



Fixtures: September 2010—

September

Sat 25 Sep 10	Grimsby Harriers Open Meeting	open	Denis Lombard Trophy Meet King George V Stadium
Sat 25 Sep 10	Yorks and Humberside Comb'd Evts	open	Keepmoat Stad Doncaster - U15B Pentathlon
Sat 25 Sep 10	Yorks and Humberside Comb'd Evts	open	Keepmoat Stad Doncaster - U17 and above age groups 25/26
Sat 25 Sep 10	Nine Edges Endurance	open	Fairholmes Car Pk Ladybower
Sun 26 Sep 10	2nd Annual Cusworth 10k	open	www.doncasterathletics.com inc. Fun Run
Sun 26 Sep 10	Yorks and Humberside Comb'd Evts	open	Keepmoat Stadium Doncaster - U15G Pentathlon
Sun 26 Sep 10	Horsforth 10k	open	Woodhouse Grove School, Apperley Bridge, 10.00
Sun 26 Sep 10	Carps 5 ,Tickhill	open	Carpenters Arms 11am enter on day KMRT

October

Sat 02 Oct 10	Northern 6 & 4 stage & YA road rel	clubs	Wythenshawe Park Manchester (Originally was 25/26th Sep)
Sun 03 Oct 10	Mablethorpe Marathon & Half	open	Full start 09:30, half start 10:00
Sun 03 Oct 10	Oldbury 10	open	BMAF Champ
Sun 03 Oct 10	Isle of Axholme Half Marathon	open	Epworth, 10.30 start, entry form with K Thomas
Sat 09 Oct 10	Cutlers relays (Inc Northn, YVAA, S)	clubs	Graves Park Sheffield. All ages, 1st event 11:00
Sat 16 Oct 10	ERRA 6 & 4 stage relays	clubs	Sutton Park, Sutton Coldfield
Sat 16 Oct 10	Round Rotherham Run	open	50 miles start 6 (walk) 7 (run) 18+yrs £12 +
Sat 16 Oct 10	Round Rotherham Relay	open	50 miles 8 stages start 8am Deane V Coll
Sun 17 Oct 10	National Young Athletes Road Relays	clubs	Location Sutton Park
Sun 17 Oct 10	Bridlington Half	open	Y vets Champ
Sun 24 Oct 10	South Yorks XC League 1	clubs	(SY clubs) tbc
Sun 31 Oct 10	Canal Run	open	Westgate R'ham (Kimb. Str) KMRT
Sun 31 Oct 10	Workshop Half	open	
Sun 31 Oct 10	Holmfirth 15	open	Y vets Champ

November

Sat 06 Nov 10	ERRA National XC relays	clubs	Berry Hill Park Mansfield. U13s - Seniors
Sun 07 Nov 10	South Yorks XC League 2	clubs	SY tbc
Sun 14 Nov 10	Scunthorpe Cross Country meeting	open	Quibell Park, U11 - Veterans. CD 5th Nov
Sat 27 Nov 10	Silkstone Shuffle 4	open	From Silkstone Cricket Ground
Sat 27 Nov 10	Silkstone Shuffle Junior race 4	open	From Silkstone Cricket Ground
Sun 28 Nov 10	Thirk 10	open	Y vets Champ
Sun 28 Nov 10	South Yorks XC League 3	clubs	SY tbc
Sun 28 Nov 10	Clowne half marathon	open	Entry Fee £11. C/D 22nd Nov

December

Sun 12 Dec 10	South Yorks XC League 4	clubs	SY tbc
Sun 19 Dec 10	Santa Special	open	Droppingwell (Kimb. Str) KMRT
Sun 26 Dec 10	Turkey Trot (MRC) 11:00 am start	open	Reg.10:30 Butchers Arms Braithwell (KMRT last event & award

Trail & Fell

9 Edges 21 miles

Sat 25 Sept

Fairholmes Car Park Ladybower

KMRT 2010

Next race (9th)

Carpenters 5 (TRAC)

Sun 26/9/10

Carpenters Arms, on main road. Tickhill

Clifton Park 2010/ 2011

WE do hope to go ahead. Having studied the fixture lists, Steve has proposed the following dates for this season:-
They are proposals at present, not decided as dates.
Your comments might help. As facilities are still delayed in the park, this will likely be a club level event.

Date	Comments
30th Oct	No race clashes?
27th Nov	Silkstone Shuffle
22nd Jan	Northern XC 29th
26th Feb	No race clashes?
26th Mar	Indoors 27th
30th April	No race clashes?
May 28th	No race clashes?
June 25th	No race clashes?

Ralph Rowbotham 1935-2010



It is with great sadness that we have to report the death of our friend and colleague, on Tuesday the 14th September, following a heart attack sustained whilst out cycling over the weekend.

Ralph was an integral part of Rotherham Harriers for 60 years which included a period of approximately 30 years as club secretary.

Not only was Ralph club secretary but his brief was much wider. For example

hours spent coaching, in particular hurdling and he was instrumental in the formative years of Olympian Chris Rawlinson. He was behind the Rotherham Borough Sports which one year featured Sebastian Coe, the half marathon of over 2500 runners a record for a midweek event. But perhaps his lasting legacy will be the creation of the Round Rotherham 50 mile event, held yearly for the past 28 years and scheduled this year for 16th October with over 400 due to take part from all over the UK.

He watched the development and careers of Olympians Alan Simpson, Angela Creamer and Peter Elliott take shape.

In addition to all the athletic activity he played a major part in the formation of the South Yorkshire County Athletic Association which replaced the old district format of the Northern Counties.

But above all, his passion was competition and as recently as this summer he was busy organising an August Open track & field meeting, attracting some 200 competitors.

Ralph was an excellent raconteur, his humour and presence will be missed on club nights at Herringthorpe.

When I took over as club secretary in 2007 and the scale of the role was starting to sink in, I asked Ralph how long he had been secretary for; "over 29 years" he replied. I then asked how long he had been seeking a successor to take over as club secretary "over 28 years" came the answer.

Ralph's sad death leaves a huge hole in both Rotherham and South Yorkshire athletics, and the sport will be poorer for his passing.

Ralph leaves a wife Pat, daughter Kim and son Stephen.

See page 4

Ian Pashley

Members will be sorry to hear that Ian, who was formerly a RH member, died last month after an earlier illness. Apart from his running career with us, RRR competitors may recall that he was centre manager at Brampton Leisure Centre when the event ran from there.

Newsletter Correspondents

Reports are published as received from club or section secretaries or their nominated agents. Consequently any topical information should go to them, and they will expand any information requirements you have.

The fixture list is copied directly from the online general fixture list. The fixture list and online scroller are updated by section secretaries or their agents. **There is now an easy-to-use input screen on the website for YOUR own reports. Don't let us miss your performance.**

Correspondents for this issue are:

Club matters	Steve Gaines
Road	Peter Neal
Cross-country	Steve Gaines
Track and Field	Kevin Thomas
Trail and Fell	Adele Morris, Sharon Burton
Local Events	Peter Humphries

Next edition late October

Editor & publisher Peter Humphries

ROAD FIXTURES

Road Relay Championships (remaining)

• Northern Athletics 6 stage – men	Sat Oct 2 nd	Wythenshawe Park, Manchester
• Northern Athletics 4 stage – women	Sat Oct 2 nd	Wythenshawe Park, Manchester
• Northern Young Athletes Relays	Sat Oct 2 nd	Wythenshawe Park, Manchester
• National Road Relays – 6 and 4 stage	Sat Oct 16 th	Sutton Park
• National Young Athletes Road Relays	Sun Oct 17 th	Sutton Park

Vets Races (remaining)

Yorkshire Championships

• Yorkshire Vets Road relays	Date TBA	Ilkley
• Half Marathon	Sun Oct 17	Bridlington
• 15 miles	Sun Oct 31	Holmfirth
• 10 miles	Sun Nov 28	Thirk

National Championships (BMAF)

• 10 miles	Oct 3 rd	Oldbury, Gloucestershire
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All seniors and vets who are interested in running in any of the above road relays should inform either Peter Neal or Pete Shaw asap.

Doncaster Open

30th August
From Jackie Hutchinson (via the scroller)

Well done to all athletes and supporters who braved the cold, windy conditions .We had a good range of athletes from all ages, covering most events. A lot of our athletes managed to win medals..

Gold.,Ellena Freeman U13 Long jump,
Ben Shields,U17 400m,
Connor Ryan,U15 800m,
Ellena Freeman,u13 100m,
Ben Truman,U15 400m,
Jess Freeman U15 800m, Bonnie Smith qualified for the final too.
Grace Tomlinson, U13 1200m.

Silver.,Girls Relay team of Bonnie Smith, Jess Mangham, Ellena Freeman and Jessica Freeman.
William Johnson U15 400m
Nigel Brookes, men 3km.

Bronze.,Kane Smith,U13 1500m,
Molly Arif,u13 shot putt,
William Johnson, U15 hurdles.
Jess FreemanU15 Long Jump.

Mile.,this was a special event in which Jess Mangham did very well coming 4th and emma dutton coming 6th, Rob Bentham coming 5th in the lads.

All athletes did very well as the conditions were very testing with the strong wind. Well done to all who competed.

England Athletics

National U17 & U15 Championships

22 August

Congratulations to the 2 club athletes who won medals at the championships, held at Bedford over the weekend. Ben Shields finished 3rd in the U17 mens 100m going under 11 secs for the second time this season with 10.98s.

Alex Kiwomya won the U15 boys 100m, setting a new PB and CBP of 10.98s. A tremendous result!

Coaches Peter Moore (Ben) and Andy Kiwomya also take a lot of credit for the excellent season the two athletes are enjoying this year.

August Open Meeting

Mon 23 Aug 10 183

Thanks to all the volunteers & officials for making the open meeting a success.

Around 180 athletes, from around the country competed in glorious weather conditions. There were lots of club athletes in action, and many won medals.

Full results will appear on the web site , and photos should have been added.

5000m Challenge

15th September 2010., Herringthorpe Stadium
From Jim Brogan

This event, on the track at Herringthorpe Stadium, is held annually to mark the culmination of the summer training sessions organised by Pete Shaw and Jim Brogan for the clubs endurancetraining group. This year there was a surprise in store as ex Harrier Richard Harris, now with Bingley Harriers, returned as a guest in this event which he has won before. Conditions were far from ideal, being blustery and somewhat cold. Seven athletes took part, including two ladies, these being Nina Hague, making her debut in a track race, and Charlotte Ellis.

The race commenced promptly at 7 o'clock and immediately Richard Harris went to the front, with David Smith shadowing him, and Kyle Craib a bit back in 3rd place .The pace set by Richard was fast and eventually he dropped David, who eventually finished 3rd behind Kyle.

Thanks to the athletes for taking part, and also to Pete Shaw, Nigel Cook and David Haywood for officiating.

Results

1. Richard Harris (guest) 15:51.5
2. Kyle Craib 16:15.9
3. David Smith 16:18.8
4. Peter Neal 18:09.3
5. Mathew Asbridge 19:47.9
6. Nina Hague 21:50.3
7. Charlotte Ellis 23:23.6

Douglas Bedford Memorial Open Meeting

Wakefield - 12th September 2010.
From Adrienne Bilton

Jonathan Bilton U13 Boys - was 2nd in the 100m. Well done Jonathan.

Also - 1st in the 4 x 100m relay (the other three athletes were from Sheffield, as Jonathan was the only U13 boy from Rotherham there!

Website Updating

One the main menu, go to Update & Report

The site has been developed so that:—

- 1 anyone can send a report of performance or similar. It's very easy and goes to me and to Alan Coupe who currently is the Advertiser agent
- 2 any official or other person by arrangement can enter a password and update things on the site: ie
 - fixtures
 - scroller contents
 - bulletin boards
 - race entry management
 - upload entry forms
 - read member data (if you are a coach etc)

PLEASE ASK

BUPA GREAT YORKSHIRE RUN

SUNDAY 5TH SEPTEMBER

Well done to all who entered. The atmosphere was great in Sheffield Centre with bands playing and some smashing weather for a change.

Natalie Grant came 8th out of the women, an excellent result. In the U15 we had Jessica Mangham who was fantastic coming 2nd. Jessica Freeman managed to just take Ellie Curran (Sheffield)on the run in to come 3rd, both recieved trophies. Emma Dutton 6th and Emily Hutchinson 13th. An amazing day for RHAC.

Bon Courage Nicholas !

From Robert Myers

Whilst on holiday in France, we thought it might be nice for Nicholas to try a race. We managed to locate a 10K at a village in the Loire Valley not far from where we were staying which looked quite interesting. The Foulees de Chaumussey is in its 22nd year, as well as the 10K it was also holding a 1K and 3K 'fun run' events and also a 17K. Running alongside the event was a farmers market and a 'flea market' as well.

We managed to get Nicholas entered via an 'Allo Allo!' style telephone conversation with the organiser and on arriving were presented with an interesting goodie bag containing some local produce including a Goat's Cheese, small pot of Quince Jam and delicious Biscuits.

The day was fresh and the mid morning start meant that it was warm rather than hot, Nicholas managed to get off to a good start and on the first kilometre loop was well placed as the route undulated out in to the countryside. Not many spectators out there but the village festival gave a good atmosphere around the start/finish area.

Nicholas had an excellent run and finished in Eighth place in a time of 36.51 and although we suspect the route was slightly under 10K he was still some four minutes ahead of the first junior man and almost 5 minutes ahead of the next Under 17.

The trophy presentation was quite interesting for Nicholas as although he was pleased with his rather tall trophy the presenter trying to interview him was more of a challenge fortunately the presenter who had been entertaining the crowd for some three hours spoke English and we managed to get sort of interview and an invite back for next year.

Great North Run

Club results from Steve Gaines:

We had elite starters in both men's & womens races (Phil Hoole & Jenny Blizard) though neither of them set new bests at the half marathon. Phil Hoole finished 26th in 68.32, Jenny finished 17th in the womens race in 1:19.07 (one place behind Jon Maxfield) Other RH results were:-

JONATHAN MAXFIELD 518 Rotherham Harriers & AC 99 74 99 74 **01:18:58** 00:18:24 00:37:35 00:56:29

natalie grant 5403 Rotherham Harriers & AC 214 128 4 3 **01:24:33** 00:19:11 00:39:32 00:59:32

STEPHEN ROSSALL 1187 Rotherham Harriers & AC 5261 956 4651 851 **01:48:16** 00:23:57 00:49:13 01:15:04

stephen grant 16167 Rotherham Harriers & AC 16349 942 12616 786 **02:07:56** 00:26:43 00:55:06 01:24:37

David tomlinson 3709 Rotherham Harriers & AC 19187 2790 14293 2055 **02:12:43** 00:30:48 01:02:08 01:33:51

shabana ghani 18470 Rotherham Harriers & AC 23155 10660 6746 3406 **02:19:34** 00:31:13 01:04:47 01:38:30

Full results can be found at <http://www.greatrun.org/Results/Default.aspx>

Future Newsletters

You will be aware that the newsletter-preparation job was becoming a big problem. I have tried to step back from it (bearing in mind Ralph's advice at the very least) before it finishes me off, but without any good result as it simply resulted in fewer editions.

However, this one has been easy (as was the last one to some extent) and I think the future of it is assured. The reason is quite simple— it's the facility for direct reporting of results and other matters into the website.

Together with use of the scroller data, this is very effective, so thanks to Jackie Hutchinson, Jim Brogan, Robert Myers, Adrienne Bilton, Adelle Morris, Sharon Burton, and Steve Gaines for their encouraging reports.

I would like to think that more of you will follow their pioneering efforts, it really is easy to let us know what YOU or your COLLEAGUES and KIN have done, are doing, want to do, want to know etc etc. **Details above.**

Yorkshire Road Relays (straight races for younger age groups)



A good day for RH&AC!

U13 boys win Silver medals, Devon Stead gets individual bronze.
 U15 girls win Bronze medals, Emma Dutton gets individual bronze.
 U17 women get 2nd overall (1st Open team as Codie Marsh not eligible for Yorks) Codie runs fastest time.
 Sen women win bronze
 Sen men 5th team - 1st open team; Phil Hoole runs 2nd fastest time.

Photos of the Rotherham athletes at the above event held at Leeds Metropolitan University on Sat 11th Sep.

Left: Rotherham U15 girls, on the first lap - Jess Freeman [15] Emma Dutton [14, just behind no 15] Mary Jenkinson [17] Bonnie Smith [18] Emily Hutchinson [16] Georgina Spencer can be seen at the rear of this group.

Bottom: The U13 boys team, from L, Marcus Tembe, Devon Stead, Ryan Beale, Kane Smith, Adam Green & Shay Walker.

Top right: The bronze medal winning U15 girls team from L, Bonnie Smith (11th) Jessica Freeman (10th) and Emma Dutton (3rd)

Top left: The bronze medal winning Senior Ladies team, from L Jess Fawcett, Robyn Lanceley, Natalie Grant & Stef Burns.



Cross Country

With only a few weeks left of the Track & Field season, and the road relay season about to start in September, it will soon be back to the country! For those new members who have not yet competed for the club at cross country, there are many opportunities to take part. The four South Yorkshire League meetings offer events for all ages including under 11s, and we have won the SY challenge shield for the last 2 years. So we look forward again to getting lots of runners out in these events.

See your coach about details, and about your preparation for the cross country season.

The 4 dates for the SY series are:-24th Oct, 7th November, 28th Nov and 12th Dec.

Before that the first event of the season is the SY relays, held in Graves Park, Sheffield on the 9th October. Again we are looking for as many teams in all age groups to take part as possible. This event is also the first running of a Northern Cross country relay event, and will be used to help select the teams for the national Cross country relays on the 6th November.

If cross country running isn't really your thing, then remember that the SY Indoor athletics series gives young athletes (U11, U13 & U15) the opportunity to do sprints, endurance running, jumping and throwing at the EIS at Sheffield. The dates of the first two fixtures are 13th November & 18th December, with the further two fixtures in March 2011.

Again talk to your coach for details and getting prepared for these.

From the Editor

I cannot write an obituary for Ralph Rowbotham with anything like the depth and breadth of knowledge many others can bring, those who have known him much longer than I did. His broad and dedicated support for the development of athletics in South Yorkshire as well as Rotherham is well-known, perhaps less so the fact of his constructive support for the development of new clubs in the area and influence in persuading others sometimes to persevere with their own faltering clubs in the early days. If allowed a personal dimension however, I'm sure I can illustrate some of the principles, views, achievements and hopes that typified him.

When I first met him he was already general secretary of RHAC, a role which at Rotherham means you do everything. He worked hard and with vision to spread the load, but though there was success in that aim, the role remained the same (and still does). It was in the mid to late seventies with the running ('jogging') boom taking off and at Wickersley School where I was working, we held a great number of fun run or 'YOT handicap' events (often on the school cross-country course), also holiday races Wickersley vs Rotherham with locals and thinly-disguised top club runners drafted in, these from Tony Hindle's house on Morthen Road.

My mother would frequently be visiting at the same time and I recall that having met them at the after-run socials she would always refer to Ralph and Don (Creamer) as 'that nice man and his friend'. I don't know which was which! Personal medals as mementoes were all the rage, and of course Ralph supplied. When the question of prizes for the Christmas holiday 5-mile events arose, his original thinking came to the fore. Who wants medals? His suggestion, hugely successful I might add, was cabbages and pounds of onions. Thus it was, while the events lasted.

He was an 'out of the box' thinker, innovator, motivator and supporter and was justly revered for what he did. But I also found him to be a very modest, even self-effacing man and though I have thousands of photos from that era to this, there are not many of Ralph. He would say 'you do what you can and what you have to do'.

I am by no means unique in having been levered by Ralph into organising jobs at Rotherham Harriers - often as road secretary, a role in which I alternated, particularly with Peter Neal, over a good few years. It was an instructive and constructive experience to attend those committee meetings upstairs at the Co-op Club (ie Pitches), a dozen or more in a room about 12 feet by 10. The 'work engine' of the club - and sometimes a scene of exchange of frank views!

On occasions there were purely social activities of course, and I cannot forego the opportunity to again relate the famous narrow boat adventure. Having been involved in numerous canal trips for work colleagues, I took a RH one - Peter Neal and myself, Chris Ledwidge and Dave Houghton (I misremember whether Gary Roche was on that trip) all themselves fine club section organisers. Brian Steeple, who of course was prominent at the club, though him and Chris I knew well as they lived on my street. Tommy Smith (the Scots one) who had I thought three qualifications for crew membership-being a runner and a good bloke but also in the event of water shortage being strong enough to manhandle the boat on dry land himself. Have I got that right? Memory fades - possibly my drinking companion Mike Macnamara. But as the trip began on a Saturday morning, Ralph and Don were at Angela (Creamer's) wedding and they came down late. We had worked the boat from Crick down the Watford staircase and moored up behind the service station on the M1 when they arrived.

Ralph leapt straight on board, missed the bow, went under the towpath side and came up the other. To the huge merriment of all present I need hardly add. He took it very well, soon dried off and OK but had lost his NHS-type glasses in the process. Arms in the mud did not succeed, but next morning we arose to find him fishing from the bank with a locally cut sapling on which he had fixed a rake-head purchased at the station. Sadly, he was unsuccessful, they are still there in the mud. It didn't stop us all spending a great week ensuring the financial security of numerous isolated public houses along the Grand Union and linked canals.

He was track and field (and cross-country) through and through, and that was his main view of RHAC. But also he was very supportive and enabling of road running. He organised the Rawmarsh New Year's Day races for many years (himself and Pat often doing most of the work) as well as the Phoenix Six, and frequently other local and club events. Critically, he was architect of the club's new meeting and financial system which gave fairer and more controlled funding to all disciplines and which in turn led to the great leap forward of the nineties which saw us get teams into the national top 20 and sometimes top 10 in road relays.

Being in that situation himself, he was well-aware that organisers often take on more and more work, and if they are successful, it gets even worse as others are less disposed to take things on and possibly even cowed from doing so. And it is self-defeating as it leads inevitably to breakdown of one sort or another and the whole job lot comes tumbling down. You have to step back voluntarily before the crash occurs. That was one of his lessons for me, and I have tried to follow - though it is hard to do (as numerous of my colleagues no doubt also find). Hence his restructuring at RH, spreading the jobs.

Losing friends and colleagues is hard. In a club with the history and breadth of Rotherham Harriers it is inevitable and will of course continue. But some have and leave behind a more telling impact on the life of a club and it's members. So with Ralph.

I will leave you with two minor things which will always remind me of him. Firstly, his question 'how many runners in a four-stage relay team?' The answer varied but was always between 8 and 11 as I remember, taking account of illness, weddings, broken bones, having to work, forgetting dates, unreliability (what? runners unreliable?) and so on. Secondly, his newsletters. Having written a few myself I sometimes look back through the archive and come across clumsy copying of basic early computer output, earlier still typewritten stuff with smudgy pictures. Ralph however pioneered club information sheets ('newsletters') and they were a masterpiece. I have one or two still, though I can't find the best ones. They are the newsletter equivalent of Les Dawson on the piano.

Prepared on a typewriter with, it seemed, missing vowels and carriage shift putting type at wildly different levels on the same (!) line, Ralph always insisted that such a presentation resulted in people reading them more often and more carefully to try to find what they were actually about!

Did I mention that he was above all a philosopher? Perhaps you guessed.

ROTHERHAM HARRIERS AND ATHLETIC CLUB, PRESIDENT V. de ROBEK,
SUMMER CIRCULAR 1981.

What a TEAM, the Mens northern League team, newly promoted, go to Streteford and win. The next match is at home, so are we going to gain?? Another international visit for Peter Elliott when he competes in Germany soon, and at last the track season under way after a wet start. And next.

SAT 7th June South Yorkshire Champs at Oadworth, you should be entered. Noon start. Cars from the stadium at 11a.m. for transport please.

SAT 7th June Longwood 10 Miles Road Race.

SUN 8th June Jri Round, Northern Boys and Youths League at Carlisle. Selected Team but YOU CAN ASK for selection. Coach from Stadium at 8.30. Team Manager Ian Murraytel 845420

Sun 8th June South Yorkshire League at Hillsbro Park. All can compete. New members make sure you have a BLACK vest, collect team letter from team manager 1.0pm. start.

Sun 8th June Parkgate Gala. Including Mens 2. Miles Team race(4) at 3pm.

FRIDAY 12th June at 7.0 pm. Committee Meeting at the CO,OP club.

June 13, Sat S.Y Schools Champs at Hillsbro. Selected Teams.

Sun June 14 Mens Team Three to next Round of G.R.E. cup at Blackburn Lanes.

SUN JUNE 14 Sounthorpe Open Meeting, Entries Closed.

Wed June 17th Club Ten Miles Road Race Championship at H'horpe 6.30 P.m.

SAT JUNE 20th Chesterfield Open Meeting, see notice Board for Details

SUN JUNE 21 NORTHERN MENS LEAGUE AT HERRINGTHORPE at 1.0pm. Give your help and support on this day. Promotion is possible, if we compete at full strength.

SUN JUNE 21 Phoenix 6 Road Race at Brinsworth at 3.0pm. Joslyn Hoyte is chief guest

TUE JUNE 23 G.B. v HOLLAND v W.Germany Met Crystal Palace, anyone going down ??

SAT JUNE 27th MENS Northern Counties Champs at HULL

SUN 28JUNE Northern Boys and Youths League at Sheffield, 2.0pm. Start

SUN 28th June Northern Womens League at Bebbington, Birkenhead, Cheshire

ENTER THESE OPEN MEETINGS NOW..... PLEASE OF ENTRY FORMS IN THE KIOSK.

4TH JULY, ROCKINGHAM SPORTS, 1.00pm. Entries close, 15th JUNE

11th JULY ROTHERHAM BORO' SPORTS, H'HTHORPE, Entries Close 17th JUNE

15th AUGUST, HICKLETON SPORTS, at THURROSE, Entries Close JULY 16th.

Trail and Fell

Results from Adele Morris

Totley Exterminator 16miles on Sun Sept 5th
Mick Cochrane v60 2:45
Phil Eddison v50 2:58
Ian Brookes v40 3:07

Yorkshireman half 15 miles, 12th Sept from Haworth (west yorks)
Richard Howcroft v40 2:44
Adele Morris v45 2:44
John Spencer v45 2:44

Nina Hague was 2nd lady at Bawtry Forest and well pleased with 54.14 in second place. Eleanor Thomas 59.14, Kevin Thomas 11th in 49.40 and Malcolm Rhodes 61.14. Results are difficult to use, MRC having taken to scanning their results book
Lee Archer 53.17 and Mark Smith 42.19 (3rd) are listed as Rotherham.

Round Rotherham From Sharon Burton:

I only have an update of the Round Rotherham which forms my contribution to this month's newsletter. I don't have details of any other trail and fell races which our members have taken part in, with the exception of Mick Cochrane in the Run Further series. I understand he's taken part in most of the qualifying races and needs to do the Round Rotherham to be in with a chance of a placing in his category.

The Round Rotherham is due to take place on Saturday 16th October, only a matter of a few weeks away. Entries so far have reached approx 200 with local entrants yet to enter. A reminder to all of you who haven't done so, please enter asap. Also RHAC has good representation in the relay event. So far we have submitted a ladies team, a mixed team, David Haywood has submitted a debut male veteran team and we are also awaiting an entry from the male team but as the event clashes with the National 6 Stage mens relay I think it may be a last minute entry winging its way from the team captain, Peter Neal.

Anyone that isn't taking part in the relay or individual event and has spare time on their hands, any help would be appreciated. Please make yourself known to either Sharon Burton or Brian Harney or just turn up at Dearne Valley College Sports Centre on the day.

KMRT 2010

A series of 12 local races organised for your enjoyment by
Kimberworth Striders, Maltby Running Club, Rotherham HAC, Tickhill RAC

Remaining in 2010 after Carps 5

10	Canal Run	(KS)	Sun 31/10/10
11	Santa's Special	(KS)	Sun 19/12/10
12	TurkeyTrot	(MRC)	Sun 26/12/10