



Top Supporters
(archive shots)



Claire Lebond

Led our medal haul at the South Yorks Championships with a Clean Sweep of the U17 throws



Kim Bateman

Top support as A string triple- and high-jumper (& B long-jump) in the excellent RH play-off performance; in the Yorkshire Road Relay team, and helping us launch our 'flyers' series with this shot from her cross-country season



Flyers are full of information for you and are available from the club or by post. Many more to come.

Rotherham Harriers & AC
Annual General Meeting
Thursday 18th October
2007 at 7.30pm
Herringthorpe Leisure Centre

Election of officials (and other posts). Proposals or other business should be notified at least 2 weeks before the meeting (ie 4th October)

Success for Young and Old

Well, let's be polite: 'Success for Young and Not So Young' is better. RHAC showed its strength in the relative extremes of age groupings this month. Firstly, Abbie Vernon headed the field as the Under-17 ladies stormed home to gold in the Yorkshire Road Relays at Don Valley with such force that their first team comprising , Abbie, Laura Spence, Stef Burns and Robyn Lanceley took the four fastest times on the day. Gemma Creaghan and Rebecca White backed them up in an incomplete team.

With some faster runners unavailable, both men and women's teams found it hard to get in the frame but represented us well to finish eleventh (ladies) through Jess Fawcett, Charlotte Vaughan, Helen Walker and Kim Bateman and seventh (men) through Dave Nuttall, Nigel Brookes, Simon Mounsey, Phil Hoole, Richard Harris and Darren Cooney, with Richard running 10th fastest on the day.

To the great delight of club organisers in general, the U-13 boys did well, not only getting a team out but finishing in bronze medal position with Michael Page 8th, Christopher Page 14th and Ryan Sutherland 20th, and Thomas Gibbons in 21st place. Under-13 and 15 do not run relays in the county meeting, rather a straight race with three team places to score.

Jessica Mangham (18th) appears to have been our only representative at U13 girls, as was Cian Scothern at U15 boys. Well done both. But the U-15 girls turned out in more strength with Natasha Hatswell an excellent 6th, Georgina Arif 28th, Rachel Hill 32nd, Olivia Neal 33rd, Melissa Helliwell 35th putting RH in 6th place.



U17 Yorkshire Relay winners at Don Valley: Steph Burns, Robyn Lanceley, Abbie Vernon, Laura Spence

Two Golds for Vets at Yorkshires

The 'older end' of the success spectrum came at famous Emmerdale (Esholt) last week. Rotherham's pedigree and annual performance in this event are prodigious- as they are in so many vets events. On the day the fight behind the Woolpack resulted in gold medals for the over-60 and new over-35 squads, and not far away either for the over 40s who finished third and over 50s 5th.

Pictured are (top) over-35s Joe Gavelle, Dave Tune, Richard Harris and Simon Mounsey. Richard ran a blindingly fast best time on the day to the great distress of Holmfirth, and what a pleasure to have Dave back in black. In the lower picture are over 60s Malc Palfreyman, Terry Hawley and Bob Tintinger. Bob, who is new to the age group, ran the fastest time on the day. It's the first time in living memory anyone beat Bingley in this category. Steve Gaines reports with more pictures on page 3



NoE Track & Field League Play-off

Class Performance Brings Division 1 Tantalisingly Close

Having won the division 2EC league our team travelled to Wavertree Stadium, Liverpool, for the play off match for promotion to Division 1 in the Northern League.

The first two clubs get promoted. Congratulations to both Bolton (427 pts) and Blackburn (415.5). We finished 3rd, with 361 points, beating some strong teams from Preston, Boston, Middlesboro and W Cheshire.

This was an excellent performance, and we still have an outside chance of promotion, since Leeds City AC are in the play-off match for promotion to the BAL national league on the 15th Sep. If they are successful, there are no Northern clubs to be demoted, so that could mean we do get promotion to NoE div. 1 after all.

Whatever the outcome, this has been a very good and successful year for our senior team. Thanks and congratulations to all athletes who have competed, and particularly to the team managers, Ian Cooley, David Scholey and Mavis White.

The team spirit and commitment have been great!

Stop Press: Leeds City AC mens team won the match, with Channel Islands 2nd. We await some clarity as to what that means for our possible promotion. (Since the Leeds team was a men only team, and the NoE div 1 league is for men and womens combined teams.)

New Members

The following new members were accepted at the Sep meeting of the executive committee: Michael Page, (12) Cross Country, Sam Jones (8) , Track/Field /XC /general. Sophie Kirby (12) Track & Field & XC. Hayley Flintham (12) Track & Field / XC. Drew Phillips (14), (from Worksop Harriers), Track, Road & XC, Codie Marsh (12), (from Worksop Harriers), Track, Road & XC . Welcome to you all!

We have 50 temporary members currently.

Annual General Meeting

The club Annual General Meeting, which has not been well attended in recent years, takes place on Thursday 18th October in the Herringthorpe Leisure Centre at 7.30pm. The usual agenda will be followed, but the meeting has been considerably streamlined recently, in particular to cut down the time-consuming reading of detailed section reports which many found tedious. Among other business, the position of President is up for election (Dave Johnson has served three years) and one nomination (Peter Humphries) has already been received. Nominations are invited for various posts; we particularly need a Track & Field Secretary (since Ralph is retiring) and committee. The new proposal for Subs/Membership will also be put to the AGM. See you there??

Fixtures: September to December

September

Sat 22 Sep 07	pre-enter	Combined evts Yorks champs 10:00 Cudworth
Sun 23 Sep	pre-enter	day 2 10:00 Cudworth
Sat 22 Sep 07	trail	Silkstone Shuffle 3 open 10.30
Sun 23 Sep 07	road	Prince of Wales Hospice 10k & Fun Run, Pontefract
Sun 23 Sep 07	road	East Relford Rugby Club Half Nottinghamshire 13.1
Sat 29 Sep 07	road team	Northern 6 & 4-stage relay club teams Warrington .
Sat 29 Sep 07	trail	Transpennine Trail Race open Oxspring
Sun 30 Sep 07	road	Royal Manchester Children's Hospital Half EF
Sun 30 Sep 07	road	Horsforth 10k, Apperley Bridge, Bradford
Sun 30 Sep 07	road	Macclesfield Half Marathon & Fun Run Cheshire

October

Sun 07 Oct 07	road team	Northern Relays club teams U13, 15, 17 Croxteth, Liverpool
Sun 07 Oct 07	trail	Harewood 10 Mile Trail Race, nr. Leeds
Sun 07 Oct 07	road	Selby Half Marathon, Selby poss closed
Sat 13 Oct 07	trail	Rother Valley Trail 6 , entry £7, c/d 6th Oct. via CoS website
Sun 14 Oct 07	road	Scarborough 10
Sun 14 Oct 07	road	Bridlington Half & Fun Run
Sat 20 Oct 07	road team	National 6 & 4-stage relay club teams Sutton Coldfield
Sun 21 Oct 07	road team	National Relays club teams U13,15,17 Sutton Park l b confd.
Sun 21 Oct 07	open XC	SY XC League 1 Graves Park, Sheffield
Sat 27 Oct 07	XC teams	Cutlers Relay cancelled
Sat 27 Oct 07	RH	Ulley Time No 1 Trial 11am
Sun 28 Oct 07	road	Holmfirth 15 Miles Road Race (inc. Yorkshire Championships)
Sun 28 Oct 07	road	Worksop Trader Half & FR

November

Sat 03 Nov 07	XC teams	English XC Relays club teams Mansfield tb confd
Sun 04 Nov 07	open XC	SY XC League 2 open Penistone Showground
Sat 10 Nov 07	open XC	UK Cross Challenge 1 clubs Gateshead
Sun 11 Nov 07	trail teams	High Peak Relay, Cromford Derbyshire
Sat 17 Nov 07	road	The 59th Brampton to Carlisle 10
Sun 18 Nov 07	road	Barnsley 10 Kms Road Race
Sat 24 Nov 07	open XC	UK Cross Challenge 2 clubs Sefton Park
Sat 24 Nov 07	RH	Ulley Time No 2 Trial 11am
Sun 25 Nov 07	open XC	SY XC League 3 open Rotherham Winterhills
Sun 25 Nov 07	road	Leeds Abbey Dash 10k

December

Sat 01 Dec 07	selected	English Schools Cup areas tba
Sat 01 Dec 07	trail	Silkstone Shuffle 4 open 10.30
Sun 02 Dec 07	road	Thirsk 10
Sun 02 Dec 07	road	Percy Pud 10k open poss closed
Sat 08 Dec 07	trail	Round Rotherham & 8 stage relay open
Sun 09 Dec 07	open XC	SY XC League 4 / Champs open Doncaster prob Hayfield
Sun 16 Dec 07	open	Travellers 6, Denby Dale, nr. Wakefield
Tue 25 Dec 07	road	RHAC Christmas Day Handicap
Wed 26 Dec 07	road	Ward Green 6 Miles Barnsley
Wed 26 Dec 07	road etc	Braithwell 5 (on day) Maltby RC
Sat 29 Dec 07	RH	Ulley Time No 3 Trial 11am

Sources include received adverts, SY list, North England list, UK results, Sportsoft. Dates published are not always correct: please confirm especially if distant dates.

Membership: Changes to Come?

If the deliberations of a review group are accepted by the executive committee, they will be added to recommendations already tabled by exec to put to the AGM in October. Since these proposals would suggest a change in how club fees are levied, it is only the vote of the AGM which can agree to it, or otherwise. The group is Steve Gaines (chair), Peter Neal, Steve Lebond, Kevin Thomas, and Peter Humphries. You can if you wish comment to them, or raise any issues with them before the exec meeting on October 4th.

In outline, here is what these proposals are. We are not necessarily trying to increase revenue, but to address issues. Of these, there was a number. Amongst them, and not in any particular logical order:

- (In 2007 subs paid were £4297 of which £558 was paid to EA for affiliation fees, suggesting a minimum of £3750 needed to exist as a club)
- Our membership fees have continued to rise in recent years
- The current fee is not high compared to other full-range clubs but is higher than a number of smaller clubs
- Some members perceive that it is not value for money for them personally
- Some members get a great deal out of it- eg in travel and entry expenses and in coaching
- The flat-rate level of the fee is unfair on many, for example notably on those who coach or otherwise assist the club long-term
- Many helpers are not therefore in fact RHAC members- we are not entirely comfortable with this
- Many members, perhaps more particularly younger ones, do not represent the club in competition. Coaches to some degree are acting as child-minders.
- Many don't have a club vest
- North of England registration numbers, which become England Athletics Registration Numbers, are compulsory (and will be more seriously checked in future, and will be £5 next year 2008 (and for a while it is hoped))
- Long-standing members have been leaving the club (ie not paying)

The group is still considering, but currently set to suggest that in future:

There will be (after 2007 AGM) an introductory package for the first year of membership set at £30 which will include club fee, EA membership number, and vest.

Thereafter (Jan 2009), full annual subscription will be £30 juniors (£35 seniors) (but members need not pay this much: see following)

Members who qualify in one of the several ways can reduce this figure;

- a) by paying on or before the due date of 1st January or at least by the final reminder date of 1st March it is reduced by £5
- b) it can be reduced a further £10

1. by representing the club in (say) 6 competitions in the preceding season

Qualifying events could be major relays, cross-country such as county or South Yorkshire series, Road League races, track & field league matches, open road races such as Club Championship races, our own fixtures such as Ulley etc, (or even wider than this) all to be decided.

2. by members (or possibly their parents) officiating or officially assisting (eg marshalling but not limited to this) on (say) 6 occasions at our events in the preceding season

3. by introducing (say) 3 new members to the club

The figures (£30 etc) are illustrative rather than firmly agreed. It is implicit that junior/senior membership will no longer be separate and family membership (used by 10 families in 2007) is under discussion.

An associate membership (without AGM voting rights) is proposed for those no longer in competition or active participation. A fee of £5 is suggested.

The executive committee has already minuted to recommend that club officials (that is, UKA coaches, qualified officials or Club elected officials) should not have to pay annual membership and other club helpers would be given free associate membership.

These discussions are ongoing.

Give us your views. Attend the AGM.

Flyers

A number of information flyers for RHAC members, potential members, and the general public are in preparation. Two are already available from the clubhouse:

- 1 **Representing Your Club and**
- 2 **Fixtures 07-08 Cross-country and General**

They contain a wealth of information. Ask for your copies.

Road Vets Strong All Round

Irresistible at top and bottom ends

For the first time in the men's competition we fielded teams in all the age categories. Team manager Peter Neal had done a great job organising the entry and runners, and whilst we didn't fill all the entered teams, we did have strong teams out in all the men's events. Unfortunately we didn't field any complete women's teams - Gill Taylor and Christine Mullarkey ran in an incomplete team.

The finishing positions reflect the strength we have in the vet men categories. Despite not having the strongest O40 team out, we won medals in every category. An excellent performance.

O35 Men The event saw the return to competitive running of Dave Tune. It's some years since Dave raced, and it was good to see him back. It did take some searching though to find a vest that fitted him! Nevertheless he ran well, considering the length of time since he raced, on leg 3.

Joe Gavelle went out on leg 1 and had a good solid run, clocking 13:25 (4th Fastest) to finish 2nd behind Keighley. Simon Mounsey ran leg 2, and had a good run also, taking the team into the lead and running 13:50 (9th Fastest). Dave, running 14:35, lost the lead to Dave Watson of Holmfirth who the Holmfirth team were saying would run the fastest leg. He did set up a massive lead, but no one had reckoned on how fast Richard would run on the 4th leg. He charged round in 12:42. The fastest time of the day, and almost 20 secs faster than Dave Watson, to bring the team home winners, 27 secs clear of Holmfirth, with Keighley - last years winners in 3rd place.

O40 men We had entered two teams, and under normal full availability would have filled them both. Unfortunately Andy Aked was unable to run due to the continuing stomach problems, and Drew stepped up to the A team. Drew ran 1st leg, returning in 14:00, a good run which gave him the 10th fastest time. Nigel, pictured right was our only B team runner in 14:09 (14th fastest). Pete Mirreles ran 2nd leg, and gained one place with his 13:49 time (8th fastest) Mark had prepared the psychological ground well, saying that he could not be expected to run well at his age/state of injury etc etc and then ran 13:30 (6th fastest). Bingley however increased their lead as Stuart McDonald ran the events fastest time of the day. Darren ran the 4th fastest time - 13:25 - to bring the team home in second place. A good performance from him and the team

O50 men We had also entered 2 teams in this event, but only ran one. John Atkinson, whilst not at peak fitness, ran a solid race to finish 5th with a time of 14:54. John had Bob Tintinger of our O60 team for company for most of the 2.5 mile course. Peter Neal ran 2nd leg, and his 14:36 (9th fastest) showed that it takes more than an avalanche and crevasse to slow him down. Peter gained one place. On the last leg Keith Williams - who has been having a good year on the roads - ran 14:19 for the 5th fastest time, and more importantly passing the Ilkley runner to move us into bronze medal position. Sheffield RRC won with Holmfirth 2nd

O60 men This was the first time that I can remember us turning a team out. We are lucky in that a batch of good runners has now moved into this age group, and the trio - pictured left re-hydrating in the bar afterwards - won the event at their first attempt. Bingley have won this for as many years as I can remember, and, while their squad has been in this category for some years, they are still hard to beat!

Bob Tintinger had a great run on leg 1, running the fastest time of 14:49, and bringing the team home with a lead of over one and a half minutes from Bingley. Terry and Malc were unlikely to lose such a good lead, Terry ran 15:36 (4th Fastest) and Malc 15:19 (3rd fastest) to bring us home nearly 2 minutes ahead of Bingley in 2nd place, with Holmfirth 3rd.

With Mick Marsters joining this trio in November, we have a real chance of national medals in May 2008.

MENS O/35, 4 x 2.5 MILES

Rotherham HAC A

Joe Gavelle	13:25	13:25	2
Simon Mounsey	13:50	27:15	1
Dave Tune	14:35	41:50	2
Richard Harris	12:42	54:32	1

1	Rotherham HAC 'A'	54:59
2	Holmfirth HAC 'A'	54:59
3	Keighley & Craven 'A'	55:20
4	Bingley Harriers 'A'	58:50
5	City Of Hull AC 'A'	59:40
6	Baildon Runners 'A'	66:00

MENS O/35, 4 x 2.5 MILES - FASTEST TIMES

Name	Team	Leg	Split
1	R Harris	Rotherham HAC 'A'	4 12:42
2	D Watson	Holmfirth HAC 'A'	3 13:01
3	A James	Keighley & Craven 'A'	1 13:13
4	J Gavelle	Rotherham HAC 'A'	1 13:25
9	S Mounsey	Rotherham HAC 'A'	2 13:50
14	D Tune	Rotherham HAC 'A'	3 14:35

MENS O/40, 4 x 2.5 MILES

Rotherham HAC 'A'

Drew Donaldson	14:00	14:00
Pete Mirreles	13:49	27:49
Mark Ruddleston	13:30	41:19
Darren Cooney	13:25	54:44

1	Bingley Harriers 'A'	54:08
2	Rotherham HAC 'A'	54:44
3	Keighley & Craven 'A'	55:31
4	Holmfirth HAC 'A'	56:50
5	Horsforth H 'A'	57:18
6	Ilkley Harriers 'A'	59:50
7	Sheffield Rc 'A'	59:52
8	Bingley Harriers 'B'	60:04
9	Holmfirth HAC 'B'	65:15
10	Horsforth H 'B'	67:03
11	Baildon Runners 'A'	71:16

MENS O/40, 4 x 2.5 MILES - FASTEST TIMES

1	S McDonald	Bingley Harriers 'A'	3 13:05
2	J Cordingley	Bingley Harriers 'A'	4 13:08
3	J Convery	Bingley Harriers 'A'	1 13:20
4	L Helliwell	Keighley & Craven 'A'	1 13:23
5	D Cooney	Rotherham HAC 'A'	4 13:25
6	M Ruddleston	Rotherham HAC 'A'	3 13:30
8	P Mirreles	Rotherham HAC 'A'	2 13:49
10	D Donaldson	Rotherham HAC 'A'	1 14:00
14	N Brooks	Rotherham HAC 'B'	1 14:09

MENS O/50, 3 x 2.5 MILES

Rotherham HAC 'A'

John Atkinson	14:54	14:54	5
Peter Neal	14:36	29:30	4
Keith Williams	14:19	43:49	3

1	Sheffield Rc 'A'	42:56
2	Holmfirth HAC 'A'	43:44
3	Rotherham HAC 'A'	43:49

4	Horsforth H 'A'	44:05
5	Ilkley Harriers 'A'	44:45
6	Bingley Harriers 'A'	45:17
7	Holmfirth HAC 'B'	46:46
8	Longwood HAC 'A'	48:06
9	Barnsley AC 'A'	48:20
10	Horsforth H 'B'	49:11
11	City Of Hull AC 'B'	55:02
12	City Of Hull AC 'A'	55:37

MENS O/50, 3 x 2.5 MILES - FASTEST TIMES

Pos	Name	Team	Leg	Split
1	S Cordle	Sheffield Rc 'A'	3	13:54
2	E Irvine	Ilkley Harriers 'A'	1	14:13
3	N Monaghan	Horsforth H 'A'	1	14:16
4	M Lavery	Sheffield Rc 'A'	2	14:18
5	K Williams	Rotherham HAC 'A'	3	14:19
6	J Ewart	Holmfirth HAC 'A'	1	14:20
7	R Butterfield	Horsforth H 'A'	3	14:29
8	T Wright	Longwood HAC 'A'	3	14:35
9	P Neal	Rotherham HAC 'A'	2	14:36
10	A Hauser	Holmfirth HAC 'A'	2	14:40
11	P Blakney	Sheffield Rc 'A'	1	14:44
12	S Beardsell	Holmfirth HAC 'A'	3	14:44
13	M Springer	Horsforth H 'B'	2	14:51
14	J Atkinson	Rotherham HAC 'A'	1	14:54
15	R Bailey	Bingley Harriers 'A'	3	15:02
16	A Ahir	Bingley Harriers 'A'	2	15:05

MENS O/60, 3 x 2.5 MILES

ROTHERHAM HAC 'A'

Rob Tintinger	14:49	14:49	1
Terry Hawley	15:36	30:25	1
Malc Palfreyman	15:19	45:44	1

1	Rotherham HAC 'A'	45:44
2	Bingley Harriers 'A'	47:31
3	Holmfirth HAC 'A'	53:09
4	Horsforth H 'A'	65:52

MENS O/60, 3 x 2.5 MILES - FASTEST TIMES

1	R Tintinger	Rotherham HAC 'A'	1 14:49
2	L Haynes	Bingley Harriers 'A'	3 15:16
3	M Palfreyman	Rotherham HAC 'A'	3 15:19
4	T Hawley	Rotherham HAC 'A'	2 15:36

LADIES O/35, 3 x 2.5 MILES TEAM

1	Bingley Harriers 'A'	48:08
2	Barnsley AC 'A'	49:37
3	Spensborough DA 'A'	55:51
4	Barnsley AC 'B'	56:33
5	Spensborough DA 'B'	68:40

LADIES O/35, 3 x 2.5 MILES - FASTEST TIMES

1	A Dennison	Bingley Harriers 'A'	2 15:12
2	B Massey	Barnsley AC 'A'	1 15:47
3	R Whitehead	Bingley Harriers 'A'	3 16:21
4	L Noone	Barnsley AC 'A'	2 16:22
5	C Howlett	Bingley Harriers 'A'	1 16:35
6	G Taylor	Rotherham HAC 'A'	1 17:25
7	L Westlake	Barnsley AC 'A'	3 17:28
8	K Rushforth	Barnsley AC 'B'	1 18:11
9	C Morrell	Barnsley AC 'B'	2 18:17
10	J Carer	Spensborough 'A'	3 18:23
11	F Wilkinson	Spensborough 'A'	1 18:31
12	E Mcguire	Spensborough 'A'	2 18:57
13	A Bennett	Barnsley AC 'B'	3 20:05
14	C Mullarkey	Rotherham HAC 'A'	2 20:12
15	B Millett	Spensborough 'B'	1 20:55
16	S Jones	Spensborough 'B'	2 22:26
17	A Pearson	Spensborough 'B'	3 25:19

LADIES O/45, 3 x 2.5 MILES - TEAM

1	Bingley Harriers 'A'	52:05
2	Holmfirth HAC 'A'	53:15
3	Baildon Runners 'A'	60:13
4	Holmfirth HAC 'B'	61:35

LADIES O/45, 3 x 2.5 MILES - FASTEST TIMES

1	B Weight	Bingley Harriers 'A'	3 16:23
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Yorkshire Relay Results

Letter to Rotherham Runner(s)

Chelsea Johnson

Ed: The letter below, from Chelsea Johnson, struck me as being very commendable and I hope readers will agree with me that her venture is most worthy of support. There is not much time left in which to sponsor her though colleagues might do so retrospectively after the 29th. The letter has been on the website for some time.

Hello my name is Chelsea Johnson and on the 29th September I am running the Junior Great North. I am running the race to raise money for the STARS charity. STARS stands for Syncope Trust And Reflex Anoxic Seizures. The charity raises money for children and adults with heart problems. I suffer from Reflex Anoxic Attacks; whereby my organs shut down for sometime and it makes me quite ill, so this is why I am raising money for the charity, to help others who suffer like me.

10% of what I raise will go to Rotherham Harriers. Being a member of the Harriers has given me many things; fitness, competition, enjoyment and above all feeling as though I belong to something. Having my condition has meant that I have suffered discrimination a lot in my life and not been able to belong to many clubs, teams or enjoy things I used to. The Harriers have always made me feel welcome and part of fantastic team of young people and adults; even when I have been very ill the people of Rotherham Harriers have sent their wishes and encouraged me to get well and get down to the club again. When I cannot run I help out with selling raffle tickets, giving a hand in the kiosk and supporting other race events,

As I am doing the Great North Run I would ask that if you see my sponsor form in the Kiosk please, please sponsor me for a great cause and allow me to give something back to the medical people, sufferers, and the Harriers members.

A big thank you to everyone at the Harriers in anticipation of their support.

Various Road Results

Mablethorpe Races 16th September

10 K

1	J. Maxfield Scunthorpe	00:34:35	MOPEN
3	David Booth RHAC	00:36:49	MOPEN

Success for Dave Booth in the 10k at Mablethorpe, taking 3rd. He is coming on without doubt.

Half Marathon

1	P. Taylor Bridlington	01:14:19	MOPEN
3	Drew Donaldson RHAC	01:19:52	2nd MVET

Not as many RH there this year but good performances from Drew Donaldson in the Half and the 'evergreen' and consistent Phil Haigh in the full marathon. I heard Dave Burke ran but can't find the result.

Marathon

1	M. Hall Dewsbury	02:44:59	MVET
55	Philip Haigh RHAC	03:32:27	4th MV50

Some reports from Keith Williams, for which many thanks:

"Jim Dingwall" Elloughton 10k Hull 12/8/07

Darren Cooney 5th, 1st Vet 40 in 34.05
Keith Williams 18th, 1st Vet 55 37.18;
(was also 1st O-50)

Tholthorpe 10k N Yorks

Keith Williams 5th, 2nd vet overall, 36.47

STOP PRESS!!!!

BAWTRY FOREST TRAIL RUN 16.09.07

1	Simon Wright	V40	39,23	DonAC
9	Rob Tinting	V60	45,16	RHAC
35	Kevin Thomas	V55	49,38	RHAC
97	Malc Rhodes	V55	60,24	RHAC

Yorkshire County Road Races and Relays

Don Valley Stadium, Sheffield 15 September 2007

Under 13 Girls

1	Remy Cockerill	Hallamshire	7.57
18	Jessica Mangham	Rotherham	8.50

Team Result

1	Hallamshire	[1, 7, 9]	17
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Under 13 Boys

1	Liam Stedman	Spenborough	7.36
8	Michael Page	Rotherham	8.00
14	Christopher Page	Rotherham	8.26
20	Ryan Sutherland	Rotherham	8.33
21	Thomas Gibbons	Rotherham	8.33

Team Result

1	Wakefield	[2, 3, 11]	16
2	Doncaster	[5, 6, 7]	18
3	Rotherham	[8, 14, 20]	42
4	Scarborough	[10, 18, 19]	47
5	C of Sheffield	[12, 15, 23]	50
6	Halifax	[13, 16, 26]	55

Under 15 Girls

1	L Procter	Wakefield	11.22
6	Natasha Hatswell	Rotherham	12.30
28	Georgina Arif	Rotherham	14.00
32	Rachel Hill	Rotherham	14.31
33	Olivia Neal	Rotherham	14.37
35	Melissa Helliwell	Rotherham	15.24

Team Result

1	Wakefield	[1, 5, 9]	15
2	Bingley	[3, 4, 18]	25
3	Leeds City	[8, 12, 14]	34
4	Hallamshire	[2, 15, 17]	34
5	Wakefield B	[10, 11, 27]	48
6	Rotherham	[6, 28, 32]	66
7	Halifax	[29, 36, 38]	103

Under 15 Boys

1	James Gray	C of Sheffield	10.25
16	Cian Scothern	Rotherham	11.33

Team Result

1	C of Sheffield	[1, 3, 4]	8
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Under 17 Women

Rotherham A

1	L Spence	11.41
1	A Vernon	11.27
1	S Burns	11.48
1	R Lanceley	11.52

Rotherham B

7	J Creaghan	13.22
6	R White	14.30

Team Result

1	Rotherham A	46.48
2	Hallamshire A	50.03

Incomplete:

Holmfirth
Leeds City A
Rotherham B
Spenborough
Wakefield

Fastest Overall

1	A Vernon (Rotherham A)
2	L Spence (Rotherham A)
3	S Burns (Rotherham A)
4	R Lanceley (Rotherham A)

Under 17 Men

1	Wakefield A	41.44
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Senior/Junior Women

Rotherham A

7	J Fawcett	11.57
11	C Vaughan	12.48
10	H Walker	12.56
11	K Bateman	14.39
		52.20

Team result

1	Hallamshire A	43.47
2	Scunthorpe & D A	44.42
3	Bingley B	44.59
4	Holmfirth A	47.20
5	Wakefield A	47.32
6	Hallamshire B	47.54
7	Hallamshire C	48.28
8	Bingley A	48.48
9	Holmfirth B	50.32
10	Barnsley	51.48
11	Rotherham HAC	52.20
12	Scunthorpe & D B	52.57
13	Sheffield RC A	53.51
14	Kimberworth Striders	54.58
15	City of Sheffield	66.32
16	Longwood	67.20

Senior/Junior Men

7 Rotherham A

18	D Nuttal	22.47
11	N Brookes	22.25
9	S Mounsey	22.40
7	P Hoole	20.39
7	R Harris	20.33
7	D Cooney	21.37
		130.41

1	Holmfirth A	123.26
2	Hallamshire A	123.52
3	Leeds City A	128.43
4	Bingley A	129.23
5	Otley A	129.28
6	York Acorn A	130.08
7	Rotherham HAC	130.41
8	Keighley & Craven A	133.12
9	Hallamshire B	135.14
10	Holmfirth B	139.35
11	Halifax	139.59
12	Sheffield RC A	141.36
13	Keighley & Craven B	144.23
14	Kimberworth Striders	145.24
15	Barnsley	148.56
16	Holmfirth C	154.37
17	Otley B	154.50
18	Doncaster	158.05

Fastest Overall

10	R Harris (Rotherham A)
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Website

Readers who also use internet will have noticed I have updated the appearance of the RHAC homepage recently. The website appears to be very popular and is apparently much used by people outside Rotherham HAC. It now has getting on for 50000hits. I think the new appearance is more elegant than the blue screen we had (though there was nothing wrong with that) but the main point of the update is what you do not see: the fact that the underlying structure of the page(s) is better, making it easier to update. A lot of what goes on in the RH site is programming contained in the pages which load other parts of the site 'on the fly'. This makes it possible for some things to happen automatically (like the selection and colouring of the fixtures in the fixtures page) and other things to be updated by lots of different people (like the scroller, and indeed the fixtures).

These ideas make for a vibrant up-to-date website rather than, as often encountered, a site which might look good when launched but which soon goes out of date. Currently apart from myself, updates and feeds can be made by Steve Gaines, Alan Bryden, and Jim Brogan (Alan has just started). Potentially, there could be many more eg with scrollers like the homepage one fed by members of different club sections. Updating in that way is easy!. More development is coming, keep me up to date with your views or suggestions. (I run the SYCAA site also, your views on that are equally welcome)

Peter Humphries

South Yorkshire Senior Championships

Claire Sweep Leads Medal Haul

Congratulations came from SYCAA secretary Les Outwin to Claire Lebond and to other athletes who set or equalled Championship Best Performances. Claire threw 34.31m for a new U17 Women Hammer record. Claire had a clean sweep in the U17 throws, winning Discus, hammer and javelin while Stacey Lebond won the Senior Hammer, & U20 discus. Other notable performances included double golds for Kim Bateman and Simon Pugh *Results right*

Track & Field News

Club Awards

Now that the play-off match has been held, we are able to confirm the awards for the NoE league. The results are:-

Men

1st Liam O'Malley 76 points, 2nd Rhian Hastey 68 points, 3rd Gregg Markham 62 points.

Women

1st Lizzie Maher 133.5 points, 2nd Claire Lebond 87 points, 3rd Charlite Vaughan 72 points.

The South Yorkshire U11 awards are:-

Boys

1st Jordan Small 515 points, 2nd Bradley Nelson 488 points, 3rd Ben Twible 346 points.

Girls

1st Emily Hutchinson 380 points, 2nd Grace Tomlinson 304 points, 3rd Mollie Arif 260 points.

Congratulations to the athletes. The winners will receive their award at the club Awards presentation night event in December,

The following dates are the proposed dates for next year's Northern League fixtures taken from the September Northern Track & Field newsletter

Proposed Dates for 2008

The dates which are being proposed for 2008 are

Match 1 Saturday May 3rd 2008

Match 2 Saturday June 7th 2008

Match 3 Sunday July 6th 2008

Match 4 Sunday August 3rd 2008

SY T&F league Grand Prix Winners

The following winners were presented with their medals recently:-

Gareth Moreton U17 men sprints, Claire Lebond U17 womens throws, Taz Oliver-Smith Senior womens throws, Rob Wilkinson Veteran mens throws.

U15 Inter Counties Championships

3 club members were selected to represent the SY team.

Quinn Simms ran the U13 boys 800m A race, finishing 4th in 2:23.4. Quinn also did the High Jump, finishing 4th in the B event with 1.25m

Olivia Neal finished 2nd in the U15 girls long jump with 4.68m. Sarah Wilding ran the U15 girls 200m B race, finishing 4th with 27.7secs, and finished 3rd in the U15 girls discus with 18.03.

RHAC RESULTS

100 Metres Under 15 Girls
3. Olivia Neal 14.4

100 metres Senior Women
3. Charlotte Vaughan 13.5

100 metres Senior Men
2. Rhian Hastey 23.6

100 metres Senior Women
3. Charlotte Vaughan 27.8

100 metres Vet Men
4. Simon Pugh 30.3

400 metres Senior Women
2. Charlotte Vaughan 62.4

400 metres Under 17 Men
3. Gareth Moreton 55.8
4. David Coupe 59.1

400 metres Senior Men
1. Sam Thorpe 52.2
2. Mark Ward 52.9
5. David Smith 61.0

800 metres Senior Women
1. Kim Bateman 2m39.3

800 metres Senior Men
1. Rhian Hastey 1m56.4

1500 metres Under 15 Girls
1. Natasha Hatswell 5m30.6

5000 metres Vet. Men
3. Nigel Cook 20m27.1

3000 m S/C Senior/ Vet. Men
1. Simon Pugh (V) 12m31.9

Hurdles U 17 Men - 100 metres
1. David Coupe 20.4

Hurdles SenVet Men - 110 metres
1. Simon Pugh (V) 24.9

Hurdles Vet. Men - 400 metres
3. Simon Pugh 77.9

Long Jump Under 15 Girls
3. Olivia Neal 4.41
7. Natasha Hatswell 3.35

Long Jump Senior Men
1. Ben Rollinson 5.57

Triple Jump Senior Women
1. Kim Bateman 8.66

Triple Jump Senior Men
2. Nick Pike 11.00
3. Ben Rollinson 11.00

Shot Under15 Girls
4. Sarah Wilding 8.26

Shot Under 17 Men
3. Kane Humphery 10.30

Shot Senior Women
1. Stacey Lebond 9.53

Discus Under 15 Girls
2. Sarah Wilding 19.45
5. Natasha Hatswell 11.83

Discus Under 17 Men
1. Kane Humphrey 36.59
2. David Coupe 25.93

Discus Under 17 Women
1. Claire Lebond 26.43

Hammer Under 17 Women
1. Claire Lebond 34.31

Hammer Senior Women
1. Stacey Lebond 43.56

Hammer Vet. Men
1. Ian Cooley 30.13

Javelin Under 17 Women
1. Claire Lebond 27.56

Javelin Under 17 Men
2. Kane Humphrey 27.59

Northern Men & b Women's League Wavertree Athletics Stadium 1st September 2007

Qualifying Match RHAC Performances

	'A' competitor posn	perf	'B' competitor posn	perf.
Men's 100m	3 Sam Thorpe	11.5	5 David Scholey	11.9
Men's 200m	3 David Scholey	23.6	2 Sam Thorpe	23.4
Men's 400m	2 Rhian Hastey	52.8	2 Mark Ward	53.4
Men's 800m	1 Rhian Hastey	01:58.5	3 Jon Thewlis	02:01.7
Men's 1500m	1 Jon Thewlis	04:06.1	5 Simon Pugh	05:16.4
Men's 3000m S/Chase	5 Chris Ireland	10:36.5	3 David Smith	11:18.1
Men's 5000m	2 Phil Hoole	15:43.3	3 Jon Thewlis	16:03.5
Men's 400m Hurdles	7 Chris Ireland	72.9	5 Simon Pugh	75.7
Men's 110m Hurdles	5 Chris Wright	16.6	6 Nick Pike	21.2
Men's Hammer	4 Owen Thomas	35.92	2 Ian Cooley	25.31
Men's Discus	4 Rob Wilkinson	32.18	5 Owen Thomas	26.33
Men's Javelin	7 Gregg Markham	40.56	4 Rhian Hastey	38.02
Men's Shot Putt	6 Rob Wilkinson	9.53	5 Gregg Markham	9.40
Men's Long Jump	4 Liam O'Malley	5.96	5 David Scholey	5.24
Men's Triple Jump	5 Liam O'Malley	11.58	5 Nick Pike	10.93
Men's High Jump	5 Chris Wright	1.75	4 Liam O'Malley	1.65
Men's Pole Vault				
Men's 4x100m Relay	2 RHAC	David Scholey , Chris Wright , Sam Thorpe , Liam O'Malley		46.0
Men's 4x400m Relay	1RHAC	Mark Ward , David Scholey , Sam Thorpe , Rhian Hastey		03:29.3
Women's 100m	3 Charlotte Vaughan	13.3	6 Becky White	13.9
Women's 200m	3 Charlotte Vaughan	27.8	6 Becky White	29
Women's 400m	3 Abbie Vernon	60.3	3 Charlotte Vaughan	62.4
Women's 800m	3 Robyn Lanceley	02:29.1	1 Jess Fawcett	02:24.9
Women's 1500m	1 Robyn Lanceley	04:59.1	1 Jess Fawcett	05:17.1
Women's 3000m	7 Jo Walker	10:44.4	1 Laura Spence	10:55.8
Women's 400m Hurdles	7 Charlotte Watt	83.8	4 Laura Spence	76.1
Women's 100m Hurdles	6 Charlotte Watt	19.3	5 Claire Lebond	25.6
Women's Hammer	3 Claire Lebond	34.63	3 Helen White	30.80
Women's Discus	3 Helen White	28.32	2 Stacey Lebond	28.06
Women's Javelin	5 7 Claire Lebond	27.89	6 Stacey Lebond	21.79
Women's Shot Putt	3 Stacey Lebond	9.57	1 Helen White	8.53
Women's Long Jump	5 Helen White	4.56	6 Kim Bateman	3.7
Women's Triple Jump	6 Kim Bateman	8.89		
Women's High Jump	7 7 Kim Bateman	1.30	6 Jenny Cuthbertson	1.10
Women's Pole Vault	3 Jenny Cuthbertson	2.20		
Women's 4x100m Relay	5 RHAC	Helen White, Charlotte Vaughan , Abbie Vernon , Becky White		53.2
Women's 4x400m Relay	1 RHAC	Charlotte Vaughan , Jess Fawcett , Robyn Lanceley , Abbie Vernon		04:13.4

QUALIFYING MATCH RESULT

1	Bolton Utd H	427
2	Blackburn H	415.5
3	Rotherham H	361
4	Preston	352
5	Boston & District	333.5
6	Middlesborough	307



Above l to r: Joe Gavelle in heavy traffic as the O-35 race starts; his good start was maintained by Simon Mounsey (left) and Dave Tune (right above) but we still looked like second to Holmfirth until Richard Harris (right) astonished onlookers with a blistering fastest stage. Good to have Dave back. Good to have gold medals!



More pictures courtesy Steve Gaines from Esholt , the outdoor location for "Emmerdale"

Above left: O-40 silver medalists Peter Mirrlees, Drew Donaldson, Mark Ruddleston and Darren Cooney. Drew is seen (left) in close company with Nigel Brookes who on the day was fifth in line; good support. Peter, Mark and Darren are seen above- great to see Darren appears to have his relaying problem sorted!

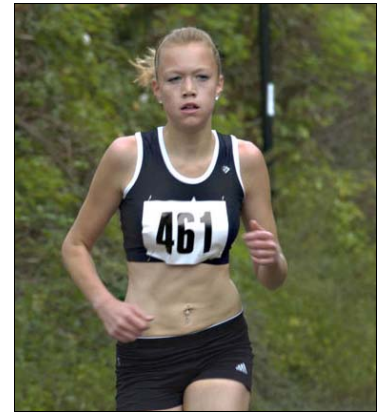


Right: John Atkinson, Keith Williams and Peter Neal in the O-50 group photo. Remember that all the races start together in these events- below left we see the early days of the race with Bob Tintinger (extreme left) in the vet 60 category taking a careful bead on, amongst others, John Atkinson who launched the O-50 challenge. In the background is the Yorkshire Water sewage works, the part of "Emmerdale" that is not seen on ITV!



Still neck and neck in our photos on the right as V 60 Terry Hawley (238) is being challenged by Peter Neal (V50), and far right is Keith Williams bringing the V50 squad home to bronze medal position. Malc Palfreyman's anchor stage for the V60 team is on p7





What a quartet!: Yorkshire U17 Ladies Gold Medal Champions caught by Alison Fawcett in very determined mood– not many smiles in evidence as (l to r) Laura Spence, Abbie Vernon, Stef Burns and Robyn Lancelley scorch round Don Valley. Below l to r Malc Palfreyman brings home the Vet 60 team to county gold, with Gill Taylor and Chris Mullarkey in the ladies 0-35 race. Lovely to see Chris back from long injury.



ADVERT

Sports Performance Enhancement

Ever wondered whether your running style is inefficient?

Or why you keep on having recurrent niggles in the same or different places?

Do you want to improve your running without having to work any harder?

This is a unique opportunity for members of Rotherham Harriers to benefit from the services normally only available to elite athletes. Jenny Blizard will over the next 4 weeks be offering you a sports performance enhancement analysis.

This consists of a video analysis of your running style followed by a 1 hour clinic based follow up session. Assessment will focus on identifying possible problems with flexibility, balance, strength and control in light of the video analysis, previous and current injuries. Finally you will be provided with a summary of areas for improvement.

This costs just £25.00 to Harriers for the full assessment. Please contact Jenny on 07931897006 for further details. She will also be at the track on Wednesdays for the next 4 weeks only.

**Jenny Blizard BSc (Hons), MCSP
Chartered Physiotherapist**

Member of the Chartered Society of Physiotherapy
Member of Health Professions Council
Member of the Association of Physiotherapists in Sports Medicine

Ed: Jenny sent me this on 10th September: You could still benefit if you are quick. It's well worth while.

CROSS COUNTRY DATES

SY League

- 1 Sunday 21 October Sheffield (Graves Park)
see race details right for meetings 1,2 and 3
- 2 Sunday 4 November Penistone Showground
- 3 Sunday 25 November Winterhills, Rotherham
- 4 Sunday 9 December Doncaster (Hayfield prob)
NB race times are different for meeting 4

Yorkshire Championship

January 5th 2008 Storthes Hall, Holmfirth

'Keep on Running' SYCAA League 2007

Order and timing of Events for Fixtures 1 - 3

- | | | | |
|----|-----------------|--------|--------------|
| 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 |

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

Northern

26th January 2008 Roundhay Park Leeds

National

February 23rd Alton Towers

Runners are uniquely placed to see and enjoy the outdoor environment and I have long thought that we could play a more prominent role in safeguarding it. Runners have been known to trespass, but on the whole we are caring and law-abiding. We need more information about the environment we run in, about our rights and responsibilities. Our club colleague Tony Sarjeant, whose knowledge of public rights of way in Rotherham stems from over 30 years of work in highways and transportation related matters, has volunteered a series of contributions; this is his introduction:



Rights of way

Most land in Britain is privately owned. However, there are many opportunities to explore the countryside, away from roads, either by following footpaths and rights of way or, in some places, by enjoying public access over wider areas.

A right of way is a path that anyone has the legal right to use on foot, and sometimes using other modes of transport. These comprise of the following;

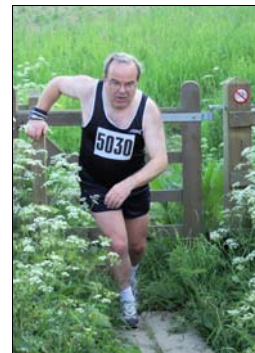
Public footpaths are open only to walkers. They are usually waymarked with yellow arrows and there are 491 in Rotherham.

Public bridleways are open to walkers, horse riders and cyclists (although cyclists should give way to other users). They are usually waymarked with blue arrows and there are 79 in Rotherham.

Restricted byways are open to all non-motorised users: walkers, horse-riders, cyclists and horse-drawn vehicles. There are four in Rotherham and, where they are waymarked, plum-coloured arrows are usually used.

Byways Open to All Traffic (BOATs) are open to all classes of traffic, including motor vehicles, although many of them are inaccessible to ordinary motor vehicles. Nevertheless, you may encounter off-road vehicles like 4x4s and trials bikes. They are unlikely to be maintained to the same standard as ordinary roads. There are two of these in Rotherham and the intention is to down-grade one to a bridleway and waymark the other with red arrows.

Legally, a public right of way is part of the Queen's highway and therefore has the same status in law as any other highways. As such they are subject to the same protection as trunk roads, for instance, although you may not think so. There is a requirement for them to be kept open and usable. This duty lies with the relevant highway authority and in Rotherham this is the borough council. By law, rights of way should not be obstructed and cannot be diverted or closed. Where a path is obstructed, you are entitled to divert around the obstruction, or to remove it (provided you have not gone out specifically to remove the obstruction). You can help to keep paths open by reporting problems on 01709 336003.



Autumn Road Relay Season - Young Athletes, Juniors, Seniors & Veterans

North of England Championships. U/13, U/15, U/17. Croxteth, Liverpool. 7th October 2007

North of England Championships. Seniors. Birchwood, Warrington. 29th Sept 2007

National Championships. Senior Sutton Park, Sutton Coldfield. 20th October 2007

National Championships. U/13, U/15, U17 Sutton Park, Sutton Coldfield. 21st October 2007 (THIS DATE AND VENUE TO BE CHECKED)



Rotherham Harriers & AC Newsletter

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News/comment: 01709 549125
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We are always interested in the views and news of runners, especially members (old, new, ex- or prospective).

Deadline for next copy: Monday prior to publication date

VISIT www.rotherhamharriers.org
www.sycaa.co.uk

Quiz and Caption Competition

Praise be! The readership has responded and we have "archive pictures" again. We thank Don Creamer for the loan of this, brought to us by the efforts of Ken Ridgeway who is a regular visitor of Don's. Thank you both. I can name just about all, with a little uncertainty. How about you?

One or two are sadly no longer with us, most soldier on and at least some are still running regularly. One or two I haven't seen for ages. Any news from readers or those themselves pictured will be reported next month.

The venue of course is Herringthorpe Stadium in its pre-tartan track pre-steel picket fence days. And on this topic it is timely to mention that we have no official word as to what the future of the "Herringthorpe Complex" is, a matter of central importance to us and to the hundreds of borough youngsters who benefit in so many ways from RHACs continued work. Your officials are doing their best to ensure our future.