



CROSS-COUNTRY DATES 2006/07 AND VENUES

Sunday 15th October 2006
Hesley Wood Activity Centre, Chapel-
town (Barnsley Harriers)
Sunday 5th November 2006
Campsall Country Park (Askern)
Sunday 26th November 2006
Longley Park Sheffield (provisional)
Sunday 14th January 2007
Rotherham Winterhills incorporating
the Championships

See page 6,
full details www.sycaa.co.uk

www.sycaa.co.uk

The South Yorkshire County AA web-
site has increasing amounts of infor-
mation and guidance on

FIXTURES, RESULTS, COMPETI-
TION RULES, CLUB CONTACTS,
CLUB WEBSITES and EMAIL, RACE
PERMITS etc

Make a regular visit!

Patricia Muller



It is with great sadness we have to
inform members that Patricia lost her
battle with cancer on 23rd August.

We extend our sympathy to Patricia's
family and many friends.

Tribute: page 2

Roy Varo badly injured

Out for a run on Monday night, Roy
had an altercation with a motorist in
Wickersley. According to report, the
motorist got out and pushed him to
the ground and drove off. He then
could see that Roy was not getting
up and returned. Meanwhile police
etc. had been called.

The upshot is a broken hip and Roy
will be having (or have had) a hip
replacement.

Meanwhile his wife is just recover-
ing from a back operation and is on
crutches, so they are under some
pressure!

Rotherham Harriers & AC September 2006 Ser 4 No 27

NJ League

Dave J Spot On in NJ Row

But Ridiculous Play-off Rules Cannot Dim Junior Achieve- ments This Year

Bert Norburn reports: Our Junior athletes went to these play offs
and gave it their best shot for promotion. President Dave Johnson
was so vexed that the competition wasn't played out on a level
playing field that he has made an official complaint to the league.

The reason for the complaint? Team Edinburgh, Team Glasgow and
North Wales AC were ALL composite teams, ie made up from sev-
eral separate Clubs. This in effect meant that Club sides were tak-
ing on the equivalent of almost County sides. The result will not be
altered but the league may look closer on the rule of composite
teams.

If you look at club sides we actually finished in second place so well
done to all our juniors who have performed so well in this league
throughout the season.

*Ed This mirrors the stupid road relay situation where clubs can only
run their first-claim members- except for clubs from Glasgow etc.*



Men's team Captain David Scholey receiv-
ing the silver salver for the clubs achieve-
ment in the National Junior League.

Photo: Ian Cooley

Northern League Promotion Play Off Cleckheaton

Saturday 2nd September 2007.

Seniors Wait and See

At the time of going to press I have to report that we are unable to bring you the result of this match. Full Ladies and Gents teams travelled to the venue to be met with heavy rain which rapidly turned into torrential rain. The Men's Hammer was concluded and Ladies Pole Vault cancelled. The 400m hurdles were due off at 12.30 pm and at 12.40 pm with a high proportion of the track under water the event was abandoned.

The match will be decided in some way by paper matches (basically comparing best season performances of athletes) but we don't have details, we will circulate news as we receive it which is likely to be late this month.

The Sword is Ours

RH won the Wilkinson Sword at the
South Yorkshire Championships last
weekend. The award is based on a com-
bination of the Relay Championships
held earlier this season and the Champi-
onships.

Many of our club athletes came away
with medals from the event: results
page XX

Meanwhile, at the Under-15 Inter-
County match on Saturday 9th Septem-
ber 2006 at the Moorways Stadium,
Derby. SY came 6th,

Among the six athletes who won their
event was Claire Lebond (Discus B) with
a throw of 24.14m

The 119th ANNUAL GENERAL MEETING

The above meeting will take place in the Herringthorpe Lei-
sure Centre, Middle Lane South, Rotherham at 7.00 pm on
Tuesday 17th October 2006.

I would like to remind you that, under the Club's Constitution, nomi-
nations with seconders for the election of officers must be given in
writing to the Club Secretary or myself, no later than Tuesday 26th
September 2006. All current officers are automatically eligible to re-
stand. President David Johnson has held his position for 2 years; 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

Summer Races spotlight Familiar Names

10K			
1	Tony Burgin	0:38:16	WhiteCAC
2	Mark Sands	0:38:45	
3	David Booth	0:39:27	RH

Peter Mirrlees picked up the county silver award (v4) at the difficult Penistone Show 10k, which was also attended by the ever-present Malcolm Rhodes.

A sizeable contingent ran at Askern, and Armthorpe, where Dave Nuttall, Nigel Brookes, Neil Shaw and Matthew Asbridge continued their good support of RHAC in open races. Neil and Matthew were also in action at the Mablethorpe Marathon but it was the experience of Ray Howarth, and particularly Mick Marsters which brought our most prominent results.

Richard Harris, after injury, took the half-marathon seemingly without difficulty, and a very promising 39-minute time from David Booth illuminated the 10k event on the Booths' day at the seaside.

Askern 10

1	S Neill	Pud&B	54.35	
2	M Broadhead	Hall H	55.05	
3	K Lilley	Dark P	55.13	V40
14	D Nuttall	RH	59.19	V45
16	S Mounsey	RH	59.41	
17	N Brookes	RH	59.43	V40
24	D Donaldson	RH	61.41	V45
27	K Williams	RH	61.56	V55
35	T Eastwood	RH	63.09	V45
60	M Asbridge	RH	67.25	
67	N Shaw	RH	68.16	
75	S Rossall	RH	69.24	
98	M Jones	RH	72.24	
112	K Thomas	RH	73.57	V50
125	R Butterworth	RH	75.34	V40
159	S Bellamy	RH	78.58	F
160	R Bellamy	RH	78.58	V40
208	J Horan	RH	85.11	F60
209	A Morris	RH	85.11	F40

Armthorpe 10k

1	David Proctor	Rochd	Male	32:32
2	John Wonjohi	Donc.	Male	32:33
3	Paul Green	Sheff	Male	32:35
4	Philip Hoole	RH	Male	32:42
21	Dave Nuttall	RH	MV45	35:25
26	Nigel Brookes	RH	MV40	36:20
37	Drew Donaldson	RH	MV45	37:32
49	Joanna Walker	RH	Lady	38:30
68	Terry Eastwood	RH	MV45	39:23
77	Neil Shaw	RH	Male	39:43
92	Matthew Asbridge	RH	Male	40:19
149	Kevin Thomas	RH	MV50	43:48
150	Gill Taylor	RH	LV50	43:49
152	Pete Neal	RH	MV45	43:53
182	David Wright	RH	MV45	45:32
250	Malcolm Rhodes	RH	MV55	49:56
297	Patricia Wells	RH	LV60	54:11
339	David Weatherburn	RH	MV65	59:45
362	Alan Bryden	RH	MV65	64:21

Penistone 10k

1	A. Bush	Barns	33.14
2	T. Elly	Salford	33.29
3	R. Kaimins	Unat	33.39
6	P. Mirrlees	RH	35.51 V 45
164	M. Rhodes	RH	54.27 V 55

South Yorks 10K Road Championships (Vet Men)

1	Simon Wright	Don AC
2	Peter Mirrlees	RHAC

Mablethorpe Results

Marathon		gun	chip	
1	John Wanjohi	M	02:44:26	(2:44:25) D&S
6	Michael Marsters	V	03:12:13	(3:12:11) RH
7	Ray Howarth	V	03:13:46	(3:13:43) RH
24	Mathew Asbridge	M	03:30:47	(3:30:33) RH
26	Kerry Booth	V	03:31:13	(3:31:11) RH
41	Brian Harney	V	03:41:24	(3:41:22) RH
72	Philip Haigh	V	03:57:25	(3:57:03) RH
96	Neil Shaw	M	04:14:22	(4:14:08) RH
101	David Burke	V	04:19:09	(4:18:47) RH

Half Marathon

1	Richard Harris		1:18:55	(1:18:53) RH
21	Stuart Lake		1:34:42	(1:34:31) RH
188	Joanne Baillie	F	2:13:10	(2:12:54) RH
189	Lisa Roberts	F	2:13:10	(2:12:54) RH

Patricia Muller

This tribute to Patricia has been written by Adele Morris and other friends at Rotherham Harriers.

Sadly Patricia lost her fight against cancer on the 23rd August (and what a fight!). She died peacefully with her husband Mo by her side. She was diagnosed with cancer (for the 2nd time) in January 2006. She responded well to the 'chemo' treatment and got back running up to 10 miles, then sadly had a relapse.

There was a big turn out at the funeral. So many people came to pay their respects, she was loved by so many. Patricia is now buried in 'The Woodland' burial ground, Ulley, a favourite route for many of our long runs.



Patricia achieved so much. It was only last September that she ran Toronto marathon in 30 degree heat and still did a good time. With hindsight this was an even more remarkable time as she was anaemic and in the early stages of cancer re-occurring. Patricia was 3rd in her age group and very proud of her trophy.

Other marathons she ran were Abingdon, London and Snowdonia. She was joint first in the Round Rotherham event 2003. Prior to joining Rotherham Harriers Patricia ran with Clowne Road Runners and ran many fell races such as Sedbergh Hills fell race (very tough). She also won the Clowne handicap race this summer while she was still undergoing chemotherapy; sadly Patricia did not live to see the trophy she won.

Patricia was a very talented musician and songwriter. She was lead singer and also learnt how to play bass guitar (taught by an expert – Mo).

If this isn't enough, Patricia was also fluent in French and German. She and Mo had some lovely holidays abroad, often linked with running events.

Patricia was a very supportive friend and always encouraged others. She had a wicked and quirky sense of humour. Her ability to do impersonations of people had us in stitches and kept us going on the long runs. Whenever we said we were tired, she would say she was too, but we know she was only being kind.

She loved to go shopping, with a glass of wine in one hand and a mouse in the other! Patricia was Queen of e-bay and loved to brag about the bargains she had bought.

Patricia always looked 'glam', even after a long run. She remained stunning to the end and was buried in her 'Rock Chic' clothes and 'F**k Me' sandals (as Mo called them).

Our thoughts go to Mo, they would have been married 30 years next May, 30 years of non-stop loving.

Patricia was a shining example to the end. In everything she did she set the standard. At the end she died with dignity and courage. 'What an example to all of us'

The Club has lost a real character. We all have got so many fond memories of Patricia. Patricia will always be remembered for her bravery. She was and will continue to be an inspiration.

National Junior League Northern Promotion Round: CLECKHEATON, Sun 27 August 2006
Final Result

	Points
1 Team Edinburgh	586.5
2 Team Glasgow	495
3 North Wales ac	424.5
4 Nestle Rowntree AC	396
5 Rotherham H. & A.C.	362
6 Liverpool Pemb & Sefton H	304
7 Cheshire Tigers	298
8 Spennorth & District AC	282

M 100m

A 8 Tom Bauk	12.0
B 5 Lee Harwood	12.2

M 200m

A 6 David Scholey	23.3
B 6 Lee Harwood	24.6

M 400m

A 2 David Scholey	52.3
B 1 Ben Harvey	53.7

M 800m

A 4 Alex Walker U17	2.06.0
B 5 Liam O'Maley U17	2.10.8

M 1500m A

8 David Coupe U17	6.06.9
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M 3000m A

6 David Booth U17	11.15.0
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M 110mH

A 3 Scott Harwood	18.2
B 2 Chris Wright	16.3

M 400mH

A 1 Scott Harwood	59.5
B 6 Ben Harvey	72.3

M Discus Throw

A 6 Nathan Buckingham U17	20.07
B 6 David Coupe U17	16.67

M Hammer Throw

A 6 Julian Cliffe	23.89
B David Coupe U17	14.52

M High Jump A

6 Dan Emson U17	1.70
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M Javelin Throw

A 6 David Booth U17	28.74
B 5 Lee Harwood	27.39

M Long Jump

A 3 Liam O'Maley U17	6.16
B 7 Ben Rollinson U17	4.90

M Shot Putt

A 5 Julian Cliffe	10.68
B 3 Nathan Buckingham U17	9.53

M Triple Jump

A 4 Liaim O'Maley U17	11.61
B 4 Ben Rollinson U17	10.79

W 100m

A 7 Charlotte Vaughan U17	14.4
B 4 Rebecca White U17	13.8

W 200m

A 7 Rebecca White U17	28.7
B 7 Sarah Barnes	30.3

W 400m

A 3 Jade Allen U17	60.7
B 2 Rosie Edwards	64.8

W 800m

A 5 Louise Binks U17	2.36.1
B 4 Sarah Barnes	2.32.6

W 1500m

A 1 Jade Allen U17	4.49.2
B 1 Rosie Edwards	4.52.4

W 3000m

A 4 Laura Barnes U17	13.03.8
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W Discus Throw

A 4 Stacey Lebond	29.62
B 3 Laura Barnes U17	19.22

W Hammer Throw

A 2 Stacey Lebond	41.55
B 2 Thereza Oliversmith	21.15

W High Jump

A 3 Kay Humberston	1.70
B 4 Kim Bateman U17	1.35

W Javelin Throw

A 3 Thereza Oliversmith	28.85
B 3 Stacey Lebond	22.06

W Long Jump

A 6 Charlotte Vaughan U17	4.83
B 6 Kim Bateman U17	3.96

W Shot Putt

A 3 Stacey Lebond	9.61
B 3 Thereza Oliversmith	7.71

W Triple Jump

A 5 Charlotte Vaughan U17	9.65
B 6 Kim Bateman U17	8.15

W 4x400m Relay 3 4.16.1

1 Jade Allen U17, 2 Sarah Barnes, 3 Rosie Edwards, 4 Rebecca White U17

M 4x100m Relay 3 46.9

1 David Scholey, 2 Lee Harwood, 3 Tom Bauk, 4 Scott Harwood

M 4x400m Relay 5 3.41.8

1 Dan Emson U17, 2 Ben Harvey, 3 Nathan Buckingham U17, 4 Scott Harwood

Not contested: M 2000m SC A , W 100mH A, W 400mH A , W Pole Vault, M Pole Vault



This internet download has lost the quality of the original, but it is placed here to help acknowledge the enormous contribution of the junior athletes— mostly the young men in this case— who have represented RH at their own, and at senior level this season.

Well done. Ed.

Track Etiquette

What does the term mean? Quite simply it covers the way we are expected to behave when using a running track. On entering the main gates at Herringthorpe stadium you will see a large board on the wall to your left, and this board summarises the basic rules for anyone who is about to use the track. I am not going to reproduce these rules here as all the details are shown on the board, but I would ask that each and every one of the track users and their coaches has another look at this board and reminds themselves of what it says.

Having read what it says on the board we must then translate this into the reality of a typical club night at Herringthorpe Stadium. Usually there will be several groups of athletes training on the track, each under the guidance of a coach. So we are essentially SHARING the facility with each other. This means that each group needs to show RESPECT and CONSIDERATION for all of the other user groups present.

The most basic things we need to pay attention to are the following:

The inside two lanes should be kept free for athletes who are carrying out interval training. Athletes NOT engaged in the actual act of carrying out an interval training repetition should NOT

- jog, walk or stand on the inside lane.
- run, jog or walk the WRONG way around the track at ANY time, including for warming up purposes

The other aspect we all need to consider while using the track is that the infield, where throws are taking place, is out of bounds to everyone other than throwers and their coaches, due to the dangers associated with javelins, hammers etc. Normally the infield is roped off by the stadium staff to prevent access to non throwers, and that then makes it obvious you SHOULD NOT ENTER THIS AREA. However, on occasion a section of rope maybe be missing (this could have been caused by a variety of circumstances), but this does NOT mean that it is then safe to enter the infield. At no stage should anyone attempt to cross the infield while throws training is in progress. It is a basic Health and Safety rule of the track and it is one that the track management will always need to enforce.

My final point concerns the relationship between Rotherham Harriers athletes and the track staff/ management on club training nights. We must always remember that the track staff have a job to do, and we must remain courteous to them and respect their authority. They are responsible for ensuring that ALL athletes using the stadium facilities pay the required track fee, and as Rotherham Harriers we should give them our fullest co-operation.

I hope these comments prove helpful. Our club nights are the envy of many other clubs, and I believe if we keep reminding ourselves of the above points we will continue to enjoy our club nights in a true spirit of mutual respect and co-operation.

Jim Brogan
Club Chairman and Endurance Coach

Division 2EC Match

4Division 2EC Match 4 - Boston

Rotherham Harriers Seniors made the promotion play offs in style taking the Northern League 2EC Championship Spot.

On Sunday 6th August they travelled to the fantastic new multi million pound facility The Tommy Clay Track, Princess Royal Sports Arena, Boston, Lincolnshire and took the Championship spot with 3rd place on the day but overall 1st League position.

Coming into this match the seniors were under pressure to deliver the result they achieved with the young athletes gaining promotion from their division and the Junior Athletes making their league play off match in previous weeks

The ladies romped home in 1st place with 214 points. A weakened men's team took 4th spot

MATCH RESULT

1 Boston	467
2 Chesterfield	435
3 Rotherham	426
4 Lincoln W	409
5 Barnsley	356
6 Derby	283
7 Grantham	145

The 5 League points on the day were sufficient to give the Harriers the top spot by one point from Boston who took the second play off spot.

This was a tremendous achievement from a team that must have the lowest average age in the League.

Men's 100m

A 3 David Scholey 11.4

B 5 Lee Howard 12

Men's 200m

B 1 Rhian Hasteley 23.5

A 3 David Scholey 23.4

Men's 400m

B 4 Nathan Buckingham 55.9

A 5 Scott Harwood 54.8

Men's 800m

A 2 Rhian Hasteley 01:57.5

B 3 J Thewlis 02:08.3

Men's 1500m

A 1 Jonathon Thewiss 04:06.3

B 1 Phil Hoole 04:14.5

Men's 3000m S/Chase

A 67 Simon Pugh 12:45.86

Men's 5000m

A 2 J Thewlis 15:55.4

B 5 Mark Ward 18:38.2

Men's 400m Hurdles

A Scott Harwood 59.6

Men's Hammer

A 2 Graeme Stark 39.49

B 2 Owen Thomas 33.42

Men's Discus

A 4 Graeme Stark 32.6

B 5 Julian Cliffe 22.75

Men's Javelin

A 1 Greg Markham 53.4

B 3 Rhian Hasteley 37.75

Men's Shot Putt

A 1 Graeme Stark 12.57

B 2 Julian Cliffe 10.09

Men's Long Jump

B 2 Scott Harwood 5.62

A 5 Liam O'Malley 5.73

Men's Triple Jump

A 4 Liam O'Malley 11.41

Men's High Jump

B 3 Daniel Emson 1.65

A 6 Scott Harwood 1.65

Men's 4x100m Relay

Barnsley 45.2

Lincoln Wellington 46.1

3Rotherham 46.6

Chesterfield 47.4

Derby 48.7 -

Men's 4x400m Relay

Lincoln Wellington 03:31.7

3Rotherham 03:34.7

Barnsley 03:37.0

Boston 03:59.8

Chesterfield 04:05.2

Women's 100m

B 6 Kelly O'Riley 5.2

A 7 Laura Sanderson 14.37

Women's 200m

B 4 Jessica Fawcett 29.7

A 6 Laura Sanderson 29.96

Women's 400m

B 4 Lyndsay Clark 66.9

A 5 Annabel Grady 63.

Women's 800m

A 1 Jessica Fawcett 02:18.7

B 1 Lyndsay Clark 02:30.9

Women's 1500m

A 1 Jenny Blizzard 04:29.3

B 2 Sarah Barnes 05:40.6

Women's 3000m

A 1 Joanna Walker 10:40.1

B 2 Laura Barnes 12:50.4

Women's 400m Hurdles

B 1 Charlotte Watt 74.8

A 3 Annabel Grady 71.7

Women's 100m Hurdles

B 3 Kelly O'Riley 19.8

A 4 Charlotte Watt 18.24

Women's Hammer

A 1 Stacey Lebond 40.75

B 1 Helen White 27.44

Women's Discus

B 1 Helen White 26.97

A 2 Liz Maher 32.62

Women's Javelin

A 3 Teresa Oliver-Smith 29.99

B 3 Stacey Lebond 25.94

Women's Shot Putt

B 1 Stacey Lebond 8.75

A 2 Liz Maher 10.21

Women's Long Jump

B 3 Kim Bateman 4.05

A 4 Charlotte Vaughan 4.83

Women's Triple Jump

B 2 Kim Bateman 8.63

A 3 enny Middleton 9.16

Women's High Jump

B 4 Kim Bateman 1.25

A 6 Jenny Middleton 1.45

Women's Pole Vault

A 1 Jenny Cuthbertson 2.71

Women's 4x100m Relay

Barnsley 51.1

Derby 52.9

Boston 53.4

Chesterfield 53.8

Lincoln Wellington 54.4

Rotherham 56

Women's 4x400m Relay

Barnsley 04:07.9

Rotherham 04:17.7

Lincoln Wellington 04:18.8

Boston 04:21.7

Derby 04:27.3

Chesterfield 04:57.8

Devil Takes The Hindmost

Watkinson's Swansong Still Too Good

The 8th running of this unique event, held in memory of the late Phil Allen and in aid of Rotherham Hospice, was held under extremely difficult circumstances, due in no small part to the damage to the back straight of the Herringthorpe track, and also to the torrential rain which preceded the race.

Given the circumstances, the decision had already been taken to reduce the distance of each lap to 350m this year, with the athletes changing direction after each lap to avoid the damaged area. Another change to the format was necessary as this year only 17 athletes entered the event. This necessitated the event to be run over 15 laps rather than the usual 20 laps, although the 2 minute gap between laps was retained.

Another change was the introduction of Pete Shaw as THE AXEMAN, taking the place of a much relieved Jim Brogan who had held the position ever since the inception of the event in 1999.

Once again the event was graced by 6 times winner Rob Watkinson, running in possibly his last ever track race. Retiring or not, Rob produced another vintage performance, scorching to a fastest lap of 47.0 seconds on the 7th and 15th laps and winning the event in majestic style. Making a welcome return to form after a lengthy spell of injury was Simon Mounsey, who finished

second overall and, after a titanic battle with veteran winner Nigel Brookes, also won the coveted Green Jersey for best points aggregate.

The ladies race was an exciting one and Natalie Grant triumphed after a long battle with her training colleagues, in particular Jade Allen, from Dennis Russells formidable training group

The question will of course be asked, was this the last Devil Race? The size of the field with only 17 competitors certainly points in that direction. It seems incredible that such a unique event (the only one of its kind in the WORLD) should be in danger of disappearing from the calendar. If the race does end it will be a sad occasion and in no way reflects the monumental efforts of event organiser David Haywood and his team of dedicated helpers.

As always David also fulfilled the role of event commentator, and excelled himself. Indeed the event is as much famous for David's entertaining commentary as for the unique format of the event.

Awards**Senior Men**

1. Rob Watkinson (RHAC)
2. Simon Mounsey (RHAC)

3. Jonathan Ogle (Handsworth)

Vet Men 40

1. Nigel Brookes (RHAC)
2. Dave Nuttall (RHAC)

Women

1. Natalie Grant (RHAC)
2. Jade Allen (RHAC)

Fastest lap

Rob Watkinson (RHAC) 47.0

Green Jersey

1. Simon Mounsey
2. Nigel Brookes

With some laps not seeking to eliminate runners, the eliminations were:

- Lap 2 Alan Bryden (RHAC, VM60)
- 3 Henry Marston (RHAC, VM50)
 - 5 Simon Pugh (RHAC, VM40)
 - 6 Steve Rossall (RHAC, SM)
 - 7 Phil McWilliam (Cof S, VM40)
 - 9 Joanna Walker (RHAC, SL)
 - 10 Pete Andrews (Doncaster, SM)
 - 11 Anabelle Grady (RHAC, SL)
 - 12 Dave Nuttall (RHAC, VM40)
 - 13 Laura Spence (RHAC, SL)
 - 14 Pete Clement (Askern, VM40)
 - 15 Jade Allen (RHAC, SL)
 - 16 Natalie Grant (RHAC, SL)

Leaving Watkinson, Mounsey, Brookes, Ogle

Secretary's Notes

Winter Training

15 years and Over

Is it really time to be considering winter activities? I'm afraid from a planning perspective it has been so for some weeks.

The Club have booked the sports hall at Wick-ersley School through the winter for indoor training sessions. On Monday evenings athletes who are 15 years and above are invited to enrol with Peter Moore, Jim Guite or Brian Parkes.

The sessions start on Monday 30th October 2006 and end Monday 26th March 2007. For obvious reasons we will miss 25th December and 1st January 2007.

Because of increase in hire costs the charge this season is £2.50p per head per session.

Under 15's

The Club have booked Herringthorpe Leisure Centre Sportshall for sports-hall based activities from Wednesday 8th November through to Wednesday 21st March 2007. There will be a break from 21st December to 9th January to accommodate the holiday period.

Once again because of increased hire charge each session will cost £2.50per head (individual) or £4 per family (any number of sisters/brothers) each session.

Welcome, Willkommen, Bienvenuti, Bienvenida, Bienven, Failt, Croeswaid, Welcum etc

In August the Executive Committee accepted the following membership applications en bloc:- Nathan Buckingham 16 T&F, Charlotte Emily Collie 11 RR XC Gen T&F, Howard Darwin 40 RR XC fell, Sarah Hall 11 T&F XC, Daniel Jones 30 RR XC Fell, Dorian Mars 10 T&F XC, Hannah Frances Percy 11 T&F XC, Glyn Walker 14 T&F XC.

Fixtures

SEPTEMBER

Sat 16 **Yorkshire Road Relays Championships** Don Valley

Sun 17 Bawtry Forest Trail Run (Maltby R.C.)

Sat 23 **Northern 4 & 6 stage Road Relay Championship** Hartlepool

Sun 24 Yorks Vets T&F Yorks Vets Champs Spenborough

Sun 24 Retford Half

OCTOBER

Sun 1 **Young Athletes Road Relays** Manchester Sport City

Sun 8 Clumber 10k

Sat 14 Rother Valley 10 Kms Multi Terrain Race (City of Sheffield A.C.)

Sun 15 **SOUTH YORKSHIRE CROSS COUNTRY LEAGUE** Hesley Wood

Sun 15 Bridlington Half

Sat 21 **AAA Road Relays (Men 6 stage, Women 4 stage)** Sutton Park

Sat 28 Cutler's Relay (XC) Graves park

Oct 29 Holmfirth 15 Mile Road Race inc. Yorkshire Championships

Oct 29 Worksop Half 10.30 www.worksop-harriers.co.uk/ £11.50

NOVEMBER

Sat 4 **ECCA Cross Country Relays Mansfieldm** NOTE DATE

Sun 5 **SOUTH YORKSHIRE CROSS COUNTRY 2** (Campsall Country Park, Askern)

Sun 19 Barnsley 10 Kms Road Race tbc

Sun 26 **SOUTH YORKSHIRE CROSS COUNTRY 3** (prov Longley Park, Sheffield)

South Yorkshire Cross-Country League

Order and timing of Events for Fixtures 1 - 3

Et	Age group	Max. distance	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 13	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

* 5000m for first fixture ** 8 000m for first fixture
Ages as at 31 August 2006 (vets= age on the race day)

£5 for all 4 races. Keep number (obtainable at the club)

Extract of Rules

Full rules at www.sycaa.co.uk

Races will be started before the conclusion of the preceding events

The programme of events should be complete by 1.30 pm
Events 1 & 2 and events 3 & 4 will be run together if there are insufficient runners
Events 7 & 8 and events 9 & 10 will start together

Teams- first 4 all categories except men (6 count) No separate vets. CLUB VESTS

FIRST VENUE

Hesley Wood is a part park-land / part woodland course. The paths and tracks in the woodland are good, although on some stretches you'll have to look out for places to pass. There is plenty of parking space on site

Route advised: motorway M1 J35 (from Rotherham use Upper Wortley Rd), Chapeltown, bear right in town (Station Rd, White Lane) venue on your right before motorway bridge.

Picture Quiz- Last month



Ken Chapman offered us last month's quiz photo. He thought it was the 1991 Barnsley 6
Don't forget you can see this in full colour on the website if really keen. I suggested there were no RHAC colours on the front row, but there may well be behind. The picture doesn't magnify well, but with a bit of imagination you could identify Paul Venables about 5 from right, etc, etc, but I don't know who ran. Of course the size of event and presence of African runners makes it Barnsley. Ken says it was hot; I thought the blur top left was rain but it could have been sweat. Picture Quiz will be back next month (if someone sends me a photo that is!)

Rotherham Harriers & AC Newsletter

Editor Peter Humphries

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

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

VISIT

www.rotherhamharriers.org

www.sycaa.co.uk

South Yorkshire Championships

Cudworth 10-9-06

Stacey Lebond threw the hammer a competition best distance of 42m18 as a huge array of young and not-so-young Rotherham stars competed the SY Championships last Sunday. And many brought home medals for their efforts.

And they all made their contribution to the winning of the Wilkinson Sword, which can only be done by a concerted team effort.

U 17 Women 100m

2 Rebecca White RHAC 14.0

Vet, Sen, Jun Women 100m

3 Kelly O'Reilly sw RHAC 15.3

U 17 Men 100m

2 David Coupe RHAC 13.5

Sen Men 100m

2 David Scholey RHAC 11.7

Vet Men 100m

3 Ian Cooley RHAC 14.3

3,00m Steeple Chase

1 Simon Pugh vet RHAC 12-40.8

Sen Women 100m H, Jun, Sen Men 110m H

1 Kelly O'Reilly sw RHAC 21.0

1 Chris Wright jm RHAC 17.4

2 Simon Pugh vm RHAC 25.9

800m Sen Men

1 Ryan Hastey RHAC 1-59.5

2 Ben Harvey RHAC 2-05.5

3 Chis Moran RHAC 2-05.8

800m Sen Vet Women, Vet Men

1 Sarah Barness sw RHAC 2-34.5

2 Stacey Holmes sw RHAC 2-40.5

400m Sen, Vet Men

1 Dave Scholey sm RHAC 50.3

3 Simon Pugh vm RHAC 65.8

400m U15 Boys, Sen-Vet Women

1 Gareth Morton u15 RHAC 56.5

400m U 17 Boys

5 Ben Rollinson RHAC 57.8

400m H Sen, Vet Men

1 Ben Harvey sm RHAC 70.1

2 Simon Pugh vm RHAC 82.0

400m H U 17 Men, Sen Women

1 David Coupe u17m RHAC 1-25.8

1 Kelly O'Reilly sw RHAC 1-34.9

300m U 17 Women

1 Charlotte Vaughan RHAC 44.3

2 Ellie Moseley RHAC 44.4

4 Rebecca White RHAC 45.8

1,500 U 17 Women, Sen Vet Men

1 Laura Barnes u17w RHAC 5-51.8

1 Chris Moran sm RHAC 4-30.1

200m U 15 Boys, U17 Women

1 Ellie Moseley u17w RHAC 28.1

3 Rebecca White u17w RHAC 33.1

200m U17 Men, Sen, Vet Women

2 Stacey Holmes sw RHAC 31.1

200m Sen, Vet Men

3 Simon Pugh vm RHAC 29.3

U15 Boys, Sen Men High Jump

1 Gareth Moreton u15 RHAC 1m 55

U 17, Sen Women Long Jump

1 Charlotte Vaughan u17 RHAC 4m 76

3 Jenny Middleton u17 RHAC 4m 01

2 Kelly O'Reilly RHAC 3m 82

U15 Boys, U17, Vet Men Long Jump

1 Liam O'Malley u17 RHAC 6m 06

3 Ben Rollinson u17 RHAC 5m 12

U15 Girls Discus

1 Claire Lebond RHAC 26m 26

U17, Sen, Vet Women Discus

1 Laura Barnes u17 RHAC 24m 58

1 Elizabeth Maher sw RHAC 31m 84

2 Stacey Lebond sw RHAC 27m 05

U 15 Boys U 17 Men Discus

1 Daniel Bowkett u15 Dearne 28m 24

2 David Coupe u17 RHAC 22m 61

Sen, Vet Men Discus

4 Robert Wilkinson sm RHAC 33m 36

3 Alan Coupe vm RHAC 25m 14

U17, Sen, Vet Men Hammer

2 Ian Cooley vm RHAC 25m 17

Sen, Vet Women Hammer

1 Stacey Lebond sw RHAC 42m 18

cbp

U15 Girls, U17, sen Women High Jump

1 Jenny Middleton u17 RHAC 1m 56

2 Ellie Moseley u17 RHAC 1m 50

4 Kimberly Bateman u17 RHAC 1m 35

U 15 Girls, U 17 Women Shot

2 Claire Lebond u15 RHAC 9m 14

1 Laura Barnes u17 RHAC 7m 13

Sen, Vet Women Shot

1 Elizabeth Maher sw RHAC 10m 09

2 Stacey Lebond sw RHAC 8m 80

4 Kelly O'Reilly sw RHAC 5m 78

U 15 Boys, U 17 Men Shot

1 Nathan Buckingham u17 RHAC 10m 04

U 15 Girls, U 17, Sen, Vet Women Javelin

1 Claire Lebond u15 RHAC 27m 00

U 15 Girls, U 17, Sen, Vet Women Javelin

3 Kelly O'Reilly sw RHAC 18m 61

U 15 Boys, U 17 Men Javelin

3 Gareth Moreton u15 RHAC 27m 86

U 17, Sen Women Triple Jump

2 Charlotte Vaughan u17 RHAC 9m 95

3 Jenny Middleton u17 RHAC 8m 81

4 Kimberly Bateman u17 RHAC 8m 52

U 17, Vet Men Triple Jump

2 Ben Rollinson u17 RHAC 10m 65

R.H.A.C. COMPETITION RESULTS Wed 6th Sept.

100m Girls Under 11. Handicap

1st Mollie Harris 28m start (5m penalty)
2nd Dominique Mars 28m start (3m penalty)
3rd Kirsty Trueman 22m start (1m penalty)

Long Jump Girls

1st Kirsty Trueman 2m 57
2nd Dominique Mars 2m 33
3rd Grace Lebond 2m 18

100m Girls under 13. Handicap

1st Sarah Wilding 16m start (5m penalty)
2nd Dionne Thomas 19m start (3m penalty)
3rd Hannah de Roeck 19m start (1m penalty)

Long Jump Girls

1st Sarah Wilding 3m 70
2nd Olivia Neal 3m 63
3rd Jessica Strecker 2m 96

100m Boys under 11 Handicap

1st Joe Hobson 30m start (5m penalty)
2nd Ben Twibell 22m start (3m Penalty)
3rd Russell Benton 30m start (1m penalty)

Long Jump Boys

1st Joe Hobson 3m28
2nd Dorian Mars 3m 27
3rd Ryan Sutherland 3m20

100m Boys under 15 Handicap

1st Thomas Blackhall 12m start (5m Penalty)
2nd Quin Simms 18m start (3m penalty)

Next Round. Wed Sep 13th at 6.30. p.m. 50m (non scoring) 100m Handicap and Throws. Medals 1st Three.

RH Open Multi-event competition

Held at Cudworth 12/13th August

U 11 Boys	Club	Run	Jump	Throw	Pts	Pos
Joe Hobson	RHAC	80m 12.5	Long Jump 3.11	Ball 16.84	116	10
Ben Twible	RHAC	80m 12.1	Long Jump 3.24	Ball 19.1	135	7
Lyndon Thompson	RHAC	80m 12	Long Jump 3.86	Ball 17.66	153	5
Sunday 13th August						
U11 Girls	Club	Run	Jump	Throw	Pts	Pos
Ellie Forster	RHAC	80m 13.5	Long Jump 3.17	Ball 16.26	100	7
Georgia-Mae Forster	RHAC	80m 15.4	Long Jump 2.52	Ball 11.65	46	11
Kristi Edwards	RHAC	80m 13.2	Long Jump NS	Ball 10.03		