



South Yorkshire Cross-country

Sun 25 October Winterhill Kimberworth
Sunday 8 November Longley Park Sheffield
Sunday 22 November Cantley Park Doncaster
Sunday 13 December Penistone Showground

Individual— best 3 positions out of 4 (meeting 4 must be included) Meeting 4 is also championship

Team— RHAC holds the title after a brilliant performance in 2008. It was won by top-class turn-out in all categories. Please remember that you can be in the back half of the field and still be scoring for your club.

£6 for your number— keep it for four races

11am start for girls 8,9,10 then up the age groups to all MEN at 12.30 (men 65 & ladies 12 noon)

County Championships Sat 9 Jan Wakefield (Yorks)
Northern Championships Sat 23 Jan Blackburn
National Championships Sat 27 Feb Leeds

Rotherham Area Sports Awards

For reasons of timing and limited space, we have cut down to just one featured photograph of group or athlete this month.

Whilst there is no shortage of candidates, I feel there will be no disagreement on the choice— Mark Ward, recently nominated by RHAC and short-listed for Rotherham Area Sports Awards— has had a year to dream of, well-remarked in the local press and perhaps covered in more depth next month.

Mark represented RH last year in track, road, and cross-country events to telling effect in addition to pursuing his individual goals to such high standard.

Steve Gaines' 'Reasons for Nomination' read as follows:

"Mark has been an active club member and supporter since 1992, but it is in 2009, his first year as a 40 year old veteran competitor, that he has achieved major successes.

On the 7th March 2009, Mark won the national veterans indoor championships at 400m, and next day added the 800m indoor national title to that

He won the national veteran championships 400m and 800m events in July at Birmingham

Following on from those successes at national level, Mark then competed in the World veteran championships at Lahti in Finland, reaching the final in his chosen event the 400m.

Mark finished 4th in the final, with a new personal best time of 50.13 secs, just 3 hundredths of a second away from a bronze medal. Mark was disappointed not to win a medal, saying that if the event had been over 405 metres he would have won a silver medal, as he was finishing so strongly!

The final result was;

1. Robert Thomas USA 49.62
2. Dinesh Rawat India 50.01
3. Massimiliano Scarponi Italy 50.09
4. Mark Ward GBR 50.13
5. Michael Gardiner GBR 50.70

Mark then competed in the GBR 4 x 400m relay team, the team finished 5th, with USA the winners.

Mark's full listing of performances and times can be seen and verified at the England Athletics Power of 10 website; <http://www.thepowerof10.info/athletes/profile.aspx?athleteid=73445>

In addition to his individual successes Mark continues to be a great club supporter in track, road and cross country events."

Also nominated were : Junior Performer Alex Kiwomye, Junior team U13 boys 4 x 100m relay team, Contribution to School Sport WSSP, Contribution to School Sport RSSP, Coach of the year John Small, Club of the year RH&AC, Fair play award Dave & Barbara Allen Dave and Barbara, along with Mark, have been short-listed for the awards on 15th October at Hellaby Hall. We wish them good luck on the night.



This Newsletter

Previous editions have mentioned the escalating difficulty of producing quality newsletters without dedicating many long days to the task. The outstanding efforts and results of you, the members, continue and grow so that this problem will sharpen rather than go away (and of course we don't want it to!). The danger is that the size of the task will reduce the commitment to produce a newsletter at a predictable monthly interval. We can console ourselves that the internet website covers the options— but for many people of course it doesn't. So, this edition is an essentially an information newsheet.

November Newsletter

The next planned edition will be delivered on (latest) 4th November. That will be an edition which is intended also to cover and review performances and activities which cannot be covered here.

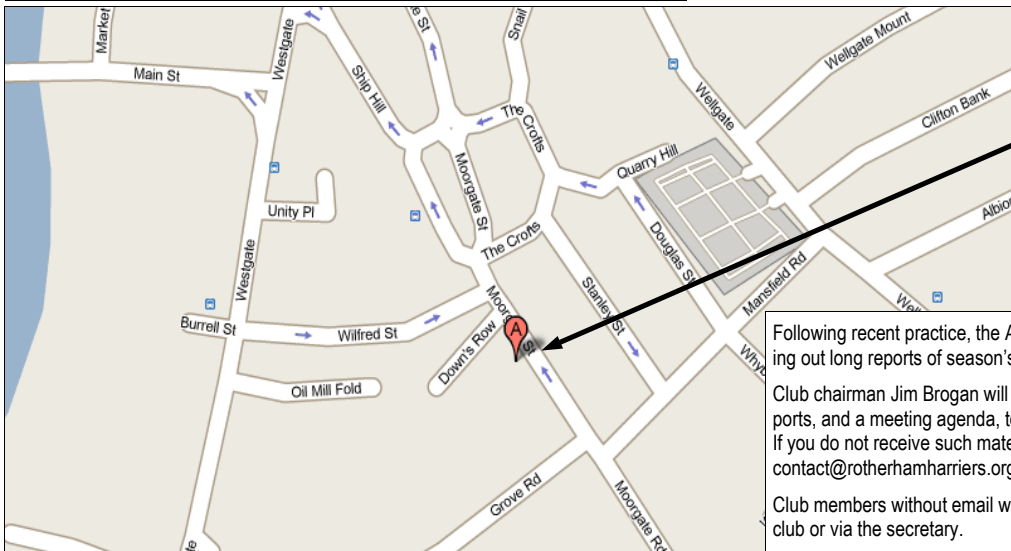
To that end, a good number of people have been approached to contribute on a regular basis to both newsletter and website (which can be the same articles). But more are still welcome and indeed, still needed.

So November RHAC Newsletter should have:

- review of track and field results and road results in the latter part of summer;
- report of the moved Round Rotherham Run (and results);
- reports of progress, achievements, plans and arrangements for training groups, club teams etc;
- reports of competition, plans, winter training, indoor meetings, cross-country etc for individuals and groups eg age groups, field events.
- if you wish to see something else, let us know

All of these depend on the supply of copy from named managers, officials, coaches, parents, or athletes themselves. Whoever you are, your input is welcome so long as it is constructive. Computer files— Word/text etc are required; photos welcome.

Without them, the November edition will be another thin one.



**AGM Thursday 15th Oct
7:00pm
Talbot Lane Centre**

**All members & parents are welcome!!
Come help shape and improve
the club!**

Following recent practice, the AGM will be streamlined by avoiding the old system of reading out long reports of season's activities.

Club chairman Jim Brogan will therefore be sending out pre-reading containing such reports, and a meeting agenda, to all club members with registered email addresses. If you do not receive such material, and wish to do so, send your email address to contact@rotherhamharriers.org

Club members without email who wish to receive the pre-reading, please contact Jim at the club or via the secretary.

KMRT Series

Rules and categories

The series is all about supporting local races (with all the social that attaches to it) and recognising people who do. So there could well be some flexibility, depending on the views of Pat, Brian, Ryan, Peter and colleagues at the clubs.

But the basic plan is that you support the series and we count your best 8 races (in your age & gender category). If no one does 8, we go down to 7, etc etc.... but there is a limit somewhere (not defined) eg no award for best two for example.

Note that although this is the KMRT series, the awards are OPEN to other runners.

The following awards to be made (if won according to rule) after the final race which this year is the Braithwell 5 (Turkey Trot) on Boxing Day (Maltby RC):

MEN 1st U20, 1st senior, Vet 40-44, Vet 45-49, Vet 50-54, Vet 54-59, Vet 60-64, Vet 65 +

WOMEN 1st U20, 1st senior, Vet 35-39, Vet 40-44, Vet 45-49, Vet 50-54, Vet 54-59, Vet 60+

OTHER awards may be considered at discretion of organisers

Positions after 9 races

WARNING: THESE VIEWS ARE SUBJECT TO CHANGE IF ERRORS ARE REPORTED- CHECK IT OUT ON www.rotherhamharriers.org

Claire Spencer (KS), Neil Shaw, John Spencer, Mick Hill (all RH) and Dave Thorpe (MRC) have already qualified with 9 (CS,NS) or 8 races done. Congratulations to all these runners especially from RH to the tremendously-supportive Neil Shaw and John Spencer, and to vastly-improved Mick Hill.

Claire Spencer (KS) (9 done) looks like winning at Senior Ladies- Claire Chapman can do 9 but loses on head-to-head. At vet 35 only Michelle Monteiro (RH) is in the running but can only run 6 at most- will the scrutineers accept 6? Probably. Can Michelle do them?

There are several in the mix at vet 40. Likeliest who can both do 8 are Nina Hague (KS) who has the better results and Jayne Allen (RH) who is rapidly improving however.

At vet 45 Debbie Hogarth (KS) will win if she does the last 3, with Paula Wright (TRAC) and Sharon Burton (RH) on 6 max. Vet 50 sees a Maltby double, with Karen Osborne probably to win on 7 max whilst Caroline Boyd is returning from injury.

Vet 55 looks stitched up for Christine Stimpson (TRAC) if the organisers accept 6 races. At

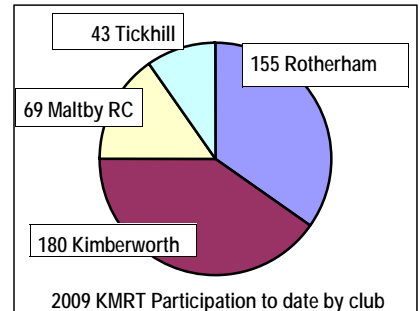
vet 60 Mary Chapman (KS) has already got 6 races in the hat and will probably win- she enters as vet 65 incidentally, and has run a determined series.

As to the men, many are not yet so clear. At senior level, Neil Shaw (RH) leads but has serious challenges from Craig Spencer (KS)- their head-to-head results vary- but any of 5 other KS runners and Ryan Cudworth (TRAC) can make a dangerous 8 races. Under-20 men sees only Dave Booth (RH) in contention provided he does the races- 7 maximum will be accepted but 6 or less, who knows? (No ladies to qualify at this category)

The vet 40 KS trio of Ian Brookes (leading), Ian Hetherington and Paul Greenwood will fight it out- on head to head Hetherington looks likeliest. With Tony Redfern (MRC) and Paul Campbell (RH) also in the hunt at vet 45, John Spencer (RH) holds the lead. The main danger is John McDermott (KS) if he gets the races in.

At vet 50, Pat Rooney (KS) with one to do probably wins, though Phil Haigh (RH) can qualify with 9. With Mick Hill (RH) leading vet 55, and Jim Rust & Bob Houghton (both MRC) likely to, there is quite a tangle of head-to-head results. Jim possibly shades it At the moment- but Mick's times are now a lot faster and he could well take it.

Dave Thorpe (MRC) has the lead at vet 60 but Malc Rhodes (RH) can still qualify and looks to have better results to me. Whilst at vet 65 -all on 6 races done- Ray Matthews (MRC) and Ken Chapman (KS) look set to qualify but Pete Humphries (RH) leads with better results.



Remaining races: Canal Race (KS) on November 1st from Westgate, Santa Special (KS) 20th December at Droppingwell and Turkey Trot (Braithwell 5) (MRC) on Boxing Day (with series awards after TT awards)

2010 series, assuming it takes place, is likely to start with Bassingthorpe and/or Tickhill "Gala 5" (which is moving) round about March

Secretary's Update

The following new member application were accepted by the Club Committee:-

July;

Aimee Nice (14), Richard Hives (10), Amy Hawthorne (14), Thomas Garrow (14).

August;

Gemma Willis (25), James Mangham (9), Olivia Boulton (8)

September;

Matthew Porter (8), Thomas Porter (8), Christopher Maris (15), Jayne Allen (42)

A warm welcome to you all!

Membership

Paid membership numbers are falling slightly. In 2008 we had 268 members who paid subs. In 2009 to date we have 226 members who have paid subscriptions.

Last year we had 277 athletes on the England Athletics club database, and this year 212 of those have paid their affiliation fee, ie 65 members who paid in 2007 or 2008 have not yet paid 2009 fees.

The club committee expressed some concern at this trend, and have asked the secretary to write out to all non payers, stressing the importance of club subscriptions to the club finances, and also reminding athletes that event organisers are now using the England Athletics database to confirm that athletes have paid 2009 affiliation and are therefore eligible to compete.

This has already resulted in some club athletes not being entered for road relays.

Please pay any outstanding subs!

AGM

The Club AGM takes place on the 15th October at 7:00pm, at the Talbot Lane Centre Rotherham.. All members & parents are welcome to attend.

Pre-reading will be circulated to those on the club email address list.

Please come along and help to shape the future direction of the club - last year we only had 19 attendees, which is somewhat disappointing when we have well over 200 members.

Sport Relief Run. Sunday 21st March Clifton Park

Sport Relief brings the entire nation together to get active, raise cash and change lives. By doing sport, having fun and raising money, everyone can do good and feel good. All the money raised is spent helping poor and disadvantaged people turn their lives around - in the UK as well as the world's poorest countries.

The event is organised every 2 years, and this is the second time we have held the event in Rotherham.

Last time there were just over 200 runners, but we hope for more this time.

Further information and on line entry can be found on www.sportrelief.com/

Do 1, 3 or 6 miles, do it with your friends, your family or your workmates - however you do it, you're in for a fantastic day which will raise money for people living tough lives both here in the UK and across the world's poorest countries.

Fixtures: Autumn 2009—

October

| | | | |
|---------------|--------------------------------------|----------|-------------------------------------|
| Sun 11 Oct 09 | Cutlers Relays (SY & YVAA champs) | clubs | Graves Park Sheffield, |
| Sat 17 Oct 09 | Round Rotherham Run | open | 50 Miles Round Rotherham plus Relay |
| Sat 17 Oct 09 | ERRA National 6&4 stage road relays | clubs | Sutton Park, Sutton Coldfield |
| Sun 18 Oct 09 | ERRA National Young Aths road relays | clubs | Sutton Park, Sutton Coldfield |
| Thu 22 Oct 09 | Rotherham Schools XC Champs | schools | Herringthorpe |
| Sun 25 Oct 09 | Holmfirth 15 | open | in Yorks and YVAA champs |
| Sun 25 Oct 09 | SY cross-country 1 | SY clubs | Winterhills Kimberworth |
| Sun 25 Oct 09 | Workshop Half | open | |
| Sat 31 Oct 09 | Clifton Park | | <i>probable, please verify</i> |

November

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|---------------|--------------------------------|----------|--------------------------------|
| Sun 01 Nov 09 | Canal Race (Kimb.St) | open | Rotherham Westgate KMRT series |
| Sun 01 Nov 09 | Filey 10k | open | beach race |
| Sat 07 Nov 09 | National Cross Country Relays | open | Berry Hill Park Mansfield |
| Sun 08 Nov 09 | SY cross-country 2 | SY clubs | Longley Pk Sheffield |
| Sat 14 Nov 09 | SY Indoor Series fixture 1 | open | EIS Sheffield |
| Sun 15 Nov 09 | Barnsley 10k | open | |
| Sat 21 Nov 09 | Northern Athletics Indoor Open | open | EIS Sheffield |
| Sat 21 Nov 09 | Clifton Park | | <i>probable, please verify</i> |
| Sun 22 Nov 09 | SY cross-country 3 | SY clubs | Cantley Pk Doncaster |
| Sat 28 Nov 09 | SY Indoor Series fixture 2 | open | EIS Sheffield |
| Sun 29 Nov 09 | Thirsk 10 | open | northern champs |
| Sun 29 Nov 09 | Clowne Half | open | |

December

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|---------------|--------------------------------|----------|--------------------------------------|
| Sun 06 Dec 09 | Percy Pud 10k | open | Loxley |
| Sat 12 Dec 09 | Northern Athletics Indoor Open | open | EIS Sheffield |
| Sun 13 Dec 09 | SY cross-ctry 4 & champs | SY clubs | Peristone Showground |
| Sat 19 Dec 09 | Clifton Park | | <i>probable, please verify</i> |
| Sun 20 Dec 09 | Santa Special | open | Droppingwell KMRT series |
| Fri 25 Dec 09 | Xmas Day Race (full mem only) | RH watch | for close date app. 15th |
| Sat 26 Dec 09 | Turkey Trot (MRC) | open | Braithwell KMRT series last & awards |

January

| | | | |
|---------------|------------------------------|--------|--------------------------------|
| Fri 01 Jan 10 | Cleethorpes 10k | open | |
| Sat 02 Jan 10 | Sheffield Open XC races | open | |
| Sat 09 Jan 10 | County Cross-country Champs | Yorks- | Thomes Pk Wakefield |
| Sat 23 Jan 10 | Northern Athletics CC Champs | clubs | Witton Park Blackburn |
| Sun 24 Jan 10 | York Half | open | 'Brass Monkey' |
| Sat 30 Jan 10 | Clifton Park | | <i>probable, please verify</i> |

February

| | | | |
|---------------|----------------------------|-------|----------------------------------|
| Sat 06 Feb 10 | YVAA Cross Country Champs | clubs | Graves Park Sheffield |
| Sat 20 Feb 10 | Clifton Park | | <i>probable, please verify</i> |
| Sat 27 Feb 10 | National CC Champs | clubs | Roundhay Park Leeds |
| Sun 28 Feb 10 | SY Indoor Series fixture 3 | open | EIS Sheffield (Provisional date) |
| Sun 28 Feb 10 | Snake Lane 10 | open | Pocklington |

March

| | | | |
|---------------|----------------------------|------|----------------------------------|
| Sat 20 Mar 10 | SY Indoor Series fixture 4 | open | EIS Sheffield (Provisional date) |
| Sat 27 Mar 10 | Clifton Park | | <i>probable, please verify</i> |
| Sat 24 Apr 10 | Clifton Park | | <i>probable, please verify</i> |
| Sat 29 May 10 | Clifton Park | | <i>probable, please verify</i> |
| Sat 26 Jun 10 | Clifton Park | | <i>probable, please verify</i> |

KMRT Series Standings

Result of Tickhill off-road 5 27/9/09

This was the third TRC race to balance up their contribution to the organising. Expectedly a small event, nonetheless very enjoyable, well-organised and hospitable.

| | | | | |
|----|----------|--------------------|---------------|------|
| 1 | 00:29:44 | Phelan Dale | Killarsh K | MS |
| 2 | 00:30:45 | Doyle Kevin | Kimberworth S | MS |
| 3 | 00:31:16 | Gregory Simon | Killarsh K | MS |
| 4 | 00:32:01 | Spencer John | Rotherham HAC | MV45 |
| 5 | 00:32:12 | Spencer Claire | Kimberworth S | FS |
| 6 | 00:33:19 | Rooney Patrick | Kimberworth S | MV50 |
| 7 | 00:35:15 | Spencer Craige | Kimberworth S | MS |
| 8 | 00:35:37 | Humphries Peter | Rotherham HAC | MV65 |
| 9 | 00:36:19 | Redfern Tony | Maltby RC | MV45 |
| 10 | 00:36:53 | Houghton Robert | Maltby RC | MV55 |
| 11 | 00:38:04 | Hill Michael | Rotherham HAC | MV55 |
| 12 | 00:38:32 | Chapman Claire | Kimberworth S | FS |
| 13 | 00:38:46 | Shaw Neil | Rotherham HAC | MS |
| 14 | 00:39:04 | Chapman Ken | Kimberworth S | MV65 |
| 15 | 00:39:25 | Allen Jayne | Rotherham HAC | FV40 |
| 16 | 00:40:14 | Thorpe David | Maltby RC | MV60 |
| 17 | 00:41:40 | Boyd Caroline | Maltby RC | FV50 |
| 18 | 00:41:59 | Harp Natalie | Unattached | FS |
| 19 | 00:45:42 | Jones Catherine | Tickhill RAC | FS |
| 20 | 00:45:59 | Matthews Ray | Maltby RC | MV65 |
| 21 | 00:47:24 | Spencer Diane | Rotherham HAC | FV |
| 22 | 01:00:53 | Chapman Mary | Kimberworth S | FV65 |
| 23 | 01:02:34 | Bone Jackie | Unattached | FV |
| 24 | 01:02:35 | Stimpson Christine | Tickhill RAC | FV55 |

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|-----|----------|----------------|--------|----|---|------------------|---|----|
| 57 | 01:21:21 | Shaw Neil | RHAC | MS | 2 | Multi-terrain 10 | 9 | 12 |
| 58 | 52:17 | Shaw Neil | RHAC | MS | 3 | Memorial Race | 9 | 12 |
| 29 | 37:20 | Shaw Neil | RHAC | MS | 4 | Ulley Res | 9 | 12 |
| 19 | 00:37:22 | Shaw Neil | RHAC | MS | 6 | Gala 5m | 9 | 12 |
| 13 | 00:38:46 | Shaw Neil | RHAC | MS | 9 | Tickhill Trail 5 | 9 | 12 |
| 85 | 39:20 | Shaw Neil | RHAC | MS | 5 | Kimmy Kanter | 9 | 12 |
| 32 | 38:36 | Shaw Neil | RHAC | MS | 7 | Abbey Dash | 9 | 12 |
| 18 | 20:24 | Shaw Neil | RHAC | MS | 8 | Prince 5k | 9 | 12 |
| 25 | 40:10 | Spencer Craig | KS | MS | 3 | Memorial Race | 8 | 11 |
| 33 | 49:22 | Spencer Craige | KS | MS | 1 | Bassingthorpe 5 | 8 | 11 |
| 45 | 01:18:53 | Spencer Craige | KS | MS | 2 | Multi-terrain 10 | 8 | 11 |
| 31 | 37:42 | Spencer Craige | KS | MS | 4 | Ulley Res | 8 | 11 |
| 15 | 00:36:21 | Spencer Craige | KS | MS | 6 | Gala 5m | 8 | 11 |
| 7 | 00:35:15 | Spencer Craige | KS | MS | 9 | Tickhill Trail 5 | 8 | 11 |
| 43 | 34:39 | Spencer Craige | KS | MS | 5 | Kimmy Kanter | 8 | 11 |
| 30 | 21:38 | Spencer Craige | KS | MS | 8 | Prince 5k | 8 | 11 |
| 52 | 47:37 | Scarr Nick | KS | MS | 1 | Bassingthorpe 5 | 8 | 11 |
| 111 | 01:37:47 | Scarr Nick | KS | MS | 2 | Multi-terrain 10 | 8 | 11 |
| 61 | 64:14 | Scarr Nick | KS | MS | 3 | Memorial Race | 8 | 11 |
| 70 | 45:37 | Scarr Nick | KS | MS | 4 | Ulley Res | 8 | 11 |
| 37 | 00:45:55 | Scarr Nick | KS | MS | 6 | Gala 5m | 8 | 11 |
| 127 | 46:36 | Scarr Nick | KS | MS | 5 | Kimmy Kanter | 8 | 11 |
| 53 | 44:12 | Scarr Nick | KS | MS | 7 | Abbey Dash | 8 | 11 |
| 54 | 26:26 | Scarr Nick | KS | MS | 8 | Prince 5k | 8 | 11 |
| 4 | 33:03 | Doyle Kevin | KS | MS | 1 | Bassingthorpe 5 | 7 | 10 |
| 10 | 01:06:27 | Doyle Kevin | KS | MS | 2 | Multi-terrain 10 | 7 | 10 |
| 4 | 42:16 | Doyle Kevin | KS | MS | 3 | Memorial Race | 7 | 10 |
| 9 | 32:06 | Doyle Kevin | KS | MS | 4 | Ulley Res | 7 | 10 |
| 2 | 00:30:45 | Doyle Kevin | KS | MS | 9 | Tickhill Trail 5 | 7 | 10 |
| 13 | 29:39 | Doyle Kevin | KS | MS | 5 | Kimmy Kanter | 7 | 10 |
| 5 | 18:04 | Doyle Kevin | KS | MS | 8 | Prince 5k | 7 | 10 |
| 18 | 01:09:39 | Smith Mark | KS | MS | 2 | Multi-terrain 10 | 6 | 9 |
| 7 | 43:08 | Smith Mark | KS | MS | 3 | Memorial Race | 6 | 9 |
| 12 | 32:35 | Smith Mark | KS | MS | 4 | Ulley Res | 6 | 9 |
| 2 | 00:30:24 | Smith Mark | KS | MS | 6 | Gala 5m | 6 | 9 |
| 9 | 29:25 | Smith Mark | KS | MS | 5 | Kimmy Kanter | 6 | 9 |
| 7 | 18:36 | Smith Mark | KS | MS | 8 | Prince 5k | 6 | 9 |
| 28 | 49:49 | Green Cain | KS | MS | 3 | Memorial Race | 5 | 8 |
| 27 | 36:58 | Green Cain | KS | MS | 4 | Ulley Res | 5 | 8 |
| 12 | 00:35:39 | Green Cain | KS | MS | 6 | Gala 5m | 5 | 8 |
| 47 | 34:52 | Green Cain | KS | MS | 5 | Kimmy Kanter | 5 | 8 |
| 27 | 21:13 | Green Cain | KS | MS | 8 | Prince 5k | 5 | 8 |
| 7 | 01:05:23 | Evitts Mark | KS | MS | 2 | Multi-terrain 10 | 5 | 8 |
| 5 | 30:56 | Evitts Mark | KS | MS | 4 | Ulley Res | 5 | 8 |
| 1 | 00:30:11 | Evitts Mark | KS | MS | 6 | Gala 5m | 5 | 8 |
| 4 | 27:53 | Evitts Mark | KS | MS | 5 | Kimmy Kanter | 5 | 8 |
| 2 | 17:30 | Evitts Mark | KS | MS | 8 | Prince 5k | 5 | 8 |
| 10 | 34:54 | Cudworth Ryan | TRAC | MS | 1 | Bassingthorpe 5 | 5 | 8 |
| 9 | 43:36 | Cudworth Ryan | TRAC | MS | 3 | Memorial Race | 5 | 8 |
| 14 | 33:10 | Cudworth Ryan | TRAC | MS | 4 | Ulley Res | 5 | 8 |
| 18 | 30:22 | Cudworth Ryan | TRAC | MS | 5 | Kimmy Kanter | 5 | 8 |
| 6 | 30:47 | Cudworth Ryan | TRAC | MS | 7 | Abbey Dash | 5 | 8 |
| 17 | 37:36 | Carratt Lee | RHAC | MS | 1 | Bassingthorpe 5 | 4 | 7 |
| 26 | 36:52 | Carratt Lee | RHAC | MS | 4 | Ulley Res | 4 | 7 |
| 44 | 34:41 | Carratt Lee | RHAC | MS | 5 | Kimmy Kanter | 4 | 7 |
| 23 | 20:41 | Carratt Lee | RHAC | MS | 8 | Prince 5k | 4 | 7 |
| 2 | 31:05 | Field Luke | RHAC | MS | 1 | Bassingthorpe 5 | 4 | 7 |
| 1 | 38:21 | Field Luke | RHAC | MS | 3 | Memorial Race | 4 | 7 |
| 3 | 27:43 | Field Luke | RHAC | MS | 5 | Kimmy Kanter | 4 | 7 |
| 1 | 17:07 | Field Luke | RHAC | MS | 8 | Prince 5k | 4 | 7 |
| 7 | 31:40 | Gregory Simon | Kmarsh | MS | 4 | Ulley Res | 4 | 7 |
| 3 | 00:31:16 | Gregory Simon | Kmarsh | MS | 9 | Tickhill Trail 5 | 4 | 7 |
| 4 | 29:35 | Gregory Simon | Kmarsh | MS | 7 | Abbey Dash | 4 | 7 |
| 4 | 18:02 | Gregory Simon | Kmarsh | MS | 8 | Prince 5k | 4 | 7 |
| 52 | 35:10 | Lee Dan | KS | MS | 5 | Kimmy Kanter | 3 | 6 |
| 26 | 21:13 | Lee Dan | KS | MS | 8 | Prince 5k | 3 | 6 |
| 58 | 01:21:43 | Lee Daniel | Unat | MS | 2 | Multi-terrain 10 | 3 | 6 |
| 76 | 01:26:03 | Foster Mark | TRAC | MS | 3 | Memorial Race | 3 | 6 |
| 16 | 00:36:32 | Foster Mark | TRAC | MS | 6 | Gala 5m | 3 | 6 |
| 70 | 37:06 | Foster Mark | TRAC | MS | 5 | Kimmy Kanter | 3 | 6 |
| 13 | 44:59 | Sadler Paul | Clowne | MS | 3 | Memorial Race | 3 | 6 |
| 17 | 01:08:39 | Sadler Paul | Clowne | MS | 2 | Multi-terrain 10 | 3 | 6 |
| 16 | 33:20 | Sadler Paul | Clowne | MS | 7 | Abbey Dash | 3 | 6 |
| 3 | 32:36 | Hopkins Simon | KS | MS | 1 | Bassingthorpe 5 | 3 | 6 |
| 18 | 34:12 | Hopkins Simon | KS | MS | 4 | Ulley Res | 3 | 6 |
| 20 | 30:33 | Hopkins Simon | KS | MS | 5 | Kimmy Kanter | 3 | 6 |

| | | | | | | | | |
|-----|----------|----------------------|------|------|---|------------------|---|---|
| 17 | 33:49 | Campbell Paul | RHAC | MV45 | 7 | Abbey Dash | 5 | 8 |
| 19 | 20:28 | Campbell Paul | RHAC | MV45 | 8 | Prince 5k | 5 | 8 |
| 98 | 01:34:02 | Burke Dave | RHAC | MV45 | 2 | Multi-terrain 10 | 4 | 7 |
| 48 | 25:22 | Burke Dave | RHAC | MV45 | 8 | Prince 5k | 4 | 7 |
| 68 | 44:54 | Burke David | RHAC | MV45 | 4 | Ulley Res | 4 | 7 |
| 109 | 41:47 | Burke David | RHAC | MV45 | 5 | Kimmy Kanter | 4 | 7 |
| 29 | 39:41 | Booth Kerry | RHAC | MV45 | 1 | Bassingthorpe 5 | 4 | 7 |
| 84 | 56:31 | Booth Kerry | RHAC | MV45 | 4 | Ulley Res | 4 | 7 |
| 42 | 34:24 | Booth Kerry | RHAC | MV45 | 5 | Kimmy Kanter | 4 | 7 |
| 40 | 40:00 | Booth Kerry | RHAC | MV45 | 7 | Abbey Dash | 4 | 7 |
| 54 | 34:39 | Flintham Chris | MRC | MV45 | 7 | Abbey Dash | 3 | 6 |
| 51 | 46:57 | Flintham Christopher | MRC | MV45 | 1 | Bassingthorpe 5 | 3 | 6 |
| 104 | 01:36:19 | Flintham Christopher | MRC | MV45 | 2 | Multi-terrain 10 | 3 | 6 |
| 31 | 21:41 | Hughes Phil | KS | MV45 | 8 | Prince 5k | 3 | 6 |
| 48 | 34:57 | Hughes Phil | KS | MV45 | 5 | Kimmy Kanter | 3 | 6 |
| 32 | 37:50 | Hughes Philip | KS | MV45 | 4 | Ulley Res | 3 | 6 |
| 83 | 39:18 | Widdowson Philip | RHAC | MV45 | 5 | Kimmy Kanter | 3 | 6 |
| 54 | 41:51 | Widdowson Philip | RHAC | MV45 | 4 | Ulley Res | 3 | 6 |
| 73 | 01:24:42 | Widdowson Philip | RHAC | MV45 | 2 | Multi-terrain 10 | 3 | 6 |
| 3 | 00:30:54 | Phillips Stephen | KS | MV45 | 6 | Gala 5m | 3 | 6 |
| 19 | 30:24 | Phillips Steve | KS | MV45 | 5 | Kimmy Kanter | 3 | 6 |
| 8 | 18:52 | Phillips Steve | KS | MV45 | 8 | Prince 5k | 3 | 6 |

| pos | time | surname | fnames | club | cat | race# | racename | done | cando |
|----------------------|----------|-------------------|----------|------|-----|------------------|----------|------|-------|
| Senior Ladies | | | | | | | | | |
| 12 | 35:47 | Spencer Claire | KS | FS | 1 | Bassingthorpe 5 | 9 | 12 | |
| 23 | 01:10:53 | Spencer Claire | KS | FS | 2 | Multi-terrain 10 | 9 | 12 | |
| 12 | 44:24 | Spencer Claire | KS | FS | 3 | Memorial Race | 9 | 12 | |
| 20 | 34:16 | Spencer Claire | KS | FS | 4 | Ulley Res | 9 | 12 | |
| 6 | 00:32:34 | Spencer Claire | KS | FS | 6 | Gala 5m | 9 | 12 | |
| 5 | 00:32:12 | Spencer Claire | KS | FS | 9 | Tickhill Trail 5 | 9 | 12 | |
| 22 | 31:10 | Spencer Claire | KS | FS | 5 | Kimmy Kanter | 9 | 12 | |
| 10 | 31:50 | Spencer Claire | KS | FS | 7 | Abbey Dash | 9 | 12 | |
| 10 | 19:07 | Spencer Claire | KS | FS | 8 | Prince 5k | 9 | 12 | |
| 69 | 01:23:22 | Chapman Claire | KS | FS | 2 | Multi-terrain 10 | 6 | 9 | |
| 37 | 52:4 | Chapman Claire | KS | FS | 3 | Memorial Race | 6 | 9 | |
| 48 | 39:47 | Chapman Claire | KS | FS | 4 | Ulley Res | 6 | 9 | |
| 21 | 00:38:01 | Chapman Claire | KS | FS | 6 | Gala 5m | 6 | 9 | |
| 12 | 00:38:32 | Chapman Claire | KS | FS | 9 | Tickhill Trail 5 | 6 | 9 | |
| 60 | 36:18 | Chapman Claire | KS | FS | 5 | Kimmy Kanter | 6 | 9 | |
| 125 | 01:48:02 | Jones Catherine | TRAC | FS | 2 | Multi-terrain 10 | 4 | 7 | |
| 19 | 00:45:42 | Jones Catherine | TRAC | FS | 9 | Tickhill Trail 5 | 4 | 7 | |
| 126 | 46:03 | Jones Catherine | TRAC | FS | 5 | Kimmy Kanter | 4 | 7 | |
| 65 | 48:28 | Jones Catherine | TRAC | FS | 7 | Abbey Dash | 4 | 7 | |
| 79 | 50:36 | Edwards Claire | KS | FS | 4 | Ulley Res | 4 | 7 | |
| 39 | 00:51:58 | Edwards Claire | KS | FS | 6 | Gala 5m | 4 | 7 | |
| 132 | 48:31 | Edwards Claire | KS | FS | 5 | Kimmy Kanter | 4 | 7 | |
| 64 | 28:58 | Edwards Claire | KS | FS | 8 | Prince 5k | 4 | 7 | |
| 51 | 01:22:12 | Rust Lindsay | MRC | FS | 2 | Multi-terrain 10 | 3 | 6 | |
| 39 | 39:06 | Rust Lindsay | MRC | FS | 4 | Ulley Res | 3 | 6 | |
| 62 | 36:26 | Rust Lindsay | MRC | FS | 5 | Kimmy Kanter | 3 | 6 | |
| Lady Vet 35 | | | | | | | | | |
| 53 | 48:57 | Monteiro Michelle | RHAC | FV35 | 1 | Bassingthorpe 5 | 3 | 6 | |
| 69 | 45:28 | Monteiro Michelle | RHAC | FV35 | 4 | Ulley Res | 3 | 6 | |
| 50 | 25:37 | Monteiro Michelle | RHAC | FV35 | 8 | Prince 5k | 3 | 6 | |
| Lady Vet 40 | | | | | | | | | |
| 72 | 45:46 | Allen Jayne | RHAC | FV40 | 4 | Ulley Res | 5 | 8 | |
| 33 | 00:41:58 | Allen Jayne | RHAC | FV40 | 6 | Gala 5m | 5 | 8 | |
| 10 | 00:39:25 | Allen Jayne | RHAC | FV40 | 9 | Tickhill Trail 5 | 5 | 8 | |
| 114 | 42:41 | Allen Jayne | RHAC | FV40 | 5 | Kimmy Kanter | 5 | 8 | |
| 52 | 25:52 | Allen Jayne | RHAC | FV40 | 8 | Prince 5k | 5 | 8 | |
| 39 | 42:12 | Hague Nina | KS | FV40 | 1 | Bassingthorpe 5 | 5 | 8 | |
| 43 | 01:17:56 | Hague Nina | KS | FV40 | 2 | Multi-terrain 10 | 5 | 8 | |
| 21 | 47:45 | Hague Nina | KS | FV40 | 3 | Memorial Race | 5 | 8 | |
| 25 | 36:40 | Hague Nina | KS | FV40 | 4 | Ulley Res | 5 | 8 | |
| 38 | 33:47 | Hague Nina | KS | FV40 | 5 | Kimmy Kanter | 5 | 8 | |
| 102 | 01:34:56 | Houghton Joanne | TRAC | FV40 | 2 | Multi-terrain 10 | 4 | 7 | |
| 52 | 59:25 | Houghton Joanne | TRAC | FV40 | 3 | Memorial Race | 4 | 7 | |
| 62 | 43:39 | Houghton Joanne | TRAC | FV40 | 4 | Ulley Res | 4 | 7 | |
| 112 | 42:13 | Houghton Joanne | TRAC | FV40 | 5 | Kimmy Kanter | 4 | 7 | |
| 120 | 01:39:55 | Webb Judith | Val Hill | FV40 | 2 | Multi-terrain 10 | 4 | 7 | |
| 59 | 61:56 | Webb Judith | Val Hill | FV40 | 3 | Memorial Race | 4 | 7 | |
| 130 | 46:56 | Webb Judith | Val Hill | FV40 | 5 | Kimmy Kanter | 4 | 7 | |
| 58 | 27:50 | Webb Judith | Val Hill | FV40 | 8 | Prince 5k | 4 | 7 | |
| 84 | 01:29:04 | Wheelhouse Sally | MRC | FV40 | 2 | Multi-terrain 10 | 4 | 7 | |
| 45 | 55:37 | Wheelhouse Sally | MRC | FV40 | 3 | Memorial Race | 4 | 7 | |
| 30 | 00:40:58 | Wheelhouse Sally | MRC | FV40 | 6 | Gala 5m | 4 | 7 | |
| 47 | 41:35 | Wheelhouse Sally | MRC | FV40 | 7 | Abbey Dash | 4 | 7 | |
| Lady Vet 45 | | | | | | | | | |
| 44 | 43:53 | Hogarth Debbie | KS | FV45 | 1 | Bassingthorpe 5 | 5 | 8 | |
| 67 | | | | | | | | | |

South Yorkshire Young Athletes' Indoor Winter Series

The series is being repeated again. Last year we had 219 athletes taking part, with 34 of those being non club athletes. All the athletes enjoyed the series, and some 15 or so of the non-club athletes went on to join clubs, and take up athletics.

We hope to increase those numbers this year.

Entry process

Numbers will be sold for the 4 fixtures, price £8. Competitors can do up to 3 events at each fixture. Keep on Running has kindly supplied numbers.

RHAC members

South Yorkshire Club members (ie Rotherham Harriers & AC members) should enter via their club.

As with the other SY leagues, numbers will be supplied to affiliated SY clubs which have Young Athletes sections. so get your number from your coach or from Steve Gaines

Club officers will be asked to email the entry details for their club prior to the fixtures.

Individuals & non UKA affiliated athletes only should fill in an entry form (on www.sycaa.co.uk or ask at RHAC), and post the completed form (together with a cheque for £8 payable to SYCAA) for each entry, to:- S Gaines, Indoor Series, 92 Bawtry Road, Bessacarr, Doncaster DN4 7BQ.

Numbers will be posted out to individual entrants upon receipt of the completed form, cheque & SAE. Numbers can be

collected on the day if there is a risk of the number arriving too late for the event. Numbers can be collected & paid for on the day if that is easier. If you wish to collect & pay for a number on the day of the fixture, please email sandjgaines@aol.com in advance. Numbers will be available for collection at the Registration point.

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

Sat Nov 14th

Sat Nov 28th

Sun 28th Feb (provisional date tbc)

Sat 20th March (provisional date tbc)

The hall is booked from 12:00 to 16:00 on each day.

The aim is to start the first event at 12:30.

Further details of events, awards etc can be found on the South Yorkshire web site at www.sycaa.co.uk, which is where results will be displayed.

Clifton Park Runs

"The runs are organised by Rotherham Harriers & AC, but are not aimed at club athletes exclusively - the runs are aimed at runners of all levels.

The course is a 5 Km 3 lap course, in Clifton Park. The course uses the Park paths system, so is completely traffic free.

Details of how to enter and the events can be found on www.rotherhamharriers.org

Runners can register via the website, or simply turn up at the event registration point, in the Garden Centre (near the museum) in Clifton Park for 10:00 on the day of the event.

Runners run in small groups at 1 minute intervals. The first runners start at 10:30am, on the park paths by the Garden Centre.

Runners run the course laps at a pace they are comfortable. You can run with your friends or training partners, or join a small group of runners of a similar standard. All will be made welcome! You can run the full distance of 5 Km, or simply build up - starting with one lap. The aim is to work to improve your own performance - either through running further as you progress, or improving your lap and overall 5 KM time.

To run, simply register and buy a number (£3), and this will allow you to run the 9 runs in the 2009/10 series.

Results will be published on the website, so runners can see and monitor improvements."

The above is the basis of text sent by our secretary to RMBC, who propose to issue publicity flyers for the series.

It was always the intention to make Clifton Park series open to the general public- it potentially attracts members to us, and it supports our own view and that of the athletics organisations and the local council that there needs to be more active involvement of the general public in fitness-finding or fitness-maintaining activity. Last season of course it was largely a club-based activity.

There have been difficulties over licensing and medical cover, though I am happy to say that appropriate people in RMBC have been and continue to be as helpful as possible. Clifton Park manager Al Farr is behind the scheme also. What really held us up last season was the lack of facilities- a bout of bad weather could easily be fatal to an event like this- but now there is the possibility that developments in the park will be complete by mid-October. We are hoping that the new centre next to the museum will permit us to administrate Park Runs whatever the climate offers.

Dates are a tricky issue- Saturday mornings look best, and I had the view that a "fixed" day of the

month (like last Saturday etc) would be more attractive than ever-varying dates. But maybe not. Your view (as a coach, an organiser, a runner, an interested onlooker or whatever) would be valued.

The dates proposed at the moment are (all Saturdays) :

In 2009: 31 Oct, 21 Nov, 19 Dec

In 2010: 30 Jan, 20 Feb, 27 Mar, 24 Apr, 29 May, 26 Jun

Send me your views

The table shows the best performance of 2008 participants; the left-hand column is all times in order, the second is the runner number. In 2009- can you move up the list?

| | | | | | | |
|----|----|-------------------|-------|-----|----|---------------------------|
| 1 | 31 | Phil Hoole | 15.47 | | | |
| 3 | 48 | Luke Field | 16.39 | 63 | 49 | Pete Humphries 22.58 |
| 5 | 58 | Mark Ruddleston | 16.44 | 64 | 44 | Philippa James 23.02 |
| 7 | 2 | Simon Mounsey | 16.54 | 65 | 52 | Jonathan Pye 23.10 |
| 8 | 39 | Jonathan Maxfield | 16.56 | 67 | 4 | Gill Taylor 23.15 |
| 12 | 37 | Dave Tune | 17.19 | 68 | 26 | Eleanor Thomas 23.25 |
| 13 | 43 | Nigel Brookes | 17.23 | 70 | 1 | Malc Rhodes 23.40 |
| 18 | 18 | Peter Neal | 18.15 | 72 | 22 | Mick Hill 23.45 |
| 19 | 13 | John Comrie | 18.20 | 73 | 8 | Ian Hindley 23.50 |
| 20 | 14 | Terry Hawley | 18.52 | 77 | 24 | Phil Smales 24.05 |
| 25 | 38 | Nigel Cook | 19.12 | 86 | 25 | Henry Marston 25.02 |
| 27 | 30 | Pete Shaw | 19.30 | 91 | 54 | Olivia Neal 25.11 |
| 29 | 42 | John Elvidge | 19.40 | 94 | 23 | Jenny Horan 25.20 |
| 33 | 10 | Janet Hindley | 20.20 | 95 | 51 | Jayne Allen 25.21 |
| 34 | 11 | Paul Campbell | 20.20 | 98 | 47 | Paul Davenport 25.42 |
| 35 | 35 | Dave Nuttall | 20.24 | 100 | 46 | Gillian Neal 25.58 |
| 36 | 9 | Matthew Asbridge | 20.28 | 106 | 21 | Wendy Whitaker 27.03 |
| 38 | 56 | Jerry Spencer | 20.41 | 110 | 29 | Alan Bryden 27.35 |
| 39 | 40 | Phil Eddison | 20.42 | 113 | 55 | Kath Brookes 28.35 |
| 40 | 6 | Neil Shaw | 20.44 | 114 | 17 | T.Allen 29.04 |
| 41 | 7 | Phil Haigh | 20.46 | 115 | 16 | Ruth Wildman 29.14 |
| 51 | 5 | Steve Gaines | 21.28 | 119 | 19 | Emma Smart 31.00 |
| 52 | 28 | Paula Fisher | 21.30 | 120 | 36 | Pat Wells 31.00 |
| 56 | 27 | Phil Roberts | 21.46 | 121 | 15 | Malcolm Metcalfe 31.08 |
| 58 | 50 | Jason Wilkinson | 22.04 | 124 | 20 | Sharon Troop 31.20 |
| 59 | 34 | Brian Harney | 22.18 | 129 | 12 | Derek Shaw 32.18 |
| 61 | 32 | John Kirk | 22.44 | 131 | 45 | Helen Hollingsworth 32.30 |



South Yorkshire Indoor Series 2009 / 2010. EIS Sheffield

The second series, of 4 events, for both club & non club Young Athletes.

Age categories: U11, U13 & U15 boys and girls (age at **31/08/2010**)

| 14th November | 28th November | 28th February* | 20th March* |
|---------------------|--------------------------|---------------------|--------------------------|
| 60m | High Jump | 60m | High Jump |
| 200m | 150m (U11 & U13) | 150m (U11 only) | 150m (U11 & U13) |
| 800m (600 for U11s) | 200m (U15) | 200m (U13 & U15) | 200m (U15) |
| Long Jump | 600m | 800m (600 for U11s) | 600m |
| Shot Put | 400m (U15 only) | Long Jump | 400m (U15 only) |
| | Foam Javelin (U11s only) | Shot Put | Long Jump (U11 only) |
| | | | Foam Javelin (U11s only) |

Start time, warm up & registration from 12:00, Events start at 12:30 * Provisional date tbc

Entry via a number, cost £8, for all 4 fixtures. Athletes can do 3 events max at each fixture.

Athletes in clubs affiliated to SYCDA buy your number from your club

All other athletes enter via a link on the SY website www.sycaa.co.uk

(More information will also be available on that website)



Supported by the South Yorkshire Athletics Network (sponsored by McCains) and

