



RH Ladies Brave Effort

Full Yorkshire Championship results inside



After the Ball: Jenny Blizard, fifth fastest on the day, assesses the men's relays at Don Valley.

A brave effort by Rotherham Ladies saw them come home just 16 seconds out of the medal positions in the Yorkshire 4-stage relay at Don Valley last Saturday.

With a number of runners returning from injury team captain Gill Taylor was happy to stand down from the first team but her sprightly 12.39 would have been acceptable there. As would 12.29 from Janet Hindley, hopefully fully recovered from her injury problems. With Hilary Garrison likewise making her comeback and Sharon Burton home for a while, 11th place for the B team was an impressive and fitting reward for the support they have shown throughout the year.

After a familiar-looking sharp start from Jenny Blizard we saw fine supporting running from Leanne Gibson, Sue Bellamy and Anita Cavell, a familiar trio from the South Yorkshire events they supported so well. I don't have supporting past times for comparison but it looked to me like a good run particularly from Leanne.

Having handsomely won the South Yorkshire series and held our heads high at Damflask, it would have been fitting if they had made the medal positions this time but it was not to be, the same three clubs shading us out as last year. But it will be, with the commitment and organisation they have shown and, I think, with increasing numerical support that will come from it. And it passes the right messages to the up-and-coming ladies who are approaching the senior category.

Star of the month



Star Results for Kelly

Congratulations are due to U15 Kelly Pagdin pictured above showing fine style in the shot at the South Yorks Championship which she won with 9m83. Highlight was a new championship best performance in the javelin with 33.42.

A week earlier she took maximum points for SY in the inter-counties in shot, javelin and discus.

Notice to Members

The 118th ANNUAL GENERAL MEETING

The above meeting will take place in the Rotherham Cricket Pavilion, Clifton Lane, Rotherham at 7.00pm on Thursday 13th October 2005.

I would like to remind you that, under the Club's Constitution, nominations with seconds for the election of officers must be given in writing to the Club Secretary or myself, no later than Thursday 22nd September 2005. All current officers are automatically eligible to re stand. President David Johnson has held his position for 1 year it is normal that this post is held for 3 years. A Secretary for the Cross Country Section is required.

Motions for discussion at the AGM must be submitted in writing to the Club Secretary 2 weeks prior to the meeting.

Parents and friends are welcome to attend the meeting, but only Club members aged 14 or over are allowed to vote.

Yours sincerely,
Jim Brogan, Chairman

Several helpers are needed for the highly-successful and attractive SPORTS HALL athletics for young athletes which starts in October. Club evenings at the Leisure Centre. Contact RH secretary Bert Norburn or any official

U17 Women on Gold Standard U15 Boys Weigh in with Bronze

Having taken silver at U15 and U17 last year, the younger ladies went one better this time as Natalie Grant, Jade Allen and Jessica Fawcett stepped up to join Vicky France at under-17 for a sweeping victory at Don Valley.

The Under 13 girls, and boys, and U-15 girls (whose events are straight races, not relays) weighed in with creditable fifth places for each.

A highlight was to follow as our U15 boys, where perhaps we have not recently been strong, scored a splendid third place bronze through Liam Thompson, David Booth and Michael Pierce, with Stephen Hett supporting.

RH Men Keep in Touch

RH Men took a fairly respectable 6th place in the 6-stage relay but this was not a sharp performance, and of course we were overshadowed by the success of the previous two Yorkshire relay meetings.

With Andy Aked (out injured for 3 to 6 weeks) watching from the stand and Rob Watkinson at a wedding, a top result was always in doubt, but top marks to those who ran and at least gave us fair county ranking. However we haven't turned out strongly throughout the

year, contributing to an unusually bare trophy cupboard for all RH men on the road.

With SY series and national relay cross-country fast approaching, and the northern 6-stage road, we have opportunities to point in the right direction again.

Below: Peter Mirrlees on stage 2 at Don Valley



U K ATHLETICS COACH EDUCATION COURSES 05 - 06 YORKSHIRE REGION

SEPTEMBER 2005

Sunday 4th Level 1, South Leeds Stadium, (Course code YO 85)
 Saturday 24th & Sunday 25th Level 2 Core, Spensborough (Course code YO 21 4C) - FULL
 Sunday 25th Level 1, Huntington School, York (Course code YO 83)

OCTOBER 2005

Saturday 8th Children in Athletics, Leeds Metropolitan University (Course code YO CiA 23)
 Sunday 9th Level 1, Leeds Metropolitan University (Course code YO 86)
 Saturday 15th & Sunday 16th Level 3, Phase 1, Leeds Metropolitan University (Course code YO 3001 / 1)
 Saturday 22nd Level 1, English Institute of Sport, Sheffield (Course code YO 80) - FULL
 Saturday 29th Level 4, Phase 1, Leeds Metropolitan University (Course code YO 4000 / 1)

NOVEMBER 2005

Sunday 6th Level 1, Beverley Leisure Centre (Course code YO 78)
 Sunday 20th Children in Athletics, Beverley Leisure Centre (Course code YO CiA 22)

DECEMBER 2005

Saturday 3rd Children in Athletics, Leeds Metropolitan University (Course code YO CiA 24)
 Sunday 4th Level 1, Leeds Metropolitan University (Course code YO 87)
 Sunday 20th Children in Athletics, Beverley Leisure Centre (Course code YO CiA 22)

FEBRUARY 2006

Saturday 4th & Sunday 5th Level 3, Phase 2, Leeds Metropolitan University (Course code YO 3001 / 2)
 Saturday 4th & Sunday 5th Level 4, Phase 2, Leeds Metropolitan University (Course code YO 4000 / 2)
 Saturday 25th Level 1, Leeds University (Course code YO 73)
 Sunday 26th Level 1, Leeds University (Course code YO 74)

MARCH 2006

Saturday 4th Level 1, Harrogate Ladies College (Course code YO 75)
 Saturday 18th Level 1, Sheffield (Course code YO 81)
 Saturday 25th & Sunday 26th Level 2 Core, Herringthorpe Stadium, Rotherham (Course code YO 217C)

APRIL 2006

Saturday 1st Children in Athletics, Leeds Metropolitan University (Course code YO CiA 25)
 Sunday 2nd Level 1, Leeds Metropolitan University (Course code YO 88)

JUNE 2006

Saturday 3rd Level 1, Camps Mount School, Doncaster (Course code YO 89)
 Saturday 17th Level 2 Event Modules (Speed & Throws), Herringthorpe Stadium, Rotherham (Course codes YO 217S & YO 217T)
 Sunday 18th Level 2 Event Modules (Endurance & Jumps, Herringthorpe Stadium, Rotherham (Course codes YO 217E & YO 217J)

Further details on all of the above courses from the Regional Education & Training Administrator, Bob Schofield, 3 Thornton Close, Hessele, East Yorkshire, Tel. 01482 645272 or e mail bschofield@ukathletics.org.uk

Course Costs:

Level 1 & Children in Athletics £50
 Level 2 (Core, Event Module & Assessment) £120
 Level 2 Event Module (additional) £30
 Level 3 Phase 1 or Phase 2 £80
 Eating Disorders £40

Any existing coach who wishes to upgrade or any NEW Coach wishing to attend any level 1 course should contact Jim Brogan Club Coach Co-Ordinator to arrange course booking and possibilities of funding the course.

Track & Field

Bert Norburn

Harriers Stars shine in Inter-counties

At the recent Northern **Inter Counties Champs at Cudworth** Harriers Stars featured in a comprehensive win.

Vicky France took 1st place in the U17 Ladies 1500m 4m 51.18s: Natalie Grant took 2nd place in the U17 800m 2m 15.66s, Lyndsay Clarke 11m 23.40s was 5th in the U 17 Ladies 3K, Kelly Pagdin 1st in U 15 Girls Javelin 32.39m, Ben Harvey 4th U17 Men 400m H 62.39s, in the senior men's 1500m Rob Watkinson took 2nd spot in 3m 57.91s.

In the NoE U20 3000m Championship at Stretford, Manchester Natalie Grant took 4th place in 10m 11.97s 5th place was Vicky France close by on 10m 14.97s. Not bad considering the winner was 19 years of age.

Norwich Union, Don Valley Stadium

You may not have seen him on the telly, but David Scholey carried the 7-pointed vest around an invitational U 20 400 metres at this prestigious event. David came home in 7th place in 49.42s (I think that's a PB) behind athletes much older than his 17 years.

Well done David you did us proud.

Secretary's Notes

Bert Norburn

Welcome, Willkommen, Benvenuti, Bienvenida, Bienvenu, Failt, Croeswaid, Welcum..etc..etc..

At the August Executive, Committee accepted membership applications from the following en bloc:-
 Chloe Abrahams 8 T&F, Emmanuel Bockarie 12 T&F, Samuel Bockarie 14 yrs T&F, Paul William Court-Holmes 15 T&F, Nicky Holland 11 T&F, Emma Nixon 10 T&F, Gail Lynne Nixon 39 2nd Claim, Roy Nixon 51 2nd Claim, Steve Nixon 16 T&F RR XC, Jared Riskey Jones 14 T&F, Samuel James Skelton 10 T&F, Rosie Alice Brier Skelton 8 T&F, Joshua Taylor 11 T&F RR XC.

We give them the usual warm welcome and wish them a happy and successful athletic career sporting the black vest with the white seven pointed star.

Young Harriers Gain County Honours.

The following Young Athletes have been selected to represent a South Yorkshire County Athletic Association team in an Under 15 Inter Counties Competition at Boston on Saturday 10 September 2005. Our congratulations goes to them they were selected from their performances in either the South Yorkshire League of SYCAA Young Athletes Championships:-
 Joshua Bartle U13 Boys 100m and relay, Sam Johnson U15 Boys 200m and relay, David Coupe U15 Boys Discus, Olivia Neal U13 Girls Long Jump,

Bethany Plumtree U13 Girls Shot, Stephanie Burns U13 Girls 800m, Heather Dyson U15 Girls Long Jump, Charlotte Worth U15 Girls High Jump, Kelly Pagdin U15 Girls Discus and Shot, Claire Lebond U15 Girls Javelin.

South Yorkshire League Round Up.

With the last match now completed the final league positions for this year have been identified as follows:-

U 15 Girls Rotherham 2nd place, U15 Boys Rotherham 8th place, U17 Women 6th, U17 Men 5th, Senior Women 5th, Senior Men 5th, overall League position 4th.

Officials placing on League Points allocated Rotherham 1st =

The Club Officials obviously place more importance on supporting this league than the athletes do. This has been the situation for some years I do not know why but athletes views would be appreciated.

National Junior League Season's Round Up

20th August and we have JUST received the final result from the match held at Loughborough on 24th July.

Just in case you have forgotten the Match was played out in rain from start to finish. Harriers fielded depleted teams due to holiday and injuries.

On the day the Ladies took 3rd place on 225 pts behind Charnwood 257 pts and leaders Notts AC 294 pts. This left the Ladies in overall 3rd place in the league with 26 league points. It was tight at the top with Charnwood in 2nd on 27 pts and Notts Ac at the top on 29 pts.

The Lads didn't fare quite so well taking 4th spot on the day and 4th League position overall

Ex Harrier Ties The Knot.

The marriage took place of ex Harrier Robert Rhodes, son of our Vice President and Club stalwart, Mary Rhodes, and Lyndsey Nicole Journet at St Chad's Church, Bagnall, Staffordshire on Saturday 13th August 2005. The Bride and Groom met whilst at Staffordshire University both are 26 years of age. One of the bridesmaids was the Groom's sister Linda Stanton (also a former Harrier). A reception was held at the Three Horseshoes Public House at Blackshaw Moor between Leek and Buxton.

The couple are to live in Bagnall, Stoke-On-Trent where Robert teaches PE in a local school, his wife, Lyndsey is also a teacher. The Bride spent over two years on a sabbatical in Japan and carried the culture of that Country through to her wedding wearing a gold Komo.

Our best wishes go to the couple and warmest congratulations to our Vice President, Mary Rhodes.

Harriers Youngsters in last match thriller

Rotherham Harriers Young Athletes hosted the last meeting in Division N1E of the National Young Athletes League at Herringthorpe on Sunday 31st July. They were taking on teams from Blaydon, Darlington and Scarborough. With both Blaydon and Darlington heading the Rotherham team in the league it was always going to be a challenge.

It turned out to be an absolute thriller going down to the last race of the day the U17 Mens 4 X 400m Relay. Rotherham were leading by 2 points as the gun fired with Blaydon in runners up position. The Blaydon quartet screamed round the track to take first place and 4 points. The Harriers men could only take two points finishing in third place and the Match ended in a tie with Blaydon and Rotherham on 331 points each. The atmosphere was fantastic with team members cheering and screaming their peers every inch of the race.

Although final league positions await ratification Rotherham appear to have secured 7th place in this 16 team league. With many of the older athletes remaining in this age group next year things look very good. Match Result

1= Rotherham 331 pts, Blaydon 331 pts, 3rd Darlington 281 pts, 4th Scarborough 172 pts. Individual performances were as follows

U17M 400m H A 1st Sam White 83.8s B 1st Ben Har-

vey 83.8s: U13G 150m 2nd Georgina Arif 22.6s: U13B 200m A 3rd T Watson 30.6s B 3rd Z Rush 33.3s: U15G 200m 2nd Amber Merrills 28.9s: U17W 200m 1st LKyndsay Clark 29.0s B 1st Laura Sanderson 30.1s:U17M 200m 2nd Lee Harwood 24.1s:U15G A Long Jump 4th P Scattergood 3.22m B 3rd J Tinkler 2.98m: U17W Long Jump A 2nd Charlotte Vaughan 4.29m B 1st Laura Sanderson 4.15m:U13G High Jump A 1st K Denham 1.30m B 1st Georgina Arif 1.15m: U13G 800m A 2nd Olivia Neal 2m 58.6s B 1st Samantha Rollinson 3m 04.0s: U13B 800m A 2nd T Watson 2m 44.0s B 2nd William Banks 3m 14.0s: U15G 800m 3rd Harriett McLaren 2m 48.5s: U15B 800m A 3rd A Moss 2m 22.9s B 3rd S Hett 2m 46.9s: U17W 800m A 1st Natalie Grant 2m 16.6s B 3rd K Bateman 3m 24.9s: U17M 800m 3rd Sam White 2m09.0s:U13G 70mH 2nd Naomi Gibson 16.8s:

U13 B Shot 3rd L Finch 4.64m: U13G Shot A 2nd Bethany Plumtree 6.30m B 1st Naomi Gibson 5.60m: U13G Long Jump A 1st K Denman 3.84m B 1st Olivia Neal 3.79m: U15B Long Jump 4th William Banks 3.30m: U17W 80m H 1st Helen Banks 13.1s: U15B 80mH 3rd David Coupe 18.0s: U17W High Jump aA 1st Helen Banks 1.60m B 1st K Bateman 1.25m: U15G High Jump A 2nd Harriett McLaren 1.33m B 1st J Tinker 1.30m: U15G Discus

A 2nd Kelly Pagdin 29.14m B
3rd Harriett McLaren 9.97m: U17W Discus 4th
Lyndsay Clark 15.88m:



Ben Harvey (pictured at the SY event) where he set a new Championship U17 Best 400m hurdles in 65s.

U17M 400m 3rd Ben Harvey 57.4s: U15B Shot A 2nd Jonathan Hughes 8.94m B 1st Liam O'Malley 8.86m: U15G 300m A 2nd Steffanie Burns 49.0s B 1st Louise Binks 49.3s: U17W 300m A 1st Natalie Grant 43.2s B 1st Charlotte Vaughan 46.2s: U13G 75m A 1st K Denman 10.9s B 2nd Olivia Neal 12.3s: U17M Long Jump 2nd Ben Rollinson 5.23m:U15G 100m A 2nd Amber Merrills 14.1s B 1st Louise Binks 14.2s: Ua5B 100m 2nd S Bockarie 12.4s B 2nd Liam O'Malley 13.3s: U17M 100m 3rd Lee Harwood 12.0s:U17W 100m 2nd Laura Sanderson 13.6s B 1st Natalie Grant 14.7s:

U15G Javelin A 1st Kelly Pagdin 28.65m B 1st J Tinkler 11.22m: U17W Javelin A 2nd Lyndsay Clark 17.04m B 2nd Vicky France 13.49m:U13B 1500m 2nd N Raine 5m 49.0s: U15B 1500m 4th L Thompson 5m 32.6s: U15G 1500m 1st Steffanie Burns 5m 20.9s: U17M 1500m A 2nd Sam White 4m45.5s B 1st D Fearn 4m54.0s: U15B High Jump A 1st S Arifeen 1.60m B 1st Jonathan Hughes 1.50m: U15B Long Jump A 1st S Bockarie 5.28m B 1st Liam O'Malley 4.96m: U17W 1500m A 1st Vicky France 5m 00.7s B 1st Jessica Fawcett 5m 04.5s: U17W Shot A 2nd Helen Banks 8.71m B 1st Jessica Fawcett 5.33m: U15G Shot A 1st Kelly Pagdin 10.08m B 1st Amber Merrills 9.30m: U17W Triple Jump 1st Charlotte Vaughan 9.92m:U17M Javelin A 1st Liam Tideswell 31.25m B 1st Lee Harwood 25.72m: U15B Javelin 3rd David Coupe 10.87m:U17M Triple Jump 1st Ben Rollinson 10.46m:

U13 Girls 4 X 100m Relay 1st Rotherham 61.6s: U15G 4 X 100m Relay 2nd Rotherham 57.4s: U15 Boys 4 X 100m Relay 1st Rotherham 54.0s: U17W 4 X 100m Relay 1st Rotherham 54.9s: U17M 4 X 100m Relay 2nd Rotherham 50.3s: U17W 4 X 400m Relay 1st Rotherham 4m 14.8s:U17M 4 X 400m Relay 3rd Rotherham 3m 54.3s

Two Harriers made it an almost perfect finish to the day with Natalie Grant taking Athlete of the match (track) award with her performance of 2m 16.6s in the U 17 Ladies 800m and S Arifeen taking the Boys Athlete of the match (field) with his jump of 1.60m in the U15Boys High Jump.

Fixtures

DATE	EVENT	START/VENUE	ENTRY
25-Sep Sun	Stange Struggle (O-18) BM	Hathersage 11.00	
01-Oct	NoEAA 6/4 stage Relays,	Blackpool	
02-Oct	NoEAA YA Relays,	Liverpool	
02-Oct	Selby 1/2 marathon	J Harran 01757 706730	
08-Oct	Rother Valley Trail Race 11.00	RV Country Park Allan Bamford 01909 565623	
09-Oct	Scarborough 10 mile	R Broadley 01723 368957	
09-Oct	Clumber Park 10k RHACCC	01909 476592	
16-Oct	Bridlington 1/2 marathon YVets	Judy Allison 01262 671673	
16-Oct	SY Cross-Country 1 SY	Norfolk Park Sheffield	
22-Oct	National 6-stage/ 4 road relay	Sutton Park, S Coldfield	
29-Oct Sat	Ulley 5k Time Trial 1st in series	Royal Oak Ulley off 11am dates to be confirmed	
30-Oct	Holmfirth 15 YVets Ch.RHACCC	Tim Cock 01484	
30-Oct	Workshop Half RHACCC 10.30	www.workshop-harriers.co.uk	
06-Nov	SY Cross-Country 2 SY	Graves Park	
12-Nov	National Cross-C Relays	Mansfield	
26-Nov Sat	Ulley 5k Time Trial 2nd in series	Royal Oak Ulley off 11am dates to be confirmed, 4 more	
27-Nov	Clowne Half	£6 (+2otd) cd 21/11 01909 730652 details	
27-Nov	SY Cross-Country 3 SY	Hayfield Lakes Doncaster	
04-Dec	Percy Pud 10k	enter early, closes	
10-Dec Sat	Round Rotherham Run & relay	Brampton Leis.Cent. 6/7/8am details	
10-Dec	Silkstone Chase		
11-Dec	Bedford Half Marathon	Wootton, Beds 11am J.Horne 012234 307013	
18-Dec of date	Santa's Special	Kimberworth Grange Pk (Tree-O) waiting confirmation	
25-Dec	Christmas Day Hdcap RHACCC	11.00 first off watch for closing date	
26-Dec	Braithwell 5 11.00 (Tree-O)	Maltby RC	
26-Dec	Ward Green 6	Ward Gn, Barnsley	
1-Jan	Christmas Tree-O,	Rotherham Cricket Club (Tree-O) on the day	
08-Jan	SY Cross-Ctry 4 & champs SY	Penistone Showground	
14-Jan	Yorkshire Cross-Country	Rotherham Herringthorpe	

Picture Quiz



Thanks to Ken Ridgeway for this blast from the past— well, not that 'past' really. Who can you recognise; what is the occasion?

Rotherham Runner

I am sorry that the September edition had to be cancelled due to my illness. This edition covers late September and October.

We need some new pictures. New old pictures if you see what I mean. Team or group pictures, yourself, various venues, blast from the past or recent. Email them to me— or I can scan them if hard copy in 2 minutes at the club or elsewhere. They need not leave your possession.

This edition and back issues are at the support web site www.rhac.co.uk. (now with photos in colour (if originals were!)) Photo reproduction is much better on line.

Note that RHAC official web site is at www.rotherhamharriers.org

Communications

From Sharon Burton

Congratulations on another good newsletter which I found very interesting (yet again).

Just to let you know - I feel a bit guilty and embarrassed about taking the credit (...for our front page feature last month...) - that Brian wrote most of the story about our GR20 jaunt. I helped a little by adding or omitting bits and then typing it up and emailing to you.

Would you mind acknowledging Brian in the next issue?
(Pleased to oblige, thank you Brian Ed)

In a separate email Sharon drew my attention to the World Masters Fell Running Championship which, due to my holiday, I unfortunately failed to advertise: "... you might like to put this fixture on the calendar although it's only for veterans but might appeal to some of our members (or even mention it in the next newsletter). It takes place in Keswick on September 10th and 11th. If I was in England then I would definitely do the race just for experience but unfortunately, I don't arrive until the next day! There is a link to the Fell runner website which you may be interested in adding to your list for other races too. It is :www.fellrunner.org.uk"

From Alan Chell:—

Thanks for the newsletter for August, the photo No 2 brought back some amazing memories.



The vets relay when this particular photo was taken was in fact 1998, on the 17th May. I'm sure you remember how incredibly hot it was that day, not ideal running weather I must admit but the result was fantastic.

I remember some of us stayed the night down in Guildford I believe to enjoy the local hostleries with a run along the canal before breakfast the next morning and the journey home.

Thanks again and all the best

Picture Quiz: LAST MONTH



Below: Tim Drake, Dave Tune, Peter Neal, Paul Rowland and Pete Morris at Notts University. Peter Neal e-mailed:—

"Finally recognised the buildings in the back ground and since this was one of my best runs ever in the black vest I have the details in an old diary. This was a good era for road running at the club, a lot due to two very influential members, leg 3 runner and the man behind the camera.

5 man team , Notts University Relays 19.3.94
Team finished 3rd
2.6 miles/leg
Leg 1 Tim Drake 13:33
Leg 2 Paul Rowlands 13:13
Leg 3 Dave Tune 12:39
Leg 4 Peter Neal 12:48
Leg 5 Peter Morris 13:44



Picture 3 from last month, venue is Graves Park

(Peter refers to the venue where Tony Leach ran). I am still working on the 'mass start' picture". (Ed: above; but Peter soon recalled this was (the first?) Doncaster Half Marathon (Tickhill Lions) starting at Rossington, and ultimately to finish on Doncaster Racecourse.

Prominent near the front are Roy Bailey (right) with RH runners Paul Venables just hiding Gerald Greaves with Alan Jones across to their right. Behind Alan is Chris Beighton and to the left of him as we look Dave Trickett (Hall.H). Directly in front of Trickett is Alan Gregory, at that time still running as HH prior to his move to RHAC.

Kerry and David Booth invite you to join them on their walk ,taking in parts of the Barlborough Trail, on Sunday the 23rd October

Meeting at 10.00am in the Spensfield Car Park next to the Blue Bell Pub in Harthill

The walk will last for approx 3 and a half hours

Rotherham Harriers & AC Newsletter

Editor Peter Humphries

Contact for news/comment: 01709 549125

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Club Website:

www.rotherhamharriers.org (official site)

General interest, fell/trail: www.hmaston.co.uk

Newsletter, back issues on-line and general member support: www.rhac.co.uk

We are always interested in the views and news of runners, especially members (old, new, ex- or prospective).Deadline for copy: third Tuesday each month.

Club Championships 2005

Alan Bryden

We have had 22 Club Championship races in 2005.

The last six races for this year are

Clumber Park 10K on the 9th October. Tel 01909 476592

Holmfirth 15M on the 30th October

Workshop Trader 1/2M on the 30th October

Kimberworth Santa Special 18th December

Christmas Day H'cap on the 25th December

Braithwell 5 on the 26th December

Leaders who have completed 8 qualifying races up to and including Armthorpe 10K are

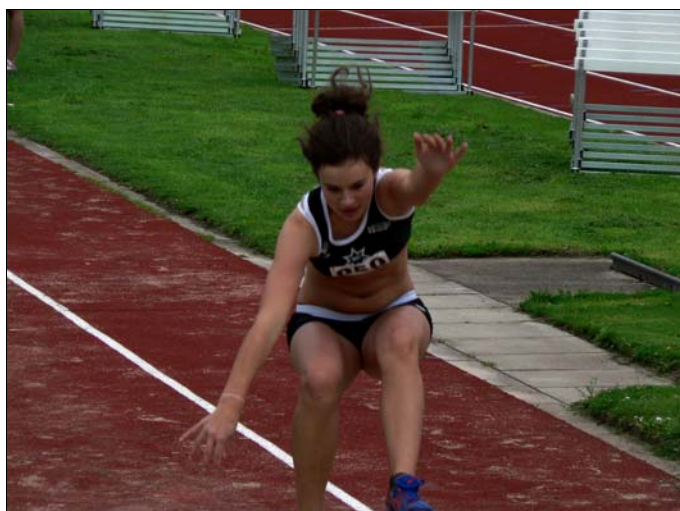
	MEN
Gregory S	410
Nuttall D	405
Mounsey S	400
Neal P	393
Rhodes M	386
Eastwood T	373
Shaw N	367
Butterworth R	353
Asbridge M	349
Wright D	321
Corish A	309
Weatherburn D	288

Leaders in **Ladies** table are

Name	Points	Races
Gibson L	412	8
Blizard J	370	7
Bellamy S	351	7
Cavell A	252	5
Taylor G	217	5

Runners with most points from all races are

Name	Points	Races
Gregory S	688	14
Rhodes M	625	15
Shaw N	607	14
Eastwood T	592	13
Mounsey S	530	11
Nuttall D	453	9
Butterworth R	425	10
Gibson L (lady)	412	8
Neal P	393	8
Asbridge M	386	9
Wright D	383	10
Blizard J (lady)	370	7



Ellie Mosley showing the way in the SY U15 Long Jump where she took bronze with 4.33m-m but in the High Jump it was gold with 1.50m

Devil Take the Hindmost

Jim Brogan

Columns show lap, start time, number starting and number to be eliminated.

Lap	Start Time	Starters	Eliminated	Athletes Eliminated
1	00:00	40	1	Pat Wells (RHAC)
2	02:00	39	1	Mary Rhodes (RHAC)
3	04:00	38	2	Sue Armour (Unatt): Gill Taylor (RHAC)
4	06:00	36	2	Phil Smales (RHAC): Laura sanderson (RHAC)
5	08:00	34	2	Henry Marston (RHAC): Sarah Barnes (RHAC)
6	10:00	32	2	Phil Haigh (RHAC): Janet Hindley (RHAC)
7	12:00	30	2	Leanne Gibson (RHAC): Phillip Swift (Unatt)
8	14:00	28	2	Lindsay Clarke (RHAC): David Scholey (RHAC)
9	16:00	26	2	Rob Tintinger (Mexb P.): Rob Spencer (RHAC)
10	18:00	24	2	Vicki France (RHAC): Roy Butterworth (RHAC)
11	20:00	22	2	Daniel Hughes (Scunthorpe): Paul Riley (Unatt)
12	22:00	20	2	Sam White (RHAC): Simon Pugh (RHAC)
13	24:00	18	2	Dominic Brook (Sheff Tri): Abbey Vernon (Chesterfield)
14	26:00	16	2	Natalie Grant (RHAC): Jenny Blizard (RHAC)
15	28:00	14	2	Mark Ward (RHAC): Andy Lakeland (S.Y. Pol)
16	30:00	12	2	Mathew Gilliland (Donc & S): Simon Gregory (RHAC)
17	32:00	10	2	David Storey (RHAC): Mark Ruddleston (RHAC)
18	34:00	8	2	Simon Mounsey (RHAC): Nigel Brookes (RHAC)
19	36:00	6	2	Richard Harris (RHAC): Gary Davy (RHAC)

1. Rob Watkinson (RHAC)
2. Gavin Keight (Hallamshire)
3. Adam Dyson (Hallamshire)
4. Philip Hoole (RHAC)

Despite some honest good performances from the rest, Rob Watkinson maintained his tradition in the Devil event– but not without a close challenge from our Hallamshire visitors. Organiser David Haywood and colleagues might have been pleased by the turn-out.

South Yorkshire T&F Championships

Young RH Stars Shine Through the Gloom

Rotherham Harriers promoted the SYCAA Championships at Herringthorpe Stadium on Sunday 11th September. The weather was a little cruel, cloudy and cool but at least it remained dry throughout the day.

The highlight of the day was undoubtedly when Kelly Pagdin set a new Championship best performance in the U15 Girls Javelin and Ben Harvey followed up similarly in the U17 Mens 400m Hurdles albeit this being a new event.

There were some tremendous performances from many athletes and we finished up with a bag full of medals. The medal performances were as follows

Track Events

100 metres Boys 2nd Sam Bockarie 12.4s, U17Mens 1st Lee Harwood 12.0s Vet Men 3rd Ian Cooley 13.3000 metres Steeplechase Vet Mens 1st Simon Pugh 12m30.2s
80 metres Hurdles U/17 Women 1st Helen Banks 12.2s
800 metres U17 1st Sam White 2m 07.8s Sen Men

2nd Warren Vayro 2m 10.7s
110 metres Hurdles Junior Men 3rd Scott Harwood 16.2s
Vet Men 2nd Ian Cooley 21.5s

80m Sprint Challenge U 11 Girls 1st Abigail Bichall 11.5s 80m Sprint Challenge U 11 Boys 1st Elliott Wilson 11.9s 100m Sprint Challenge U 13 Boys 2nd Emanuel Bockarie 13.9s, 3rd William Banks 15.5s
400 metres Mens 1st David Scholey 50.1s, 2nd Rhian Hasty 51.0s 400 metres Vet Mens 2nd Simon Pugh 63.8s

400 metres Womens 2nd Stacey Holmes 73.1s 400 metres U17 Mens 1st Ben Harvey 54.3s, 2nd Sam White 55.9s

400 metres Hurdles Mens 1st Scott Harwood 60.6s
400 metres Hurdles Vet Men 3rd Simon Pugh 78.3s
400 metres Hurdles U17 Mens 1st Ben Harvey 65.0s (CBP New Event)

1500 metres Boys 2nd David Booth 4m 48.1s U17 Mens Steve Nixon 5m 13.8s
200 metres Boys 3rd Sam Bockarie 25.2s U17 Mens 1st Lee Harwood 24.5s Mens 1st Rhian Hasty 22.7s
200 metres Vet Men 3rd Simon Pugh 29.2s

Field Events

Triple Jump U17M 1st Benjamin Rollinson 11.03m, 2nd Liam Tidewell 10.49m
Javelin U15 G 1st Kelly Pagdin 33.42m New Championship Best Performance U15B 1st David Booth 27.47m Sen Women 2nd Laura Booth 20.77m U17 Women 2nd Helen Banks 21.71m U17M 1st Liam Doyle 34.87m, 2nd Liam Tidewell 33.74m,

Long Jump U15G 3rd Ellie Mosley 4.33m U15B 3rd David Coup 4.79m U17B 1st 2nd Benjamin Rollinson 5.18m, 3rd Samuel Bockarie 4.85m U17G 3rd Charlotte Vaughan 4.68m Sen Men 1st Scott Harwood 6.14m, High Jump U15G 1st Ellie Mosley 1.50m U17M 1st Liam Doyle 1.63m, 2nd Liam Tidewell 1.60m U17W 1st Helen Banks 1.60m

Shot Putt U15G 1st Kelly Pagdin 9.83m, 2nd Amber Merrills 9.61m U17M 2nd Lee Harwood 9.71m Sen Women 1st Laura Booth 11.35m, 2nd Elizabeth Maher 9.61m

Discus Throw U15B 3rd David Booth 22.91m U15G 2nd Kelly Pagdin 30.59m, 3rd Laura Barnes 24.99m U17W 1st Stacey Lebond 26.02m Vet Men 2nd Alan Coupe 21.46m Sen Women 1st Elizabeth Maher 32.57m, 2nd Laura Booth 25.57m

Hammer Throw U17 Women 1st Stacey Lebond 34.46m Vet Men 2nd Ian Cooley 18.09m

VACANCY – CROSS-COUNTRY SECRETARY

Currently the club does not have a Cross Country Secretary. At the September Exec Committee meeting it was agreed that all positions would now have a description of the duties associated with each position. Below are the duties agreed for the post of Cross Country Secretary. Anyone interested should ensure they are nominated at the AGM of the club in October.

Cross Country Secretary - Duties

- Attend monthly meetings of the Executive Committee
- Attend the Annual General Meeting of the club
- Prepare and present a report of the sections activities for the year to the AGM
- Prepare a proposed section budget for the year ahead to the Executive Committee by the December Executive Committee meeting following the AGM in October
- Organise regular meetings of the elected cross country committee
- Receive correspondence relevant to the activities of the Cross Country Section and respond as appropriate
- Create and maintain a Cross Country Fixture List for dissemination to the club members via
 - The Clubs Official Website (www.rotherhamharriers.org)
 - The Club Newsletter
 - Notice Boards at Herringthorpe Stadium
- Ensure results from competitions involving athletes from the club are disseminated via
 - The Clubs Official Website (www.rotherhamharriers.org)
 - The Club Newsletter
- Prepare and present a report of the sections activities for the year to the AGM
- Ensure any South Yorkshire Cross Country League Fixtures/ Championships hosted by the club are adequately organised in terms of Venue and changing facilities
 - Risk assessment of the course
 - Race marshals
 - Race numbers
- Ensure entries for Championship Events (Yorks, Northerns, Nationals) are completed correctly and are posted in adequate time to meet the requirements of the event organiser.
- Appoint team managers to select and organise teams for the Championship Events

Colleagues old and new at Nottingham last week; some of the usual suspects, times heading the right way for Simon and Sue back from injury, family turn-outs from Kevin and Eleanor, and from Messrs Tune.

Luke and Dave seemed happy with their full marathon efforts.

Nottingham Half

1	Paul Langat	Kenya M	1:03:25	1:03:24
2	Simon Arusei	M	1:03:29	1:03:28
3	Joseph Kipor	Kenya M	1:04:22	1:04:19
40	Simon Mounsey	RHAC M	1:18:36	1:18:29
177	Dave Tune	RHAC M	1:26:49	1:26:31
178	Mick Tune	RHAC M	1:26:49	1:26:31
396	Susan Bellamy	RHAC F	1:33:01	1:32:48
1967	Malcolm Rhodes	RHAC M55	1:50:54	1:50:46
3777	Kevin Thomas	RHAC M50	2:04:40	1:59:10
3778	Eleanor Thomas	RHAC F	2:04:40	1:59:10
4969	Michael Sarjeant	RHAC M50	2:15:09	2:08:33

Marathon

1	P.Bangani	Scunthp	2:23:31	2:23:29
250	Phil Haigh	M45	3:28:30	3:27:41
344	Matthew Asbridge	M	3:37:16	3:36:26
640	Dave Burke	M45	4:01:12	3:57:15
744	Luke Brady	M55	4:10:56	4:06:59

RH.& AC. 5000m CHALLENGE

14 th SEPTEMBER 2005		10.	Leanne Gibson	19:46.3	
Result of the track 5k:		11.	Anita Cavell	20:01.7	
		12.	Gill Taylor	20:24.9	
		13.	Kellie Thomason	20:44.7	
1.	Chris Moran	16:52.6	14.	Phil Smales	21:03.9
2.	Simon Mounsey	17:06.2	15.	Janet Hindley	21:39.8
3.	Dave Nuttall	17:34.0	16.	Alam Corish	22:17.5
4.	Peter Neal	17:45.1			
5.	David Storey	17:45.4	Note that the Ulley 5k is due to start on Saturday 29th October, and is on the last Saturday each month. Jim says we are sticking to that date even in December!		
6.	Terry Eastwood	17:56.7			
7.	Simon Pugh	19:17.4			
8.	Sue Bellamy	19:32.1			
9.	John Comrie	19:35.6			



Left: Same race, different events: David Booth (U15) and newcomer Steve Nixon (U17) in action at the South Yorkshire 1500m where each ran to silver in their respective age groups.

Below: Chesterfield Spire 10 victor Richard Harris in preparation for stage 5 of the Yorkshire relay at a desolate looking Don Valley Stadium. The event did not seem well supported this year either by teams of spectators.

Richard ran 55.10 at the Spire and was not seriously challenged after a hilly first half (28.33), just a week after stomach problems, possibly viral, forced him out of the Armthorpe 10k.



Yorkshire County Road Championships & Relays

Don Valley Stadium Saturday 17 September 2005

RHAC Results

Under 13 Girls Race

Pos	No	Name	Team	Time
1	60	C Thackery	Hallamshire	7.59
12	79	G Palmer	Rotherham	9.12
15	81	S Wilder	Rotherham	9.26
21	77	N Gibson	Rotherham	9.50
22	80	S Rollinson	Rotherham	9.50
31	70	G Booth	Holmfirth	10.48

Team Result

Pos	Team	Counters	Total
1	Barnsley	[2, 3, 5]	10
2	Leeds City	[4, 7, 13]	24
3	Hallamshire	[1, 20, 25]	46
4	Wakefield	[14, 16, 17]	47
5	Rotherham	[12, 15, 21]	48
6	Holmfirth	[19, 23, 27]	69
7	Holmfirth B	[29, 30, 31]	90

Under 13 Boys Race

1	M Woods	Leeds City	7.40
13	T Robson	Rotherham	8.33
17	E Badiene	Rotherham	8.55
21	Z Rush	Rotherham	9.13
22	T Morghon	Rotherham	9.14
23	J Robinson	Rotherham	9.15
26	J Robinson	Leeds City	10.26

Team Result

1	Leeds City	[1, 6, 7]	14
2	Scarborough	[2, 3, 10]	15
3	Holmfirth	[5, 8, 14]	27
4	Leeds City B	[9, 12, 15]	36
5	Rotherham	[13, 17, 21]	51
6	Holmfirth B	[16, 18, 19]	53
7	Leeds City C	[20, 24, 25]	69

Under 15 Girls Race

1	A McGivern	Holmfirth	11.25
8	S Burns	Rotherham	12.09
11	L Spence	Rotherham	12.22
30	R Middleton	Rotherham	13.54
41	R Lanceley	Rotherham	14.49
49	A England	Hull Achilles	15.50

Team Result

1	Holmfirth	[1, 4, 7]	12
2	Scarborough	[2, 3, 12]	17
3	Hull Achilles	[10, 15, 16]	41
4	Hallamshire	[9, 14, 18]	41
5	Rotherham	[8, 11, 30]	49
6	Leeds City	[6, 20, 25]	51
7	Hallamshire B	[19, 21, 27]	67
8	Wakefield	[22, 23, 24]	69
9	Holmfirth B	[13, 33, 34]	80
10	Barnsley	[28, 31, 40]	99
11	Leeds City B	[32, 37, 38]	107
12	Hallamshire C	[36, 45, 47]	128

Under 15 Boys Race

1	R Spooner	Hallamshire	10.21
8	L Thompson	Rotherham	11.36
16	D Booth	Rotherham	12.00
17	M Pierce	Rotherham	12.08

24	S Hett	Rotherham	12.39
30	J Fairley	Leeds City	15.25

Team Result

Pos	Team	Counters	Total
1	Hallamshire	[1, 2, 7]	10
2	Leeds City	[3, 5, 9]	17
3	Rotherham	8, 16, 17]	41
4	Hallamshire B	[11, 12, 18]	41
5	Leeds City B	[10, 20, 21]	51
6	Leeds City C	[27, 28, 29]	84

Under 17 Women Relay

3	J Fawcett	12.48	RH A
2	V France	12.17	RH A
1	N Grant	11.35	RH A
1	J Allen	12.57	RH A
6	L Waddington	14.37	RH B

Team Result

1	Rotherham	49.37
2	Hallamshire	51.54
3	Hallamshire B	54.02
Rotherham B	incomplete	

Fastest Overall

1	K Cheshire (Hull Achilles)	11.16
2	N Grant (Rotherham)	11.35
3	K McHale (Wakefield)	11.44
4	V France (Rotherham)	12.17
5	A Firth (Hallamshire)	12.30
6	F Archer (Wakefield)	12.45
7	A Newton (Hallamshire)	12.48
8	J Fawcett (Rotherham)	12.48
9	H Clarke (Hallamshire B)	12.51
10	J Allen (Rotherham)	12.57

Under 17 Men Relay

1	Leeds City
2	Hallamshire
3	Halifax
No RHAC team	

Junior/Senior Women Relay

3	J Blizard	10.59	RH A
3	L Gibson	12.08	RH A
3	S Bellamy	12.31	RH A
4	A Cavell	12.28	RH A
12	J Hindley	12.29	RH B
10	H Garrison	12.52	RH B
12	S Burton	13.36	RH B
11	G Taylor	12.39	RH B

Team Result

1	Hallamshire	44.46
2	Wakefield	45.27
3	Bingley	47.49
4	Rotherham	48.06
5	Wakefield B	48.16
6	Leeds City	48.32

7	Holmfirth	48.59
8	Horsforth	49.19
9	Hallamshire B	50.27
10	Barnsley	51.31
11	Rotherham B	51.36
12	Holmfirth B	52.54
13	Hull Achilles	53.01
14	Holmfirth C	55.05
15	Barnsley B	58.08
16	Spenborough	59.07
17	City Sheffield	61.00
18	Longwood	62.06
19	Spenborough B	64.57

Fastest Overall

1	L Such (Hallamshire)	10.40
2	P Thackray (Wakefield)	10.46
3	A Westley (Hallamshire)	10.51
4	A Gostling (Leeds City)	10.58
5	J Blizard (Rotherham)	10.59
6	A Dickie (Wakefield)	11.17
7	N Squires (Hallamshire)	11.30
8	J O'Mara (Wakefield)	11.34
9	S Becconsall (Bingley)	11.36
10	S Cariss (Bingley)	11.40

Junior/Senior Men Relay

12	D Nuttall	21.57	RH A
10	P Mirrlees	21.28	RH A
13	D Storey	23.13	RH A
8	J Thewlis	20.22	RH A
6	R Harris	20.29	RH A
6	M Ruddleston	21.22	RH A
20	T Eastwood	23.39	RH B
22	D Donaldson	23.56	RH B
18	J Gavelle	23.20	RH B

Team Result

1	Hallamshire	122.11
2	Leeds City	123.24
3	Bingley	124.12
4	Otley	126.21
5	Holmfirth	128.18
6	Rotherham	128.51
7	Hallamshire B	130.39
8	Keighley & Cr	132.06
9	York Acorn	132.43
10	City Sheffield	135.50
11	Barnsley	136.57
12	Knavesmire	137.58
13	Longwood	138.16
14	Wakefield	138.21
15	Horsforth	139.08
16	Askern	139.49
17	Askern B	140.28
18	City Sheff B	144.06
19	Skyrac	144.22
20	Keighl & Cr B	145.23
21	Otley B	146.28
Rotherham B	incomplete	

Fitness and Training

2. Running with problems: Heart

Phil Roberts & Peter Humphries

In this series of articles, we are looking at training and running issues of all kinds, from benefits to hazards, from beginning to improving and achieving. Having started with an approach to the general issues involved in training schedules, we will shortly be presenting guidance for those about to embark on their first marathon (perhaps timely with London just over 6 months away).

Meanwhile here is the first of our reports touching on medical problems which might be encountered. The reports will be wide-ranging; I would be pleased to hear from anyone who can contribute on such issues as we seem likely to meet: running with conditions like asthma etc, acquired injuries like tendon, ligament or bone problems (shin-splints etc). Or even some of the seemingly trivial problems which nonetheless get in the way of enjoying our sport. You can write your own article, or let me do so, you can stay anonymous if you prefer. One thing that is plain is that problems do not seem to discriminate between runners of differing capabilities.

Before the series started, Phil Roberts had approached me to suggest that he might tell us about his experiences, which he describes as 'a nightmare', with the hope of possibly aiding others who might find themselves in the same predicament.

Phil started running competitively in 1982 and rates his best performance as 8th in the Army cross-country championships, Jan 85. He then won the British Army On The Rhine cross-country championships in Oct 85.

He has a marathon best of 2.30.40, half marathon 1.9.16, ten miles 51.49, 10km 31.20, and 5km 15.20.

His training regime of around 5 years ago would have been normally, long run on Sunday between 12&15 miles; the training would change depending on time of year. Generally speaking in the week he would run mile efforts normally around four 16 or so 200m done on road with 30 sec's recovery, the remainder would be steady running around 40 or 50 miles a week. He also would use bodyweight exercises like press-ups, heaves, situps etc; also he tried to swim once a week.

He did not religiously keep a diary, although he reflects it might be wise to do so.

Phil has found he has a heart problem, and it has recently struck me just how many running colleagues past and present have heart problems of one sort or another. I remember many years ago running with Peter Mace (senior) of Langold, later leader of Bassetlaw Council. Peter sometimes ran with angina but was unwilling to let it rule his life and eased up until it went off.

In fact, it's quite alarming; I know of at least a half dozen runners with such problems of one sort or another in our club now, and it begs the question "Does running bring on heart problems, or does it simply provide the circumstances where they will be plain to see?" More common than angina or heart attack seems to be heart fibrillation.

A search through available medically qualified comment suggests that fibrillation need not be an indication that you should not run, but it is at least wise to have your own case assessed if you feel you may have this problem.

I also had heart problems some years ago, and they are unresolved. I have put my experiences alongside Phil's. These reports are published on the net, and it has occurred to both of us that whatever your trouble, the development of the internet has improved the likelihood of finding someone who has similar problems, and possibly solutions- you thereby feel less lonely. It isn't always easy to get someone to take you seriously- more particularly if running is involved.

In my case, there is still no clarity as to what the precise problem is/was, and it has developed into more of a question of what you want your lifestyle to be.

I have to remind you most strongly however that none of us are medically qualified, and we are not offering or suggesting remedies or courses of action. Similar symptoms do not necessarily have similar causes or similar outcomes. If you have any concerns, you should consult your GP as a matter of priority.

You can however contact us, no matter who you are, via the Rotherham Runner support web site at www.rhac.co.uk if you wish.

Heart Of The Matter

Phil Roberts, age now 47, pictured below at the Doncaster Half.



I'm 47 years old and would describe myself as a very active individual who runs cycles swims, my diet is good and I drink in moderation, so when I found out I have a problem associated with my heart I was shocked.

The problem started about two and a half years ago, my racing had become hit and miss occasionally I would have a decent run at other times my racing was fairly abysmal, thinking I may be suffering with a virus of some kind, I visited my GP who could not find anything wrong.

Persevering for another six months in which I noticed a slight shortness of breath and had difficulty taking my pulse, it was becoming a real chore to get out and train.

I decided to go back to my GP and asked for a full examination, thinking I may be suffering with exercise-induced asthma, after an examination including an ECG, again nothing was found.

Starting my training again, I thought 'just keep going it will come right', it was at this time that my hamstrings started bothering me and so I decided to start doing less running and more cross training; to this end I decided to buy a heart rate monitor.

This purchase probably saved me from a possible stroke

or perhaps worse, when wearing the monitor my heart was very erratic; occasionally out on a run it would settle down. Thinking the monitor maybe faulty I asked Jim Brogan to test it against his own, he found it ok. It was then, I new there was a problem.

Going back to my GP, I was diagnosed with atrial fibrillation, which started of fas being intermittent and was now becoming permanent, in my case it is a conduction of signals to the heart that causes it to become erratic and not to pump correctly.

The decision to make my condition public was made because I think it's important for all of us to share information that may be useful in helping to prevent or minimize potential problems. As athletes we sometimes think we are excluded from having anything wrong with our hearts. Since I have found out about my condition, I have become aware of a number of other athletes both young and not so young with coronary problems.

Giving a brief history of what as happened to me will hopefully demonstrate the benefits of using a heart rate monitor or at least taking your heart rate on a regular basis; in my case it would have certainly picked up the problem in the early stages, making it easier to treat. Sometimes the first indication of heart problems can end up with the individual collapsing, I was lucky my heart is well conditioned and that's why I haven't keeled over . Others have not been, when a muscle is pulled in our legs or bodies it is inconvenient, the heart is a muscle, problems with that are far more serious.

Heart rate monitors are invaluable in providing information regarding potential problems as well as indicating your recovery from racing and training.

It is very worrying for anyone being told you have a health issue and if you rely on your body as much as we do as athletes it can be a real blow, in my case I initially thought 'that's it, I'm finished'.

I then decided to learn all I could about my condition, this reassured me, there was a problem, but with the help of my GP and others I could help myself.

Researching heart conditions on the internet has been invaluable, so when I saw a cardiologist, I understood what he was telling me, what questions to ask, side effects of drugs etc, I would advise anyone diagnosed with a condition, find out as much as you can, there are vast amounts of information at your disposal these days, Being proactive as helped me remain mostly positive.

This article is not being written to give medical advice, only to highlight the benefits of monitoring one's self either by using technology or the old fashioned method of taking one's pulse, as athletes we put a fair amount of physical stress on our bodies, sometimes they break down. By sharing information we may be able to avoid or minimize these breakdowns.

(Phil is now medicated for this condition and is running again with care: Ed)

Peter Humphries. Now 62, pictured below at the Penistone 10k



I didn't start running until the age of 35, though I played a variety of sports like football, rugby, squash, cricket, basketball etc all to average sort of standard. In the running boom of the mid-70's I took up the sport and joined RHAC.

In 1978, in only my fourth or fifth competitive race, the Barnsley 6 with its serious Eldon Street hill, I think I set off and ran faster than common sense indicated (not uncommon in running circles, I'm sure you'll agree). At about 5 miles I was surprised to find that the road was rapidly rising towards me and receding and I had just about decided to slow down when the lights went out.

I came round lying in a chip shop doorway, was given a drink and puked all over. I was taken to Barnsley District General Hospital in a police car,

admitted and kept in for two weeks. The diagnosis was heart attack. Main indicators were enzyme levels, and ECG showing T-wave depression. I was repeatedly asked to describe the pain, but I hadn't experienced any.

However, apparently you can have a heart attack without feeling pain, they called it a 'silent infarct'. After two weeks, medical opinion varied, one said it was, one said it wasn't, and that some classic heart attack symptoms would be caused by fast running anyway- that was interesting. I was discharged with the usual array of pills and appointments.

That's where the difficulties started really. After some time off work I gradually got back to activity and then to light running. Back to something like fitness, I was dismayed to be told after a check-up that all was not well (exercise ECG this time) and another 6 months-plus of inactivity (and depression) followed. But no resolution of the problem. This pattern was followed exactly in 1979 and 1980.

Eventually consultation at Northern General led to the suggestion that whilst heart attack was doubtful, there was a strong heart murmur and the advice was 'give it up'. This is the advice that runners dread. You have to weight up the pros and cons- the things you get out of running and the dangers you incur. Each has to make his or her own decision; I decided to carry on.

In 1981 I ran my first marathon, at Rotherham, in 2 hrs 59.58 which of course was pleasing and even made the front page of the Advertiser (to my later embarrassment). Life Insurance companies however remained unimpressed, and still are. Subsequently, between the age of around 42 and 51 I ran on reasonably good days at round about 58 to 59+ minutes for 10 miles, 35-37 minutes 10k, road league 5's in 27.30 to 29 mins something, and ran my last marathon at age 51 in 2 hours 44 minutes at Sheffield.

So I suppose the story had a good outcome, but more recent investigation has shown very enlarged heart and loud murmur which I think is mitral regurgitation, and a degree of hypertension as well.

I don't regret at all carrying on running; I take the view that it has probably made me fitter to control any medical problems that may have been there. Then there is the huge amount of enjoyment over the years from running with and competing against such a fine bunch of people.

I am now getting back to decent running again after five very poor years due to unrelated problems. I can honestly say that apart from diagnostic results I have had no noticeable problem (obviously heart-related) since the first.