



# Rotherham Harriers Vets

19 November 2016

## Race Report: British Masters National XC Relay Champs

West Park, Long Eaton 19<sup>th</sup> Nov 2016

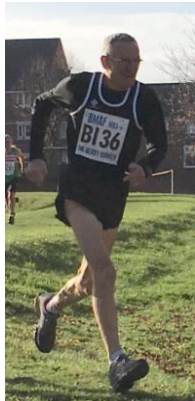
On a chilly but sunny Saturday the Harriers fielded 8 teams across the age categories.

After a quick recce run the experienced M65 guys deemed that the flat course was surprisingly dry and should spark some quick leg times on the 3km loop.

First off were the ladies and the mens 65+ teams. The 65+ men got the day off to a great start with a ding dong battle with their usual adversaries from Blackheath & Bromley, with the black vests clinching the silver medal with a great final leg from



Bob Tintinger in 12:29mins, 3<sup>rd</sup> fastest M65 of the day.



All the Harrier ladies W45 and W55 teams had fantastic runs and the 55+ ladies 'A' team of Paula Fisher, Janice McWilliam and Sharon Burton had a stormer and clinched 3<sup>rd</sup> place and the bronze medal. Awesome ladies !



The final race of the day included the mens 35+, 45+ and 55+ teams. The Harriers M35+ 'A' team had a great run from start to finish in a nail biting race, first leg was taken out by the experienced Richard Harris in a magic 9:56 then the Harriers took the lead on the 2<sup>nd</sup> leg with a majestic run by Gareth Sampson of 9:51. All the boys put in a great shift to take the national bronze medal, well done fellas, super proud !



What an absolutely fantastic day for the Harriers and a massive thankyou to **everyone** who ran, great spirit and camaraderie throughout, it was great to see so many black vests out there representing our great club and to win 3 national medals ...just wow !!



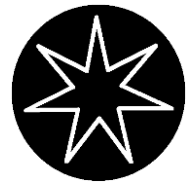
## All Harriers Results

<b>2nd M65 Rotherham Harriers &amp; Ac 38:45</b> 1 Michael Marsters (3) 12:55, 2 Malcolm Palfreyman (4) 13:21, 3 Robert Tintinger (2) 12:29	<b>3rd W55 Rotherham Harriers &amp; Ac 'A' 43:25</b> 1 Paula Fisher (4) 14:09, 2 Janice McWilliam (3) 14:04, 3 Sharon Burton (3) 15:12
<b>3rd M35 Rotherham Harriers &amp; Ac 'A' 50:59</b> 1 Richard Harris (6) 9:56, 2 Gareth Sampson (1) 9:51, 3 Chris Adams (1) 10:08, 4 Damian Worsdall (2) 10:24, 5 Steven Marshall (3) 10:40	<b>11th M45 Rotherham Harriers &amp; Ac 58:28</b> 1 Ian Whyman (3) 10:31, 2 Howard Darwin (9) 11:32, 3 Andrew Roscamp (10) 12:06, 4 Nigel Brookes (11) 12:26, 5 Paul Risley (11) 11:53
<b>12th W45 Rotherham Harriers &amp; Ac 48:49</b> 1 Philippa James (12) 15:53, 2 J Dutton (13) 16:28, 3 Alison Brown (12) 16:28	<b>8th W55 Rotherham Harriers &amp; Ac 'B' 53:00</b> 1 Gillian Neal (8) 16:04, 2 Wendy Whitaker (8) 16:46, 3 Gillian Taylor (8) 20:10
<b>9th M55 Rotherham Harriers &amp; Ac 50:59</b> 1 Terry Eastwood (6) 11:49, 2 David Nuttall (9) 13:24, 3 Paul Clemmens (9) 13:10, 4 Peter Neal (9) 12:36	<b>Rotherham Harriers &amp; Ac M35 'B'</b> 1 Chris Griffiths (24) 11:49, 2 John Massingham (22) 12:18, 3 Neil Mason (22) 12:08, 4 John Comrie (23) 14:36



# Race Report: Masters National XC Relay Champs

West Park, Long Eaton 19<sup>th</sup> Nov 2016



<p><b>2nd M65 Rotherham Harriers &amp; Ac 38:45</b>            1 Michael Marsters (3) 12:55, 2 Malcolm Palfreyman (4) 13:21, 3 Robert Tintinger (2) 12:29</p>	<p><b>3rd W55 Rotherham Harriers &amp; Ac 'A' 43:25</b>            1 Paula Fisher (4) 14:09, 2 Janice Mcwilliam (3) 14:04, 3 Sharon Burton (3) 15:12</p>
<p><b>3rd M35 Rotherham Harriers &amp; Ac 'A' 50:59</b>            1 Richard Harris (6) 9:56, 2 Gareth Sampson (1) 9:51, 3 Chris Adams (1) 10:08, 4 Damian Worsdall (2) 10:24, 5 Steven Marshall (3) 10:40</p>	<p><b>11th M45 Rotherham Harriers &amp; Ac 58:28</b>            1 Ian Whyman (3) 10:31, 2 Howard Darwin (9) 11:32, 3 Andrew Roscamp (10) 12:06, 4 Nigel Brookes (11) 12:26, 5 Paul Risley (11) 11:53</p>
<p><b>12th W45 Rotherham Harriers &amp; Ac 48:49</b>            1 Philippa James (12) 15:53, 2 J Dutton (13) 16:28, 3 Alison Brown (12) 16:28</p>	<p><b>8th W55 Rotherham Harriers &amp; Ac 'B' 53:00</b>            1 Gillian Neal (8) 16:04, 2 Wendy Whitaker (8) 16:46, 3 Gillian Taylor (8) 20:10</p>
<p><b>9th M55 Rotherham Harriers &amp; Ac 50:59</b>            1 Terry Eastwood (6) 11:49, 2 David Nuttall (9) 13:24, 3 Paul Clemmens (9) 13:10, 4 Peter Neal (9) 12:36</p>	<p><b>Rotherham Harriers &amp; Ac M35 'B'</b>            1 Chris Griffiths (24) 11:49, 2 John Massingham (22) 12:18, 3 Neil Mason (22) 12:08, 4 John Comrie (23) 14:36</p>

