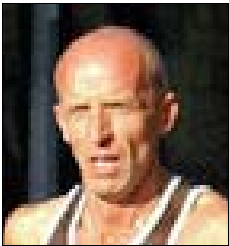




Congratulations: Jenny Blizard follows in the footsteps of coach Dave Tune with an international call-up to Ekiden Relays 23/11



Club Champion 2006
Nigel Brookes



Club Champion 2006
Gillian Taylor



Cross-country Secretary Steve Gaines: new official, new enthusiasm



Fast? Slow? In-between?
No matter!!
Your presence is requested at

Kimberworth Sun 17 Dec 11am
(10k trail) Droppingwell Lane
Braithwell Tue 26 Dec 11am
(Smile road)

Rotherham Runner



Rotherham Harriers & AC November 2006 Ser 4 No 29



Members of Rotherham cross-country relay teams at the National, Berry Hill, Mansfield, 4th November 2006 (Alison Fawcett)

Brilliant U17s the highlight of good all-round turn-out

ECCA Relays, Berry Hill, Mansfield. 4th November 2006

RH ladies of all ages continued their superb year with good results at Berry Hill. Congratulations also to our male athletes for a full turn-out; our cross-country section is rejuvenated. Steve Gaines reports:

We had entered a total of 17 teams in this event. We could not fill all those teams on the day, but on the positive side we had teams entered in all races except the U13 Boys and Junior men events.

Unfortunately two of the entered teams failed to make the results sheet. The under 17 boys 3rd leg runner completed the course, but wore the tag (used for timing) on his wrist not his ankle, the timing device did not work and the team was incomplete.

In the senior men race the A team 3rd leg runner Darren Cooney had to pull out after only 50 metres or so due to a calf problem. The team were well placed in 40th position after leg 2. The last leg runner Richard Harris ran a time trial training run.

Congratulations to the U17 womens team, for their great result. Natalie ran the 6th fastest time, and the B team were 5th B team, well done!

Stephanie Burns had a good run in the U15 race placing in the top 20 fastest times.

Thanks to all runners for turning out and supporting the club.

Results Full Results can be seen on the UKAthletics website

U13 Girls 62 Teams finished

1st Aldershot Farnham & District 22:07.45
37 RHAC A 25:29.35.
Olivia Neal 8:38.35 (48); Georgina Arif 8:41 .1 (45); Natasha Hatswell 8:09.9 .

U15 Girls 70 teams

1st Leigh H&AC A 21:46.7
11 RHAC A 22:31.6
Stephanie Burns 7:13.75 (7); Abbie Vernon 7:35.15 (6); Robyn Lancelley 7:42.7 .

48 RHAC B 25:07.15

Rachel Hall 8:23.9 (62); Rebecca Middleton 8:31.85 (57); Chelsea Johnson 8:11.4
RHAC C Inc.team: Sophie Brocklesby 9:09.25 (73) Chelsea Johnson 9:35.4 (69)

U15 Boys 71 teams

1st Liverpool Pembroke & Sefton Harriers 18:57.35.
63 RHAC
Davy Jones 7:27.85 (75) ; Liam Thompson 7:32.65 (68); Tom Watson 7:34.3

U17 Women 44 teams

1st Aldershot Farnham & District 26:26.4
2nd RHAC A 26:46.85
Laura Spence 9:00.25 (9); Natalie Grant 8:42.55 (2); Jade Allen 9:04.05
35 RHAC B 31:01.85
Jessica Fawcett 9:17.5 (14); Laura Barnes 10:18.75 (23); Kim Bateman 11:25.6

U17 Men

Gateshead Harriers & AC 28:07.05

RHAC Incomplete team – no time for 3rd leg runner

David Smith 10:43.25 (67); David Booth 10:47.3 (53); Daniel Emson??

Junior Women 22 teams

1st Aldershot Farnham & District 25:17.35
11 RHAC A
Klachen Cheshire9:02.4 (18); Rosie Edwards 9:01.7 (8); Lyndsay Clarke 9:45.95
RHAC B Inc team Sarah Barnes 9:43.95 (27)

Senior Women 83 teams

1st Charnwood AC 30:19.05
61 RHAC A 38:38.9
Jenny Blizard 10:20.3 (15); Gill Taylor 13:22.65 (48); Adele Morris 14:55.95

Senior Men B 132 teams

1st Newham & Essex Beagles A 1:00:42.85
91 RHAC B 1:13:06.25
Dave Nuttall 17:59.8 (110)
Chris Moran 17:54.85 (98)
Peter Neal 18:48.8 (102)
Simon Mounsey 18:22.8

Incomplete team RHAC A

Jon Thewlis 15:45.2 (32)
Phil Hoole 16:37.5 (40)
Richard Harris 16:43.

**Xmas Day Race
Closing date 18/12/06**

London reject? See p 6

England Athletics Ltd

As you may be aware we now have a new governing body England Athletics Ltd. This body has taken over from UKA as our governing body and will be fully functional in May 2007. Basically what has happened is that UKA have retained responsibility for Elite Athletes most of their other roles have been or are being devolved to the new governing body.

One of the main objectives was to introduce a national membership scheme commencing from May 2007. There were many rumours concerning what level the membership scheme would be pitched at and which athletes would attract the requirement of membership to enable them to compete.

We now know that for 2007 membership will be £3 for every competitive athlete aged 11 years and above on 31st August 2007. Officials/Coaches who are members of a club should register as such BUT they DO NOT pay the £3.

The £3 is a concession brought in for the first year as previously the old Southern Region didn't even have a membership scheme. It will rise probably to £5 per year in May 2008 with annual increases thereafter.

Under the new scheme you will receive a membership number which will remain with you for your whole athletic career.

It will greatly assist the club secretary if you are intending to pay the membership fee that you do so at the same time as paying your annual subscriptions.

Bert Norburn

SY Track & Field 2007

Recognising that the South Yorkshire Track and Field League had been losing support for some years, a lot of new ideas are being incorporated for 2007. Full details are yet to be finalised but basically there will be four meetings for under 15s at weekends and four meetings for 15 years and over including seniors of course, on mid week evenings.

Matches will be at Herringthorpe, Barnsley, Woodburn Road and the new track at Doncaster. The under 11s sections and under 13s will be based on a multi events format. The A and B system will be scrapped and the first 12 in each event will score.

This means that finals will have to be run in sprints races, which should be more exciting. Not only that, but a grand prix element will be introduced into the senior events. The championships is to be retained, but some changes here are envisaged to increase the entry.

Ralph Rowbotham

RHAC Club Championships 2006: Results Brookes/Taylor take gold

The awards for the Club Championship and also the mileage awards will be presented on **22nd December at Greasbrough Trades and Labour Club.**

Congratulations to Nigel Brookes the Men's Champion and Gillian Taylor the Ladies Champion. For the Ladies Gillian has been a clear winner after a tremendous season. For the Men the competition went to the wire and was decided in the last race of the season with Nigel winning by one point from Matthew Asbridge with Neal Shaw a further one point behind Matthew.

Awards will be presented to

Nigel Brookes	Champion with 388 points
Matthew Asbridge in	second place with 387 points
Neal Shaw in	third place with 386 points
Gillian Taylor	Champion with 413 points
Pat Wells in	second place with 386 points
Joanne Walker in	third place with 348 points.
Gillian Taylor, 4	59 points from 9 races.
Matthew Asbridge,	634 points from 14 races.

These awards are for achieving the highest points total from all races.

Congratulations to all of the above.

Editorial

The amount of work being done at our club by athletes, coaches and administrators has to be experienced to be believed. The sheer volume of results, individual, team, all ages and disciplines is staggering. Not to mention other news developments. One of the effects of this, is that of changes to how the club's newsletter has to be organised. This is the thirteenth anniversary of my first newsletter for RH; in the early days it was always a problem getting enough news; nowadays, largely through the IT revolution, it is a problem of handling it.

One difficulty is (has always been) making sure that athletes and others are not overlooked to any degree in our reports. But I (and we) are only human and it does occur. Colleagues do point out such omissions, but always after publication. To their great credit, all our athletes understand the situation and accept it. We try to make sure they are marked up in next editions. Three such athletes at the present time, who certainly have been highlighted on our website, and reported in this magazine, but perhaps with less prominence here than they deserve, are Stefanie Burns, Laura Spence and Olivia Neal. All are now nationally prominent: Olivia has advanced rapidly, Stefanie has been at the front consistently, and Laura has stepped up smartly to be a key member of the U17 squad. Steve Gaines reports on their events elsewhere.

Omissions would not occur if section secretaries and coaches brought results and performances to my attention, (or if the athletes themselves or parent did). So far in 2006 I have had very little report or comment from any coach, and little copy from sections, and we can't carry on like this. I know that after hard work on the track, road, or field you don't really want to put pen to paper (or finger to key!) but I do need the direct comments of those people mentioned: it can be email, it can be prepared reports or guidance comments; it can be by phone (please mention "XXX" etc) or even word of mouth at appropriate times. It can be handwritten note (I now have magic 'Dragon' software which writes as I speak!). Bert suggests elsewhere that news should be sent to him, or a club official, but in fact it is far better to send/give it directly to me (or cc it in an email)

One person who has already responded to the newsletter's problem is new cross-country secretary Steve Gaines. Steve has prepared all the section comment for this edition and has also put in a lot of work behind the scenes on club stats, website materials and so on. His enthusiasm is rejuvenating our cross-country efforts and his drive and experience are already having benefits in the organisational arena. There are other submissions in this edition; from Peter Neal, and others; the usual (large) amount of copy from Bert Norburn, pictures from Steve and from Alison Fawcett which are much valued.

The above may clarify for you why the newsletter preparation has to change. The October edition took four working days to write and collate, the last of which was a 16 hour working day ending at 2.30 am on the publication day. I am struggling to keep the newsletter down to 8 pages. Your success is giving me problems. They are very welcome problems. But they have to be handled. So, amongst other things, I am requesting the following for each publication:

- contribution from all sections via their secretary or nominee
- more contribution from individuals (their own reports or comments)
- more comment/copy from coaches and officials
- a prepared or outlined 'young athletes' page(s) would be welcome if any young athletes want to use their IT skills (eg as hobby or as school coursework)

The next publication is planned for Weds 20th December, copy by Monday 18th please.

Finally, colleagues may still not be aware that the organisation of athletics nationally is changing, and that "traditional" "county", "North of England" and national tiers may be different. I have asked our secretary to give us an outline (more to come), which he has done on this page. And some of it is changing locally - track secretary Ralph Rowbotham gives us a short preview.

Club Championship races for the 2007 Season

Further details and more races to be added when details are known

19th Nov Barnsley 10K at 10.30 from Royston Leisure Centre. Fee £5.50
Entries to Barnsley 10K, 52 Baslow Crescent, Dodworth, Barnsley S75 3SG

17th Dec Bolsover 10K at 10.30 from Bolsover School. Fee £10
Entries to Bolsover 10k HQ, 9 Caudwell Close, New Tupton, Chesterfield S42 6DL.
Last year 1000 runners.

17th Dec Kimberworth Santa Special (off road)

25th Dec Christmas Day H'cap 11.00am

26th Dec Braithwell 5 mile

4th Feb Dewsbury 10K 9.30 Entry Fee £12. Contact B Diskern 01924 529981.
Last year 955 runners

18th Feb Wombwell 5

25 Feb The Snake Lane 10 at Pocklington Entry Fee £6. Entries to Race Secretary, 8 Wheatlands Close, Pocklington, York, YO42 2UT. Entry limit 850. No late or entry on day.

4th March Norton 9M Contact D Collingwood 01302 70148 last year 340 runners.

11th March Dronfield 10K 11.00. Scout Hut, Pentland Road, Dronfield. Last year 622 runners.

March Doncaster ½ M

25th March Easter Chuckie at 11.15. Wath Rugby Club (off road)

31st March Ulley T/T at 11.30. provisional date

1st April Wakefield Hospice City 10k, Thornes Park Athletics Stadium, Horbury Road, Wakefield, W. Yorks.

2006 entry fees were: £6/£8 + £1 on day ("Wakefield Hospice") c/d 4/4. Contact: 10k Organiser, Wakefield Hospice Fundraising, Wakefield Hospice, Aberford Road, Wakefield WF1 4TS - tel: (01924) 213900

15th April Sheffield 10K

29th April Rothwell 10K, 10.00 from the Rothwell Sports Centre (A642, Oulton, nr. Rothwell, Leeds). 2006 entry fees were: £7/£9 (pay "Rothwell Harriers"). Race info queries to Paul Beresford (before 9pm only) on 0113 282 4724.

If you require a copy of this list which will be updated regularly with dates of the events please email bryden43@aol.com or check RHAC web site.

Issue 1 November 16th 2006
Alan Bryden

Winter Training changes for athletes 15 years and over Wickersley School have closed their sports hall until further notice due to a damaged floor. The training has now been transferred to Dinnington Comprehensive School until January 2007. On Monday 8th January 2007 the sessions will resume at Clifton Comprehensive School, Middle Lane South, Rotherham. The last sessions will be Monday 26th March 2007. The charge remains at £2.50p per head per session. Sessions are from 6.00pm to 8.00pm. For further info contact either Peter Moore, Jim Guite or Brian Parkes

Welcome, Willkommen, Bienvenuti, Bienvenida, Bienven, Failt, Croeswaid, Welcum etc
In September the Executive Committee accepted the following membership applications en bloc:-
Megan Elizabeth Bailey 11yrs T&F RR XC, John Brian 29yrs RR XC, Katie Grace Hedge 14 yrs XC, Ross Kelwick 10yrs T&F, Phillipa James 42yrs RR XC, Ricky Sharp 42 yrs RR XC, Thomas Watson-Martin 13yrs R&F XC General.

Just a reminder Subs for the new season can now be paid. At the recent AGM the new rates were set as follows:-

Juniors (U 18) and Concessions (full time students) £10
Seniors (Over 18) £20 Family £30

These payments DO NOT INCLUDE MEMBERSHIP PAYMENTS DUE TO ENGLAND ATHLETICS IN APRIL 2007 which have been set at £3 per athlete (Applies to ALL competitive athletes aged 11 years and over as at 31/8/07). If you wish to include this payment with your subscriptions simply add the amount required.

How to pay:

By cash or cheque to Secretary Bert Norburn (cheques should be made payable to Rotherham Harriers & AC)

By Standing Order: The Alliance and Leicester Account is no longer valid this having been closed, please contact Hon Treasurer Gillian Taylor on 01709 376314 or e mail Gillian.t@tiscali.co.uk for details of which account you should direct your payment to. Please include a reference with your SO instruction either NoEAA membership number or your date of birth to ensure that your payment can be correctly recorded in Club records.

By Internet banking . Similarly contact Hon Treasurer Gillian Taylor for account details.

In spite of grants and sponsorship received by the Club in 2006 subscriptions continue to represent an important and substantial part of the Clubs income. In the last financial year the Club had to meet expenditure of over £17,500 to deliver athletics to our members.

Please pay your subscriptions as soon as you can, if you can identify funding opportunities for the coming year please get in touch with the Club Secretary or any Club Official.

Phew!! Simon Pugh

RH& AC Performances at the Yorkshire County Veterans' Track & Field Championships
SUNDAY 24 SEPTEMBER 2006 at Princess Mary Playing Fields, Cleckheaton
HARRIERS RESULTS:

Discus 3rd Robert Wilkinson M35 32.52
400m Hurdles 2nd Simon Pugh M45 78.5
100m 2nd Ian Cooley M45 13.9
2000m S/c 1st Simon Pugh M45 8.19.4
110m Hurdles 2nd Simon Pugh M45 25.0

Apologies for late recognition of these athletes we have only just received the info. Congrats to all the medallists but PHEW what about Simon, 2 silver 1 gold and he's only been involved in the game for 5 minutes (metaphorically speaking).

It does highlight an important area:-

THERE ARE ONLY A HANDFUL OF CLUB MEMBERS WHO SUBMIT COPY FOR THE NEWSLETTER INEVITABLY ERRORS WILL BE MADE AND ITEMS WILL BE MISSED.

**IF YOU HAVE ANYTHING THAT YOU WISH TO CONSIDER FOR PUBLICATION JUST DELIVER IT (preferably

electronically or typed) TO SECRETARY BERT NORBURN OR ANY SECTION SECRETARY OR EXECUTIVE COMMITTEE MEMBER**
(Or direct to me, see page 2 editorial Ed)

Track News

Members who were down at the track on Monday evening 20th November will have noticed that once again the back straight was taped off and out of use. BUT THIS TIME IT WAS FOR THE RIGHT REASON. The lines were painted earlier and hopefully hurdles and other markings will be added on Tuesday which means we will have a fully functional track AT LAST!!!!

Christmas Reminder

The Christmas BASH is rapidly approaching and tickets will go on sale in the kiosk in the next couple of days. This year we are combining our youngsters celebrations with our seniors and the venue is the Trades Club, Greasbrough Road, Rotherham, Friday 22nd December 7.30pm onwards. Children's tickets are £3 and this includes a gift for every youngster from you know who 'The fat guy who wears the red tunic' Adults accompanying children get free admission but you are asked to bring a plate of something to boost the buffet. Seniors attending without youngsters are asked to contribute £2 for a ticket and a plate of something to boost the buffet. There is a disco and loads of presentations to be made.



U15 squad members Robyn Lanceley, Stefanie Burns and Abbie Vernon with coach Dennis Russell after their successful start to the UK Cross Challenge series at Senneley's Park, Birmingham

RHAC Christmas Party and Awards Evening

**Trades Club
Greasbrough Road
Rotherham**

**Friday 22nd December
7.30pm**

Still time to apply for a grant from the Ron Pickering Memorial

Applications are invited from young athletes aged between 15 and 23, who are in education and may need financial help towards training and provision of equipment. Applicants should be medallists from their National Schools, AAA U17, U20 or U23 Championships or in the top six of the appropriate UK ranking lists.

The closing date for applications is November 30th and an application form may be obtained by sending a stamped addressed envelope to Jean Pickering, 11 Wendover

Drive, Welwyn, Herts AL6 9LT, or downloaded from this website.

Power of 10

This is the name of the new initiative designed to produce a wealth of world class British athletes - for the 2012 Olympic games and beyond.

The aim is that in every event, every region and every age group we should have at least 10 athletes who have bettered a predefined target. Athletes will be able to see on the regional and national ranking tables how much they need to improve to achieve the regional and national target.

The expectation is that over time the top 3 performers in each event will be at world class standard.

RHAC athletes who have achieved the regional target are;

Jade Allen, Natalie Grant, Abbie Vernon, Jessica Fawcett, Rosie Edwards, Klachen Cheshire
Stefanie Burns, Amber Merrills, Olivia Neal, Clare Lebond, Kelly Pagdin, Laura Booth, Gareth Moreton

Jade Allen, Laura Booth, Stefanie Burns, Natalie Grant, Kelly Pagdin and Abbie Vernon have all achieved the national target.

Also listed in the regional ranking lists are:- Laura Barnes, Danielle Blank, Nicole Blank, Vicki France, Stacey Lebond, Poppy Knowles, Lizzie Mayer, Jenny Middleton, Ellie Moseley, Thereza Oliver-Smith, David Scholey, Charlotte Vaughan, Helen White.

Well done to all the above athletes.

Our aim is to have more club members achieving the targets.

The full ranking lists can be viewed at www.powerof10.info

Rankings are taken from a broad section of results, as this is a human endeavour mistakes can be made and performances can be missed. If you know that you should be on the ranking list submit your data direct to power of 10 via their website.

You all now know the targets so go out there and get them!!!!!!

Steve Gaines

RH Strength Barely Needed

Cutlers Relays

Graves Park, Sheffield. Saturday 28th October.

we could not be confident of fielding a full senior team, but on the day ran a composite incomplete team to allow Jenny Blizard and Darren Cooney to have hard runs before next weekend XC relays.



Rick Sharp: welcome back and very competitive

Mark Ruddlestone ran the fastest V40 leg, and Philippa James the fastest woman vet leg. In the O50 event Peter Neal - making a welcome debut in this category - ran the 2nd fastest leg, just 2 seconds behind Paul Blakeney of Sheffield. The V40 team members ran the fastest 5 legs in the V40 race.

Results

Women Vets 1st RHAC 47:23 (Philippa James 14:59; Gill Taylor 15:36; Paula Fisher 16:48)

Men O/50 1st RHAC 39:38. 2nd Sheffield AC 42:58 3rd Sheffield Triathlon 46:29

Fastest legs 1) Paul Blakeney 13:00; 2) Peter Neal 13:02 (leg 2); 3) Mick Marsters 13:13 (leg 1);

4) Steve Gaines 13:23 (leg 3); 5) Bob Pringle 13:25.

Men O/40 1st RHAC 1:02:30. 2nd Sheffield Triathlon 1:11:59

Fastest legs 1) Mark Ruddlestone 11:47 (leg 2); 2) Peter Mirrlees 12:13 (leg 3)

3) Tony Carroll 12:46 (leg 4) 4) Pete Shaw 12:47 (leg 5)

5) Rick Sharpe 12:57 (leg 1)

Senior event

Fastest legs; 1) Jason Ward 10:09; 7) Darren Cooney 11:25; 16) Jenny Blizard 11:57.

Thanks to all club runners for supporting this event.



U17: XC Relays

This popular event was staged again, after a 7 year absence. Unfortunately the event was not well supported by clubs outside of Sheffield and Rotherham, which is a pity since the course was testing well laid out and marshalled.

We fielded teams in Men V40, V50 and Women vet categories, with all teams winning their categories. We had decided that

Pictured are three of our top-performing athletes who have not perhaps been highlighted as much as they should. With really fine efforts and results both at local and representative level, top to bottom:

U15 Stephanie Burns , U17 Laura Spence and U13 Olivia Neal



Stephanie Burns



Laura Spence



Olivia Neal

Fixtures

Sat 25 Nov 06	NoEAA Indoor Open 1	open	EIS Sheffield
Sun 26 Nov 06	Clowne Half	open	North Rd Clowne 10 am £8 old +£2
Sun 26 Nov 06	SY Cross-C League 3	SY clubs	Longley Park Sheffield provisional
Sat 02 Dec 06	Ulley Time Trial 2 of 6	RH-guests	Main street Ulley 11am first off on the
Sun 03 Dec 06	Percy Pud 10k FULL	open	
Sat 09 Dec 06	Round Rotherham & 8 stage relay	open	Dearne Valley College £9 attd. gen inf
Sat 09 Dec 06	NoEAA Indoor Open 2	open	EIS Sheffield
Sun 17 Dec 06	Bolsover 10k	open	
Sun 17 Dec 06	Santas Special Kimberworth RC	open	Droppingwell football area right on the
Mon 25 Dec 06	Christmas Day Handicap	RH	NEW Park Hotel Middle Lane
Tue 26 Dec 06	Ward Green 6	open	Ward Green Barnsley
Tue 26 Dec 06	Braithwell 5 Malby RC	open	
Sat 06 Jan 07	Yorkshire Cross-country Championships	clubs	Skipton team/individual entry see Steve
Sat 13 Jan 07	NoEAA/AAA Multi-events	open	EIS Sheffield
Sun 14 Jan 07	Pennine 10k	open	
Sun 14 Jan 07	SY Cross-C League 4 NOTE DATE	SY clubs	Rotherham Winterhills Inc Yorks Vets inc
Sat 20 Jan 07	NoEAA U20/17/15 Indoor T&F Champs	open	EIS Sheffield
Sun 21 Jan 07	York Half FULL	open	Knavesmire
Sat 27 Jan 07	North England Cross Country Champs	clubs	Heaton Park Manchester team/individual e
Sun 28 Jan 07	NoEAA Senior Indoor Track & Field	open	EIS Sheffield
Sun 28 Jan 07	Meltham 10k	open	
Sat 03 Feb 07	County schools XC chaps	school	various
Sun 04 Feb 07	Dewsbury 10k	open	
Sun 18 Feb 07	Wombwell 5	open	Wombwell SA track Janette Tomlins
Sat 24 Feb 07	AAA U20/17/15 T&F Champs	open	EIS, Sheffield (& 25-2)
Sun 25 Feb 07	Snake Lane 10	open	Pocklington
Sun 04 Mar 07	Norton 9	open	Norton; N Doncaster
Sat 10 Mar 07	ECCA Cross Country Champs	nat clubs	Sunderland
Sat 24 Mar 07	English Schools Cross Country Champs	area sel	Leeds
Sun 25 Mar 07	Ackworth Half	open	Ackworth, Pontefract
Sat 31 Mar 07	Northern 6 & 12-Stage Road Relays	club teams	tba

South Yorkshire Cross-Country

South Yorks. XC 2 Campsall, 5th Nov 2006 Report & Results.

The number of club runners in this event was down over the first series race, possibly influenced by the fact that the ECCA relays were held the day before, and we had a good turnout there.

Despite the reduced numbers we had representation in all age groups.

The best team results were in the U17 women's race where RHAC runners finished in the first 7 places. They were led home by Laura Spence – who is having a great, and much improved, season to date. Laura ran strongly to again win the U17 race – despite the fact that she ran the previous day in the silver medal relay team. Excellent support and performances from Jessica Fawcett, Laura Barnes and Kim Bateman – all who ran the day before in the B team at Berry Hill.

As is usual these days the U15 girls were the next most successful group of runners.

Robyn Lanceley continues to show the improved form evident this year. Abbie Vernon and Poppy Knowles ran well as did Rachel Hall (all having also run at Berry Hill the day before)

Rosie Edwards ran a brave race to finish 2nd overall in the ladies race and a clear winner in the U20 race. Sarah Barnes ran well to move into 2nd place overall. Rosie and Sarah not showing any obvious fatigue, despite having represented the club the previous day.

Olivia Neal, another club stalwart who had a good run to finish 2nd in the first race, unfortunately had to pull out of her race, due to a recurrence of the stomach problems she has recently been suffering from. I understand that the problem has been diagnosed, and she hopes to be back after a couple of weeks treatment.

Rick Sharpe – returning to represent his club after a break of over 15 years – continues to show good and improving form in the O40 vets group. New member Howard Darwin is also running well.

Mick Cochrane continues to run well and is now in 2nd place overall in the V60 group.

In the age group categories, the overall positions after two races are as follows:

U11 Girls; Georgina Spencer 9th

U11 Boys; Jordan Small 5th.

U13 Girls; Natasha Hatswell 3rd. Sarah Wilding 15th.

U15 Girls; Robyn Lanceley 2nd. Abbie Vernon 3rd. Rachel Hall 11th. Georgina Palmer 14th.

U15 Boys; Cian Scothern 3rd.

U17 Women; Laura Spence 1st. Jessica Fawcett 2nd.

Laura Barnes 3rd. Charlotte Vaughan 4th. Kim Bateman 5th. Alexandra Palmer 6th.

U17 Men; Nathan Buckingham 8th.

U20 Women; Rosie Edwards 1st. Sarah Barnes 2nd.

U20 Men; David Scholey 8th.

Sen Men; Chris Moran 7th. Dan Jones 8th. John Spencer 23rd. Steve Rossall 25th.

John Brian 31st

V40 men; Rick Sharpe 6th. Howard Darwin 8th. Kerry Booth 20th.

V50 men; Bob Tintinger 11th. Kevin Thomas 16th.

V60 men; Mick Cochrane 2nd. Peter Humphries 6th.

Keep it going everyone!

Steve Gaines

U11 Girls (31 Finishers)

1	Claire Wilsher	Hallam	6:13
6	Georgina Spencer	RHAC	6:51
25	Mollie Arif	RHAC	8:04

U11 Boys (14 finishers)

1	Aiden Davies	Don AC	6:00
5	Ricky Benton	RHAC	7:01
6	Jordan Small	RHAC	7:04

U13 Girls (26 finishers)

1	Remie Cockrell	Hallam	13:14
2	Natasha Hatswell	RHAC	13:31
17	Sarah Wilding	RHAC	15:28
23	Samantha Rollinson	RHAC	16:48

U13 Boys (17 finishers)

1	Chris Grayson	Sheff AC	11:45
6	Alex Carroll	RHAC	12:59
10	Curtis Benton	RHAC	13:27
13	Nicholas Myers	RHAC	14:34
17	Sebastian Drake	RHAC	18:20

U15 Girls (23 finishers)

1	Calli Thackery	Hallam	11:57
2	Robyn Lanceley	RHAC	12:15
3	Abbie Vernon	RHAC	12:26
6	Poppy Knowles	RHAC	13:09
12	Rachel Hall	RHAC	13:54
17	Jemma Creaghan	RHAC	14:26
18	Georgina Palmer	RHAC	14:35

U15 Boys (13 finishers)

1	James Gray	SheffAC	19:54
4	Cian Scothern	RHAC	20:54

U17 Lady (10 finishers)

1	Laura Spence	RHAC	19:40
2	Jessica Fawcett	RHAC	20:24
3	Laura Barnes	RHAC	22:24
4	Charlotte Vaughan	RHAC	22:57
5	Kim Bateman	RHAC	24:10
6	Rebecca White	RHAC	24:37
7	Alexandra Palmer	RHAC	25:15

U17 Man

1	Andy Heyes	Hallam	22:44
5	David Booth	RHAC	25:53
9	Nathan Buckingham	RHAC	27:15

Ladies (54 finishers)

1	Nichola Squires	Hallam	25:19
2	Rosie Edwards	RHACU20	25:43
7	Sarah Barnes	RHACU20	29:03
16	Philippa James	RHACV35	30:13

Men (138 finishers)

1	Paul Green	SheffAC	32:38
21	Chris Moran	RHAC	37:15
26	Dan Jones	RHAC	37:54
36	Ricky Sharp	RHACV40	38:24
40	Tony Carroll	RHACV40	38:42
46	Howard Darwin	RHACV40	39:27
59	John Spencer	RHAC	40:28
72	Robert Tintinger	RHACV50	41:41
79	Kerry Booth	RHACV40	42:06
83	Mick Cochrane	RHACV60	42:24
100	David Scholey	RHACU20	44:30
104	Kevin Thomas	RHACV50	44:52
111	Peter Humphries	RHACV60	45:37
112	John Brian	RHAC	45:39

Order and timing of Events for Fixtures 2 - 3

Age group	Max. dis	Time
Girls 8, 9, 10	1500m	11.00
Boys 8, 9, 10	1500m	11.05
Girls Under 13	3000m	11.10
Girls Under 15	3000m	11.20
Boys Under 13	3500m	11.30
Boys Under 15	4000m	11.45
Ladies Under 17	4000m	12.00
Ladies Over 17	6000m	12.00
Men Under 17	6000m	12.30
Men Over 17	10000m	12.30

Ages as at 31 August 2006 (vets= age on the race day)

Sharp from the Start

UK Cross Challenge: Senneleys Park Birmingham, Oct 28 2006.

Congratulations to the athletes in both the U17 and U15 age groups for their 2nd team places in this first UK Cross Challenge meeting. This bodes well for the coming season and championships. Remember these are races of the highest quality with top international athletes taking part!

Dennis Russell reports some satisfaction with the good solid team performances, saying all athletes ran well in the heavy – but not too muddy – conditions.

Results

U17 Women (70 finishers)

1	Charlotte Purdue (A.F.&D)	13:01
9	Natalie Grant	13:52
15	Jade Allen	14:30
27	Laura Spence	14:49
28	Jessica Fawcett	14:53

U15 Girls (64 finishers)

1	Sarah Barker (Sale H)	11:05
15	Stephanie Burns	11:30
32	Robyn Lancelley	12:34
39	Abbie Vernon	12:44

See photo p. 3

Cumulative Team Scores from SY XC League

From the South Yorkshire Web site
Thanks to Dave Horsfall/Pete McLeod

1	Hallamshire	131	79	210
2	Rotherham	107	42	149
3	Doncaster	76	60	136
4	Rother Valley	53	37	90
5	City of Sheffield	50	34	84
6	Barnsley AC	48	24	72
8	University of Sheffield	36	29	65
7	Kimb Striders	37	27	64
9	Penistone	31	24	55
11	Livingwell	20	15	35
10	Wombwell	20	12	32
14	Askern	11	15	26
12	Totley AC	8	12	20
13	SCS	10	9	19
15	Tri Club	6	9	15
17	Barnsley H	12	2	14
18	Handsworth RH	3	6	9
16	Maltby RC	6	2	8
19	Dark Peak	1	0	1

Extract of Rules

Full rules at www.sycaa.co.uk
Races will be started before the conclusion of the preceding events
The programme of events should be complete by 1.30 pm
Events 1 & 2 and events 3 & 4 will be run together if there are insufficient runners. Events 7 & 8 and events 9 & 10 will start together

Teams- first 4 all categories except men (6 count) No separate vets. CLUB VESTS



Last month

Shorts

From Bert

We have taken delivery of new spec reflective vests which we will retail at £6 (almost cost).

From Luke Brady

As requested details of my times for the Dublin Marathon Chip time 4hrs 23 mins. Well done Luke.

from Rob Watkinson

Hi Peter. Just thought it might be worth informing harriers about an excellent podcast which is available for free. Its on the website www.jbst.com this is joe beer's site who is a highly regarded coach of various endurance sports. He and his mate will do a podcast every couple of weeks which lasts an hour covering various topics. Generally training and nutrition. They speak in easily understood terms, and a lot can be learnt from them. I download the cast onto my mp3 and listen while in the gym, but it is also an ideal companion on an hours easy run.

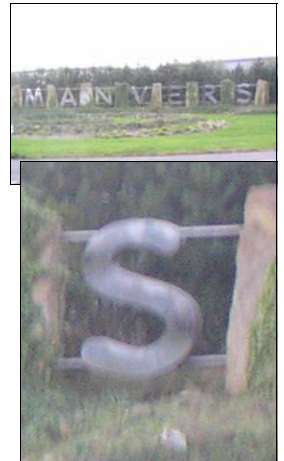
As for myself i haven't run for 7 weeks. Its weird but as soon as a cut out the intense training i started falling to bits. I've got a bursa on my hip. Still i'm doing plenty of cycling and if i get back running soon I'll plan my assault on the duathlon next year. !!!!!

From Ed

Remember Henry's picture of the "Manvers" sign at the start of the RRRR (9th Dec)? Norman, (one of my drinking colleagues) and coincidentally nephew of our own Arthur Jeavons, is by trade a welder and was involved in the preparation of the sign.

When it got round to his turn, Norman says all the other letters had been sorted : "...and I was left with the [deleted] S!!!!"

Remarkable where 'Rotherham Runner' is being read these days!



Picture Quiz



The new quiz photos (above) show. Obviously, a cross-country event and a road. Who, what, where, when? Steve Gaines is left of the XC shot, the donor also in view. I had to considerably brighten the road picture for publication.

Patricia Wells photo (left) takes us back to 1982 and the Rotherham Marathon (featured with a different photo in June 2004) which incorporated the police championships. Hence the unfamiliar vests for John Dunphy (central right). Jim Brogan is prominent (35). The central left figure, 2nd row, is supposed to be Alan Beighton (and certainly Alan was in this race) but I don't think it is, there was a West Yorks policeman with similar appearance- is it Steve O'Callahan? Denby Pettit tall at the back.

Alan Bryden's photos (below left) show the club trip to celebrate the centenary, a clue being that the photos date from 1987. Clearly the Lake District from the signposts. Standing: Dave Carratt, Brian Harney, Paul Stephenson, seated I can spot Ray Burgon, Brian Siddle, Carl Smith, Maurice Cook. Any more?

CHRISTMAS WALK.....

Remember our popular event two years ago??? Well its on this year for Thursday 28th of December, parking at Pilley Village Hall near

Birdwell, 10.a.m. start. A different route this year, but about 10 miles again, bring a packed lunch. Full details later.

Yours Ralph Rowbotham Tel Roth. 382675

Rotherham Harriers & AC Newsletter

Editor Peter Humphries
Ser 4 No 28 Pubn. Date 22/11/06
News/comment: 01709 549125
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We are always interested in the views and news of runners, especially members (old, new, ex- or prospective).

Deadline for next copy: Monday prior to publication date (Wed 20 Dec)

VISIT
www.rotherhamharriers.org
www.sycaa.co.uk



Old friends

from Luke Field

.....I havent been competing recently due to work commitments, but hope to get back to it in 2007 sometime, when I may be starting a new job and have more time to put the training in.

On the plus side I feel in pretty good shape, still playing football and squash regularly...it keeps you ticking over. But not really in a position to do myself justice in races at the moment.

Glad to here your fit and healthy. Say hello to the lads at Rotherham from me. Do you lads still train from Herringthorpe. If so, what days and times? May try and make an appearance and push my mileage into single figures!

from Julie Briscoe (nee O'Mara)

...At the moment im not doing any running as I am 8 months pregnant with my 2nd child and due to give birth on new years eve. Although I am keeping healthy and active by swimming, walking and occasional yoga classes. I have however full intention of continuing running after the baby is born and will continue to pursue fulfilling my potential. At 30 years of age I dont regard myself as being past it just yet. As you know yourself there are many athletes whom run their best in their mid 30's and beyond. I'm in the process of trying to find myself a baby jogger pram so that I can do the bulk of my endurance training on the trans-pennine trails whilst my son Rowan is at school during the day.

I have been keenly following the progress made by the Rotherham Harrier ladies team and in particular I am impressed by the improvement of Jenny Blizzard who has stepped up the ladder deservingly into the international circuit. Its athletes like Jenny that motivate the rest of us club runners that barriers can be broken with lots of hard work and perseverance. I'm sure its been very frustrating at times when she's turned up at relays without the support of a full team.

I haven't forgotten about any of the good friends I made from Rotherham harriers and I do miss everyone. I was really happy when Hilary and Gill attended my wedding

reception last year.

I hope you are keeping well and still enjoying running. I will look forward to hearing from you soon.

(I understand Julie is gearing up to run New York next year Ed)

from Dave Allembly 5/11

At the recent South Yorkshire Track Championships Over 50 veteran Dave Allembly of Wombwell Sporting A.C. won his 25th. medal spread over 25 years .During that period Dave also competed in the championships for his other former clubs including Barnsley Road Runners , Barnsley D.H.A.C. , Barnsley Harriers and Rotherham Harriers



Top RHAC supporters in action:

At the National Cross-country Relays clockwise from top left: Dave Nuttall, Chris Moran, Phil Hoole and Jonathan Thewlis:

At the Worksop Half far left Neil Shaw, left Nigel Brookes, top Steve Rossall

Listed Half Marathons 2006-7

The half-marathon retains its attraction to both newcomers and experienced runners. I am keeping a promise to a new member by listing the events known in 2006-7 (sep/Oct 06 given as a guide where not dated for 2007) Watch out for our first information leaflets which will cover this topic.

Events recently past are included as a guide for next year, as the date is usually similar.

*=size of last event where stated

- Sun, 10 Sep 06 Nottingham, 6800*
- Sun, 17 Sep 06 Bristol, 9700*
- Sun, 24 Sep 06 Windsor,
- Sun, 15 Oct 06 Great Cumbrian Run, Cumbria
- Sun, 15 Oct 06 Bridlington, Yorkshire, East
- Sun, 15 Oct 06 Great Eastern Run Peterborough
- Sun, 15 Oct 06 Swindon,
- Sun, 15 Oct 06 Leicester (& marathon),
- Sun, 15 Oct 06 Cardiff, 4300*
- Sun, 22 Oct 06 Niagara Falls , Canada
- Sun, 22 Oct 06 Great South,
- Sun, 22 Oct 06 Maidstone, 464
- Sun, 22 Oct 06 Lady Godiva, Coventry 1900*
- Sun, 22 Oct 06 Stroud, 2000
- Sun, 29 Oct 06 Worksop, Nottinghamshire
- Sun, 29 Oct 06 Salisbury, Wiltshire
- Sun, 05 Nov 06 Marlow, 1000+

- Sun, 05 Nov 06 Stevenage,
- Sun, 19 Nov 06 Amathunta, Cyprus, Cyprus
- Sun, 19 Nov 06 Palma Majorca, Majorca
- Sun, 19 Nov 06 Jersey,
- Sun, 19 Nov 06 Riverside St.Neots, Cambs-full
- Sun, 26 Nov 06 Benidorm, Spain
- Sun, 26 Nov 06 Clowne, 700 lim (od)
- Sun, 10 Dec 06 Keyworth, Nottinghamshire-full
- Sun, 10 Dec 06 Bedford, 2000 lim
- Sun, 10 Dec 06 Calvia Majorca, Majorca 2007
- Sun, 21 Jan 07 York Knavesmire , Yorks-FULL
- Sun, 21 Jan 07 Four Villages , Helsby, Cheshire
- Sat, 10 Feb 07 Brands Hatch, Kent
- Sun, 11 Feb 07 Wokingham, 2300
- Sun, 11 Feb 07 Dover
- Sun, 11 Feb 07 Liversedge, Roberttown Yorks
- Sun, 25 Feb 07 Great North-western , Blackpool
- Sun, 04 Mar 07 Haweswater, Bampton, Cumbria
- Sun, 11 Mar 07 Llanelli, Wales, Carmarthenshire
- Sun, 11 Mar 07 Cyprus
- Sun, 11 Mar 07 Inverness, 1750
- Sun, 11 Mar 07 Hastings, 4000
- Sun, 11 Mar 07 Fleet, London 2000*
- Sun, 11 Mar 07 Milton Keynes, 1800*
- Sun, 11 Mar 07 Paris, France
- Sun, 18 Mar 07 Silverstone, date tbc

- Sat, 24 Mar 07 (Coniston 14), Cumbria
- Sun, 25 Mar 07 Ackworth,
- Sun, 25 Mar 07 Bath, 12500
- Sun, 25 Mar 07 Wilmslow, 3000 lim
- Sun, 25 Mar 07 Stafford,
- Sun, 25 Mar 07 Forest of Dean,
- Sun, 01 Apr 07 Oldham, Greater Manchester
- Sun, 01 Apr 07 South Coast Seaford & 5/10k), Sussex
- Sun, 01 Apr 07 White Horse, Grove, Oxon 500 lim
- Sun, 08 Apr 07 Fleetwood, Lancashire
- Sun, 29 Apr 07 Uttoxeter,
- Sun, 29 Apr 07 Shakespeare (&marathon), Stratford, 3300 lim
- Sun, 06 May 07 Keswick,
- Sun, 13 May 07 Eyam, Derbyshire 500
- Sun, 13 May 07 Leeds,
- Sun, 20 May 07 Sheffield, 3600*
- Sun, 27 May 07 Dunfermline,
- Sun, 03 Jun 07 Blackpool, Lancashire 1400
- Sun, 17 Jun 07 Freckleton , Preston, Lancashire
- Sun, 24 Jun 07 Torbay, Paignton, Dev 1500 lim
- Sun, 24 Jun 07 Humber Bridge, Hessle
- Sun, 24 Jun 07 East Kilbride,
- Sun, 01 Jul 07 Mansfield, 800* od
- Sat, 23 Jun 07 Lewa Downs Kenya, Kenya
- Sun, 16 Sep 07 New Forest (&marathon),
- Sun, 30 Sep 07 Great North Run, 1400*

Jenny Bound For Japan

Jenny Blizzard (pictured at Cutler's relays) has been selected to run in the Ekiden Relays in Japan tomorrow (23/11) for Great Britain and Northern Ireland.

From the UK Athletics Website:

Peter Riley UK Athletics today announced the Norwich Union Great Britain and Northern Ireland Teams for the Chiba Ekiden Relays to be run in Japan on Thursday 23 November.

....In the women's team, Sian Edwards (Kettering Town Harriers), who will celebrate her 18th birthday the day after the race, will run one of the 5km stages along with Helen Clitheroe (Preston Harriers) and Laura Kenney (Royal Sutton Coldfield AC). Jenny Blizzard (Rotherham Harriers) will take the 7km stint with Wendy Jones (Cirencester AC) and Jo Wilkinson (Bedford and County AC) each racing 10km. The travelling reserve is Gemma Turtle (Shaftesbury Barnet Harriers).

"The selectors are confident they have selected the strongest available teams for what is recognised as the most competitive road relay in the world...."

While four of the squad – Nicholls, Blizzard, Edwards and Kenney – will be making their senior international debuts, they will be supported by experienced team management. The Team Leaders will be Mike Johnston, the Scottish Athletics National Endurance Coach, and Liz McColgan, a Scottish Athletics Director who coaches young athletes in her home city of Dundee, is now heading up the Scottish Athletics Bank of Scotland-supported 'special endurance squad' and is proba-

bly best remembered in Japan for her 10,000m triumph at the 1991 World Championships in Tokyo.

UKA Senior Performance Manager for Endurance Alan Storey said: "Liz's vast experience will certainly help the team. She is a very well respected figure in the athletics world, especially in Japan because of her endurance running exploits. The younger members of the team in particular will undoubtedly benefit from her presence." Ekiden Relays, which are run over the full marathon distance of 26.2 miles, attract huge crowds in Japan. The Chiba event will be contested by many of the world's foremost endurance runners....



WORKSOP HALF-MARATHON

28	1:20:17	NUTTALL, DAVID	RHAC Male	Vet 45-49
40	1:21:43	BROOKES, NIGEL	RHAC Male	Vet 40-44
79	1:25:20	MARSTERS, Michael	RHAC Male	Vet 55-59
158	1:30:09	McDERMOTT, John	RHAC Male	Vet 45-49
164	1:30:27	ASBRIDGE, Matthew	RHAC Senior	Male
170	1:30:38	ROSSALL, Stephen	RHAC Senior	Male
178	1:30:56	HOWARTH, Ray	RHAC Male	Vet 50-54
286	1:35:21	HARNEY, Brian	RHAC Male	Vet 60-69
361	1:37:19	SHAW, NEIL	RHAC Senior	Male
381	1:37:44	HAIGH, PHILIP	RHAC Male	Vet 45-49
553	1:43:31	BUTTERWORTH, ROY	RHAC Male	Vet 40-44
1030	1:56:33	RHODES, MALCOLM	RHAC Male	Vet 55-59
1499	2:22:55	CLARKE, JOHN	RHAC Male	Vet 60-69
1507	2:24:18	BIRD, Emma	RHAC Senior	Female
1508	2:24:18	SARJEANT, Michael	RHAC Male	Vet 50-54
1526	2:30:03	BRYDEN, Alan	RHAC Male	Vet 60-69

Ulley Time Trial

4th November 2006

* denotes guest runner, not member of RHAC

Jim, David and road colleagues have tried hard to find suitable dates but event clashes are extensive, hence the unusual dates (and in consequence low numbers)

1.	Joe Gavelle	17:06
2.	Mark Ruddleston	17:15
3.	Drew Donaldson	17:58
4.	David Storey	17:59
5.	Mark Ward	18:05
6.	Danielle Gavelle*	18:58
7.	Steve Rossall	19:21
8.	Stuart Lake	19:32
9.	Pete Humphries	20:55
10.	Mathew Asbridge	21:00
11.	Simon Pugh	21:30
12.	Diane Spencer	26:50
13.	Dave Weatherburn	28:10

New York Marathon or A Bridge too Far!

It was 6am in the city that never sleeps on Sunday November 5th. A handful of Rotherham Harriers made their separate ways to the crowded buses, which would take them to the start of the 37th ING New York City Marathon. I was one of them, as were Kirsten Macdonald, Sue Bellamy and her husband, and Roy Butterworth and his Mum.

The race began at Fort Wadsworth, Staten Island after a long, cold wait, during which a complimentary breakfast of bagels, doughnuts, bananas and smoothies was provided, together with tea and coffee! The singing of the 'Stars and Stripes', followed by 'New York, New York' brought an unexpected tear to the eye, then the race was underway!

The course takes in the five boroughs of New York together with five of its many bridges, leaving Staten Island over the Verrazano-Narrows Bridge, about a mile long and a bit wobbly! It continues through Brooklyn, where the Pulaski Bridge is about half way.

After touching on Queens it goes over the Queensboro Bridge into Manhattan. From there up First Avenue, over Willis Avenue Bridge into the Bronx, and a quick glance of the Yankee Stadium, before crossing yet another bridge [Madison Avenue] leading back into Manhattan! Twenty one miles down, five to go! It's not easy but Fifth Avenue leads into Central park and eventually the Finish!

I was fortunate enough to see Kirsten at the start, and Roy, Sue and husband at the finish, where we completed around four hours. Kirsten did especially well with the minimum of training after the birth of her son Sam in March – no mean feat!

Arranged to mark my 60th, was it worth it? Yes! I managed to be 7th in my age group, which was better than London! The going got tough at the end, but when I thought of giving in, I thought of our dear friend Patricia Muller and kept going, as I'm sure some of the others did too!

Jenny Horan

from Peter Neal

London Marathon 2007

The Club has received four guaranteed entries for the London Marathon 2007. These entries will be distributed in a similar way as in previous years. First claim will be given to those runners who have applied to enter the race in the normal manner but have been rejected through the lottery selection. Rejection slips will be drawn out of the hat and the first four will receive the entry forms. A further two names will then be drawn in case any of the original four decide that they do not wish to enter.

In the event of there been less than four rejection slips put forward for the draw then any surplus guaranteed entries will be made available for a secondary draw. This draw will be made from a list of names of people who have filled in the appropriate form (see below) who wish to run the London Marathon 2007. The draw/draws will take place during the Christmas Day Handicap Race presentation at the **Park Hotel, Middle Lane**. Rejection slips and other application forms must be handed to either Jim Brogan or Peter Neal **prior to the Christmas Handicap event**.

Please note,

1. Entries will only be given to fully paid up members for the 2006 season
2. Members must be first claim Rotherham Harriers & AC
3. You still have to pay the appropriate entry fee

Forms at the kiosk or copy as follows:

"Application for London Marathon "guaranteed" entry form"

State your:

Name Address Telephone Number

"I wish to be include in the draw for any surplus entry forms for the London Marathon 2007

I am a fully paid up first claim member of Rotherham Harriers & AC"

Signed

Date

Completed forms to be handed to Jim Brogan or Peter Neal before the Christmas Day Handicap.

Draw to take place (if necessary) during Handicap presentation 25.12.2006