

### South Yorkshire Cross-country (league details inside)

#### First Fixture: Sunday 26 October

**Venue** Cannon Hall Country Park, Cawthorne, Barnsley  
**Location** Cannon Hall is located on the edge of Cawthorne, a village 7 km west of Barnsley, just off the A635 Barnsley to Denby Dale road.

**How to get there** Travelling up the M1 from the south, exit at J37. Follow the A628 towards Penistone. Turn off to Silkstone village and then R at Silkstone church on a small road which brings you to the A635 after 2km. Turn L, and then R after 1km, to get to Cannon Hall carpark. Cross the A635 into Cawthorne village to avoid the car park charge. Park on the road once you have dropped down the short hill from the village centre. Walk up the road called 'The Park' to get to the start.

**Parking** There are 200+ spaces in Cannon Hall car park. To park there costs £2.50 all day. It is just as easy to park on the road which goes through the village – Tivy Dale – and walk up to the east end of the park, where the start is.

**Toilets** In the pavilion, next to the car park

**Courses** Parkland courses. The terrain is not flat but most ascents and descents are gradual. The underfoot varies from short(ish) grass, to wide track Tree roots are a feature on one of the descents. There is one 20 metre section of tarmac and a stone slab bridge on the laps taken by most of the events for those over 15.

**Special notes** Please don't park on the road (called 'The Park') that leads to the country park from Cawthorne village.

Event	Age group	Max. dist	Time
1	Girls 8, 9,10	1500m	11.00 start
2	Boys 8,9,10	1500m	11.05 approx
3	Girls Under 13	3000m	11.10 approx
4	Girls Under 15	3000m	11.20 approx
5	Boys Under	3500m	11.30 approx
6	Boys Under 15	4000m	11.45 approx
7	Ladies Under 17	4000m	12.00 start
8	Ladies Over 17	6000m*	12.00 start
9	Men Under 17	6000m	12.30 start
10	Men Over 17	10000m**	12.30 start
11	Men 65 plus	6000m	12.00 start

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 11 and events 9 & 10 will **start together**  
 \* 5000m for first fixture      \*\* 8 000m for first fixture

*[thanks to XC sec Pete McLeod for these notes from the SY website....Ed]*

#### Key Changes 2008-9

**3 out of 4.** The individual League awards will be made on the basis of the best 3 positions out of the 4 races, with the final race being a compulsory counter. The pressure on dates inevitably means now that we hit school holidays and other races. Hopefully, this will enable more people to maintain an interest in the League.

**Over 65 Men.** This season V65 men will run 6000m with the Senior / Vet Ladies. Of course, gents, you can register as a senior and still run 10k with the young 'uns. There will be separate awards in League and Championships for this age group too.

**Qualification.** As with all other SYCAA competitions, competitors must now be first claim for a South Yorks affiliated club to qualify for awards and count for teams. Guests – who cannot count for teams or individual awards – must be members of registered clubs outside the region.

Details as at 18 09 08 were:

26 Oct	Cannon Hall, Cawthorne, nr Barnsley
9 Nov	Rotherham (venue tbc)
23 Nov	Campsall Country Park
14 Dec	Sheffield (venue tbc)

#### Time Trials

The Saturday morning time trials look set to move to Clifton Park.

Deteriorating road conditions have forced us away from Ulley, but our consultations with the council people and others responsible for Clifton Park have been most encouraging. It seems we will be very welcome. Currently Peters Neal and Humphries are planning the dates, and other details including of course, the route. A two-lap (approx) trip round most of the roads in the park will make a 5k course, with one lap available for juniors.

Possibly 10.30 am first off and possibly early November for the first.

One problem is the major upgrade started in the park but Alistair Farr (officer l/c) says the council will try to keep paths open for the duration.

We will keep you informed but watch out for 1st November.

## AGM

Thur 30th Oct 7:00pm  
 Talbot Lane Centre

**All members & parents are welcome!!  
 Any nominations or motions must be submitted to the club sec by 16th Oct.  
 Come help shape and improve the club**

*[Talbot Lane Centre is at Talbot Lane Church on Moorgate Street....Ed]*

#### Newsletter

Last issue you were given the explanation of future changes to the newsletter– well here they are. What we will be doing for some time now is to issue a (hopefully) monthly bulletin, of which this is the first, with dates of fixtures and other important information, but lacking the very extensive coverage of events in picture and report which had become the case.

The enormous time commitment is the reason, and I will aim to keep this document to 4 pages. However, I will also try to include any reports etc which are submitted by club members.

At the same time, we intend to publish a quarterly newsletter which is more in-depth. This will start October 2008 aimed at schools and general public (also for members of course) with another around Easter and sandwiched between editions around New Year and midsummer for the club. These may well replace the newsletter in those months.

#### School & Community Newsletter

Plans for the first edition are in place, and articles written by or organised by a number of senior and more junior RHAC members are either done or in the pipeline. YOURS would still be very welcome, whether you have been approached for one or not. Just let me know. Beginners' reports would be particularly welcome.

#### Road League 2009

Keith Binney is the new road secretary of South Yorkshire CAA. He has already provisionally dated the road league series as follows (all Wednesdays):

**April 8 Penistone  
 April 15 Doncaster  
 April 22 Barnsley  
 May 14 Rotherham**

The April-May gap is to accommodate the London Marathon and the last fixture will be Dinnington if confirmed available.

#### Young Athletes Indoor Winter Series

A series of four has been planned for U11, U13 and U15 athletes at the EIS. Dates are as follows:

**Sat Nov 8th  
 Sun Nov 30th  
 Sun March 1st  
 Sat March 21st  
 See inside for details**

Left: RHAC winners at the Yorkshire Athletics Regional Awards presentation. Report back page



Secretary

New members September:

Dominic Marshall (14) David Tingle (11) Levis Batty (10) Rachel Wood (24) Scott Smith (13) Abbey Stanley (13) Jordan Lee Dixon (9) James Patrick Ryalls (10) Robert Bentham (11)

New Members October

New members with proposers and interests were:

Jamie Sowerby 13 by Dave Johnson XC; Adrienne Sowerby 11 by Dave Johnson XC; Jack Ward 9 by John Small All /General; Morgan Anglesea 8 by John Small; Sarah Simmons 19 by Dennis Russell T&F, Road & XC ex Holmfirth; Katie Hancock 9 by Gayle Lebond T&F/ XC; Amber O Malley 11 by Gayle Lebond T&F; Luke Field 33 by Pete Humphries.

Claire Lebond has submitted a resignation. Claire is leaving for improved chances for competition, since she is ranked the 3<sup>rd</sup> hammer thrower in the club, her only outlet is the NJAL.

She plans to join York, and Wakefield for higher competition. Claire has been a great RH supporter, and whilst we regret losing her involvement we will not be opposing her move and wish her well.

Fixtures: October 2008 onwards

Sun 12 Oct 08  
Sat 18 Oct 08  
Sun 19 Oct 08  
Sun 26 Oct 08  
Sat 1 Nov 08  
Sat 8 Nov 08  
Sun 9 Nov 08  
Sun 16 Nov 08  
Sun 23 Nov 08  
Sat 29 Nov 08  
Sun 30 Nov 08  
Sun 07 Dec 08  
Sat 13 Dec 08  
Sun 14 Dec 08  
Sun 21 Dec 08  
Thu 25 Dec 08  
Fri 26 Dec 08  
Sat 27 Dec 08

SY Cross Country Relays; Graves Park  
National 6 & 4 Stage Relays  
National Young Ath Relays  
SYXC 1 Cannon Hall, Barnsley  
National Cross Country Relays, Berry Hill Park, Mansfield  
Teams selected by coaches/ team manager. Closing 10/10  
SY Indoor series Fixture 1  
SYXC 2 Rotherham  
Barnsley 10k  
SYXC 3 Campsall Country Park  
UKA Cross Challenge & European trials  
SY Indoor series Fixture 2  
Percy Pud  
Round Rotherham  
SYXC 4 and Championships Sheffield,  
Santa's Special  
Xmas Day Handicap RH members  
Ward Green 6  
Sheffield Open CC races

New event, championships for all ages from U11 upwards  
club teams tbc  
club teams tbc  
Number for all 4 events will be available from club, £6. from 1/10  
EIS Sheffield, entry by number £6 for the 4 events  
Winterhills (TBC)  
open Royston

Sefton Park Liverpool,  
EIS Sheffield, entry by number £6 for the 4 events  
open  
open trailrace & relay  
Venue TBC  
open Kimberworth  
Oldest yearly race in Britain  
open  
open Graves Park, All ages from U11. Start 11:00am

2009

Sat 10 Jan 09  
Sat 24 Jan 09  
Sat 7 Feb 09  
Sat 21 Feb 09  
Sun 1 Mar 09  
Sun 1 Mar 09  
Sat 7 Mar 09  
Thu 19 Mar 09  
Sat 21 Mar 09  
Sat 21 Mar 09  
Sat 28 Mar 09

Yorkshire Champs, Provisional venue Winterhills, Rotherham. Teams selected by coaches/ team manager.  
Northern Athletics Champs, Sherdley Park, St Helens Teams selected by coaches/ team manager.  
BUSA champs, Location TBC Selection via college or University  
English National Champs, Parliament Hill, London Teams selected by coaches/ team manager.  
SY Indoor series Fixture 3 EIS Sheffield, entry by number £6 for the 4 events  
Regional Sportshall finals, U13 & U15 Halifax. Team selected at trials date tbc  
UK Inter Counties Championships Wollaton Park, Nottingham.  
EIS Sheffield  
SY Under 11 Sportshall final English schools events require qualification via schools races  
English Schools Champs, Location TBC EIS Sheffield, entry by number £6 for the 4 events  
SY Indoor series Fixture 4  
Home Countries International, Wales



Left: Pete Shaw launches stage 2 at Hartlepool.

Above: Rotherham event winners at the recent Keepmoat Open track & field meeting jointly organised by Rother-

Road relay championships.

Northern Athletics men's 6 stage and women's 4 stage On Saturday 27th Sep, Hartlepool was the venue for the 2008 event.

Held in glorious sunshine but with strong winds, on the seafront promenade, this event was as usual full of high quality athletes and club teams. As might be expected with the best of the runners in the North attending, the standard of competition is high.

Rotherham Harriers had two womens' teams and one mens team, in the competition.

The teams were weakened by some absences, due to injuries and unavailability, but the runners and teams performed well.

Hallamshire Harriers were the only other South Yorks club to send teams.

The women's race started at 12:00, over a 4Km course out and back on the picturesque promenade route. The conditions were difficult for the runners with strong swirling winds, making for headwinds on both the out and back directions.

The womens' A team finished 11th, with Klachen Cheshire the fastest leg runner, just failing to catch the two Hallamshire teams and get in the top 10.

The B team finished 38th out of the 42 club teams to complete the event. The womens event was won by Chester-le -Street.

The mens event, run over 6Km, followed the womens' race. The Rotherham men's team got off to

an excellent start through Phil Hooles 7th place, and time of 16:12 (which put him just outside the top 20 fastest times on the day).

To retain that position proved too much for the team, and it is to all the athletes credit, that they finished a creditable 37th out of 62 teams. Leeds City won the mens event, repeating their victory last year.

Only the first 25 teams to finish are eligible to progress to the National men's event, and this unfortunately excludes us from this years event.

Results Women

A team Natalie Grant 14:09 (23rd), Jess Fawcett 14:05 (17th), Jade Allen 14:20 (19th), Klachen Cheshire 13:54 (11th). team time 56 mins 28.

B team Helen Walker 15:13 (38th), Laura Barnes 16:26 (37th), Eleanor Thomas 16:26 (36th), Gill Taylor 17:03 (38th). team time 65 mins 10.

Results Men

Phil Hoole 16:12 (7th), Pete Shaw 20:09 (37th), Simon Mounsey 19:00 (40th), Paul Humphries 19:05 (37th), Mark Ruddleston 18:24 (35th), David Storey 20:43 (37th). team time 1hour53.3 mns

Rules of the South Yorkshire Cross Country League

(Amendments to the rules for 2008 are underlined)

1 All races are to be held under UK Athletics rules for competition\*.

2. The League is open to all athletes in South Yorkshire Clubs affiliated to England Athletics. Young athletes who are potential club members may compete for a club in U11 - U15 age groups. An athlete in the process of changing club membership and not eligible to compete for their new South Yorkshire club in team competition will be eligible for individual awards.

The number of fixtures is to be decided each season.

4. League structure. The League will be divided into two divisions – 1 & 2. There will be seven clubs in Section 1. At the end of each season two clubs will be relegated from section 1 and two clubs will be promoted from Section 2. This will be based on the total number of points scored by clubs over the season.

5. Registration procedure:

i. The League secretary will allocate a block of numbers to each club.

ii. Club Secretaries are responsible for issuing the numbers to their members at a charge of **£6.00** per number. This number should be retained and worn in all League races in which the athlete takes part. Club Secretaries should list their competitors indicating date of birth, age for the season and event. The list must be handed into League Secretary at the first meeting and a copy held by the club. Additional names may be added at subsequent meetings. Any club requiring additional numbers should inform the League Secretary.

iii. After the conclusion of the League programme a statement of the amount due for registration fees will be sent to the clubs. Payment should be made to the SYCAA Treasurer.

League programme. The distances stated are the maximum for each race:

- Boys Under 11 1500m *All ages as at*
- Girls Under 11 1500m *August 31<sup>st</sup>*
- Girls Under 13 3000m *preceding the*
- Girls Under 15 3000m *League season*
- Boys Under 13 3500m *(ie. Runners must*
- Boys Under 15 4000m *be UNDER on*
- Ladies Under 17 4000m *that day).*
- Ladies Over 17 6000m *Under 11s must*
- Men Under 17 6000m *be at least 8 on*
- Men Over 17 10 000m *the day of the race.*
- Men Over 65 6 000m

• Events 1 & 2 and events 3 & 4 may be run together

• Events 7, 8 and 11 will be run together

• Events 9 & 10 will be run together

Scoring. The first four runners from each club to score in each age group, except in the junior / senior / veteran men's event where the first 6 runners will comprise the team. Veterans do not score separately from seniors

Runners ineligible to score for their club may compete in the League fixtures. Club Secretaries should register these athletes in the normal way and inform the League Secretary. Runners not listed or not running in their allocated number will be disqualified. Club colours must be worn and runners failing to do so will be disqualified from the team competition. Trophies will be awarded for both individuals and clubs in the League. Individual awards will be made to the first three in each age group\*\* based on the lowest aggregate positions in 3 out of the 4 League races – one of which must be the Championships. Aggregate times will be used in the event of a tie in positions. Individual awards will also be made in the following categories: Junior Ladies, Junior Men, Veteran Ladies O/35, O/45 & O/55 and Veteran Men O/40,O/50, O/60 & O/65. The winning club in each division will be awarded a trophy.

Championships. These will be held annually. Awards will be made for both individuals and teams in all events.

Athletes must be first claim members of South Yorkshire Clubs affiliated to England Athletics to be eligible for individual or team awardsGuests are permitted in the League events at the discretion of the League Secretary on payment of the appropriate entry fee.

Guests are permitted at the discretion of the League Secretary.

Any guests must be members of a club affiliated to England Athletics. Unattached athletes are not allowed to compete.

\* Except for Under 11s – see Rule 6 above

\*\* As long as there are at least 5 runners taking part in the age group

## Kelly in India

As we prepare and read the newsletter, Kelly Pagdin is representing England in the Youth Commonwealth Games in the Javelin event (Pune, India, between the 12th & 18th October)

Kelly, who didn't perform to her full potential last year due to injury, fully deserves her selection this year following consistent wins and performances throughout this season, culminating in her best ever javelin throw of over 46 metres (which took her to the top of the national rankings) at Herringthorpe on the 4th August. Congratulations.

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

The aim is to provide competition, during the winter period, to encourage new athletes – and existing club athletes - to use the excellent facilities available at EIS and to experience indoor athletics.

The hall hire costs are being covered by the Rotherham Athletics Development group. The aim being: to provide new competition for existing athletes, and to attract new non club members into the sport of athletics.

The athletics Hall has been booked for the following dates:-

- Sat Nov 8th
- 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.

Nov 8th	Nov 30th	1st March	21st March
60m	High Jump	60m	High Jump
200m	150m	150m	150m
800m (600 for U11)	200m	800m (600 for U11)	600m
Long Jump	600m	Long Jump	Long Jump
Shot Put	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).

The events will be:- **Track** 60m, 150m, 200m, 600m, 800m. **Field** Shot, Long Jump, High Jump, Foam Javelin (U11 only)

**Entries:** Club members should enter via their club. As with the other SY leagues, numbers will be supplied to affiliated SY clubs who have Young Athletes sections. Keep on Running are kindly supplying numbers Numbers will be sold for the 4 fixtures. Price £6. Competitors can do up to 3 events at each fixture.

Club officers will be asked to email the entries, for their club, prior to the events.

Non club members (Individuals, and non UKA affiliated athletes) should enter via a link on the SYCAA website. Numbers will be posted out to individual non club members, or can be collected on the day.

**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.

**Organisation** Rotherham Harriers & AC have organised and planned the events.



RHAC Ladies teams at Hartlepool: report page 2

From the Website- thanks to Steve Gaines for these reports

**BMAF National veterans Cross Country relay Champs, 4th Oct Berry Hill**

Tue 07 Oct 08  
The club trio of Terry Hawley, Malcolm Palfreyman and Bob Tintinger won the O/60s event. A great performance!! Terry finished 2nd after the first leg, Malcolm retained the position, and Bob took the team into the lead for the win.  
Well done, winning medals at national events is difficult (I can still remember the hard effort 10 years ago) - an overall win is fantastic.

**Northern Athletics 6 and 4 stage relays, Hartlepool**

27th Sep  
Thanks to all the athletes and supporters for turning out. Despite many athletes being unavailable, we fielded one mens team and two ladies teams.  
The men's team finished 37th, and therefore failed to qualify for a place in the national relays on the 18th October.  
The ladies A team finished 11th and the B team 38th.  
We plan to enter two ladies teams in the national event.

**National Young Athletes League, Final match - Wigan**

Mon 21 Jul 08  
We finished in 3rd place in the final match of this season, and in 6th place overall in Div 1 West.  
The match was won by Warrington (who won promotion to the Premier league) with 421 points, 2nd were Horwich (who finished one place in front of us in the final league placings) with 337 points. RH&AC scored 328 points.  
Thanks to all the athletes, team managers, officials and parents for their support throughout the season.  
We hope to be included in Div 1 East next season.

**Herringthorpe Stadium Development**

The development appears to be going ahead, though you possibly know as much (or more) about it as we do.

Discussion looks likely very soon between RH and council rep's over what our needs really are- and that to my mind is more than athletics facilities. The social facilities we have always had are to say the least basic, and how anyone can expect parents and others to bring their kids to train, and meet and co-operate with RH members while effectively jammed into a shed to shelter from the elements is beyond me. At the very least we need a social area with tables, chairs and refreshments in addition to whatever is planned on the sports front.

In fact it's more general. It is only by dint of a massive effort from a succession of hard-working officers that the club has operated to the very effective level that it has over the years, given that there is no place where we can meet members, prospective members, or each other except in private homes or public houses.

Plans to sell off two areas for development as housing however look quite improbable now after the financial turmoil of the recent month. We will wait and see.

**Rotherham Schools Cross-country**

Both primary and secondary (all Rotherham schools) takes place at Herringthorpe on Thursday 16th, organised by RHAC

**Northern Athletics Young Athletes Road Relay Championships**

5th October, Croxteth Park Liverpool.  
The event was also the Yorkshire County championship race, since the county event, planned for September had been postponed.  
We set off prepared for a day of grim wet weather, but it was sunny and calm all day.

The Rotherham Harriers young athletes squad had a mixed day. There was disappointment that 3 of our relay teams of 3 were incomplete, due to illness or absence, but great satisfaction in the results of the complete teams.

In the opening events, for athletes under 13 years, neither of our boys or girls teams was complete - having only 2 runners. New member Robert Bentham joined established member Jordan Small in the boys event, and Jess Mangham and Emily Hutchinson ran for us in the girls event.

The same was true in the under 15 boy's event, Luke Hammill and Scott Smith ran their first ever relay race, and both had a good run. The under 15 girls event saw 2 full teams, and the A team finished 5th Northern club and 2nd Yorkshire club, an excellent result. Codie Marsh getting the all important good 1st leg finishing position, and great runs from Natashe Hatswell (8th fastest time in her race) and Megan Bailey (picture right)

We had teams in both the mens (What a refreshing change!!) and womens U17 events, and we were hopeful of medals with our strongest womens team, all experienced competitors.

The team did not disappoint finishing second in the Northern event and 1st in the Yorkshire event (picture below)



It was great to see an U17 mens team - we have struggled to get complete teams out recently. New member Sam Fisher ran well on the first leg, and the team finished 5th Yorkshire team. Thanks to all runners and supporters, we hope the illnesses recede and that we are soon back to full strength. We do need more U13 and U15 runners, so if you're interested come and join!!



**Results**

- Under 13 Boys teams
  - 1 Kingston Upon Hull AC 'A' 34:59
  - Rotherham (Incomplete team) Jordan Small (25) 14:14, Robert Bentham (22) 14:07
- Under 13 girls teams
  - 1 Lincoln Wellington AC 'A' 36:51
  - Rotherham (Incomplete team) Jess Mangham (19) 13:18, Emily Hutchinson (24) 15:21
- Under 15 Boys teams
  - 1 Warrington Athletic Club 'A' 32:03
  - Rotherham (Incomplete team) Luke Hammill (32) 12:59, Scott Smith (32) 13:35
- Under 15 girls teams
  - 1 E Cheshire H & Tameside AC 'A' 35:03
  - 5 Rotherham Harriers & AC 'A' 36:09
  - Codie Marsh (5) 11:54, Natashe Hatswell (3) 11:49, Megan Bailey, (5) 12:26
  - 31 Rotherham Harriers & AC 'B' 43:02
  - Olivia Neal (36) 14:59, Abbey Stanley (33) 14:08, Gemma Williamson (31) 13:55
- Under 17 men's teams
  - 1 Warrington Athletic Club 'A' 36:07
  - 24 Rotherham Harriers & AC 41:59
  - Sam Fisher (16) 12:47, Liam Thompson (25) 14:32, Sam Howis (24) 14:40
- Under 17 women's teams
  - 1 Vale Royal AC 'A' 41:10
  - 2 Rotherham Harriers & AC 'A' 42:01
  - Robyn Lancelley (6) 14:09, Abbie Vernon (2) 13:56, Steph Burns (2) 13:56

**Yorkshire Athletics Regional Awards presentation**

4th Oct Headingley

These annual awards recognise the contribution and value of the many helpers, officials, coaches and club teams who deliver the training and competition to ensure the sport of athletics continues. The nominations are submitted, in 17 categories, by individual athletes or clubs. The regional judges then reduce that list to those deemed to be worthy finalists, and those finalists attend the awards evening. The 2008 event was held at Headingley, Leeds on Saturday the 4th October. Rotherham had finalists in 8 categories, and on the night 4 of those finalists won. The winners were:-

- Local Authority Partnership award, Rotherham MBC Sports Development team. For their work in setting up community satellite clubs, Athletics club links and coaching for special needs athletes.
- Performance Coach of the year, Brian Parkes. For his work with many of the leading young throwers in the country, including Rotherham's Kelly Pagdin - who is about to leave for Pune in India for the Youth Commonwealth Games.
- Participation coach of the year, David Johnson. For his work, over 20 years developing young athletes at Rotherham Harriers & AC.
- Services to Coaching Development, Peter Moore. For his work with the regional coaching committee, and his work as a coach tutor and mentor at club and regional level.

The other finalists from Rotherham Harriers & AC were:- Liz & Jim Guite for Services to Officiating. David Scholey, Young Volunteer category. Mick Hague, Services to Athletics. Steve Gaines, Services to club development. It is a credit to the clubs helpers that we had so many finalists, and our 4 worthy winners were the highest number from any one club.

**Rotherham Harriers & AC Newsletter**

Editor Peter Humphries  
Ser 5 No 1 Pubn. Date 13/10/08  
News/comment: 01709 549125 peterh@thedoc.fsnet.co.uk  
We are always interested in the views and news of athletes, especially members (old, new, ex- or prospective).

VISIT [www.rotherhamharriers.org](http://www.rotherhamharriers.org) [www.sycac.co.uk](http://www.sycac.co.uk)