



Dennis' wife Anne receives his well-deserved best coach award



Chelsea Johnson: UPDATE

Chelsea ran and enjoyed the Great North Run junior event. What's more a lot of other people will have enjoyed her efforts too because she raised more than £700 through her sponsors. Amongst which are many generous friends and colleagues at RHAC. Very well done.

She is at the moment (24/10) in hospital in Leeds (Leeds Infirmary I understand) for a planned heart operation.

RHAC members send their best wishes together with their congratulations.

Club Awards Night and Christmas Party Friday 21st December

Venue to be announced

The executive committee of RHAC invites your nominations for the awards below before the end of November (email/phone/ secretary) for consideration at its December meeting

Jack Phipps Award for (male) services to the club

Patricia Muller Award for (female) services to the club

Peter Elliott Award for middle distance running

Most Improved Athlete/Member who has shown most improvement in any area of club activity

Sportshall Sessions

The sessions will start on Weds the 7th November at 6:15 pm. Cost will be £2.50 per session, and the sessions will be held in the Herringthorpe Leisure Centre.

Club members will receive a rebate when the sessions end in March 2008. The sessions are open to children aged 8 -13.

Parents of non club members will be asked to sign a consent form prior to their child taking part in the sessions



Rotherham Sports Awards Thursday 25th October

Rotherham Harriers & AC were the winners of the Best Club category award, Dennis Russell won the Coach of the year award (His wife collected the award on Dennis' behalf, Dennis is poorly), Gayle Lebond was runner up in coach of the year award, and the U17 cross-country team won the Junior team of the year award.

As always the girls team were there and great ambassadors for the club Thanks to Steve Gaines for this report and to Alison Fawcett for the photo. The shot shows Natalie Grant, Gayle Lebond, Jade Allen, Jessica Fawcett, Laura Spence and secretary Steve Gaines
The same nominations now go forward to the South Yorks round this month

RHAC Voted Rotherham Club of the Year

from the Club President:

Congratulations to Dennis and Gayle for their well-deserved selection, and to the young ladies who have continued to represent us so well both in and outside of competition.

I feel a great personal pride in being part of a club that has such standards and such people in it, and if I single out Steve for the way in which he has maintained and enhanced the club's progress, it is no more than fair.

But 'Best Club Category' means just that, and it is the club as a whole which has been judged. It is Dennis and Gayle's fellow coaches, Steve's fellow officials, all the parents and supporters and helpers, and of course all the fellow athletes of Natalie, Jade, Jess and Laura across the whole spectrum of ability. Absolutely brilliant.

National Road Relays October 20th Sutton Park

RH Young Ladies 4th in National as Ladies Hit Best-Ever

Rotherham Harriers Ladies raced to a best ever eleventh place in the National Road Relay competition at Sutton Coldfield on Saturday leaving a good number of high-profile big clubs in their wake. With runners from the squad of inspirational coach Dennis Russell now added to the senior age group, such is the strength of this outfit at the moment that an entirely different selection might do likewise on a different day. RH Men had to fight hard to keep in the hunt, but I would say that 41st is a good result in context: a team has to be outstanding to get in the top 20 at this level, and I calculate we were 1st South Yorkshire, 3rd Yorkshire and 9th North of England club!

.....continues page 3 (Sid Scoop page 4)

U17s So Near

As this event was on the same day as the first SY cross country, Rotherham had decided to only send an U17 ladies team. The team of Stef Burns, Robyn Lanceley and Abbie Vernon ran exceptionally well to finish 4th.

Finishing fourth, and in the national event at that, is a superb achievement for Stef, Abbie, Robyn and coach Dennis Russell. But it's agonisingly close to the medals as the results show. These young ladies will fight another day!...(results page 4) right: RH Ladies squad Natalie Grant, Rosie Edwards, Jess Fawcett, Gill Taylor, Janet Hindley, Jade Allen, Sarah Barnes. [Jenny Blizard was on a warm-down but is featured page 6]



Running Shorts Pete

Get well soon

We send our best wishes for speedy recovery to Dennis Russell, who was taken ill and unfortunately missed the relays I understand. Likewise to Eddie Kirkup who I heard was in Doncaster Royal Infirmary last week. And of course to Chelsea Johnson who as we report on page 1 was in Leeds for a heart operation last week also.

Don Gill has done a great deal for athletics in a number of ways, not least his dedicated reporting of activities in the local papers– in our case the Rotherham Advertiser. Don is convalescing from a heart valve replacement and in his absence I am sending reports to RA, also photographs. Whether they get printed is of course out of my hands. If you send anything direct to RA you might let me know so that I don't duplicate. I hope Don's absence is temporary but it isn't certain of

course, he has to take his time. He says he has learned a lot before, during and after his hospitalisation and is very philosophical about the situation. Amongst other things, if he hadn't been a runner his heart condition might have killed him before it was detected! A couple of unexplained falls in road races is what set of the diagnosis. Anyway, best wishes from all of us Don.

One minor consequence of Dennis' situation is that at the moment I have no eye-witness account of the fine U17 performance at Sulton Park. Sorry about that, ladies, we will get it soon.

This being the RR after the AGM means I do not get a report from Steve Gaines re new members this month, but it is nice to see that our old (?) colleague Gary Claxton is one of them, and he wasted no time in turning out in black at Norfolk Park. Welcome back.

New membership arrangements are referred to elsewhere and you can get information from flyers at the club or on the website as well as in this newsletter.

Event Result Trial Database

The results of races, other events and club assistance are now logged on the club website. For the time being, this is accessed via the quick links on the right of the homepage.

The database is protected by a user name and password. These are only intended as very weak protection from public eyes. They may be changed from time to time; at the moment the username is **xxxxxx** and the password is **xxxxxx** (if reading online email me)

Check the record for your name from time to time, let me/Steve know if anything is missing. Instructions are on the page.

EA Registration Numbers (if you paid for one) are being sent out in two tranches, one in October, one on 5th November– direct to

Club Road Running Championship

from Peter Neal

The club's road running committee met to review the participation in and results of the road championship for 2007. The statistics show that of the 28 races we had 45 male runners who took part in at least 1 event with only 12 doing enough races (10) to qualify. The picture with regard to the ladies was: - 18 ladies taking part in at least 1 event, 9 of whom only did the 1 event; only 1 lady did the qualifying number.

The present format of the championship was introduced and developed by our then road secretary, now our club president, Pete Humphries. For the past 5 years the series has been administered by a hard working Alan Bryden. With input from both Alan and Pete it was decided that changes were needed to revitalise the championship and focus on the main objective of club runners' participation. The club road running championship will be renamed 'The Club Road Series' for the 2008 season and will produce a 'Club Road Series Winner', male and female.

The number of events to draw from will be reduced to a nominal list of about 20 races, this may be amended throughout the year to account for new or cancelled events. The initial list is set out below. The season will run from 1st December to 30th November. [Ed: *there is the usual "if it's on" proviso, and caution about clashing dates– and also the question of whether these really do cover the SY championship distances*]

Awards will be made to runners who have competed in 6, 8 or 10 listed events, probably titled bronze, silver and gold awards. Overall series winners will be determined using a points system, with the intention to have category winners maybe like before, but that is being determined currently.

Events for 2008 season (starting December 2007).

- Braithwell 5;
- Christmas Day Handicap;
- Wombwell 5;
- Norton 9;
- Doncaster half marathon;
- Easter Chucky;
- 4 x SY road league;
- Treeton event;
- Sheffield half marathon;
- Askern10k;
- SY relays;
- Doncaster TC 5k;
- Askern 10M;
- Worksop half marathon;
- Clumber 10k.

these are in approximate date order only: but Braithwell IS the first.

AGM: Election of Officers and Committees 2007

President	Peter Humphries
Vice Presidents	Ian Cooley, Don Creamer, Connie Garner, Mick Hague, Brian Harney, David Haywood, David Johnson, Ian Mitchell, Mary Rhodes, Ralph Rowbotham, Roy Taylor, Peter Wood
Chairman	Jim Brogan
General Sec.	Stephen Gaines
Treasurer	Gill Taylor
Exec. Committee	As previous plus section secretaries plus any nominated two from each section
Cross Country Sec.	Stephen Gaines
Road Running Sec.	Peter Neal
Road Running and Cross Country Joint Committee	Alan Bryden, Gillian Taylor, Steve Gains, Janet Hindley, Mark Ruddleston, Pete Shaw, Peter Humphries. <i>Peter Neal welcomed any new attendees or members to join: contact him in first instance</i>
Track and Field Sec.	Liz Guite
Track and Field Forum	Peter Moore, Jim Brogan, Steve Gaines, Jim Guite, Liz Guite, Natalie Simms, David Scholey, Ralph Rowbotham, Steve Gorrill, Kevin Thomas, Lizzie Maher, Alan Coupe + Team Managers
Young Athletes Sec.	Katie Mapplebeck
Young Athletes Committee	Kevin Thomas, Gayle Lebond, Natalie Simms, John Small <i>Under AOB it was stated that parents could attend any gatherings /meetings</i>
Trail Running Sec.	Sharon Burton
Trail Running Committee	Peter Adams, Mick Cochrane, Henry Marston, Mick Marsters, Alan Bryden, Brian Harney
Domestic and Social Events Secretary	David Haywood, + Don Creamer and Sharon Burton
Auditor	Dave Weatherburn
Team Captains	Male Road & Cross Country Peter Shaw Male Track & Field David Scholey Female Road & Cross Country Janet Hindley Female Track & Field Lizzie Maher
Sponsorship Co-ordinator	Vacant
Liaison & Recruitment Officer	Peter Humphries

November, December Fixtures

October				
Sun 28 Oct 07	Holmfirth 15	road	open	
Sun 28 Oct 07	Worksop Trader Half	road	open	
November				
Sat 03 Nov 07	English XC Relays	cross	club teams	Mansfield tb confd
Sun 04 Nov 07	SY XC League 2	cross	open	Penistone Showground
Sat 10 Nov 07	UK Cross Challenge 1	cross	clubs	Gateshead
Sun 11 Nov 07	High Peak Relay	trail	club teams	Cromford
Sun 11 Nov 07	Scunthorpe AC Open	track&field	open	Races all ages from U11, 11:30. by 1/11
Sat 17 Nov 07	Brampton-Carlisle 10	road	open	59th running
Sun 18 Nov 07	Barnsley 10k	road	open	
Sat 24 Nov 07	UK Cross Challenge 2	cross	clubs	Sefton Park
Sat 24 Nov 07	Ulley Time Trial 2	road	open	11 am provisional date
Sun 25 Nov 07	SY XC League 3	cross	open	Rotherham Winterhills
Sun 25 Nov 07	Leeds Abbey Dash	road	open	
December				
Sat 01 Dec 07	English Schools Cup	cross	areas	tba
Sat 01 Dec 07	Silkstone Shuffle 4	trail	open	10.30
Sun 02 Dec 07	Percy Pud 10k	road	open	Loxley closed
Sun 02 Dec 07	Thirsk 10	road	open	
Sat 08 Dec 07	Round Rotherham/x8 relay	trail	open	
Sun 09 Dec 07	SY XC League 4 / Champs	cross	open	Doncaster venue tba
Sun 16 Dec 07	Travellers 6	road	open	Denby Dale, Wakefield
Sun 16 Dec 07	Santa's Special K'berworth	trail	open	Kimb/Maltby/Roth Series -1
Tue 25 Dec 07	Xmas Day Handicap	road	RH	closes week before
Wed 26 Dec 07	Ward Green 6	road	open	Worsbrough
Wed 26 Dec 07	Braithwell 5	road mainly	open	Kimb/Maltby/Roth Series -2
Sat 29 Dec 07	Ulley Time Trial 3	road	open	11 am provisional date
Sun 30 Dec 07	Ribble Valley 10k	road	open	11:00am start. £6, enries close 15th Dec

National 4 & 6 Stage Road Relays 20/10/07; Sutton Park- Steve Gaines

Best Ever for Rotherham Ladies

Harriers had entered two women's teams in the high-profile national event, and their men's team had qualified in the Northern event, 2 weeks earlier. The athletes availability indicated that the strongest possible teams would be out on the day, and though missing top performers Klachen Cheshire and Andy Aked with temporary problems these were nevertheless strong RH teams. The women's A team was the best ever fielded by the club, and it is the first time ever that 2 complete women's teams were involved.

The weather was dry & sunny with little or no wind - ideal conditions for good times. There were some problems getting all runners to the park on time, due to an accident on the A38, with Jenny Blizard being the worst affected, only managing to get to the park about 30 minutes before she was due to run. However all were there for the handovers.

Women's race (results page 4)

Rosie Edwards ran first leg, and had a good run. Rosie admitted that she was disappointed with her finishing position, not for herself but for the team. This reflects the standard of the event, rather than Rosie's commitment or fitness - both high as usual. Rosie finished ahead of the athlete who beat her into 4th place in the National cross country last winter, and should be well pleased with her run.

Rosie handed over to Natalie Grant, who has been absent from competition for some time due to injury. Considering the time out from racing, Natalie ran well, and more importantly suffered no ill effects. Jenny Blizard was next, and she also has had some time out due to injury. Jenny had not expected to be fit enough for this event, due to only resuming training some 3 weeks ago, but Dave Tune - Jenny's coach - was confident she would run well. Whilst the time recorded was somewhat slower than Jenny's last 4 stage run (when she ran the 2nd fastest time of the day) it was still a good run which shows that her preparation is back on track.

Jess Fawcett ran the "glory leg" and had an excellent run, gaining valuable places, and summoning a great final sprint to take her past the Cardiff runner into 11th place. Given the commitment and calibre of the athletes one might expect a higher finishing position, but it has to be remembered that this event has phenomenal strength in depth. On the day Stef Twell, who ran the fastest time, broke Paula Radcliffe's course record. One important thing that should not be overlooked is the fact that club teams finishing behind us are of national standing, Woodford Green, Birchfield, Wimbledon Slough & Eton, & Belgrave were some of the clubs. The team were second northern team, behind Chester-le- street. An excellent performance.

The Rotherham B team were led out by Jade Allen, who also has had some time away from competition. It's good to see her back in the team, and I her performances will improve as she gets back into racing. Sarah Barnes was also slowed by an injury - not running induced but "fresher's celebration". (A suspected broken toe from the dance-floor). Club captain Janet Hindley had a good run and Gill Taylor brought the team home.

Men's race: Point of View Tells a Different Tale

[RHAC men finished 41st in their race, which is far better than the number suggests, equivalent in fact to top ten in the north of England. And whilst we aim to be higher, this result put RHAC FIRST (and ONLY) South Yorkshire club, THIRD Yorkshire club and NINTH North of England club! Ed]

The start of both of these races (and the men's in particular because of numbers) is an absolute cauldron and good runners have been known to go totally to pieces on the day. The only thing worse than the start is the take-over on stage two!

Jon Thewlis had asked to run first leg, and just as in the northern event he had a great run, finishing 3rd on leg 1 and posting the 18th fastest time of the day. Impressive stuff! The leg 2 honours were taken by Phil Hoole, and although he had a good run, competition is so fierce he had to surrender places.

Mark Ruddleston, on leg 3 was somewhat disappointed that Phil didn't lose more, since he also felt the slipstream from passing runners. Mark however is an old hand at such things, and ran his usual solid team supporting performance. Richard Harris looked to be working hard on the opening hill, but finished strongly, after which Simon Mounsey, who has been a top supporter this year worked hard and did all that could be done to hang in.

Darren Cooney continued his improvement, running a good time, and finishing strongly. If he keeps up this consistency the club may feel confident to run him on an earlier leg again. His contribution to relay has been greatly appreciated this season. For those who are not in the know, it should be noted that Darren is a



runner of great pedigree (a national top 10 cross-country runner for example) and is now well into his comeback after a road accident when cycling in 2002 caused extensive head damage left him in intensive care for many months, and resulted in many operations. Lucky to be alive at all, he always had the wish and intention of returning to competitive running and the club is proud of his achievement, which is an inspiration for all.

Above: Phil Hoole, Jon Thewlis, Mark Ruddleston, Richard Harris, Simon Mounsey, Darren Cooney [this report was edited for Rotherham Advertiser: Ed]

ERRA Men's 6 stage Road Relays at Sutton Park, Birmingham on Saturday 20th October 2007

41 Rotherham Harriers & AC 1:55:30

Jon Thewlis	(3)	17:16
Phil Hoole	(27)	19:01
M Ruddleston	(41)	20:01
Richard Harris	(38)	19:00
Simon Mounsey	(44)	20:41
Darran Cooney	(41)	19:31

1 Belgrave Harriers 'A'	1:44:30
2 Leeds City AC 'A'	1:45:20
3 Newham & Essex Beagles 'A'	1:45:55
4 Notts AC 'A'	1:45:58
5 Bristol & West AC 'A'	1:46:14
6 Tipton Harriers 'A'	1:47:08
7 Bedford & County AC	1:47:16
8 Wells City Harriers	1:47:46
9 Altrincham & District Ac	1:47:58
10 Shaftsbury Barnet Harriers	1:48:07
11 Morpeth Harriers & AC	1:48:32
12 Birchfield Harriers 'A'	1:48:40
13 Owls AC 'A'	1:48:48
14 Sale Harriers Manchester	1:48:54
15 Cardiff Aac	1:48:59
16 Salford Harriers & AC	1:49:20
17 Thames Valley Harriers	1:49:23
18 Swansea Harriers 'A'	1:49:29
19 Liverpool Harriers & AC 'A'	1:49:43
20 Aldershot, Farnham & Dist'A'	1:49:49
21 Medway & Maidstone AC	1:49:49
22 Leeds City AC 'B'	1:50:00
23 Notts AC 'B'	1:50:19
24 Woodford Gr & Essex Ladies	1:50:26
25 City Of Norwich AC	1:51:09
26 Coventry Godiva Harriers 'A'	1:51:16
27 Kent AC	1:52:14
28 Trafford AC 'A'	1:52:29
29 Tipton Harriers 'B'	1:53:06
30 Telford Athletic Club	1:53:10
31 Highgate Harriers	1:53:17
32 Blackheath & Bromley H	1:53:28
33 Derby AC	1:53:42
34 New Marske Harriers	1:53:48
35 Cheltenham & County H	1:53:59
36 Harrow AC	1:54:48
37 Kingston Upon Hull AC	1:55:05

38 Belgrave Harriers 'B'	1:55:14
39 Bristol & West AC 'B'	1:55:26
40 Mansfield Harriers & AC 'A'	1:55:30
41 Rotherham Harriers & AC	1:55:30
42 Aldershot, Farnham & D 'B'	1:55:33
43 Swansea Harriers 'B'	1:55:34
44 Sunderland Harriers & AC	1:55:43
45 Newham & Essex Beagles 'B'	1:55:48
46 Brighton & Hove AC	1:57:07
47 Holmfirth Harriers AC	1:57:20
48 Severn AC	1:57:23
49 Basingstoke & Mid Hants AC	1:57:33
50 Coventry Godiva Harriers 'B'	1:57:34
51 Leigh Harriers & AC	1:57:52
52 Herts Phoenix AC	1:57:57
53 Halesowen A & Cc	1:57:59
54 Southend On Sea AC	1:58:07
55 Birchfield Harriers 'B'	1:58:22
56 Hercules Wimbledon AC	1:58:38
57 Lincoln Wellington AC	1:58:57
58 Wigan Phoenix	1:59:07
59 Bingley Harriers & AC	1:59:15
60 Rugby & Northampton AC	1:59:26
61 Birmingham Rowheath AC	1:59:44
62 Hillingdon AC	2:00:08
63 Serpentine Running Club	2:00:31
64 Southampton Running Club	2:00:42
65 Winchester & District AC	2:01:53
66 Cirencester AC	2:01:59
67 Westbury Harriers	2:02:08
68 Preston Harriers & AC	2:02:25
69 Charnwood AC	2:03:42
70 Blackpool, Wyre & Fylde AC	2:03:56
71 Thames Hare & Hounds	2:04:26
72 Keighley & Craven AC	2:05:24
73 Solihull & Small Heath AC	2:05:26
74 St Helens Sutton AC	2:06:55
75 Bromsgrove & Redditch AC	2:07:54
76 Mansfield Harriers & AC 'B'	2:08:20
77 Wolverhampton & Bilston AC	2:09:22
78 Stourbridge Running Club	2:09:45
79 Newport Harriers	2:11:47

Fastest of all legs

1 Chris Davies Telford AC	16:42
2 Franck Tickner Wells City	16:59
3 Moumin Geele Newham & E A	17:03
18 Jon Thewlis Rotherham	17:16

The Sid Scoop Report

National Women's 4 Stage & Men's 6 Stage Road Relay Championship, Sutton Park, Birmingham 20 October 2007

In recent months there has been much speculation & anticipation as to how the Ladies team will perform when the all conquering juniors join the senior ranks. At some point though, the potential has to be fulfilled. On the start line there was one question to be answered, was today going to be that day? On arrival at the team tent, it was great to see so many athletes, parents, coaches & fans to support what Road Running Secretary Pete Neal described in his Annual Report as the "events that show the true strength of a club."

Driving

With Debbie Mason unable to run due to illness, the A team selected itself, but a late injury to Klachen Cheshire forced a last minute re-shuffle with Jess Fawcett being promoted. On the opening leg, it was apparent that there was quality & quantity on show. Rosie Edwards is now established as the leg 1 runner after a fine 9th place on the opening leg in the National 6 Stage Relay in April, but on this occasion a fabulous 14m 58s only just squeezed into the top 20. Two days before sitting her Driving Test Theory, Natalie Grant was already driving her fans wild with a fantastic 15m 12s on leg 2 which improved our position by 1 place. Jenny Blizzard took over and managed a fighting 15m 23s, despite not firing on all cylinders following a September sabbatical. With the final leg remaining, we were now in 15th place. Jess justified her promotion with a remarkable 15m 56s, overtaking Cardiff in the final 50m in front of the ecstatic Harriers Supporters Club to stop the clock at 61m 29s.

Putting

The final result showed the squad in a superb 11th place which is our best ever result in this event, a mere 2m 42s away from a place on the podium. It would be easy now to speculate what if Debbie, what if Jenny & what if Klachen, but at this level there is no room for what if's. We have some tremendous talent emerging and at next years 6 Stage Championship in April, a committed team is more than capable of doing some serious damage. Remember to book early as places will be limited!

The Ladies B team was a mixture of youth & experience with the youth ensuring that the average age of the squad was kept down to 33 years. The experience was drafted in at the last minute with golden girls Gill Taylor & Janet Hindley once more putting their reputations on the line. Jade Allen got the team off to a fine start with a brilliant 16m 53s for 66th place. Sarah Barnes improved our position by 5 places with an excellent 18m 14s & a further 4 places were erased as Janet managed a useful 17m 32s. Gill closed the show with an outstanding 19m 03s which was 1sec quicker than her unofficial GPS watch to finish in a tremendous 56th place in 71m 42s.



At the conclusion of her warm down, Gill's GPS revealed that she had covered a total 7.84 miles. After 3 laps of the burger van, the said instrument revealed a distance of 8 miles. Gill said "unlike records, schedules are not for breaking." I suggested that without such a bulky looking instrument on her wrist, she could surely have run sub 19. Unfortunately due to a suspected broken

jaw, I couldn't ask whether it received the Shopping Channel in HD. Whereas the Ladies squad has obviously benefitted from the "Radcliffe effect," it was clear that the men's team had been blessed by the Ruddleston effect. One notable absentee from the squad was Andy Aked who was reputedly sidelined with Blue Tongue. However Steve Gaines compounded the mystery when he said he didn't think Andy had a car phone.

Slicing

After an immense performance at the Northern Road Relay Championships 2 weeks earlier, great things were expected of Jonny Thewlis on the opening leg. When he pulls on a black vest, he is transformed into an athletic superman, which is fortunate for those who find red underpants distasteful. At the top end of the course, Jonny was slicing apart the opposition with some big stints on the front. After 17m 16s of power running, Jonny crossed the line in an awesome 3rd place. This seemingly endorsed Mark's decision to run leg 3 as he confidently predicted that "I'll not lose as many places." Phil Hoole had the envious job of leg 2 and despite a magnificent 19m 01s effort, we were on the receiving end of 24 overtaking manoeuvres. 20m 01s later & Mark's prediction came true, with a mere 14 places being relinquished on leg 3 despite his own timepiece stopping at 19m 59s. Richard Harris fortunately managed to halt the slide improving 3 places, which took us back into the top 40 with an amazing 19m 00s. "If only I had run on leg 3" lamented Richard, "we wouldn't have lost as many places." Simon Mounsey put in a sterling effort to clock an impressive 20m 41s which surrendered 6 places before Darren Cooney clocked a confidence boosting 19m 31s to lift us up 3 places to our final finishing berth of 41st place in 1h 55m 30s.

Albatross

For professional & amateur statisticians, there were 339 Ladies & 483 Men competing and we achieved the following respective positions:
Rosie =45 Natalie 60 Jenny 75 Jess =110 Jade =180 Janet 212 Sarah =241 Gill =277
Jonny 18 Richard =227 Phil 233 Darren =303 Mark 354 Simon =416
Mansfield here we come!!

ERRA Women's 4 Stage Road Relays at Sutton Park, Birmingham on Saturday 20th October 2007

1 Aldershot Farnham & District A 'A'	57:15
2 Charnwood AC 'A'	57:56
3 Havering Mayesbrook AC 'A'	58:47
4 Bedford & County AC 'A'	59:00
5 Chester-Le Street & District A 'A'	59:34
6 Bristol & West AC 'A'	59:39
7 Telford AC 'A'	1:00:09
8 Winchester & District AC 'A'	1:00:35
9 Charnwood AC 'B'	1:01:18
10 Salford Harriers	1:01:19
11 Rotherham Harriers & AC 'A'	1:01:29
12 Cardiff Aac	1:01:30
13 Wakefield District H & AC	1:01:34
14 Woodford Green With Essex Lady	1:01:39
15 Windsor, Slough, Eton & Hounsl	1:01:47
16 Birchfield Harriers 'A'	1:01:48
17 City Of Norwich AC 'A'	1:02:03
18 Belgrave Harriers	1:02:11
19 Aldershot Farnham & DiA 'B'	1:02:21
20 Vale Royal AC 'A'	1:02:22
21 Royal Sutton Coldfield AC 'A'	1:02:24
22 Scunthorpe & District AC 'A'	1:02:25
23 Bingley Harriers & AC	1:02:33
24 Bristol & West AC 'B'	1:02:40
25 Hillingdon AC	1:03:28
26 Coventry Godiva Harriers 'A'	1:03:54
27 Sale Harriers Manchester 'A'	1:04:09
28 Morpeth Harriers	1:04:26
29 Bristol & West AC 'C'	1:04:43
30 Tipton Harriers 'A'	1:04:57
31 Gateshead Harriers & AC	1:05:19
32 Stockport Harriers AC 'A'	1:05:51
33 Shaftsbury Barnet Harriers	1:06:00
34 Blackheath & Bromley H 'A'	1:06:17
35 Holmfirth Harriers AC	1:06:23
36 Notts AC 'A'	1:06:25
37 Hallamshire Harriers 'A'	1:06:36
38 Solihull & Small Heath AC 'A'	1:07:03
39 Liverpool Harriers & AC 'A'	1:07:22
40 Rugby & Northampton AC	1:07:41
41 Leigh Harriers & AC	1:07:55
42 Teambath AC 'A'	1:08:16
43 Kendal Aac	1:08:19
44 Blackpool, Wyre & Fylde AC	1:08:49
45 Birchfield Harriers 'B'	1:08:58
46 Heanor Running Club	1:09:08
47 Bournville Harriers 'A'	1:09:10
48 Leeds City AC 'A'	1:09:18
49 Nene Valley Harriers	1:09:52
50 Bedford & County AC 'B'	1:09:55
51 Harborough AC 'A'	1:10:01
52 Lincoln Wellington AC	1:10:10
53 Pontypridd Roadents Running C	1:10:44
54 Westbury Harriers 'A'	1:10:49
55 Chester-Le Street & D A 'B'	1:10:51
56 Rotherham Harriers & AC 'B'	1:11:42
57 Cannock & Stafford AC	1:12:27
58 Birmingham Rowheath AC	1:13:29
59 Ealing Southall & Middlesex AC	1:13:31
60 Hull Achilles	1:14:08
61 Sale Harriers Manchester 'B'	1:14:13
62 Scunthorpe & District AC 'B'	1:14:16
63 Centurion RC	1:14:25
64 Coventry Godiva Harriers 'B'	1:14:30
65 Trafford AC 'A'	1:14:41
66 Stockport Harriers AC 'B'	1:15:48
67 Wolverhampton & Bilston AC	1:16:08
68 Birchfield Harriers 'C'	1:16:10
69 Mansfield Harriers & AC 'A'	1:16:37
70 Stourbridge Running Club	1:17:22
71 Stockport Harriers AC 'C'	1:18:24
72 Bournville Harriers 'B'	1:18:47
73 Bromsgrove & Redditch 'A'	1:19:05
74 Notts AC 'B'	1:21:43
75 Harborough AC 'B'	1:24:51
76 Telford Harriers 'B'	1:27:00

11 Rotherham Harriers & AC 'A' 1:01:2	
Rosie Edwards	(20) 14:58
Natalie Grant	(19) 15:12
Jenny Blizzard	(15) 15:23
J Fawcett	(11) 15:56

56 Rotherham Harriers & AC 'B' 1:11:42	
Jade Allen	(66) 16:53
Sarah Barnes	(61) 18:14
Janet Hindley	(57) 17:32
Gill Taylor	(56) 19:03

Fastest of all legs	
1 Steph Twell Aldershot A	13:41
2 Sophie Morris WindsorSEH	13:57
3 Hayley Yelling WindsorSEH	14:05
45= Rosie Edwards Rotherham A 14:58	
60 Natalie Grant Rotherham A 15:12	
75 Jenny Blizzard Rotherham A 15:23	

ERRA Young Athletes Road Relays at Sutton Park, Birmingham on Sunday 21st October 2007 Under 17 Women Team Results

4 Rotherham Harriers & AC 'A' 43:17	
Stefanie Burns	(8) 14:24
Abbie Vernon	(4) 14:25
Robyn Lanceley	(4) 14:28

1 Aldershot, Farnham & District 'A'	40:03
2 Royal Sutton Coldfield AC 'A'	42:19
3 Kettering Town Harriers 'A'	43:00
4 Rotherham Harriers & AC 'A' 43:17	
5 Lincoln Wellington AC 'A'	43:23
6 City Of Norwich AC 'A'	43:29
7 Vale Royal 'A'	43:31
8 Winchester & District AC	43:34
9 Aldershot, Farnham & District 'B'	44:04
10 Tonbridge AC 'A'	44:14
11 Kingston Upon Hull AC 'A'	44:32
12 Giffnock North Aac	44:45
13 Amber Valley AC	45:25
14 Shaftsbury Barnet H 'A'	45:27
15 Warrington AC 'A'	46:25
16 Stockport Harriers	46:42
17 Worcester AC	46:50
18 Bristol & West AC 'A'	46:56
19 Hallamshire Harriers	46:57
20 Aldershot, Farnham & D 'C'	47:41
21 Tonbridge AC 'B'	48:10
22 Bedford & County AC	48:43
23 Mansfield Harriers & AC 'A'	49:05
24 Tipton Harriers 'A'	49:07
25 Nene Valley Harriers 'A'	49:11
26 Royal Sutton Coldfield AC 'B'	49:32
27 Ealing, Southall & Middlesex A	49:38
28 Vale Royal 'B'	49:58
29 City Of Norwich AC 'B'	50:02
30 East Cheshire Harriers & Tam	51:18
31 Rossendale Harriers	52:41
32 Leamington C & AC	53:30
33 Bristol & West AC 'B'	56:34

Fastest of all legs	
1 C Purdue Aldershot A	12:40
2 Blue Haywood Lincoln We A	13:09
3 S Hopkinson Gloucester	13:27
16 Claire McAuley Giffnock N	14:22
17 Stefanie Burns Rotherham A 14:24	
18 Abbie Vernon Rotherham A 14:25	
21 Robyn Lanceley Rotherham A 14:28	

Northern Team Selection

Rotherham Harrier Rosie Edwards has been selected for the Northern junior cross country team, for the Tilburg Waranderloop International Cross Country, in Belgium, on 10/11 November.

South Yorkshire Cross country league 2007

This seasons first fixture took place in glorious sunshine at Norfolk Park. This is a very hilly venue, and RH runners were out in force. Due to hard work by all coaches, athletes and parents this was a far more successful performance than was the case last year.

There were wins for Codie Marsh (U13 girls), Quin Simms (U13 boys), and Natasha Hatswell (U15 girls), and great support from all the other athletes. Team results are not yet published, RHAC were well placed as a club, overall.

It was very heartening to see so many black vests in the early races-- a tribute to hard work by the coaches and assistants. Well done the athletes.

Natasha Hatswell (right) put down an early marker with a very positive U15 girls' win.



Top RH supporters at Norfolk Park clockwise from bottom left: Codie Marsh 1st U13 girl, Quin Simms 1st U13 boy, Cian Scothern (U15 boys), Alex Carroll (U15 boys), Andrew Lidster (U13 boys)



South Yorkshire Cross Country League 1 Norfolk Park 20th October 2007

Senior, Junior, Veteran Men

1	00:26:30	Andy Thake	Man	Hallam
2	00:27:32	Martin Broadhead	Man	Hallam
3	00:27:33	Luke Stafford	U20 M	Hallam
28	00:30:38	Paul Humphries	Man	RHAC
41	00:31:41	Tony Carroll	V 40	RHAC
42	00:31:42	David Smith	U20 M	RHAC
52	00:32:19	Gary Claxton	Man	RHAC
57	00:32:33	Robert Tintingier	V 60	RHAC
59	00:32:45	Peter Neal	V 50	RHAC
61	00:32:50	Huward Darwin	V 40	RHAC
66	00:33:09	John Spencer	V 40	RHAC
78	00:34:05	Dave Storey	Man	RHAC
125	00:37:20	Steven Rossall	Man	RHAC
127	00:37:28	Kevin Thomas	V 50	RHAC
148	00:40:00	Kerry Booth	V 40	RHAC

Senior, Junior, Veteran Ladies

1	00:20:53	Kelly Candy	Lady	Hallam
2	00:21:23	Zanthe Wray	U20 L	Uni Sheff
3	00:21:47	Julie Wilson	LV 35	Hallam
26	00:26:34	Sue Bellamy	LV 35	RHAC
28	00:26:55	Charlotte Elliss	Lady	RHAC
30	00:27:01	Eleanor Thomas	Lady	RHAC
58	00:32:23	Diane Spencer	LV 35	RHAC

U17 Men

1	00:19:40	Alex Walker	U17 M	City Sheff
2	00:19:48	Jacob Clarke	U17 M	Don AC
3	00:20:14	Harry Thorpe	U17 M	Hallam
5	00:20:30	David Booth	U17 M	RHAC

U17 Ladies

1	00:16:00	Nicola Birch	U17 L	Hallam
2	00:16:40	Jemma Creaghan	U17 L	RHAC
3	00:16:44	Rosie Upton	U17 L	Hallam
6	00:24:03	Claire Lebond	U17 L	RHAC

U15 Boys

1	00:12:29	James Gray	U15	City Sheff
2	00:13:25	Kyle Bruce	U15	Barns AC
3	00:13:28	Cian Scothern	U15	RHAC
5	00:14:28	Alex Carroll	U15	RHAC

U15 Girls

1	00:12:46	Natasha Hatswell	U15	RHAC
2	00:13:22	Ellie Bishop	U15	Hallam
3	00:13:46	Kirsten Frost	U15	Don AC
5	00:14:07	Rachel Hall	U15	RHAC

11	00:15:30	Melissa Hellewell	U15	RHAC
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U13 Boys

1	00:13:01	Quin Simms	U13	RHAC
2	00:13:05	Nick Beastall	U13	Don AC
3	00:13:09	Aiden Davies	U13	Don AC
8	00:13:54	Christopher Page	U13	RHAC
15	00:16:57	Andrew Lidster	U13	RHAC

U13 Girls

1	00:12:58	Codie Marsh	U13	RHAC
2	00:13:03	Emily Frost	U13	Don AC
3	00:13:11	Hannah Malmgren	U13	Hallam
5	00:13:17	Megan Bailey	U13	RHAC
9	00:13:47	Jessica Mangham	U13	RHAC
12	00:14:11	Georgina Spencer	U13	RHAC
14	00:14:28	Olivia Abell	U13	RHAC
20	00:15:17	Rachel Owen	U13	RHAC
25	00:16:04	Sophie Kirby	U13	RHAC

U11 Boys

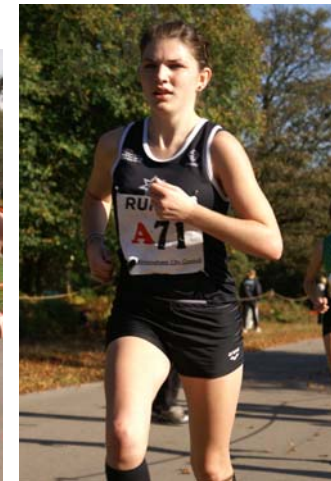
1	00:06:06	Kye Stothard	U11	Don AC
2	00:06:10	Jack Jones	U11	Hallam
3	00:06:14	Adam Clayton	U11	Don AC
4	00:06:16	Jarrod Beedle	U11	RHAC
5	00:06:23	Kane Smith	U11	RHAC
9	00:06:45	Jordan Small	U11	RHAC
10	00:06:49	George O'Brien	U11	RHAC
15	00:07:01	Thomas Evans	U11	RHAC
16	00:07:08	Bradley Nelson	U11	RHAC
18	00:07:18	Jordan Hutchinson	U11	RHAC
19	00:07:20	Dominic Bird	U11	RHAC
21	00:07:40	Sam Jones	U11	RHAC
22	00:07:47	George Havenhand	U11	RHAC
24	00:08:04	Luke Allen	U11	RHAC
26	00:08:06	Brandon Harris	U11	RHAC

U11 Girls

1	00:06:27	Ellie Stothard	U11	Don AC
2	00:06:36	Chloe Bewley	U11	Don AC
3	00:06:42	Charlotte Slack	U11	Hallam
7	00:06:59	Emily Hutchinson	U11	RHAC
14	00:07:41	Kristie Edwards	U11	RHAC
21	00:08:02	Chantelle Kelwick	U11	RHAC
22	00:08:07	Mollie Arif	U11	RHAC
28	00:08:25	Emily Sanderson	U11	RHAC
31	00:08:30	Holly Fenwick	U11	RHAC
33	00:08:33	Emily Miles	U11	RHAC
35	00:08:37	Emily Kay	U11	RHAC

Mayhem at the start of the U11 boys' race. They hit the crest and turn faster than the seniors! RHAC half the field! Top class.





Top efforts by RHAC's relay squads at Sutton Park: the only South Yorkshire team there on the day. Peter Neal and his colleagues have demonstrated clearly enough



over a period that RH is determined to be a strong national team. Selected shots above of (clockwise from right centre) Jade Allen, Phil Hoole working hard to defend the high spot handed over by Jon Thewlis (left). Then Jenny Blizard getting back to speed, Natalie Grant back after problems dictated a lay-off, new North of England selection Rosie Edwards and Jess Fawcett, who is also looking quick again. More next month.

Left: Brilliant show of Rotherham U11 girls at the start of their Norfolk Park race. They are actually listening to the race instructions, which just shows how keen they are. Then, like their male counterparts (page 5), they scorched the grass down the starting straight. Well done runners and coaches.

Snowdonia Marathon

On Saturday 27th Jenny Horan (above), Luke Brady & Adele Morris ran the Snowdonia marathon. Adele's report says it was very hard, even the downhill finish was hard because it was so steep. Very beautiful course though and all had a good weekend especially Jenny as she got the 1st v60 ladies prize with a time of 4hrs 10 mins. Excellent performance, well done all.

Jemma Creaghan well to the fore in the U17 women's race



The Spencer Team at Norfolk Park. I think this was mum Diane's first cross-country; she coped well with it. Left to right Georgina, Diane and John. Top support.

A Young Athlete Article: from Katie Mapplebeck

Even Linford started small!

Rotherham has produced many sporting greats, including Athletics star Peter Elliott, ex-F1 driver Justin Wilson and former international goalkeeper David Seaman. Now, with the 2012 London Olympics racing towards us, the next generation of sporting superstars from the borough are getting ready, set and going for gold! Thurcroft Junior School pupil Jordan Small, 10, is one of the many mini-athletes regularly taking part in sessions delivered by Rotherham MBC's Sports Development team. However, Jordan, having only taken up the sport just over 12 months ago, has already been earmarked for great things!



Starting his promising sporting career at the Mega Active "Star:Track Athletics" initiative at Herringthorpe Leisure centre, Rotherham Harrier Coaches Stacey Lebond and David Scholey spotted Jordan during a session and encouraged him to join the club. "I found out about the sessions at school through a Mega Active flyer. Stacey and David told me I was good so I joined the Harriers in September 2006," said Jordan. "It's fun, it keeps me fit, I enjoy it and I now want to become a professional athlete."

Since joining Rotherham Harriers, Jordan has already won countless medals and trophies and has participated in Sports Hall competitions for his school, Young Athletes Track and Field events and in the South Yorkshire Cross Country League. "My biggest achievement so far is winning gold in shot in Wakefield in September and Jumping close to 4m in long jump," said the proud youngster. "I'll move up to the Under 13s next season, so I hope to do as well in that group but my ultimate dream is to go to the Olympics!"

Being an energetic kid, Athletics, which is widely regarded as the cornerstone of all sporting activities, has helped Jordan in his other active pursuits. "I go to after school clubs for tag rugby, football and a multi-sport club, but athletics is the best, my favourites are shot and long jump because I'm good at them." "I enjoy the competitiveness, I want to do well, I'm determined and I enjoy it," continued Jordan. "The coaches work really hard to help make me a better athlete."

Despite the hard work and the training, Jordan, along with the dozens of other kids who take part in Harriers sessions each week, love the fun nature of the sport, as well the laugh they have with their friends and the chance to win prizes. "I enjoy being presented the medals at the end," said Jordan, who has already won his fair share. "Events are great days out and I meet lots of different people and see lots of other athletes compete like I want to in the future. My favourite venue so far has been the Dorothy Hyman Stadium in Barnsley, it was great competing there."

So, what advice would Jordan give to all the budding Linford Christie's out there who want to emulate his success? "Get active, join a sports club at school or a Rockets After school club, or try Star:Track, Mega Active and Holiday Camps. Having supportive parents helps too, I need to thank my mum and dad for taking me to events." If you, or your young Olympian-in-waiting, want to get a head start on the competition, or just want to meet new friends and have some fun, Rotherham MBC's Sports Development team have announced a new Rotherham Rockets Athletics session at Winterhill School in Kimberworth, starting Monday November 12 and taking place each Monday between 5pm - 6pm.

For kids for all abilities aged 5 - 12, the popular Rotherham Rockets session, which also take place in Thrybergh, Dinnington and Herringthorpe, have helped over 8,500 young sports-mad boys and girls launch their sporting dreams since its start in August 2006. Qualified and CRB checked coaches will be delivering the weekly sessions, which have been so successful that they have won an award from the England Athletics Regional Club Awards for commitment and effectiveness towards developing new programmes designed to engage more people into athletics activities.

For more details About the Rockets sessions in Kimberworth, or at other locations in the borough, please contact Sports Development on 01709 822489.

Local Series Launched Again

What was a highly popular set of running competitions and social events has been launched again with RHAC co-operating with Kimberworth and Maltby for a group of nine races. The series is aimed at mutual support for small local events (low-cost into the bargain!), which have become so difficult to promote in recent times of heavy traffic and litigation.

Pat Rooney at KS and Brian Lowndes at MRC are at one with Pete Humphries at RHAC in this venture. Exactly how we will fund it has to be approved but it's not that hard to work out. The series will start with KS's Santa Special on 16th December then Braithwell 5 (MRC) Boxing Day and Bassingthorpe Spring RH's race in February (probably).

The other 6 are likely to be Ulley Res, Memorial Race (MRC), Abbery Dash (MRC), Kanter (KS), Prince 5k (RH) with the last race and awards evening left for Pat to decide, he at the moment favours the Canal Race in November (2008 that is).

Fun for the Pages at Porlock!

Porlock Recreation ground, Somerset, 2k 27/8/07

On holiday in Porlock, Exmoor, RH's Christopher and Michael Page from Treeton took on the Porlock Fun Run, though I would say it might have been slightly more serious than that judging from their results. The picture shows Christopher Page 113 time 12.53, 2nd in U13s, 11th out of 120 people and Michael Page 112 time 12.27, 1st in U13s, 7th out of 120.

Top marks for results, and for enjoying it. The month after, the National Cycling Tour came through what is a beautiful part of the country to take a holiday, between the Bristol Channel and Exmoor. Thanks for your news.



Club Clothing; New items October 2007

	<p>Coolmax black Tee shirt, with Rotherham Harriers & AC printed on back. Price Small upwards £9 XXXS, XXS XS £8</p>
<p>Berlin Shorts (Shown in photo right) Black lightweight short, with inner brief, elasticated waistband, and fob type pocket inside at front.</p> <p>Price Small upwards £10 XXS & XS £9</p>	
<p>Black square Leg short, with inner brief, elasticated waistband and tie cord. Zip pocket at back of shorts. White stripe down side.</p> <p>Price Small upwards £12 XXS & XS £10</p>	

All previously available items such as reflective vests are still on sale: see website or adverts in kiosk

Quiz : last month

Jenny & Celine Blizzard preparing (right) to video the finish of a Doncaster Wheelers Cycling Race, but what happened next?

Sid Scoop's query was - "what happened next??".... well, what did you expect? Is there a doctor in the house? or a physio?



CROSS COUNTRY DATES

SY League

- 2 Sunday 4 Nov Penistone Showground
- 3 Sunday 25 Nov Winterhills, Rotherham
- 4 Sunday 9 Dec Doncaster (Hayfield?)

Yorkshire Championship

January 5th 2008 Storthes Hall, Holmfirth

Northern

26th January 2008 Roundhay Park Leeds

National

February 23rd Alton Towers

This month's Quiz

Below are connected shots this month contributed by Wickersley Joggers. Not top clarity perhaps but I'm sure you can make out some well-known, even famous club personalities from former (and current!) years. Occasion? Year? And right one of mine as a make-weight. Personnel, event and location is what I am asking. To further assist, the lower photo is the same event, different year.



Ulley Time Trial
27/10/2007

- 1. Richard Harris 15:54
- 2. Philip Hoole 16:01
- 3. Mark Ruddleston 17:50
- 4. Mark Ward 18:23
- 5. Terry Hawley 18:37
- 6. Dave Storey 18:57
- 7. Steve Gorrill 19:45
- 8. Janet Hindley 21:03
- 9. Gill Taylor 21:54
- 10. Dave Wright 22:02
- 11. Ian Hindley 22:59
- 12. Derrick Clarke 25:14
- 13. Alan Bryden 27:33

The time-trial series has started again; only a modest turn-out but some keen efforts on display. Todwick Road bridge is repaired and open again, so that the detouring traffic through Ulley should have disappeared- but there was more traffic that I recall from a couple of years ago.

Don Creamer's picture: Ralph Rowbotham has confirmed the following: Peter Harper extreme left, the short guy in the middle is Mr X, Ralph told me but I've forgotten again [Ralph says he was briefly with RH, went with them to New York Marathon and got lost for best part of 2 days- but as he was an ex-merchant seaman they thought maybe he wasn't as lost as it seemed]; Andy Fitzgerald, Ian Newsome at the back. Mike Sumption confirms it is he at the back third left. Sharon Burton and others have corrected me that extreme right is not Quentin Tupper. I plead insanity. It's Brian Cloke. That's Quentin in the right-hand shot, (used in Jan 2006) next to right. I'm sure you know the others.

Rotherham Harriers & AC Newsletter

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

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