaches and a lead coach whose primary responsibility would be the U11 age group.
- In order to ease the congestion on the track the U11/ U13 and if possible the U15 age group should commence training at 5.45pm with the "older" athletes starting at

6.15pm.

- Three separate U15's Endurance, Speed and Throws groups to be formed as required.
- To be a rolling rotation of three throws disciplines on a Monday night for U11/U13's
- To be a rolling rotation of advanced long Jump and Pole Vault on a Wednesday night.
- A novice High Jump discipline is incorporated for U11/U13's within the rolling rotation of above.
- A Flying Squad Coach is introduced on a regular basis for High Jump and Triple Jump for the more advanced athlete, until this 'Gap' in the coaching structure is filled, and this can also be used as a tool for C.P.D for coaches.
- Senior Throws, Endurance, and Speed Groups to continue in their present form with the existing coaching staff. However, an intermediate (U17) Endurance Group be formed if required.
- Senior Coaches (Levels 3&4) to be willing to mentor and assist the less experienced coaches.
- It is recommended that anyone taking on the role of Coach Coordinator, Lead Coach or Mentor attends a mentoring course.
- A Coaching grid to be visibly displayed (with photographs) identifying all coaches and their respective roles.
- The role of Coaching Coordinator is to continue.
- The role of Coaching Mentor is introduced.
- Continual Professional Development and Education of all coaches and prospective coaches be actively encouraged by Rotherham Harriers.
- A coach's forum is formed, meeting on a regular basis to discuss athlete's development plus any other coach related.

Once agreement has been reached with the Executive Committee and the Coaches Committee, the specific responsibilities described above will be assigned to specific coaches and the results will be published.

Jim Brogan
Coaching Co-ordinator

2009 London Mini- Marathon

Whilst the best in the world were racing over 26.6 miles, the best athletes from 9 English regions, Scotland, Northern Ireland & Wales were competing over 3 miles. Starting at Billingsgate, the course for the mini- marathon covered the last 3 miles of the main route to finish in the Mall.

The regional teams were selected from the athletes with the best performances over the winter season, and it says much for the young athletes of Rotherham Harriers & AC, that 6 of the club's athletes were selected for the regional teams.

Running for the Yorkshire & Humberside regional team were:-

Stef Burns & Robyn Lanceley (Under 17 women), Luke Cotter (under 15 boys) and Robert Bentham (under 13 boys).

Abbie Vernon (Under 17 women), and Codie Marsh (under 15 girls) were representing East Midlands, since they live in Derbyshire and Nottinghamshire.

The standard of the event is very high, Mo Farah and Steph Twell are previous winners of this event, and the athletes are the best in the country.

There were two winning team performances from the Yorkshire & Humberside teams. The under 15 boys team, and the under 13 girls team. Natalia Hackett, of Hallamshire Harriers achieving the best individual placing of the squad in that U13 girls race with an excellent 2nd place.

The under 13 boys team finished 3rd.

The photo shows the U17 womens team, from left:- Carly Robertson (Bingley Harriers), Rebecca Lambson (Skipton), Alex Bell (Pudsey & Bramley), Robyn Lanceley (Rotherham), Calli Thackeray (Hallamshire) and Stef Burns (Rotherham) just before the start of their race.

