Rotherham Runner



Rotherham Harriers & AC Newsletter April/May 2005

Northern 12-Stage Relay

Jim Brogan

Depleted RH do enough

With a number of runners unavailable our 12stage relay squad took a respectable 15th place (16th overall) at Heaton Park. So qualifying for the national. Results page 4.

Start and finish pictures show Andy Aked (right) launching the event and vet John Atkinson supportive and competitive as ever on stage 12.

Jim Brogan reports:

<u>Northern Road Relays, Heaton Park, Manchester,</u> <u>Saturday 2nd April 2005</u>

When the venue of Heaton Park was announced for this years 12 stage (men) and 6 stage (ladies) relays, it set something off in my memory. I was sure we had been there before. But enough of that for now......

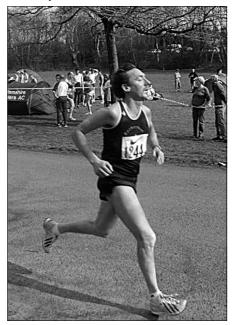
The day itself turned out to be glorious, with warm spring sunshine. As always I was delighted to be at the relays supporting the team, Once again Peter Neal had left no stone unturned to ensure we were there with a strong team. Unfortunately we had some top athletes missing, but this is par for the course for most clubs. Even so, no Rob Watkinson, no Jon Thewlis, no Mark Ruddleston. How many clubs could cope with the loss of two international athletes plus Mark? Well, we did. Our objective was to qualify for the National 12 stage relay at Sutton Park later in April, with the first 24 teams to qualify. Would we make it? Our start couldn't have been better.

Once again Andy Aked showed us the way with an outstanding opening 8Km leg, bringing us home in a superb 10th place. Believe me, the opening legs of 12 stage relays are TOUGH and Andy dug deep to get us off to such a positive start. And for myself a rare success - I actually managed to take a picture where I got the athlete and not a fresh air shot (see pic)!! The times and positions in the results tell the story of how the day went for us, and we were rewarded by a superb placing of 15th club overall to make the National 12 stage with a fair bit to spare. All of the athletes deserve praise for their total commitment. In particular though I would like to say a big thanks to the 'newcomers', the two Simons (Mounsey and Gregory) and Daniel Gavelle in their first 12 stage, and to Dave Nuttall, representing us in the event for the first time.

And now for the memory bit. When I got home after the event, I did a quick search of my old training diaries (what an anorak!) to discover we had indeed been there, way back in 1984, on the 7th April. Sadly I do not have a results sheet from that day, but I had noted some details down in my diary. The format was different in those days, and was a bit tougher with 6 long and 6 short legs, compared to the present day format of 4 long/8 short legs. What stands out a mile though is that Peter Mirlees, who ran a long leg for us in 2005, ALSO ran a long leg for us in 1984. Imagine, over a 21 year period and STILL doing us proud in the 12 stage. Now that is what I would call club loyalty! Not only that, but among the long leg runners for us that day in 1984 was a certain Peter Neal, who despite being our team manager in the 2005 event, was also standing by as first reserve. Others who ran long legs 21 years ago were Alan Beighton, Andrew Clarke, Frank Hibbert and yours truly. My memory of the day is of Steve Cram passing me as if I was standing still. Oh, and a certain Ron Hill as well.

But enough of the past. Surely though THE outstanding performance of the day for us came in the Ladies event. Despite us not being able to field a team for various reasons, Jenny Blizard still wanted to make the journey and pit herself against the cream of the North. Jenny stunned us all (and herself) with an outstanding second placing and time of 16 minutes 26 seconds on the opening 5Km leg. Just to put things in perspective, only Joe Gavelle of our mens team ran faster than Jenny for the 5Km leg. I think Jenny has thrown down a big challenge to you there, lads. Even more amazing is the fact that in the March Ulley Time Trial Jenny had run a pb for 5Km of 17 minutes 45 seconds, so her improvement on the tough Heaton park course was nothing short of massive

So, praise indeed for the athletes and for Peter Neal in organising them. Praise is also due to Pete Shaw, who is currently putting the athletes through their paces with his Thursday night 'squad sessions'. Already, Pete's influence is paying dividends. No one could ever doubt Pete's commitment to the 12 stage – he was there on crutches following his recent knee operation! His enthusiasm must be incredibly infectious too because his partner Carol was also there, and also on





crutches following a recent hip operation.

So we can look forward now to Sutton Park and the National 12 stage (men) and 6 stage (ladies). What a day out that promises to be. Watch this space for a race report.....



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Secretary's Notes

CRB Disclosure ALL CLUB COACHES

We have been advised that ALL Club Coaches now have to be Police checked with the CRB. It is the responsibility of the individual to arrange the check the process is reasonably simple:-

Bert Norburn

You apply by telephone for a CRB check application form by telephoning 0870 9090844 requesting an enhanced disclosure.

You will be asked to supply the following information when you make the call

The Registered body number UK Athletics

22525500000

Your full name and any other names that you may have been known by

The address(es) you have lived during the past 5 years Your date and place of birth

Your National Insurance Number

And other information such as passport/driving licence details

You will be asked about payment for the check, inform the CRB that you are an unpaid volunteer and no charge will be made

You will then receive an application form in the post complete this as instructed and deliver identification documents and the application to our nominated verification officer who is the Club Chairman Jim Brogan. This procedure must be completed between July and September 2005

Welcome, Wellcommen, Ben Venute...

The following new members were accepted by the executive committee of the club at the April meeting:-Jessica Fawcett 15 yrs T&F XC, Fern Keeling 11 yrs T&F XC, Alexandra Kirwan 13 yrs T&F XC, Julie Victoria Mitchell 35 yrs coaching general, Natalie Mitchell 11vrs T&F XC, Lauren Myers 10vrs T&F XC, Kelly Pagdin 14 yrs T&F, Ali (10yrs) and Majed (12yrs) Saiepour T&F, Kellie Thomason 23yrs 2nd Claim RR, Laura Jane Thompson 11 yrs T&F XC, Kimberley Jane Wright 10 yrs T&F XC.

We extend the usual warm welcome to our new friends and wish them all a successful career in the black vest with the white 7 pointed star.

Vandals Strike again.

In spite of upgrading the security at the pavilion we have suffered another break in at the club kiosk. Over the Easter Bank Holiday period thieves forced their way into our metal cabinet and took property valued in excess of £100. The cabinet appears to have been damaged beyond repair and will cost over £100 to replace. 3 local youths have been arrested and Secretary Bert Norburn has been busy making statements to the local Constabulary. It is understood that these youths will be charged but because of the pathetic way that the judicial system works in the country (Secretary's view) it is unlikely that any compensation will be forthcoming. We have of course requested compensation; we could well do without losing over £200 of valuable club funds.

Track refurbishment update

You may or may not have noticed that the track has been pegged out for repainting. The Council are confident that the track will be re painted and will re open by 25th April, after a 3 week closure. This is dangerously close to our open meeting on May 2nd (Club Championships). With the weather playing a big part as to whether painting can take place and this month being traditionally April showers (I'm sure the Council forgot this when they arranged for the painting at this time) the track and field committee had to make a decision as to whether the open meeting could take place. We hoped it could but the decision had to be made by Monday 25th and the decision has now been reluctantly taken that

THE OPEN MEETING OF MAY 2 IS CAN-

Would you like to expand your businesses customer data base?

Why not advertise on our Club Website or in the Club Newsletter?

Our Website is currently visited by about 25000 enquirers (Yes twenty five thousand) per month and the newsletter is distributed to 150 people each month (25 posted, increasing numbers placed at shops, library, business) and extensively accessed on internet. We would like any members to help club funds by paying to advertise on the website and/or newsletter. Rates are very reasonable £25 per year. Please contact our web site manager

Chairman Jim Brogan.

The following athletes will be registered with the NoEAA Member-ship Scheme for competition purposes this season 2005/06. If you are not on it contact Club Secretary Bert Norburn ASAP

not on it ee	inder ende se	eretary beret.	orean		
Memb Num	Last Name	First names	Gend er	Date of Birth	Date of Election
Rot00312	Adkins	Louise	F	2 1	Jun 2002
Rot00002	Aked	Andrew M	М	c i	Apr 1996
Rot00347	Allen	Jade	F	2)	Jul 2003
Rot00193	Armstrong	Michael	Μ	C 1	Nov 1992
Rot00192	Asbridge	Matthew	M	c)	Jun 2000
Rot00003	Atkin	Michael	M	1	Jul 1998
Rot00004	Atkinson	John	Μ	1	Dec 1994
Rot00098	Banks	Helen E	F	C ·	May 1998
Rot00295	Banks	Richard	М	C	May 1998
Rot00275	Barnes	Sarah Louise	F	1	Nov 2001
Rot00293	Barnes	Laura	F	1	May 2002
Rot00358	Baulk	Tom	М	C)	Feb 2004
Rot00166	Beighton	Samuel	M	2	Mar 1998
Rot00331	Bellamy	Sue	F	C	Apr 2003
Rot00399	Binks	Louise	F	1 1	Mar 2005
Rot00230	Birch	Craig P	Μ	C	Apr 2000
Rot00155	Blizard	Jenny	F	C	Jul 1999
Rot00258	Boner	Martin	М	2	Apr 2000
Rot00007	Booth	Adam E L	М	2	Oct 1995
Rot00008	Booth	Kerry	Μ	1	Mar 1994
Rot00101	Booth	Laura A	F	2	Feb 1999
Rot00282	Booth	David	М	C	Feb 1999
Rot00381	Brady	Luke	М	C	Sep 2004
Rot00012	Brogan	Jim	Μ	C	Oct 1977
Rot00225	Brookes	Nigel	Μ	1	Jan 1985
Rot00013	Burgess	Glynn	М	2	Jun 1988
Rot00387	Burns	Stephanie L	F	C	Nov 2004
Rot00104	Burton	Sharon	F	2	Oct 1975
Rot00172	Butterworth	Phillip R	Μ	C	Nov 1992
Rot00178	Carroll	Anthony F	М	1	Aug 1994
Rot00201	Cavell	Anita	F	2	Mar 2000
Rot00016	Chell	Alan	Μ	1	May 1990
Rot00348	Chivers	Martin	М	2	May 2002
Rot00189	Clarke	Derick	М	2	Jan 1970
Rot00261	Clarke	John	М	1	Apr 1992
Rot00365	Clarke	Lyndsay	F	3	Jan 2004
Rot00017	Comrie	John	М	1	Dec 1991
Rot00018	Cooley	Ian	М	C	Apr 1977
Rot00019	Copestake	Mark A	М	C	Aug 1997
Rot00410	Coupe	David	M	2	Dec 2002
Rot00328	Creaghan	Jemma	F	2	Mar 2000
Rot00020	Crofts	Geoffrey	M	2	Jul 1991
Rot00106	Cuthbertson		F	C	May 1999
Rot00353	Cutts	Brian	M		Mar 2004
Rot00346	Darby	Christopher	M	(Sep 2003
Rot00372	Darnell	Gareth	M	3	Dec 2003
Rot00021	Davies	Coryn L	M	2	May 1988
Rot00394	Davy	Garry	M M	2	Feb 2003
Rot00281	Donaldson	Drew	F		Nov 2002
Rot00333	Dyson	Heather		C	Dec 1999
Rot00302	Eastwood	Terry Phil	M M	2	Sep 2001 Mar 1991
Rot00091 Rot00026	Eddison	Steven	M	ć	Feb 1991
Rot00020	Elvidge Fawcett	Jessica A	F	1	Apr 2005
Rot00200	Fisher	Paula	F	2	Jul 1996
Rot00386	Flint	Rebecca	F	1	Nov 2004
Rot00318	France	Vicky	F	Ċ	Jul 2002
Rot00341	Fuller	Wendy	F	I	Jul 2002
Rot00029	Gains	Stephen	M	(Dec 1985
Rot00031	Gallagher	Jim	M	2	Dec 1998
Rot00111	Garrison	Hilary J	F	c l	Jan 1993
Rot00314	Gavelle	Joseph	M		Jun 2002
Rot00250	Gibson	Leanne	F	5	May 2001
Rot00364	Gibson	Kathleen	F	2	May 2001
Rot00373	Gibson	Naomi	F	2	May 2003
Rot00033	Gorrill	Stephen	M	C	Aug 1984
Rot00114	Grady	Annabelle	F	2	Jan 1999
Rot00280	Grant	Natalie	F	(Dec 2001
Rot00355	Greaves	Jonathon M	М	(Nov 2002
Rot00035	Gregory	Alan	М	1	Jun 1984
Rot00398	Gregory	Simon P	М	2	Feb 2005
Rot00356	Guring	Jan.	F	8	Jan 2004
Rot00357	Guring	Dev	M	1	Jan 2004
Rot00212	Haigh	Phillip	М	1	Feb 1992
Rot00391	Haigh	Rachel	F	(Sep 2004
Rot00039	Harney	Brian	М	(Jan 1993
Rot00040	Harris	Richard	М	1	Jul 1996
Rot00371	Harvey	Ben	М	1	Feb 2003
Rot00389	Harvey	Rebecca	F	1	Aug 2004
Rot00156	Harwood	Lee	М	(Jun 1997
Rot00157	Harwood	Scott	Μ	1	Jun 1997
Rot00041	Hastey	Rhian	М	(Dec 1997
R at00354	Hounee	Nic Mark	M		Mar 2004

Rot00393	Herrington	Martin	М	1	ł	Jun 1968
Rot00286	Hewitt	Stefanie	F	2		Feb 2002
Rot00121		Lynette	F	2		Feb 2000
Rot00296		Craig Ionat A	M F	2	1	May 2002 Jul 1991
Rot00122 Rot00349		Janet A Ian	г М	0	5	Dec 2001
Rot00336		Philip Andrew		2		May 2003
Rot00097		Jennifer S	F	1		May 1995
Rot00046		Raymond	М	1		Jul 1991
Rot00047	Contraction and the second second	Peter	M	1	25	Mar 1978 Feb 2004
Rot00350 Rot00049	Hutchins James	Victor Jonathon S	M M	2 2	9	Jul 1998
Rot00049		Arthur	M	2	3	Oct 1989
Rot00050		Lea	M	2		Jan 1998
Rot00226	Joyce	Alan	М	(5	Jan 1990
Rot00229	0	Lee	М	(2	Aug 1991
Rot00126		Lucy	F	(3	Mar 2000
Rot00342		John Alexandra	M F	1	2	Sep 2003 Apr 2005
Rot00402 Rot00329	Kirwan Lebond	Alexandra Claire	F	1	ī	Nov 2001
Rot00351	Lebond	Stacey	F		5	Mar 2002
Rot00233	Lee	Helen	F	1		Jun 1990
Rot00403	Llynch	John	M	:	3	Nov 1991
Rot00182	Lunn	Hayley	F	5		Jul 2000
Rot00127	Maher	Elizabeth	F			Mar 1997
Rot00055	Marsters Marston	Michael	M M	(8	Oct 1985 Jan 1974
Rot00405 Rot00056		Henry Jason	M	2	1	Feb 2000
Rot00377	McClaren	Harriet	F		D	Aug 2003
Rot00332	Merrills	Amber	F	3	2	May 2002
Rot00334	Merrills	Sharon	F	а.	D	Feb 2003
Rot00188		Rebecca	F	9	2	Jun 2000
Rot00406	Mirfin	Alan	M		4	Aug 1994
Rot00058 Rot00059	Moore Moore	Adam John David	M M		5	Apr 2000 Apr 2000
Rot00397	Moore	James	M		2	Feb 2005
Rot00284	Morris	Adelle	F		3	Apr 1992
Rot00390	Morris	Emma L	F		2	Nov 2004
Rot00362	Mosley	Ellie	F		1	Apr 2004
Rot00382	Mounsey	Simon	М		2	Sep 2004
Rot00271	Mullarkey	Christine	F		D	Jan 1991
Rot00196	Muller	Patricia	F			Feb 1986
Rot00060 Rot00401	Neal	Peter Olivia	M F		4	Jan 1973 May 2003
Rot00384	Needham	Tom	M		2	Nov 2004
Rot00339	Nelson	Peter	M		7	Sep 2002
Rot00383	Nuttall	Dave	М		9	Jul 2004
Rot00370	Nye	Andrew	Μ		9	Jun 2004
Rot00385	O'Malley	Liam	M		0	Oct 2004
Rot00345	Omara	Ken	M F		3	Dec 2002 Jan 2004
Rot00375 Rot00266	Pagdin Palfreyman	Kelly Malcolm	г М		0	Jan 1979
Rot00303	Palmer	Alex	F		0	May 2002
Rot00367	Palmer	Georgina	F		3	May 2002
Rot00340	Parkinson	Edward	М		8	May 2002
Rot00062	Phillips	Stephen	М			Feb 1997
Rot00396	Phillips	Anna	F		9	Feb 2005
Rot00195	Pike	Nicholas Matthew	M		8	Jan 1986
Rot00268 Rot00374	Pollard Prescott Mite		M F		P	Aug 2001 Jun 2003
Rot00335	Pugh	Simon	M			Jul 2003
Rot00366	Pugh	Simon	M		8	Jul 2002
Rot00191	Reid	Irene	F		3	May 1995
Rot00063	Renshaw	William	M		9	Feb 1988
Rot00065	Rhodes	Malcolm S	M		8	Jan 1989
Rot00400 Rot00223	Roberts Rollinson	Phillip Benjamin W	M M		8	Feb 2005 Jul 1998
Rot00223		Samantha	F		4	Aug 2002
	Ruddleston	Mark	M		ľ	Aug 1985
Rot00392		Paul	M		1	Jan 2005
Rot00395	Sarjeant	Malcom	М		2	May 1995
	Scholey	David E	M		7	May 1998
Rot00072		Thomas M Neil	M M			Aug 1996
Rot00190 Rot00379	Shaw Shaw	Peter	M		8	Jan 1997 Jul 2004
Rot00376		Zoe Marie	F		8	Sep 2003
Rot00073	Smales	Philip A	М			Apr 1987
	Smith	Chris	M			May 2001
	Spence	Laura	F		1	Nov 2004
	Spencer	Robert	M		23	Aug 2002 Dec 1987
Rot00352 Rot00220	Spensley Staley	Paul	M		5	Apr 1985
	Stark	Graeme	M		3	Jan 1978
Rot00285	Stephenson	Paul	M		8	Jan 1980
Rot00161	Storey	David	М			May 2000
Rot00102	Taylor	Gillian	F			Jun 1991
Rot00080	Thewlis	Jonathan	M		5	Apr 2000
Rot00081 Rot00292	Thomas Tideswell	Owen Liam	M M		8	Nov 1990 Oct 2001
Rot00292	Tune	Michael	M		7	May 1994
Rot00343	Tune	David	M		F	Sep 2003
Rot00322	Twigg	Keith	M		7	Jan 1995
Rot00224	Vaughan	Charlotte	F		0	Dec 1999
Rot00139	Waddington		F		9	Dec 1999
	Ward		M M		1 8	Feb 2004 Jan 1992
Rot00251 Rot00086	Ward Watkinson	Mark Rob	M		8	Aug 1992
	Watt	Charlotte	F		5	Mar 1999
	Weatherburn		M		8	Jan 1960
Rot00344	Weaver	Adam	М			Nov 2003
	Wells	Patricia	F		6	Oct 1984
Rot00088	Whitaker	Iain	M			Oct 1991
Rot0089 Rot00144	Whitaker White	Malcolm Helen	M F		4	Oct 1991 Dec 1992
	White	Rebecca	F		0	Jun 2004
Rot00378	White	Sam	M		9	Aug 2004
Rot00404	Widdison	Phillip	М		4	Jan 2005
Rot00232	Williamson	Samantha	F			01 Apr
					Ľ.	

RH girls take to the road

Results from the Nike AAA Young Athletes Road Relays

First off were the u13 girls (3 x 3.861km) with Jemma Creaghan just arriving straight from holiday, she set off confidently but after the half way the stomach bug she suffered whilst on holiday took its toll and she did really well to reach the finish line in 81st place in a time of 18.32, next of was Rebecca Middleton who also was recovering from illness but managed a solid run of 17.32 to fetch the team back in 71st place.

The last leg saw Robin Lanceley impress by bringing the team home in 63rd place in a time of 18.02. The u13 girls also had a 'B' team comprising of only two runners; first of was Emma Morris who showed a great amount of determination to come back in 87th place in a time of 19.31, the second runner for the 'B' team was Alex Firwan who ran in her first ever race at any level and came back strongly in 82nd place in a time of 18.33.

Next off the mark were the u15 girls (3 x 3.861km) with Jade Allen going off on the first stage, and despite suffering from stomach problems still managed a solid run bringing the team back in 18th place in a time of 15.11 at times Jade looked as though she should have stopped but her thoughts were with the team and she forced herself to complete the course, next of was Laura Spence who steadily passed other runners to come home in 14th place, the final leg saw Natalie Grant run her usual brilliant race to finish in 7th place in a time of 14.14 which was also the 4th fastest of the day.

The u15 girls also had a 'B', but the sole representative was Laura Barnes, who has been improving all the time this year, and ran a good leg to finish in 71st with a time of 18.08. The last relay involving RHAC athletes were the u17 women with two full team contesting the event, first of for the 'A' team was Leanne Waddington who again showed that she excels when competing in a relay, Leanne finished in 15th place with a time of 15.05, the first leg 'B' athlete was Sarah Barnes who brought the team home in 33rd place with a time of 16.11; next for the 'A' team was Lyndsay Clarke who had an excellent run to finish her leg in 9th place in a time of 15.09, for the 'B' team Leanne Gibson steadily passed runners to come back in 24th place in a time of 15.25; on the final leg for the 'A' team was Victoria France who held her own in bringing the team home in 10th place with a time of 15.20, for the 'B' Laura Sanderson brought the team home in 25th place (which also placed the RHAC 'B' team as 3rd 'B' team) in a time of 17.02.

A really great set of performances from the young girls from RHAC. Dennis Russell



Ulley Time Trial (26th March 2005)

Ulley 5Km Time Trial

1. Andy Aked	15:57
2. Joe Gavelle	16:02
3. Phil Hoole	16:05
Mark Ruddleston	16:37
Roy Bailey*	17:10
6. Simon Gregory	17:28
7. Simon Mounsey	17:43
8. Jenny Blizard**	17:45
9. Dave Nuttall	17:58
10. John Atkinson	18:19
 Terry Hawley 	18:33
12. Alan Gregory	18:57
13. Neil Shaw	19:00
14. Steve Gorrill	19:08
15. Rob Spencer	19:20
16. Peter Neal	19:22
17. Kerry Booth	19:50
18. Phil Haigh	20:33
David Booth	20:48
20. Mathew Asbridge	21:06
Anita Cavell	21:07
Patricia Muller	21:54
23. Gill Taylor	23:19
24. Janice Streets	24:26
25. Malcolm Rhodes	24:43
26. Dave Weatherburn	25:33

* denotes guest from another club ** denotes fastest ever time by a lady from RHAC

A record field of 26 runners took part in the final run of the 2004/2005 series. The

highlight of the day was Jenny Blizards superb run, in which she took 19 seconds off her own pb. Only international runner Debbie Robinson, who is not a member of the club and was running as a guest in the event, has ever run faster.

After his superb course record of 15:04, set in the February time trial, Andy Aked was content to cruise around in 15:57. Both Andy and Jenny received awards for their achievements in this seasons series, presented by the club president Dave Johnson. It is also worth mentioning that Mark Ruddleton, Joe Gavelle and Mathew Asbridge took part in all 6 events this season. Indeed Mark Ruddleston has featured in every event in its 4 year history.

Ulley 5Km Time Trials

This years series came to a memorable conclusion with the 6th trial of the season on March 26th. A record 26 runners took part, and throughout the season the consistent turnouts have proved the events popularity with the athletes. The results speak for themselves, but of course there is more to the event than just the results. We all owe a debt of gratitude to Mark Ruddleston and Phil Smales who started the series 4 years ago. Indeed, Mark has run in every single event in it's history. I make that 24 consecutive runs Mark?

And a word of praise for all of the athletes who took part in this years series. As with all athletics events, particularly road races, the safety of athletes is paramount. This in turn means that the athletes need to show a responsible attitude towards their own safety. I am happy to say that our athletes have displayed that attitude. The Ulley course is not without it's risks and it was felt necessary by the Road committee that we take all necessary steps towards ensuring athletes safety. We now have a permit for the event and a set of safety rules, which all participants see before they take part. The conduct of the athletes has been exemplary, and is a credit to Rotherham Harriers. Well done and keep it up during next years series.

Jim Brogan

After the final event this year we all piled into the Royal Oak for a pint and a well deserved chip butty. We were graced by the presence of club president Dave Johnson who came along to make presentations to Andy Aked and Jenny Blizard for their outstanding individual performances in the series. The attached photo may appear somewhat unusual. For once I am not guilty! Our photographer on the day was none other than Anita Cavell. You must let me into your secret Anita! At least you actually get the intended people onto the photo, which is always better than my 'fresh air' shots. And of course, I know you were experimenting with a new artistic approach to taking pics.

Lat but not least I would like to express my heartfelt thanks to David Haywood, whose commitment to the event always ensures I actually get there. Thank you David. And roll on next years series.

Rotherham Harriers & AC Newsletter Editor Peter Humphries Contact for news/comment: 01709 549125E-mail: peterh@thedoc.fsnet.co.uk Club Websites: www.rotherhamharriers.org (official site) www.

hmarston.pwp.blueyonder.co.uk/rhac/index.htm

Newsletter and back issues on-line: www.thedoc.fsnet. co.uk/rrindex.htm

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

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Running Shorts



Dave Nuttall has not taken long to show what a top supporter he is. He has hardly been out of the results lists since recovering from the injury he picked up at the time of joining us last summer.

I have now contacted a number of our athletes with a view to a more indepth look at their running, hopefully starting next month. I also have in mind the fact that faster

runners often aim at prestige events, which takes them away from our local races, which risks our missing their performances. I will put that right.

From Dave Haywood:

In your next edition can you please mention the sterling work President Dave Johnson did re the recent event at Wath Not only as Race Secretary but he was out marking the course at 7 that morning. I am sure people never realise or appreciate what is done for them at times.

(Delighted to comply David.....Ed)

From Neil Shaw:

Here are some of the results of some of the Harriers I met at the London Marathon. As usual, the organisation and the atmosphere of the event were outstanding. The supportive, and noisy, crowds turned out in large numbers, helped by the unexpectedly warm weather. However, the weather also didn't make running easy, and resulted in a few cases of sunburn (Must remember to pack sun cream, next time!!) With apologies to anyone I have missed ..

RHAC Results for London Marathon (17/4/05):

723. Drew Donaldson	2:54:43
1602. Neil Shaw	3:06:49
1860. Ray Howarth	3:09:43
6126. John Kirk	3:41:17
25535. Jim Gallagher	5:05:37
25778. John Clarke	5:06:57
27398. Tony Sarjeant	5:17:12

Email from Dave Tune informs me he is working in Brussels though regularly visiting home to see daughter Romany. He is training at 70 mpw, also training at Belgian beer. He also informs me of a second child for our ex-colleague Lee Collingwood and wife. Lee and Dave, and Darren C. hopefully, would do our relay teams no harm at all!

Ladies 6-stage results

Fastest of all legs				
1	Jenny Clague	Liverpool A	15:54	
2	Morag McDonald	ChesterLS A	16:02	
3	Gemma Phillips	KendalAAC	16:05	
4	Aine Hoban	Wakefield	16:17	
5	Jenny Blizard	Rotherham	16:26	
6	Bev Jenkins	SalfordH	16:28	

Reminder: Wickersley Joggers' Reunion

This will be held in the upstairs room of the Three Horseshoes PH, Wickersley, from 7:30pm on Thursday 26 May 2005. A buffet is going to be provided for which there is a charge of £4.50. Would anyone who wishes to attend please pay any Wickersley Jogger or Tony Sarjeant (01709 540688), before the 14 May where possible.

12-Stage Results

1 Morpeth Harriers & AC	3:41:37
2 Sale Harriers Manchester	3:43:05
3 Leeds City Athletic Club	3:43:13
4 Altrincham & District AC	3:45:28
5 Trafford Athletic Club	3:50:16
6 Salford Harriers	3:51:20
7 Liverpool Harriers & AC	3:51:31
8 Hallamshire Harriers Sheffield	3:53:25
9 Bingley Harriers & AC	3:57:42
10 Chester Le Street & Dist AC	3:57:51
11 Blackburn Harriers & AC	4:00:18
12 Derby AC	4:01:27
13 Sunderland Harriers & AC	4:02:00
14 Preston Harriers & AC	4:02:44
15 Leeds City Athletic Club 'B	4:04:26
16 Rotherham Harriers & AC	4:05:18

16 Rotherham Harriers & AC 17 York Acorn Running Club

4:06:34

Picture Quiz: Last month



Picture 1 showed Mark Ruddleston as a callow youth, taking the cup at the Christmas Day Race 1983, having received a generous handicap from the man at that time, Brian Steeples, and having subsequently given a glimpse of what was to come by flying home without much competition. It was by no means unknown in those days, but in the light of his efforts and support since, we forgive him!

John Atkinson

Mark also provided the picture, which shows then President Vic de Roeck, whose obituary we printed last month, doing the honours.

A deafening silence is the response so far to picture 2. I am not at all sure that the suited figure on the right is not Vic also; it is more than possible that



It looks to me like the back of the Homestead and of course features Don Creamer and Mick Hague in the RH vests. Many faces look familiar, but names are elusive so far. The 'Union Jack' shorts ought to narrow the date down. Obviously an open event, and they look like Ralph's numbers to me! Is it a marathon? They're moving a bit quick. Or maybe a South Yorks event no



longer remembered: could it be a road league, which at one time ran on the local roads? But the vests are wrong!

Picture Quiz: new one

They're off again! What, where, who, when?



18 Horwich R M I Har	riers	4:06:42
19 Salford Harriers	'Β	4:07:26
20 Gateshead Harriers	& AC	4:07:45
RHAC:		
Andrew Aked	(10)) 25:49
Dan Gavelle	(24	4) 17:46
Iain Whitaker	(20	5) 17:02
Richard Harris	(22	2) 27:09
Joseph Gavelle	(10	5) 15:54
Warren Vard	(10	5) 16:35
Peter Mirrlees	(19	9) 29:17
Simon Gregory	(19	9) 16:58
Simon Mounsey	(18	3) 16:51
Philip Hoole	(10	5) 27:21
Dave Nuttall	(1.	5) 16:53

(16) 17:43