



Rotherham Harriers & AC November 2008 Ser 5 No 2

Steadily improving team performance has turned the first two cross-country fixtures into a real pleasure for RH observers. You may not be aware how the teams work- I wasn't, but I quizzed the officials (see panel page 2).

Both men and ladies head their sections, and the spirit in the club's teams is well represented by the storming results of the men's team, which I have been privileged to watch as I am now retired officially on age grounds to run 6k with the ladies (always a pleasure). Always a team motivator, Mark Ruddleston has been surrounded (and trailed) by an impressive band including welcome-back Gary Claxton, Simon Mounsey, Paul Humphries (hopefully now injury-free), improving David Smith and fast track man Mark Ward who is showing strength as well as speed. Elsewhere (results page 4) RH runners are winning events, but it is the teamwork which is most marked for me. And good turn-out all through the field.

Some points

◆ If you are seventh man or fifth in any other group (ie don't score) you are still important- you can push runners of other clubs to lower positions. True no matter how low down the list you are.

◆ Turning out a full team is vital- because (1) it makes sure you get a bonus point and (2) you will be in front of some clubs who you thought had beaten you eg if we had four runners who were last, we would beat a club who had the winner, second and third- but no fourth!

Our team weakness is not surprising- it's at under-17 (both) and vets 65 plus. We had no under-13 teams at Cannon Hall but you put it right handsomely at Winterhill.

Steve Gaines has done a lot to get our cross-country back on track. So have parents and coaches. Above all, so have you. People notice. They see all the black vests in the field and they know RHAC is doing well and going forward. It works if you win your race. It works if you're last.



Paul Humphries, Gary Claxton and Mark Ruddleston

Next event: Campsall Sunday 23rd Nov

Teamwork Tells : RH First..for now



Dave Smith and Mark Ward working uphill



impressive debut for U17 Kyle Craib

- | | | |
|----|------------------|------------------------|
| 1 | Kye Slothard | Doncaster AC |
| 2 | Luke Cotter | Rotherham Harriers |
| 3 | Aiden Davies | Doncaster AC |
| 4 | Ashton Harrison | Doncaster AC |
| 5 | Ben Trueman | Rotherham Harriers |
| 6 | Robert Bentham | Rotherham Harriers |
| 7 | Jack Jones | Hallamshire Harriers |
| 8 | Matthew Chaib | City of Sheffield AC |
| 9 | Spencer Lavender | Barnsley AC |
| 10 | Jordan Small | Rotherham Harriers |
| 11 | Caine Frost | Rotherham Harriers |
| 12 | Bradley Nelson | Rotherham Harriers |
| 13 | Dylan Wilson | Rother Valley Swallows |
| 14 | Alex Ogden | Rother Valley Swallows |
| 15 | Daniel Chaib | City of Sheffield AC |
| 16 | Thomas Evans | Rotherham Harriers |
| 17 | Daniel Colville | Wombwell Sporting AC |
| 18 | Lewis Greenhough | Doncaster AC |

A Classic Case- U13 Boys

The finish order left is the U13 boys from Winterhill. It looks like an easy Doncaster win- however..... First- only RHAC and Doncaster have four scorers, so they must be first and second one way or another.

DAC's first three scored 1+3+4 = 8
 Luke, Ben, Robert and Jordan scored 2+5+6+10 = 23
 The question is, where was DAC's fourth scorer? As long as he finishes 15th or better, they win. BUT because Caine, Bradley and Thomas ran in front of him they pushed him down to 18th.

Result- RHAC first ! Well done lads!
 Rotherham 7 pts, Doncaster 6, Sheff AC 4, Swallows 3, Hallamshire 2, Wombwell 1

Time Trials

The Saturday morning time trials begin
 November 29th

start at rear of museum, Clifton Park
 off at 10.30 or after, in ones or groups
 course 1 mile or 5k
 cost £1 (voluntary)

assistance welcome

Santa Special

Sunday 21/12/08

at

Training Ground, Droppingwell Lane
 Kimberworth KRC race

RHAC presence desirable

off 11am (check)

Help Needed!!

In January the club is hosting two major events:-

The Yorkshire Cross Country Championships, at Winterhills on the 10th January.

We need helpers for course and car parking stewards, and refreshments (in the Sports Hall)

The Club Awards Evening. 16th January.

We need helpers with food preparation.

Please contact Steve Gaines if you can help.

Secretary's Update

Steve Gaines

Membership

The following new member applications were accepted at the November executive committee meeting;

Name Age Proposer Interest
Sharni Howis 8 John Small Track & Field, XC;
Emma Parkinson 13 Dave Johnson Track & Field; **Devon Wood** 13 Dave J /Nicola Myers T&F, XC<Road; **Declan Walker- Smith** 8 John Small T&F, XC; **Zoe Brain** 13 D Johnson XC, general; **Chloe Stone** 9 Gayle Lebond T&F, XC; **Michelle Monteiro** 27 Peter Humphries General; **Sam Wright** 10 Dave Johnson T&F, XC, General; **Ben Trueman** 12 Dave Johnson T&F, XC ,Road; **Emma Hancock** 10 John Small T&F, XC; **Matthew Hancock** 13 Kevin Thomas/ Nicola Myers T&F, XC; **Jake South** 12 Dave Johnson All; **Jonathan Bilton** 10 John Small T&F, XC; **Molly Wood** 9 John Small T&F,Road, XC; **Megan Nagy** 9 John Small T&F, XC

A warm welcome to you all.

England Athletics Competiton Licences.

I have now added some 188 member names to the database. Most of you should therefore have received your card by now. I still have some 30 or so names to add for recent members /payers.

England Athletics Re-organisation.

Most of you will know something of this, but to keep all club members up to date: England Athletics have announced that their regional offices will close down. This means that the office in EIS at Sheffield will close. The services for education and information will be centralised.

There will be 2 newly appointed Club and Coach Support Officers for the Yorkshire & Humber side region, who will be mobile and work with clubs and coaches.

The regional Office will remain open until March 2009 to ensure that the service is not affected. The new structure appointments will be confirmed in December 2008

South Yorks Cross-country-
 How the Team Scores Work (whew !!)

Every separate race or category has a team. A team is 6 for men, 4 for every other group. So: Men (including vets and U20) 6, Ladies (including vets and U20s) 4, U17 men 4, U17 ladies 4, U15 boys 4, U15 girls 4, U13 boys 4, U13 girls 4, U11 boys 4, U11 girls 4 (and I think the newly-formed men O65 section 4) Take "men" as an example. It goes in finishing order. So the winner scores 1, second place 2 etc. Your best-placed 6 runners are added together; the lowest-scoring team is the winner.

After teams with 6 scorers, they rank clubs with only 5- doing it in the same way. Then all the clubs with only 4, etc etc until the lowest which might be a single runner from some club. All the clubs are then given a points score of 1 only for last, 2 for next last etc up to as many as it is for the winning club. Each club with a full team is also given a bonus point.

Each group is treated in this way- resulting in eleven league tables. A club then has its eleven separate scores added together, to give the final scores for the fixture. The final scores are taken forward to the next fixture(s)

Awards Nominations and Presentation Evening

This years presentation evening will be held at

The Trades Club, Rotherham on Friday the 16th January , starting at 7:15pm.

All are welcome. Tickets will be on sale at the club from the end of November. There are a large amount of awards to be presented, Track & Field, Road, Cross Country and Special awards. Club members can nominate candidates for the following special awards:

The Jack Phipps Memorial Award
 This is presented to a male person for services to the Club.
 The recipient in 2007 was Peter Moore

The Patricia Muller Memorial Award

This is presented to a female person for services to the Club
 The recipient in 2007 was Natalie Simms

The Peter Elliott Award
 This award is for the best middle distance performance by any member of the Club
 The recipient in 2007 was Klachen Cheshire

Most Improved Athlete
 Awarded to the athlete who has shown most improvement in any area of club activity
 The recipient in 2007 was Rosie Edwards

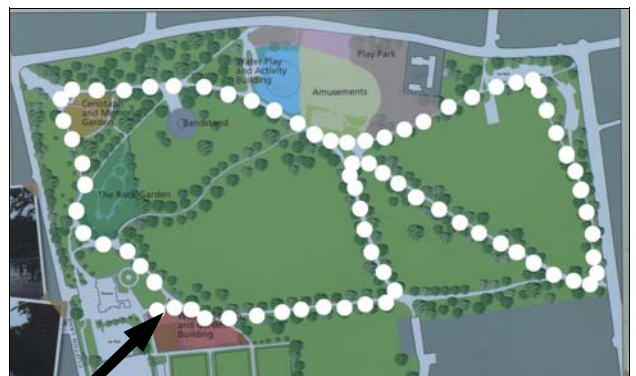
Please submit any nominations to Jim Brogan or Steve Gaines by the end of November. Submissions can be made by email (contact@rotherhamharriers.org) or handed in at the club on training nights.

Please nominate your coach or any club official, helper or member!

Fixtures: Winter 2008-09
 nb South Yorks Fixture List awaited

November	South Yorks XC Series 3	SY clubs	Campsall	Doncaster
Sun 23 Nov 08	Clifton Park Run	open	time trial 1	
Sat 29 Nov 08	SY Indoor TF	open	2 EIS	
Sun 30 Nov 08				
December				
Sun 07 Dec 08	Percy Pud	open		
Sat 13 Dec 08	Round Rotherham	open	trailrace & relay	
Sun 14 Dec 08	South Yorks XC Series 4 & Championship	Sheffield Venue tbc		
Sun 14 Dec 08	Bolsover-Mizuno 10k			
Sun 14 Dec 08	Turkey Trot Half Marathon,	Keyworth RACE FULL		
Sat 20 Dec 08	Clifton Park Run time trial 2	open (may be on 27th)		
Sun 21 Dec 08	Santa's Special	open	Kimberworth	
Sun 21 Dec 08	Travellers 6, Denby Dale			
Thu 25 Dec 08	Xmas Day Handicap	RHRH members	Oldest yearly race in Britain	
Fri 26 Dec 08	Ward Green 6	open		
Fri 26 Dec 08	Braithwell 5	open	Maltby RC (part track)	
Sat 27 Dec 08	Sheffield Open CC races	open	Graves Park, All ages from U11. Start 11:00am	
Sat 27 Dec 08	Clifton Park Run time trial 2	open (may be on 20th)		
January				
Sun 04 Jan 09	Pennine 10k, nr. Brighouse			
Sat 10 Jan 09	Yorkshire Championships	club teams	Rotherham	
Sat 17 Jan 09	Clifton Park Run	open	time trial provisional	
Sun 18 Jan 09	Brass Monkey Run Half Marathon,	York RACE FULL		
Sat 24 Jan 09	Northern Championships	club teams	St Helens	
Sun 25 Jan 09	Meltham 10k,	nr. Huddersfield		
February				
Sun 01 Feb 09	Dewsbury 10k	areas via college/uni		
Sat 07 Feb 09	BUSA Championships	open	time trial provisional	
Sat 14 Feb 09	Clifton Park Run	Roberttown		
Sun 15 Feb 09	Liversedge Half Marathon,	areas London (Par. Hill)		
Sat 21 Feb 09	English Championships	Pocklington RACE FULL		
Sun 22 Feb 09	Snake Lane 10,			
March				
Sun 01 Mar 09	SY Indoor TF	open	3 EIS	
Sun 01 Mar 09	Regional Spts Hall	areas	Finals U13, U15, Halifax	
Sat 07 Mar 09	UK Inter Counties	areas	Nottingham	
Sat 14 Mar 09	Clifton Park Run	open	time trial provisional	
Sun 15 Mar 09	Spennethorpe, Cleckheaton	areas	Finals U11 EIS	
Thu 19 Mar 09	S Yorks Spts Hall	open	4 EIS	
Sat 21 Mar 09	SY Indoor TF	areas	to be conf	
Sat 21 Mar 09	English Schools			
Sun 22 Mar 09	South Leeds 5 Mile & Fun Run, Leeds			
Sun 29 Mar 09	Asics Wilmslow Half Marathon			
April				
Sun 05 Apr 09	Northern Athletics 12 Stage Road Relays			
Sun 05 Apr 09	Northern Athletics Women's 6 Stage Road Relays			
Sun 05 Apr 09	Hornsea 1/3 Marathon	SY clubs	1 Penistone	
Wed 08 Apr 09	SY Road League	SY clubs	2 Doncaster	
Wed 15 Apr 09	SY Road League			
Sat 18 Apr 09	ERRA National 12 Stage Road Relays			
Sat 18 Apr 09	ERRA National Women's 6 Stage Road Relays			
Wed 22 Apr 09	SY Road League	SY clubs	3 Barnsley	
Sun 26 Apr 09	London Marathon			
May				
Thu 14 May 09	SY Road League	SY clubs	4 Rotherham	

Clifton Park Runs: 29/11



start & finish 1 mile; 3 lap 5k

late news:
 McCain Gateshead International Cross-country Races

Natalie Grant ran 12th junior woman in a field of 34 whilst Steph Burns ran 8th of 18 in the U17 event
 Congratulations to both ladies.

South Yorkshire Young Athletes Indoor Meetings

EIS 8/11/08 Adjusted results

G8-11 600m

1	214	Georgia Oldfield	SheffAC	02:13.3	65
3	160	Emily Kay	RHAC	02:28.7	52
4	152	Katie Hancock	RHAC	02:30.6	49
7	147	Chloe Stone	RHAC	02:37.3	41
10	153	Morgan Anglesea	RHAC	02:44.7	36

G8-11 60m

1	24	Elle Grace	DoncAC	9.7	56
3	148	Megan Nagy *	RHAC	9.7	53
6	147	Chloe Stone	RHAC	10.7	41
7	152	Katie Hancock	RHAC	10.7	41
8	160	Emily Kay	RHAC	11.0	36
12	153	Morgan Anglesea	RHAC	11.3	32

G8-11 150m

1	148	Megan Nagy	RHAC	24.3	45
4	152	Katie Hancock	RHAC	25.8	35
9	153	Morgan Anglesea	RHAC	29.8	14

G8-11 long jump

1	24	Elle Grace	DoncAC	3.15	42
3	148	Megan Nagy	RHAC	2.97	37
6	160	Emily Kay	RHAC	2.46	24
10	147	Chloe Stone	RHAC	1.96	14

G8-11 shot

1	259	Ellie Edwards	Wath	3.83	12
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B8-11 600m

1	229	Adam Higginbottom	SheffAC	02:12.0	54
2	142	Declan Walker- Smith	RHAC	02:12.4	54
4	150	Joseph Morton	RHAC	02:24.6	42
6	162	Jordan Dixon	RHAC	02:32.7	35

B8-11 60m

1	146	Jonathan Bilton	RHAC	9.7	53
7	142	Declan Walker- Smith	RHAC	10.7	38
8	150	Joseph Morton	RHAC	10.8	36

B8-11 150m

1	253	Bailey Harris	Wath	23.4	33
3	146	Jonathan Bilton	RHAC	23.9	31
7	162	Jordan Dixon	RHAC	26.3	15
8	150	Joseph Morton	RHAC	26.7	12

B8-11 long jump

1	266	Keelan Wilson	Wath	3.28	26
6	162	Jordan Dixon	RHAC	2.87	20
12	146	Jonathan Bilton	RHAC	2.26	14

B8-11 shot

1	266	Keelan Wilson	Wath	6.44	33
11	142	Declan Walker- Smith	RHAC	2.30	3

G11-13 800m

1	6	Elli Stothard	DoncAC	02:44.2	66
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G11-13 60m

1	204	Abigail South	SheffAC	8.9	68
2	145	Emily Miles	RHAC	9.3	62
10	154	Lucy Scales	RHAC	9.9	53
14	157	Amber O'Malley	RHAC	10.5	44

G11-13 long jump

1	312	Benjamina Kilembe	unatt	3.65	54
3	145	Emily Miles	RHAC	3.59	52
13	154	Lucy Scales	RHAC	2.71	29
16	157	Amber O'Malley	RHAC	2.59	26

G11-13 shot

1	311	Ellis Winter	unatt	6.42	54
3	154	Lucy Scales	RHAC	5.56	41

G11-13 200m

1	204	Abigail South	SheffAC	30.6	60
4	145	Emily Miles	RHAC	32.8	48
9	157	Amber O'Malley	RHAC	37.7	28

B11-13 800m

1	7	Kye Stothard	DoncAC	02:31.4	61
6	140	Joel Kirk	RHAC	02:47.1	53

B11-13 60m

1	226	Wesley Palmer	SheffAC	8.7	68
6	159	Thomas Evans	RHAC	9.3	59
11	155	Bradley Nelson	RHAC	9.8	51

B11-13 long jump

1	226	Wesley Palmer	SheffAC	4.36	54
5	156	Jordan Small	RHAC	4.17	50
11	159	Thomas Evans	RHAC	3.79	39

B11-13 shot

1	159	Thomas Evans	RHAC	6.87	37
2	156	Jordan Small	RHAC	6.38	33
3	155	Bradley Nelson	RHAC	6.13	30
6	140	Joel Kirk	RHAC	4.60	18

B11-13 200m

1	12	Jordan Woodhall	DoncAC	28.6	55
6	156	Jordan Small	RHAC	30.4	46
7	155	Bradley Nelson	RHAC	30.9	43
11	140	Joel Kirk	RHAC	32.8	37

G13-15 800m

1	158	Abbey Stanley	RHAC	02:34.1	76
6	144	Mary Jenkinson	RHAC	02:54.0	63

G13-15 60m

1	27	Indra Davies	DoncAC	8.6	74
6	143	Elspeth Bovan	RHAC	9.0	66
7	149	Nikki Emson	RHAC	9.1	65

G13-15 long jump

1	11	Nicole Bewley	DoncAC	4.54	71
6	149	Nikki Emson	RHAC	4.13	63
9	158	Abbey Stanley	RHAC	3.87	58

G13-15 shot

1	11	Nicole Bewley	DoncAC	8.70	87
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G13-15 200m

1	158	Abbey Stanley	RHAC	28.3	83
5	143	Elspeth Bovan	RHAC	29.1	75
6	149	Nikki Emson	RHAC	29.9	67

B13-15 800m

1	218	Adam Khan	SheffAC	02:17.8	69
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B13-15 60m

1	2	Ashley Langton	DoncAC	7.7	107
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B13-15 long jump

1	218	Adam Khan	SheffAC	5.23	71
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B13-15 shot

1	26	Daniel Dale	DoncAC	9.40	62
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B13-15 200m

1	2	Ashley Langton	DoncAC	25.9	69
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CANAL RUN KRC Last of Series

1	22.07	Dan Birkinshaw	KS	1st Man
2	22.14	Martin Booth	PFPR	2nd Man
8	23.50	Howard Darwin	RHAC	
9	23.52	Mick Masters	RHAC	1st MV60
15	25.44	Kerry Booth	RHAC	
26	27.31	Peter Humphries	RHAC	
28	28.01	David Booth Jnr	RHAC	1st Jun
38	29.42	Michael Hill	RHAC	

KMR Series- Overall Results

Canal Run being the last, awards for the series were made after it: RHAC winners were Dave Booth (Junior), Howard Darwin (Vet 40) and Pete Humphries (vet 65).

Mark Ruddleston wins the vet 45 award for the series (to be presented after the Santa Special or other KMR race) and in fact led the series as a whole. Thanks to Mark and to all for support through this series.



South Yorkshire Young Athletes' Indoor Winter Series, 2008/9.

Saturday the 8th November saw the first fixture in this brand new event. The event was the first of four fixtures, aimed at getting young club and non club athletes to use the excellent facilities at EIS Sheffield, and to experience indoor athletics.

The event was well supported, with over 120 athletes taking part. The event was enjoyed by Spectators and athletes, so much so that many athletes did more than the 3 permitted events, and some results have therefore had to be revised.

At this first fixture, the athletes could choose 3 events from 60m sprint, 150m Sprint, 200m sprint, 600m, 800m, Long Jump and shot put

Rotherham was well represented with some 29 athletes from the newly formed Wath Athletics Club, and 21 athletes from Rotherham Harriers & AC.

Congratulations to the event winners from our club, who were:

Jonathan Bilton U11 boys 60m, Thomas Evans U13 boys Shot put, Emily Miles U13 girls 60m, Abbey Stanley U15G 200m & 800m.

The next event in the series - open to club and non club athletes - is on Sunday the 30th of November

Remaining-

Sun Nov 30th
Sun March 1st
Sat March 21st

The hall is booked from 12:00 to 16:00 on each day. The aim is to start the first event at 12:30.

Remaining-	Nov 30th	1st March	21st March
	High Jump	60m	High Jump
	150m	150m	150m
	200m	800m (600 for U11)	600m
	600m	Long Jump	Long Jump
	Foam Javelin	Shot Put	Foam Javelin

Competition outline

The competition will be for the following age groups:- U11, U13, U15 (Age as at 31/8/2009). Numbers will be sold for the 4 fixtures. Price £6. Competitors can do up to 3 events at each fixture.

Awards Medals will be presented for the best 3 performances in each category, for each event. Eg U11 Boys 60m, U11 Girls 60m, etc.

Medals will be presented at the end of each fixture.

A grand Prix award for the best overall performance will be made for each age category, male and female. The Grand Prix award will be based on a combined score of running and non running events, using the SY performance tables. Athletes will have to compete at a minimum of 3 fixtures, one of which must be the final fixture. Athletes must have completed 3 running and 3 non running events in the series. Grand Prix awards, based upon the best 3 performances, will be made at the final fixture.

YA Indoor Meetings- left: RH medallists in the U13 boys shot (Thomas Evans - 159 1st, Jordan Small - 156 2nd & Bradley Nelson; below: Emily Miles who won the U13 girls 60m.



Cannon Hall

Men, Vet Men and U20 Men

1	Dave Archer Man	00:24:01	Hallam
8	Mark Ruddleston V 40	00:25:40	RHAC
11	Simon Mounsey Man	00:25:44	RHAC
14	Gary Claxton Man	00:25:59	RHAC
15	Paul Humphries Man	00:26:21	RHAC
16	Mark Ward V 40	00:26:24	RHAC
19	David Smith U20	00:26:42	RHAC
38	Bob Tintinger V 60	00:28:06	RHAC
53	Dave Storey Man	00:29:25	RHAC
64	Glenn James Man	00:30:24	RHAC
65	Steve Gorrill V 40	00:30:27	RHAC
75	Nathan Buckingham U20	00:31:18	RHAC
76	John Spencer V 40	00:31:24	RHAC
98	Kevin Thomas V 50	00:33:56	RHAC
111	Malcolm Rhodes V 60	00:37:50	RHAC

Ladies, Vet Ladies and U20 Ladies

1	Sarah McCormack Lady	00:19:15	SheffUni
7	Janet Hindley LV 35	00:21:22	RHAC
9	Philippa James LV 35	00:21:45	RHAC
15	Eleanor Thomas Lady	00:22:33	RHAC
19	Sharon Burton LV 45	00:22:51	RHAC
21	Charlotte Vaughan U20	00:23:00	RHAC

U17 Men

1	Yassim Mohamed	00:15:46	SheffRC
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U17 Ladies

1	Steph Burns	00:15:17	RHAC
2	Emily Fisher	00:16:07	RHAC

U15 Boys

1	Tom Bains	00:15:20	Hallam
6	Paul Ward	00:16:38	RHAC
7	Nicholas Myers	00:16:46	RHAC
9	Luke Hammill	00:18:00	RHAC
10	Scott Smith	00:18:10	RHAC
11	Devon Wood	00:18:11	RHAC

U15 Girls

1	Codie Marsh	00:12:18	RHAC
2	Natasha Hatswell	00:12:33	RHAC
11	Zoe Brain	00:15:07	RHAC
12	Olivia Neal	00:15:22	RHAC
14	Gemma Williamson	00:15:35	RHAC
16	Emma Parkinson	00:16:30	RHAC
18	Abbey Stanley	00:16:47	RHAC
19	Melissa Hellewell	00:16:54	RHAC
22	Hayley Flintham	00:17:37	RHAC

U13 Boys

1	Ashton Harrison	00:14:45	DonCAC
7	Caine Frost	00:17:27	RHAC
9	Thomas Evans	00:17:59	RHAC

U13 Girls

1	Claire Wilsher	00:12:50	Hallam
11	Georgina Spencer	00:14:38	RHAC
19	Bonnie Smith	00:15:31	RHAC

U11 Boys

1	Adam Clayton	00:05:58	DonCAC
3	Kane Smith	00:06:04	RHAC
5	Joel Kirk	00:06:18	RHAC
9	Jordan Hutchinson	00:06:44	RHAC
10	Declan Walker-Smith	00:06:55	RHAC
11	Joseph Morton	00:07:03	RHAC
12	Jonathan Bilton	00:07:09	RHAC
13	Jack Cranswick	00:07:17	RHAC
19	Jordan Dixon	00:08:27	RHAC

U11 Girls

1	Chloe Bewley	00:06:28	DonCAC
10	Emily Kay	00:07:32	RHAC
14	Molly Wood	00:07:50	RHAC
16	Sharni Howis	00:07:57	RHAC
18	Emily Miles	00:08:02	RHAC
19	Katie Hancock	00:08:03	RHAC
20	Holly Fenwick	00:08:06	RHAC
21	Chloe Stone	00:08:20	RHAC

Men Vet 65

1	Robin Aconley	00:20:37	DonCAC
2	Peter Humphries	00:22:12	RHAC

Winterhill

Men, Vet Men and U20 Men

11	Steve Evison Man	00:30:01	SheffAC
12	Mark Ruddleston V 40	00:31:52	RHAC
14	Simon Mounsey Man	00:32:06	RHAC
16	Gary Claxton Man	00:32:23	RHAC

18	Mark Ward V 40	00:33:06	RHAC
19	David Smith U20	00:33:11	RHAC
20	Paul Humphries Man	00:33:13	RHAC
41	Bob Tintinger V 60	00:35:00	RHAC
44	Peter Neal V 50	00:35:13	RHAC
45	Dave Storey Man	00:35:16	RHAC
47	Howard Darwin V 40	00:35:24	RHAC
53	Mick Marsters V 60	00:35:49	RHAC
69	David Scholey Man	00:38:08	RHAC
72	John Spencer V 40	00:38:33	RHAC
94	Kevin Thomas V 50	00:41:10	RHAC

U11 Girls

1	Elli Stothard	00:06:21	DonCAC
12	Emily Kay	00:07:35	RHAC
16	Emily Miles	00:07:44	RHAC
18	Katie Hancock	00:08:10	RHAC
19	Molly Wood	00:08:10	RHAC
22	Sharni Howis	00:08:16	RHAC
23	Chloe Stone	00:08:24	RHAC
24	Morgan Anglesea	00:08:26	RHAC

Men Vet 65

1	Robin Aconley V 65	00:26:34	DonCAC
2	Peter Humphries V 65	00:29:16	RHAC

Ladies, Vet Ladies and U20 Ladies

1	Jenny Blizzard Lady	00:22:46	RHAC
3	Jade Allen U20	00:24:43	RHAC
10	Eleanor Thomas Lady	00:28:29	RHAC
21	Charlotte Vaughan U20	00:29:49	RHAC
23	Sharon Burton LV45	00:29:57	RHAC

U 17 Men

1	Yassim Mohamed	00:21:39	SheffRC
3	Kyle Craib	00:22:08	RHAC
8	Sam Howis	00:26:08	RHAC
14	Cian Scothern	00:35:41	RHAC

U 17 Ladies

1	Emily Fisher	00:16:37	RHAC
4	Rachel Hall	00:20:01	RHAC

U 15 Boys

1	Tom Bains	00:15:17	Hallam
5	Nicholas Myers	00:15:48	RHAC
6	Paul Ward	00:15:49	RHAC
8	Luke Hammill	00:17:04	RHAC
9	Devon Wood	00:17:34	RHAC
10	Scott Smith	00:17:54	RHAC
11	Alex Newbold	00:18:31	RHAC

U 15 Girls

1	Codie Marsh	00:11:54	RHAC
3	Megan Bailey	00:12:16	RHAC
10	Olivia Neal	00:13:54	RHAC
16	Gemma Williamson	00:14:31	RHAC
19	Emma Parkinson	00:14:41	RHAC
20	Zoe Brain	00:14:59	RHAC
21	Abbey Stanley	00:15:02	RHAC
22	Georgina Arif	00:15:15	RHAC
23	Melissa Hellewell	00:15:51	RHAC

U 13 Boys

1	Kye Stothard	00:13:40	DonCAC
2	Luke Cotter	00:13:41	RHAC
5	Ben Trueman	00:15:06	RHAC
6	Robert Bentham	00:15:11	RHAC
10	Jordan Small	00:16:16	RHAC
11	Caine Frost	00:16:17	RHAC
12	Bradley Nelson	00:16:54	RHAC
16	Thomas Evans	18:12:00	RHAC

U 13 Girls

1	Claire Wilsher	00:12:14	Hallam
12	Georgina Spencer	00:13:59	RHAC
14	Jessica Mangham	00:14:01	RHAC
20	Bonnie Smith	00:14:47	RHAC
33	Emma Dutton	00:16:25	RHAC
34	Chantelle Kelwick	00:16:32	RHAC
36	Elspeith Bovan	00:16:51	RHAC
38	Amber O'Malley	00:19:23	RHAC

U 11 Boys

1	Sam Bissett	00:06:06	DonCAC
2	Kane Smith	00:06:09	RHAC
6	Joel Kirk	00:06:46	RHAC
7	Declan Walker-Smith	00:06:51	RHAC
11	Jonathan Bilton	00:07:16	RHAC
14	Joseph Morton	00:07:57	RHAC
16	Jordan Dixon	00:08:20	RHAC
17	Luke Allan	00:08:23	RHAC
18	Oliver Court	00:08:42	RHAC
19	Scott Allan	00:09:19	RHAC



Action from cross-country 1 & 2: top Jenny Blizzard; left Jade Allen, both race winners; below Scott Smith and Luke Hammill, bottom Sam Howis among senior traffic



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Editor Peter Humphries

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

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