

Club Officers following 2006 AGM

| | |
|---|---|
| President | David Johnson |
| Vice Presidents | Ian Cooley, Don Creamer, Connie Garner, Mick Hague, Brian Harney, David Haywood, Ian Mitchell, Mary Rhodes, Ralph Rowbotham, Roy Taylor, Peter Wood |
| Chairman | Jim Brogan |
| General Sec. | Bert Norburn |
| Treasurer | Gillian Taylor |
| Exec. Committee | As previous plus section secretaries plus any nominated two from each section |
| Cross Country Sec. | Stephen Gains |
| 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 |
| Track and Field Sec. | Ralph Rowbotham |
| Track and Field Committee | Peter Moore, Jim Guite, Steve Gorrill, Bert Norburn, Lizzie Maher, David Scholey + Team Managers |
| Young Athletes Sec. | David Johnson |
| Young Athletes Committee | Kevin Thomas, Gayle Lebond, Ian Hewitt |
| Trail Running Sec. | Sharon Burton |
| Trail Running Committee | Peter Adams, Mick Cochrane, Henry Maston, Mick Marsters, Alan Bryden, Brian Harney |
| Domestic and Social Events Auditor | Secretary David Haywood, + Don Creamer and Sharon Burton |
| Team Captains | Dave Weatherburn |
| Male Road & Cross Country | Peter Shaw |
| Male Track & Field | David Scholey |
| Female Road & Cross Country | Janet Hindley |
| Female Track & Field | Lizzie Maher |
| Sponsorship | Steve Lebond |
| Co-ordinator | |
| Liaison & Recruitment Officer* | Peter Humphries |

* A new executive position agreed by the 2006 AGM

Club Championship races for the 2007 Season

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

Barnsley 10K 19th Nov at 10.30 from Royston Leisure Centre. Fee £5.50

Entries to Barnsley 10K, 52 Baslow Crescent, Dodworth, Barnsley S75 3SG

Bolsover 10K 17th Dec 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.

Santa's Special Kimberworth December 17th 11am Droppingwell

Christmas Day H'cap 25th Dec. 11.00am

Braithwell 5 mile 26 Dec

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

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

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

Ulley T/T March at 11.30.

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

Wombwell 5

Doncaster ½ M March

Sheffield 10K

Wakefield Hospice City 10k, 1st April 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

Easter Chuckie April at 11.15. Wath Rugby Club

Rothwell 10K, 29th April 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.

S. Y. Road League 1

S. Y. Road League 2.

S. Y. Road League 3

S. Y. Road League 4

Rother Valley 10K

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.

From Alan Bryden

Editorial

Credit Where It's Due

Following on from a summer of outstanding athletic performance on the track, early autumn has brought an unseasonal breath of spring into off-track affairs at our club. Hoping to put the October newsletter 'to bed' over the weekend, I have been delayed by firstly a minor illness, and then by the best delaying factor a publicist could ever have: a sudden deluge of success on the national road scene which I reckon far exceeds anything before.

Sudden when it happened, but of course not at all sudden in reality. The current situation can be traced back to a number of factors. Not least, the determined and wearying efforts of our ladies teams to maintain respectability (and better) at senior and veteran level over recent years, usually with limited resources. Gill Taylor, who has helped direct ladies affairs for secretary Peter Neal for some time, deserves major credit along with her colleagues, and I don't have to name 'the usual suspects' for you.

My selection for number one club performer however goes unreservedly to Jenny Blizard. She has made the best of her ability in races far and wide, and local, for some considerable time, and now under the guidance of Dave Tune has developed it into a truly remarkable stature as one of the country's top road runners. During this time she has been repeatedly frustrated at the lack of team-mates and has been I know seriously tempted by other clubs to change allegiance. She has nonetheless remained loyal to her club and friends and the results are now becoming apparent for all to see. Jenny told me by email yesterday "...I am just really pleased that we now have a team who are really enthusiastic and in the next couple of years could be really good. The young ones love it and don't shy away from the big events so it's great..."

But even Jenny is not the major contributor to today's success. Coaches come and go and all by and large are dedicated, often selfless workers. And all have success to a greater or lesser extent or they wouldn't continue in the game. At Rotherham we are blessed by a good number of quality coaches and motivators, and I'm not sure the people of Rotherham know just how big a job they are all doing as they help our youngsters develop their potential and become the sort of citizens all would like.

It is fair to say however, especially as regards continuity, that Dennis Russell stands out. Whilst the ability and hard work of athletes, and the support and belief of a range of parents and supporters doubtless have been crucial, it is clearly Dennis' technical abilities, dedication, and coaching charisma which has enabled so many youngsters to achieve this level of success. And RHAC of course has hugely benefited. Numerous newer members, often with outstanding ability, testify to that: they wouldn't be boarding Dennis' (and RH's) ship otherwise.

**Club Championships 2006
Leaders after 21 races**

| Name | Points | Races | Best Eight |
|---------------|--------|-------|-------------------------------------|
| Shaw N | 537 | 12 | 54+54+50+48+47+45+45+43= 386 |
| Brookes N | 385 | 8 | 49+49+49+48+48+48+48+46= 385 |
| Asbridge M | 588 | 13 | 53+51+49+48+47+47+46+44= 385 |
| Donaldson D | 368 | 8 | 47+47+47+46+46+46+45+44= 368 |
| Rhodes M | 410 | 10 | 49+47+47+44+41+40+40+36= 344 |
| Butterworth R | 352 | 9 | 45+43+43+42+40+39+37+34= 323 |
| Gregory A | 327 | 7 | |
| Tintinger B | 324 | 7 | |
| Taylor G | 459 | 9 | 59+59+50+50+50+49+49+47= 413 |
| Wells P | 386 | 8 | 58+48+48+48+48+47+46+43= 386 |
| Walker J | 348 | 7 | |

There is only 1 race left in 2006

Race 22 **Workshop Trader 1/2M 29th Oct @ 10.30**

WHO WILL BE THE MEN'S CHAMPION THIS YEAR TO TAKE TO THE DANCE FLOOR WITH GILLIAN TAYLOR ON 22 DECEMBER? HOW DOES GILLIAN FEEL WITH THREE MEN FIGHTING FOR THE HONOUR?

**Presentation on 22nd December at
Greasbrough Trades and Labour Club**

**Winter Training
Just a reminder**

15 years and Over- Wickersley School through the winter for indoor training sessions. On Monday evenings athletes who are 15 years and above are invited to enrol with Peter Moore, Jim Guite or Brian Parkes. The sessions start on Monday 30th October 2006 the charge this season is £2.50p per head per session.

Under 15's- Herringthorpe Leisure Centre Sportshall for sportshall based activities from Wednesday 8th November each session will cost £2.50 per head (individual) or £4 per family (any number of sisters/brothers) each session.

Welcome, Willkommen, Bienvenuti, Bienvenida, Bienven, Failt, Croeswaid, Welcum etc
In September the Executive Committee accepted the following membership applications en bloc:- Rosie Edwards 18 yrs T&F XC previously second-claim now 1st, Jordan Small 9 yrs T&F.

Enough to send you round the bend!!!!!!

This is guided towards the younger runners amongst our members but one or two seniors may not be aware of the exact mathematics.

The following is a comparison of the distances run at Herringthorpe if you complete one full lap in the lane indicated compared to the 400m lap covered by lane 1.

| | | | |
|--------|---------|-------|---------|
| Lane 2 | 407.54m | 7.5m+ | further |
| Lane 3 | 415.08m | 15m+ | further |
| Lane 4 | 422.62m | 22m+ | further |
| Lane 5 | 430.16m | 30m+ | further |
| Lane 6 | 437.70m | 37m+ | further |
| Lane 7 | 445.24m | 45 m+ | further |
| Lane 8 | 452.78m | 52m+ | further |

The youngsters can quickly realise that by running 600m in lane 2 ie not taking the shortest lane 1 as soon as possible then an athlete could run over 10m further ie 610m+.

In an 800m race off the curved line start if you don't select lane 1 asap (when it is safe to do so) by completing two laps in lane 2 you run 15m further than the athlete who does use lane 1. If that doesn't convince you what you should be doing nothing will!!!!!!

A TALE OF TWO JADES

Tinkling the ivories? Well almost!!

(1) Jade Tinkler: We are delighted to inform members that Jade Tinkler who joined us last Summer and is currently a year 11 student at Thrybergh Comp has recently passed the prestigious Grade 3 with the Royal College of Music. She is now working towards her Grade



5. Jade prefers the flute so sorry about the play on words in the headline of this piece. Not only does Jade play music but she can also dance and has achieved a Level A. She would like to be either a music teacher or a PE teacher. We congratulate her on her achievements and wish her every success in the future.

(2) Jade Allen: Our somewhat belated congratulations go to Jade Allen who has been appointed a Youth Ambassador for the Rawmarsh Schools Partnership. She received the award in May 2006 and we have only recently received details of it.



Olympic ambassador

Two young ambassadors were selected from year 11 pupils from all secondary schools in Rotherham (9). This means that she was selected from about 3000 pupils. The award is funded through the Youth Sport Trust,

Jade is an ambassador for 12 months and then mentor to new ambassadors who should be appointed in May 2007. The project is to encourage children to engage The Olympic Dream as a build up to London and 2012. The ambassadors were selected from the gifted and talented pupils who had already been identified by the partnership. As part of her duties Jade recently assisted in the launch of the Rotherham Rockets at Herringthorpe Stadium.

STOP PRESS

We have just heard that Sky TV are producing a documentary leading up to the 2012 Olympics. Jade Allen and Amber Merrills have already been approached to feature in the feature we hope it goes well for them. Apparently several youngsters from many Olympic Sports are being asked to take part, they are from all over the Country. Once again congrats to our two young stars.

We would love to hear from any members concerning events outside the athletic arena just get in touch we'll do the rest.

(more on this next month.....Ed)

A quiet time for T&F This Winter?

Just in case you thought that athletics was 'A Tale of two seasons' here are just some of the indoor events available SO FAR this coming winter.

- 6/1/07 AAA & NoEAA U17/U15 Combined evts
 - 7/1/07 AAA & NoEAA U17/U15 Combined evts
 - 13/1/07 AAA & NoEAA Senior/U20 Combined evts
 - 14/1/07 AAA & NoEAA Senior/U20 Combined evts
 - 20/1/07 noEAA U20, U17, U15 Champs Day 1
 - 21/1/07 NoEAA U20, U17, U15 Champs Day 2
 - 28/1/07 NoEAA Senior Champs
- All these events are at EIS, Sheffield.

Bert Norburn has been in contact with Nick Duggan (City of Sheffield AC) concerning promoting OPEN indoor events at EIS this winter (Similar arrangement to April Festival of Athletics). As you can see the event(s) WILL NOT be in January we

are looking at February or even early March 2007. We will keep you informed

COACHING CORNER

Your club is always on the look out for volunteers to come forward and take up formal coaching qualifications. A sound coaching base is essential for the development of YOUR Club. Recently we have recruited 4 coaches who are either becoming graded for the first time or upgrading. The Club stands the cost of the courses the recent courses have cost almost £600. We are seeking funding from a number of sources to offset some of our costs.

WE WOULD LIKE MORE VOLUNTEERS : PLEASE COME FORWARD

Annual Club Awards

The executive committee award several annual awards and this year there is an extra one following the untimely death of our dear colleague Patricia Muller.

'The Patricia Muller Memorial Award'

will be presented annually to the female member of the club who has given service towards the club. This new award runs alongside the **Jack Phipps Memorial Award** which until this year encompassed an award for ANY member of the Club. From hereon the Jack Phipps Award will be for any Male members contribution. The other annual awards are:

Most Improved Athlete and 'The Peter Elliott' Best Middle Distance Performance

ANY MEMBER OF THE CLUB CAN NOMINATE INDIVIDUALS FOR THESE AWARDS.

All you need to do is identify your nominee with a brief summary outlining the reason for the nomination and deliver the info to the executive committee.

Presentations will be made at the Christmas get together at The Trades Club on 22nd December.

Your nominations should be made prior to the executive committee meeting on Thursday 7th December 2006 where final decisions will be made.

Ladies Sections Celebrates 75th Year

President Dave Johnson has identified that April 2007 marks the 75th year of our ladies section. The Club would like to celebrate this anniversary. Have you any ideas? Perhaps: an Open Graded mile contest with a limit of 75 ladies all age groups (dressed in original costume white T shirt, black shorts with BRACES) ?

Perhaps a ladies only T & F event?

Perhaps a 75 mile relay event?

Over to you.



FOUNDER MEMBERS (APRIL 1932) LADIES SECTION
Left to Right standing: Mrs. E. de Roeck (first secretary) Mary Rawlings, Mary Burns, Frances Conway, Blanche Hamshaw, Marjorie de Roeck, Kathleen Harris, Victoria de Roeck, (first captain) Front: Olive Rawlings, Edith Willett, Lily Wilson and Hannah Latham.

Yorkshire Road Relays Championships

Don Valley Stadium 16 September 2006

Under 13 Girls (team race, not relay)

| | | | |
|----|-------------|-------------|------|
| 1 | S Roberts | Spenborough | 8.13 |
| 24 | G Arif | Rotherham | 9.08 |
| 27 | O Neal | Rotherham | 9.13 |
| 35 | S Rollinson | Rotherham | 9.38 |
| 41 | M Hellell | Rotherham | 9.58 |

Team Result

| | | | |
|---|-------------|---------------|----|
| 1 | Spenborough | [1, 4, 16] | 21 |
| 9 | Rotherham | [24, 27, 35] | 86 |

Under 15 Girls (team race, not relay)

| | | | |
|----|-------------|---------------|-------|
| 1 | R Logan | Hull Achilles | 11.39 |
| 3 | S Burns | Rotherham | 11.46 |
| 8 | R Lanceley | Rotherham | 12.39 |
| 17 | P Knowles | Rotherham | 13.05 |
| 32 | R Middleton | Rotherham | 14.12 |
| 41 | C Johnson | Rotherham | 15.46 |

Team Result

| | | | |
|---|-------------|-------------|----|
| 1 | Hallamshire | [2, 7, 13] | 22 |
| 2 | Rotherham | [3, 8, 17] | 28 |

U17 Women

| | | |
|---|--------------------|--------------|
| 1 | Rotherham A | 47.51 |
| 3 | L Spence | 11.51 |
| 1 | J Allen | 11.53 |
| 1 | J Fawcett | 12.51 |
| 1 | N Grant | 11.16 |
| 8 | Rotherham B | |
| | L Barnes | 13.43 |
| | H Hatton | 14.41 |
| | K Bateman | 15.50 |

Fastest Overall

| | | |
|---|---------------|-------|
| 1 | N Grant (RH) | 11.16 |
| 4 | L Spence (RH) | 11.51 |
| 5 | J Allen (RH) | 11.53 |

Junior/Senior Women

| | | |
|----|--------------------|--------------|
| 1 | Hallamshire A | 44.45 |
| 2 | Rotherham A | 46.23 |
| 4 | J Walker | 11.23 |
| 1 | J Blizard | 10.11 |
| 2 | L Clarke | 12.17 |
| 2 | S Barnes | 12.32 |
| 15 | Rotherham B | |
| 15 | G Taylor | 13.13 |
| 13 | A Grady | 13.31 |
| 13 | L Sanderson | 13.49 |

Fastest Overall

| | | |
|---|----------------|-------|
| 1 | J Blizard (RH) | 10.11 |
| 6 | J Walker (RH) | 11.23 |

Junior/Senior Men

| | | |
|----|--------------------|---------------|
| 1 | Otley A | 126.46 |
| 2 | Hallamshire A | 127.06 |
| 3 | Bingley A | 129.15 |
| 4 | Leeds City A | 129.29 |
| 5 | Rotherham B | 131.40 |
| 17 | J Comrie | 23.40 |
| 14 | J Gavelle | 22.55 |
| 12 | P Mirlees | 21.59 |
| 11 | J Thewlis | 20.52 |
| 5 | P Hoole | 20.31 |
| 5 | R Harris | 21.43 |

Rotherham A Leg 1

Darren Cooney Did not finish

Rotherham A Leg 2

16 M Ruddleston 20.53

Fastest Overall

6 P Hoole (Rotherham B) 20.31

Northern 1

Young Athletes Road Relays.

Sport City, Manchester

Sunday 1 October 2006

1

With Jessica Fawcett injured (hip) Laura Spence stepped up into the A team, her first year in this age group. She performed brilliantly only 2 seconds slower than Jade and bringing the team into 5th place after the first leg. Jade and Natalie both improved our team position but in the end were just pipped into silver medal by just 8 seconds. A tremendous team effort at this level. Our B string ladies came home in 26th place.

Under 17 Women

| | | |
|---|--|--------------|
| 1 | Warrington Athletic Club 'A' | 35:19 |
| 2 | Rotherham Harriers & AC 'A' | 35:26 |
| | Laura Spence (5) | 12:00 |
| | Jade Allen (3) | 11:58 |
| | Natalie Grant (2) | 11:28 |

26 Rotherham Harriers & AC 'B' 43:39

| | | |
|--|---------------------|-------|
| | Laura Barnes (27) | 13:24 |
| | Heather Hatton (26) | 14:50 |
| | Kim Bateman (26) | 15:23 |

Fastest of all legs

| | | |
|---|-----------------------------------|--------------|
| 1 | Blue Haywood LincolnW A | 10:59 |
| 2 | H Timmins Warrington A | 11:15 |
| 3 | Natalie Grant RotherhamH A | 11:28 |

Under 17 Men

We only managed to field 1 competitor in this event Liam O'Malley coming in at 38th place, well done Liam
Liam O'Malley (38) 12:35

Under 15 Girls

We fielded two teams in this age grouping the A team came home in a solid 9th place the B team 31st. One of about 10 clubs who competed with more than one team, well done ladies

1 Amber Valley AC 'A' 30:16

9 Rotherham Harriers & AC 'A' 31:40

| | | |
|--|---------------------|-------|
| | Stephanie Burns (9) | 10:06 |
| | Robyn Lanceley (2) | 10:21 |
| | Poppy Knowles (9) | 11:13 |

31 Rotherham Harriers & AC 'B' 36:43

| | | |
|--|---------------------|-------|
| | Jemma Creaghan (32) | 11:53 |
| | Rachel Hall (29) | 11:38 |
| | C Johnson (31) | 13:12 |

Under 13 Girls

1 E Cheshire H & Tameside AC 'A' 30:41

27 Rotherham Harriers & AC 'A' 36:05

| | | |
|--|--------------------|-------|
| | Olivia Neal (27) | 11:52 |
| | Sarah Wilding (29) | 12:39 |
| | Georgina Arif (27) | 11:34 |

Incomplete Teams:

Rotherham Harriers & AC 'B' 25:10

| | | |
|--|-----------------------|-------|
| | Natasha Hatswell (41) | 12:52 |
| | Madeline Wragg (35) | 12:18 |

Photos courtesy of Steve Gaines

1 Joanna Walker (right 194) launches the relay at Sutton Park. Qualifying newcomer Klachen Cheshire (left 195) is on close company.

2 Jenny Blizard storming through the field on stage two

3 Rosie Edwards moves us up the field on stage three

4 (opposite page) Lyndsay Clarke on the anchor stage. RHAC 19th club, 21st place



Northern 2

Men & Women's Road Relays

Northern 6/4 stage Road Relay Championship
Sat 23 Sept Hartlepool

Mixed day at North of England Road Relay

Rotherham Harriers Senior Ladies 4 Stage gained a very good top 10 finish in these championships with an 8th place finish. Jenny Blizard was the fastest lady on the day, tremendous!!

| | | |
|----------------|------|------------------------|
| Rosie Edwards | (16) | 13.56 |
| Jenny Blizard | (2) | 12.01 (fastest in leg) |
| Lyndsay Clarke | (8) | 14.44 |
| Sarah Barnes | (8) | 14.51 |

This was a tremendous achievement from our youngsters in senior company, Lyndsay Clarke, Sarah Barnes and our new member Rosie Edwards, adding to the success of Don Valley. Well done to you all.

| | |
|----------------------------|--------|
| 1 Chester Le Street | 50.50m |
| 2 Liverpool Harriers & AC | 53.13m |
| 3 Darlington H & AC | 53.27m |
| 4 Wigan Phoenix | 53.31m |
| 5 Morpeth Harriers & AC | 53.59m |
| 6 Leeds City Athletic Club | 54.07m |
| 7 Horwich R M I Harriers | 54.40m |
| 8 Rotherham Harriers & AC | 55.32m |
| 9 Blackpool, Wyre & Fylde | 55.45m |
| 10 Gateshead Harriers & AC | 56.35m |
| 11 Kingston upon Hull A C | 56.35m |

Other Yorks/local

| | |
|-----------------------------|----------|
| 20 Hull Achilles AC | 1h02.38m |
| 25 Scunthorpe & District AC | 1h06.20m |

The mens 6 stage was a disappointment with only Phil Hoole making the trip, coming home in 21st Place 16.40



Photos: /continued
5 Sarah Barnes running a sharp time on stage 2 B



6 Captain and motivator Gill Taylor on stage three B



National Road Relays

RH Ladies Day : Top 20!

National Young Athletes Road Relays
22nd Oct. 2006, Sutton Park

Super RH Performances

A huge girls & ladies turn-out, and Under-13 boys there as well. Well done.

U13 Girls

| | | | |
|--------------------------------|------------|-------|--------------|
| 1 Aldershot Farnham & District | | | |
| 40 RotherhamHAC | 'A' | | 52:30 |
| O Neal | (48) | 18:02 | |
| G Arif | (42) | 17:47 | |
| N Hatswell | (40) | 16:41 | |

49 teams finished

| | | | |
|---------------------|------------|-------|--|
| RotherhamHAC | 'B' | | |
| M Wragg | (51) | 18:38 | |
| M Hellewell | (50) | 18:40 | |

U15 Girls

| | | |
|---|--------------|-------|
| 1 Shaftesbury Barnet Harriers | 'A' | 43:54 |
| 6 RotherhamHAC (2nd Northern Club) | 44:48 | |
| S Burns | (6) | 14:34 |
| R Lanceley | (2) | 14:58 |
| A Vernon | (6) | 15:16 |

52 Rotherham AC

| | | | |
|-------------|------|-------|--|
| P Knowles | (58) | 16:57 | |
| R Middleton | (55) | 17:27 | |
| R Hall | (52) | 17:15 | |

57 teams finished

| | | |
|---------------------|------------|-------|
| RotherhamHAC | 'C' | 39:35 |
| C Johnson | (66) | 19:25 |
| S Brocklesby | (63) | 20:10 |

U17 Women

| | | |
|--------------------------------------|------------|--------------|
| 1 Aldershot, Farnham & District | 'A' | 40:02 |
| 2 Rotherham Harriers & AC | 'A' | 42:56 |
| L Spence | (10) | 14:27 |
| N Grant (10th Fastest) | (2) | 13:53 |
| J Allen | (2) | 14:36 |

27 Rotherham Harriers & AC

| | | | |
|-----------|------|-------|--|
| J Fawcett | (25) | 15:12 | |
| L Barnes | (23) | 15:58 | |
| K Bateman | (27) | 18:32 | |

38teams finished

U13 Boys

| | | |
|---------------------------------------|------------|--------------|
| 1 Giffnock North AAC | 'A' | 42:00 |
| 42 Rotherham Harriers & AC | 'A' | 51:30 |
| Sam Howis | (38) | 16:15 |
| Curtis Benton | (37) | 15:51 |
| Cian Scothern | (42) | 19:24 |

The ERRA National Relays—Women's 4-stage
Sutton Park, Birmingham Sat 21st October 2006

Our Ladies made up for years of disappointment with a finish in 21st place and 19th A team: a truly excellent performance.

Jenny Blizard continued her dazzling form with overall 2nd fastest leg beaten by just 1 second, now commanding respect on the national stage.

Our latest new member Klachen Chesire had a tremendous debut as an U20 if she had received clearance from our governing body we could have been higher.

Congratulations to all our team members, with class B team support on a tremendous day out.

| | |
|---------------------------------------|---------|
| 1 Birchfield Harriers 'A' | 59:33 |
| 2 Aldershot Farnham & District A 'A' | 59:39 |
| 3 Charnwood AC 'A' | 1:00:17 |
| 4 Chester-Le Street & District A 'A' | 1:00:44 |
| 5 Royal Sutton Coldfield AC 'A' | 1:00:55 |
| 6 Sale Harriers Manchester 'A' | 1:01:04 |
| 7 Telford AC 'A' | 1:01:19 |
| 8 Bristol & West AC 'A' | 1:01:24 |
| 9 Bedford & County AC 'A' | 1:01:45 |
| 10 Highgate Harriers | 1:02:19 |
| 11 Coventry Godiva Harriers 'A' | 1:02:39 |
| 12 Leeds City AC 'A' | 1:02:42 |
| 13 Aldershot Farnham & District A 'B' | 1:02:43 |
| 14 Shaftesbury Barnet Harriers | 1:02:48 |
| 15 Cirencester AC | 1:02:52 |
| 16 Bristol & West AC 'C' | 1:03:08 |
| 17 Liverpool Harriers & AC 'A' | 1:03:26 |
| 18 Bingley Harriers & AC | 1:03:32 |
| 19 Southampton Running Club | 1:03:35 |
| 20 Vale Royal AC 'A' | 1:03:38 |
| 21 Rotherham Harriers & AC 'A' | 1:04:16 |
| 22 Horwich Rmi Harriers 'A' | 1:04:30 |
| 23 City Of Norwich AC 'A' | 1:04:40 |
| 24 Morpeth Harriers 'A' | 1:05:01 |
| 25 Stockport Harriers AC 'A' | 1:05:10 |
| 26 Belgrave Harriers | 1:05:17 |
| 27 Salford Harriers | 1:05:22 |

Other selected/ local

| | |
|------------------------------|---------|
| 29 Wigan Phoenix 'A' | 1:05:29 |
| 38 Notts AC 'A' | 1:07:03 |
| 39 Holmfirth Harriers AC 'A' | 1:07:14 |
| 45 Lincoln Wellington AC 'A' | 1:08:58 |
| 49 Scunthorpe & District AC | 1:10:14 |
| 50 North Derbyshire R Club | 1:10:35 |
| 63 Hull Achilles | 1:14:12 |
| 67 Mansfield Harriers & AC | 1:16:02 |

| | |
|---------------------|----------------|
| 21 RHAC 'A' | 1:04:16 |
| Joanna Walker (49) | 16:17 |
| Jenny Blizard (15) | 14:12 |
| Rosie Edwards (13) | 15:58 |
| Lyndsay Clarke (21) | 17:49 |
| RHAC 'B' | |
| K Cheshire (38) | 15:56 |
| Sarah Barnes (48) | 17:19 |
| Gill Taylor (52) | 19:05 |

Fastest legs

| | |
|------------------------------------|--------------|
| 1 H Clitheroe Preston Ha | 14:11 |
| 2 Jenny Blizard Rotherham A | 14:12 |
| 3 Cathy Mutwa Birchfield A | 14:13 |
| 4 Jo Wilkinson Bedford&C A | 14:18 |
| = Hatti Dean Hallamshire | 14:18 |

Drama at Don Valley

There is a great deal of irony in the fact that just as the ladies teams spark into brilliant life, events conspire against the men to bring one of the most subdued autumns I can recall. Let's make it clear, our Yorkshire fifth place in the circumstances was a triumph. And fifth club in Yorkshire at one time would have been about right but it is not now, first or thereabouts is nearer. And what is more annoying is that on the day there was no great strength in the field and the title was there for the taking again, albeit that our team was not quite as sharp as our gold-medal winning teams 2003 and 2004.



Darren Cooney and John Comrie launch RH teams at the Yorkshire Relays

We could take encouragement from the fact that we actually improved on last year, when we ran 6th. But we know that is not our true standard.

The circumstances at Don Valley appeared bizarre to onlookers, but of course they were not in possession of the facts. Darren Cooney set us off, which he used to do traditionally. Darren's return from extremely serious head injury has been documented in our newsletter so I will summarise by saying that in his position, firstly, most people would have died, secondly, most would not dream of running again, let alone racing. But that indeed was Darren's dream and he is getting there. He is a hundred percent supporter of his club and RHAC is a hundred percent supporter of him.

Darren has taken in a number of races, but in his comeback to club relaying, he possibly overcooked it and ran into serious trouble. Only ten yards off the leader at the half-way visit into the stadium, he was forced to drop out. A sudden flurry of activity and discussion with race referee resulted in our being offered a leg 2 start after the last runner. But that is no good: all it does is let you stretch your legs as firstly the last runner might be VERY slow and secondly you won't get an official placing anyway (not completed course).

So quick thinking officials asked again- can we switch runners please? John Comrie had set off as leg 1 B team runner and following him was Joe Gavelle. Mark Ruddleston generously offered to step aside to facilitate the switch, and Rotherham B (Comrie, Gavelle) became our front-end team with Pete Mirrlees, Jon Thewliss, Phil Hoole and Richard Harris to follow. Despite Richard running with injury, the team still managed to get within a few hundred metres of the medal places.

As said, well done in the circumstances. But more concerning news came later as a battery of problems forced our non-attendance at the Northern qualifying event, though Phil went for a solo run. All clubs, and all teams have lean times. We have no intention of letting this one continue and will be looking to the spring Northern and National 12-stage events to get back quickly on to the national scene.

Results page 4

Henry Marston writes about the Round Rotherham, and this year's changes

Same challenge, new venue

The second Saturday in December will again be commemorated with the Round Rotherham, the 50 mile challenge event round the border of our town. Thanks to an idea realised by Ralph Rowbotham 30 years ago, we have the opportunity to visit such as Meadowhall (then a steelworks), Tinsley (now with an airport), Catcliffe (then in the shadow of Orgreave Coking Plant), Rother Valley Park (then a colliery), Turnerwood (canal now restored), Roche Abbey (even then a ruin), Maltby (then with a water tower), Swinton (another restored canal) and Dearne Valley College, then the Manvers colliery.

Yes, there have been some changes over the years, with this year a significant route change, as the event centre used for the last 13 years has been

Pre-entry is encouraged – it makes life easier for the organisation. If you don't fancy the full distance, there is the option of taking part in the relay, following the same route with a change at each of the seven intermediate checkpoints (i.e. 8 stages). The relay starts at 8:30, fee £16.

New route for first part of 1st stage: Leave Event Centre, follow college road to roundabout, cross it to Manvers roundabout. Take 3rd exit Barnsley A6023 (to right of MANVERS sign) on footpath/cycle track. Pass 4 roundabouts. Continue on footpath to fork. Bear left, then right, up slope to blue bridge. Cross bridge, turn left, then fork right across grass to lakeside path. At end of lake, bear left (do not cross bridge) to path junction. Left along main (level) hard-surfaced footpath, signed TPT.

Keep on this hard-surfaced footpath, under bridges, and follow it right

Sign at the Manvers roundabout near the new Event Centre.



closed. The new event centre is at what was Manvers Colliery, now the Sports Centre at Dearne Valley College. The route now visits the Wath Wetlands and passes the Old Moor bird sanctuary before following the old railway line that served Cortonwood colliery (now a Morrison's).

Now is the time to submit your entry for 9th December. Walkers start at 6 am and runners at 7:30 am, the fee being £9 for attached, £10 unattached.

across a bridge to a road. Cross road, under metal arch, after 200 m bear left, signed Elsecar, on narrow path, cross road (under another arch). Follow surfaced path, parallel to dual carriageway, to access road to Retail Park.

Cross road, to right of Morrisons, down slope, following surfaced path, bear right after clear area, eventually joining canal towpath. Follow canal 1 km to yard in **Elsecar**.

Decent Turn-out Launches XC Season

Sun 15 Oct SOUTH YORKSHIRE CROSS COUNTRY LEAGUE 1- Hesley Wood

Men, Vet Men and U20 Men

| | | | | |
|-----|-------------------|-----------------|---------|---------|
| 1 | 00:31:15 | John Wanjohi | Donc AC | Man |
| 15 | 00:33:34 | Peter Mirrlees | RHAC | V 40 |
| 20 | 00:34:31 | Simon Mounsey | RHAC | Man |
| 23 | 00:35:01 | Chris Moran | RHAC | Man |
| 25 | 00:35:19 | Dan Jones | RHAC | Man |
| 35 | 00:36:00 | Tim Drake | RHAC | V 40 |
| 36 | 00:36:00 | Ricky Sharp | RHAC | V 40 |
| 43 | 00:36:27 | Drew Donaldson | RHAC | V 40 |
| 45 | 00:36:54 | Howard Darwin | RHAC | V 40 |
| 75 | 00:38:53 | John Spencer | RHAC | Man |
| 83 | 00:39:09 | Stephen Rossall | RHAC | Man |
| 85 | 00:39:16 | Mick Cochrane | RHAC | V 60 |
| 106 | 00:41:07 | Robert Tinting | RHAC | V 50 |
| 115 | 00:41:36 | Kerry Booth | RHAC | V 40 |
| 118 | 00:41:52 | Peter Humphries | RHAC | V 60 |
| 125 | 00:42:31 | David Scholey | RHAC | U20 Man |
| 130 | 00:42:37 | Kevin Thomas | RHAC | V 50 |
| 136 | 00:43:26 | John Brian | RHAC | Man |
| 157 | Athletes finished | | | |

U11 Girls

| | | | | |
|----|-------------------|------------------|---------|----------|
| 1 | 00:06:24 | Megan Blackburn | Donc AC | U11 Girl |
| 14 | 00:07:30 | Georgina Spencer | RHAC | U11 Girl |
| 37 | Athletes finished | | | |

U11 Boys

| | | | | |
|----|-------------------|--------------|--------|---------|
| 1 | 00:06:04 | Aiden Davies | Don AC | U11 Boy |
| 6 | 00:07:22 | Jordan Small | RHAC | U11 Boy |
| 7 | 00:07:22 | Joe Hobson | RHAC | U11 Boy |
| 14 | Athletes finished | | | |

U13 Girls

| | | | | |
|----|-------------------|--------------------|--------|----------|
| 1 | 00:13:49 | Remie Cockrell | Hallam | U13 Girl |
| 2 | 00:14:09 | Olivia Neal | RHAC | U13 Girl |
| 5 | 00:14:29 | Georgina Arif | RHAC | U13 Girl |
| 6 | 00:14:39 | Natasha Hatswell | RHAC | U13 Girl |
| 14 | 00:15:02 | Maddie Wragg | RHAC | U13 Girl |
| 19 | 00:15:29 | Sarah Wilding | RHAC | U13 Girl |
| 28 | 00:16:15 | Melissa Hellewell | RHAC | U13 Girl |
| 31 | 00:16:40 | Megan Bailey | RHAC | U13 Girl |
| 36 | 00:17:12 | Samantha Rollinson | RHAC | U13 Girl |
| 38 | Athletes finished | | | |

U13 Boys

| | | | | |
|----|-------------------|-----------------|----------|---------|
| 1 | 00:13:16 | Chris Grayson | Sheff AC | U13 Boy |
| 10 | 00:19:05 | Joe Mirrlees | RHAC | U13 Boy |
| 11 | 00:19:06 | Oscar Ownsworth | RHAC | U13 Boy |
| 14 | Athletes finished | | | |

U15 Girls

| | | | | |
|----|----------|-------------------|------|----------|
| 1 | 00:12:44 | Robyn Lanceley | RHAC | U15 Girl |
| 5 | 00:13:15 | Abbie Vernon | RHAC | U15 Girl |
| 10 | 00:14:13 | Rachel Hall | RHAC | U15 Girl |
| 12 | 00:14:15 | Georgina Palmer | RHAC | U15 Girl |
| 18 | 00:15:01 | Rebecca Middleton | RHAC | U15 Girl |

After watching his son Joe run his maiden race, Peter Mirrlees headed our list at Hesley Wood with good support from a battery of senior and vet runners, a good many of them newer or returning members from the Meborough area! But we were certainly light at the sharp end. Following Peter were Simon Mounsey looking to have shaken off the injury problem which has held him back, and Chris Moran, just in front of newcomer Dan Jones (I think guided to RH by John Spencer), who could be a serious contender.

Highlights of the day for me: firstly Robyn Lanceley (pictured) sorting the U15 ladies where she put Calli Thackery into second place for what is likely a debut win, and second Charlotte Vaughan, Laura Barnes, Alex Palmer and Kim Bateman adding to our 1,2,3 stars to make it 6 in the first 8 under-17 ladies (in the absence of Natalie and Jade!)



| | | | | |
|----|-------------------|-----------------|------|----------|
| 21 | 00:16:05 | Chelsea Johnson | RHAC | U15 Girl |
| 27 | Athletes finished | | | |

U15 Boys

| | | | | |
|----|-------------------|---------------|----------|---------|
| 1 | 00:15:45 | James Gray | Sheff AC | U15 Boy |
| 3 | 00:16:48 | Cian Scothern | RHAC | U15 Boy |
| 6 | 00:17:47 | Thomas Watson | RHAC | U15 Boy |
| 7 | 00:17:58 | Liam Thompson | RHAC | U15 Boy |
| 10 | 00:18:55 | Sam Howis | RHAC | U15 Boy |
| 13 | Athletes finished | | | |

U17 Ladies

| | | | | |
|----|-------------------|-------------------|------|-----|
| 1 | 00:16:25 | Laura Spence | RHAC | U17 |
| 2 | 00:17:14 | Jessica Fawcett | RHAC | U17 |
| 3 | 00:18:22 | Charlotte Vaughan | RHAC | U17 |
| 5 | 00:18:52 | Laura Barnes | RHAC | U17 |
| 6 | 00:19:37 | Alexandra Palmer | RHAC | U17 |
| 8 | 00:20:28 | Kim Bateman | RHAC | U17 |
| 11 | Athletes finished | | | |

U17 Men

| | | | | |
|----|-------------------|-------------------|--------|---------|
| 1 | 00:21:18 | Andy Heyes | Hallam | U17 Man |
| 10 | 00:25:33 | Nathan Buckingham | RHAC | U17 Man |
| 13 | 00:27:13 | Jason Caddy | RHAC | U17 Man |
| 15 | Athletes finished | | | |

Vet Ladies and U20 Ladies

| | | | | |
|----|-------------------|-----------------|--------|-------|
| 1 | 00:22:06 | Nichola Squires | Hallam | Sen |
| 2 | 00:23:06 | Rosie Edwards | RHAC | U20 |
| 5 | 00:25:04 | Lyndsay Clarke | RHAC | U20 |
| 8 | 00:25:45 | Sarah Barnes | RHAC | U20 |
| 11 | 00:26:13 | Gillian Taylor | RHAC | LV 45 |
| 19 | 00:27:42 | Laura Sanderson | RHAC | U20 |
| 49 | 00:33:46 | Pat Wells | RHAC | LV 60 |
| 56 | Athletes finished | | | |

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)

Extract of Rules

Full rules at www.sycac.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

Fixtures

| | | |
|-----------------|-------------------------------|---|
| Sat 28 | Cutler's Relays | Graves Park |
| Sun 29 | Holmfirth 15 mile | Yorks Vets Champs |
| Sun 29 | Workshop | Half |
| November | | |
| Sat 04 | National Cross-Country Relays | Mansfield Berry Hill |
| Sat 04 | Ulley Time Trial 1/6 | 11am off |
| Sun 05 | SY Cross-C League 2 | Campsall Country Park |
| Sun 12 | Canal Run (KRC) | Cutlers, Westgate 11am |
| Sun 19 | Barnsley | 10k |
| Sat 25 | NoEAA Indoor Open Meeting (1) | EIS, Sheffield |
| Sun 26 | SY Cross-C League 3 | Longley Park Sheffield provisional |
| Sun 26 | Clowne Half | North Rd Clowne 10 am £8 otd +£2 limit 700 online entry |
| December | | |
| Sat 02 | Ulley Time Trial 2/6 | 11am off |
| Sun 03 | Percy Pud | 10k FULL |
| Sat 09 | NoEAA Indoor Open Meeting (2) | EIS, Sheffield |
| Sat 09 | Round Rotherham inc | Relay |
| Sun 17 | Santa's Special (trail) | Kimberworth |
| Sun 17 | Bolsover | 10k |
| Mon 25 | Christmas Day Handicap | watch for cl.date no otd |
| Tue 26 | Ward Green | 6 |
| Tue 26 | Braithwell 5 | (Maltby RC) |

| | | |
|---------------------|--------------------------------------|-------------------------|
| January 2007 | | |
| Sat 06 | Yorks XC Championships | Skipton |
| Sun 07 | Pennine | 10k |
| Sat 13 | NoEAA/AAA Multi Events | EIS, Sheffield |
| Sun 14 | SY Cross-C League 4 (& Yorks vets) | Rotherham Winterhills |
| Sat 20/1 | NoEAA U20/17/15 Indoor T&F Champs | EIS, Sheffield |
| Sun 21 | York Half | FULL |
| Sat 27 | NoEAA Cross Country Champs | Heaton Park, Manchester |
| Sun 28 | NoEAA Senior Indoor T&F Champs | EIS, Sheffield |
| Sun 28 | Meltham | 10k |
| February | | |
| Sat 03 | County schools XC chaps | various |
| Sun 04 | Dewsbury | 10k |
| Sat 24/5 | AAA U20/17/15 T&F Champs | EIS, Sheffield |
| Sun 25 | Snake Lane | 10 |
| March | | |
| Sun 04 | Norton 9 | (probable date) |
| Sat 10 | ECCA Cross Country Champs | Sunderland |
| Sat 24 | English Schools Cross Country Champs | Leeds |
| Sun 25 | Ackworth | Half |
| Sat 31 | Northern 12-(6-)stage | Relays tba |

Rotherham Harriers & AC Newsletter

Editor Peter Humphries
 Ser 4 No 28 Pubn. Date 25/10/06
 News/comment: 01709 549125
 E-mail: peterh@thedoc.fsnet.co.uk

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

Deadline for copy: various circumstances have resulted in an irregular publication date. I will try to announce on website

VISIT
www.rotherhamharriers.org
www.sycac.co.uk

An email has flooded in:

"I am currently working on my family history and most of my ancestors were based in Rotherham. one member, my great uncle, was according to family legend an enthusiastic/talented runner and a long standing member of Rotherham harriers. is there anyone who may be able to verify this? He was also supposed to have a race named in his honour by your club.

His name was GEORGE HENRY BENNETT (1890-1963) i'm guessing he would have run around the 1910 era. Sorry to have bothered you but I would really appreciate any help you can give. many thanks. kind regards" wayne bennett<WayneBennett05@aol.com> ANY IDEAS?

I am delighted to inform you that Robert Wilkinson took our first Vet Gold in the Men's 35/40 Discus in the Yorkshire Vets Championships at Cleckheaton this last week end 23rd/24th September. No further details as yet.

The club website is due for review.

Whilst on the whole we are happy with it and comments have been positive, there are some things that want changing. We meet next week to discuss it and would welcome any constructive comments from any club member- contact Steve Gaines, Jim Brogan, Bert Norburn or me Peter Humphries.

Watch out for a couple of new RH races intended for next year.

A 5 mile off road based at Fenton Rd and called "Bassingthorpe" will be a winter Sunday all being well, and "Treton Dyke" 8 miles flat trail first light nights. These are in addition to Ulley Res and Prince, and we aim to be in cooperation with Maltby and Kimberworth. I trust you will be supporting their races as is traditional. Santa Special and Braithwell would suit fine. KRC also have their "Canal Run" on Sunday 12 November, 11am at the Cutlers on Westgate.

Clumber Park 10K

| | | 8 Oct 2006 | | 794 runners | |
|-----|---------------|------------|---|-------------|-----|
| | | | | Points-CC | |
| 1 | C Shelton | Chesterfd | M | 32:16 | N/A |
| 2 | A Fisher | RAF | M | 34:36 | N/A |
| 3 | M Kaminskis | U/A | M | 35:17 | N/A |
| 5 | D Nuttall | RHAC | M | 36:00 | 50 |
| 7 | S Mounsey | RHAC | M | 36:40 | 49 |
| 29 | A Gregory | RHAC | M | 39:15 | 48 |
| 70 | N Shaw | RHAC | M | 41:51 | 47 |
| 74 | M Asbridge | RHAC | M | 42:07 | 46 |
| 143 | G Taylor | RHAC | F | 44:57 | 50 |
| 167 | S Burton | RHAC | F | 45:59 | 49 |
| 203 | R Butterworth | RHAC | M | 47:28 | 45 |
| 309 | M Rhodes | RHAC | M | 50:52 | 44 |
| 458 | P Wells | RHAC | F | 55:35 | 48 |
| 536 | D Weatherburn | RHAC | M | 57:58 | 43 |
| 563 | D Spence | RHAC | F | 59:04 | 47 |
| 580 | A Bryden | RHAC | M | 59:28 | 42 |

Rother Valley Trail Race

on Saturday 14th October 2006 at Rother Valley Country Park, Sheffield.

| | | | | |
|-----|-----------------|-----|--------|-------|
| 1 | Armand Bush | | BarnAC | 33.39 |
| 2 | Shaun Marsden | | Hallam | 35.14 |
| 3 | David Allinson | M40 | U/A | 35.17 |
| 42 | Stephen Rossall | | RothH | 43.14 |
| 68 | David Wright | M45 | RothH | 46.51 |
| 79 | Paula Fisher | F45 | RothH | 48.50 |
| 97 | Malcolm Rhodes | M55 | RothH | 50.23 |
| 161 | Alan Bryden | M65 | RothH | 60.48 |

I am pleased to tell you that two club colleagues have responded to the request for photos, hence we have a quiz again.

From Patricia Wells the one on the left; one or two well-known faces and we have been here before, I think.

Alan Bryden has handed me the two below, a clue being that the photos date from 1987.

But, as always, who/what/where/when is the question(s)

(A reminder that the quiz photos (and etc) can be better viewed on the website)

Picture Quiz

