



# Depleted RH do enough

**With a number of runners unavailable our 12-stage 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:**

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

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 10<sup>th</sup> 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 15<sup>th</sup> 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 7<sup>th</sup> 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 Blizzard 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.....



## ROAD LEAGUE 1

**Next Weds, 27 April  
off 7pm  
DINNINGTON RFC**

**DON'T MISS IT!**

**£4 for all four races– keep  
your number. All 5 miles.  
11 May Worsbrough 7.15  
25 May Rother Valley 7.15  
8 June Hayfield 7.15**

**Club Vests**



# 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 81<sup>st</sup> 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 71<sup>st</sup> place.

The last leg saw Robin Lanceley impress by bringing the team home in 63<sup>rd</sup> 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 87<sup>th</sup> 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 82<sup>nd</sup> place in a

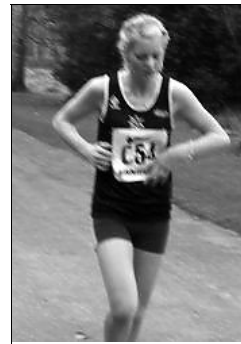
time of 18.33.

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 18<sup>th</sup> 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 14<sup>th</sup> place, the final leg saw Natalie Grant run her usual brilliant race to finish in 7<sup>th</sup> place in a time of 14.14 which was also the 4<sup>th</sup> 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 71<sup>st</sup> 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 15<sup>th</sup> place with a time of 15.05, the first leg 'B' athlete was Sarah Barnes who brought the team home in 33<sup>rd</sup> 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 9<sup>th</sup> place in a time of 15.09, for the 'B' team Leanne Gibson steadily passed runners to come back in 24<sup>th</sup> 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 10<sup>th</sup> place with a time of 15.20, for the 'B' team Laura Sanderson brought the team home in 25<sup>th</sup> place (which also placed the RHAC 'B' team as 3<sup>rd</sup> 'B' team) in a time of 17.02.

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



From the YA Relays at Sutton Park from left to right:  
U13s Rebecca Middleton, Emma Morris, Robin Lanceley;  
U15 Laura Spence;  
U17 Laura Sanderson

## Ulley Time Trial (26<sup>th</sup> March 2005)

Jim Brogan

### Ulley 5Km Time Trial

1. Andy Aked	15:57
2. Joe Gavelle	16:02
3. Phil Hoole	16:05
4. Mark Ruddleston	16:37
5. Roy Bailey*	17:10
6. Simon Gregory	17:28
7. Simon Mounsey	17:43
8. Jenny Blizzard**	17:45
9. Dave Nuttall	17:58
10. John Atkinson	18:19
11. 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
19. David Booth	20:48
20. Mathew Asbridge	21:06
21. Anita Cavell	21:07
22. 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 Ruddleston, 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 6<sup>th</sup> trial of the season on March 26<sup>th</sup>. 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.

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 Blizzard 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

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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.

**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 in-depth 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 here 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 Blizzard	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	18 Horwich R M I Harriers	4:06:42
2 Sale Harriers Manchester	3:43:05	19 Salford Harriers 'B	4:07:26
3 Leeds City Athletic Club	3:43:13	20 Gateshead Harriers & AC	4:07:45
4 Altrincham & District AC	3:45:28		
5 Trafford Athletic Club	3:50:16	<b>RHAC:</b>	
6 Salford Harriers	3:51:20	Andrew Aked	(10) 25:49
7 Liverpool Harriers & AC	3:51:31	Dan Gavelle	(24) 17:46
8 Hallamshire Harriers Sheffield	3:53:25	Iain Whitaker	(26) 17:02
9 Bingley Harriers & AC	3:57:42	Richard Harris	(22) 27:09
10 Chester Le Street & Dist AC	3:57:51	Joseph Gavelle	(16) 15:54
11 Blackburn Harriers & AC	4:00:18	Warren Vard	(16) 16:35
12 Derby AC	4:01:27	Peter Mirrlees	(19) 29:17
13 Sunderland Harriers & AC	4:02:00	Simon Gregory	(19) 16:58
14 Preston Harriers & AC	4:02:44	Simon Mounsey	(18) 16:51
15 Leeds City Athletic Club 'B	4:04:26	Philip Hoole	(16) 27:21
<b>16 Rotherham Harriers &amp; AC</b>	<b>4:05:18</b>	Dave Nuttall	(15) 16:53
17 York Acorn Running Club	4:06:34	John Atkinson	(16) 17:43

**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!

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

he is time-keeping if this is a Rotherham event perhaps of the seventies.

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?

