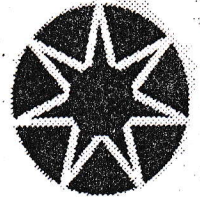


April 1997

Serving the Rotherham Runner
First Wednesday each Month

North of England 12-Stage Relays

Field Flyer Lifts Middling Performance

RH team 10th again after flirting with disaster.

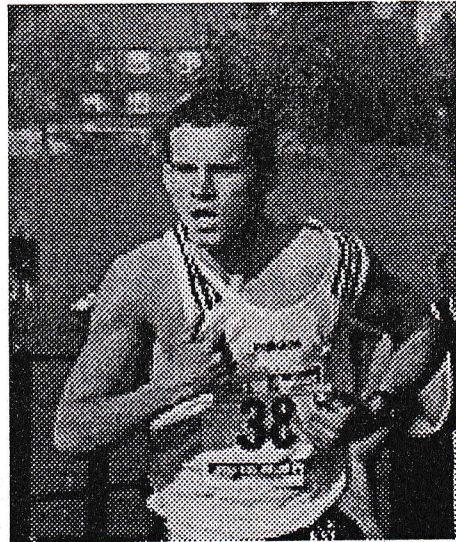
Luke Field belied his lack of relay experience with a storming eighth stage run of 17:49 which hoisted RHAC three places at exactly the psychological moment during last Saturday's Northern 12-stage Relay at South Leeds. That put us into tenth, a position we consolidated all the way to the finish.

Injury to Dave Tune half way round stage four, the second long stage of 5.5 miles very nearly put paid to the RH effort. Dave often pulls back half a dozen clubs or more, and had just begun to haul in several outfits not too far in front when he felt a hamstring problem. Pulling out must have been a strong option, but Dave is a good club man and calculated the risk was worth taking; he was brave enough to complete the stage albeit at slow pace and even handed us over one position higher.

We didn't get as good a start as we thought we might, Rob Holladay was not quite his usual self on the awfully windy, hilly course, but it was not too bad a situation and Richard Harris and Paul Venables were the first of eight short stage runners who really kept their heads well and performed brilliantly to rescue the result. Richard kept 14th place and Paul pulled one back. Then the plans went astray with Dave's problem, but you couldn't wish for a better-experienced runner than Mark Ruddleston to follow, once the team manager had appraised him of the problem he kept his head very well pulling one club back to 11th.

A lively-looking Paul Rowland held this, and although Lee Collingwood dropped two places on the next long stage the spacing was very close, he ran well having stepped into the gap in Chris Parkes' unfortunate absence. Then after Luke's stunning performance Ian Lanceley looked very much at home, holding easily on to tenth.

Luke's time was to be beaten in our line-up only by Andrew Aked. Andrew, originally down for a long stage, has suffered recurrence of



Andrew in fact looked very quick, and was, though he cut his pace a little late on. Tim Drake rounded things off without fuss or alarm in no-man's land to some extent.....Luke Field is pictured above in his pre-RHAc days

some knee problems but was determined if possible to turn out for us, and took a late fitness test at Leeds. It stood up to the test, but we took the decision he should stick to a short stage; thankfully John Comrie accepted the burden of the long stage in his place and ran really well, putting some space between RH and Derby in the process.

Nat vets 8-Stage Relay
Hardly into the season and already the relays are upon us. Competition for the vets eight-stage relay, which takes place **Saturday May 17th at Sutton Park, Sutton Coldfield** is almost as fierce as for the senior events.

Wednesday 16th April
off at 7 pm

at the
Blacksmiths Arms, Thorpe Hesley
enter Thorpe from Rotherham- first building on your right.

The
Blacksmith's Hammer

about 5 miles of footpath and countryside

Route: Start and finish at the pub, out and back via Scholes (old Post Office), Keppel's Column and Scholes Coppice. Only about 200 yards of road.

Category prizes including local runners.

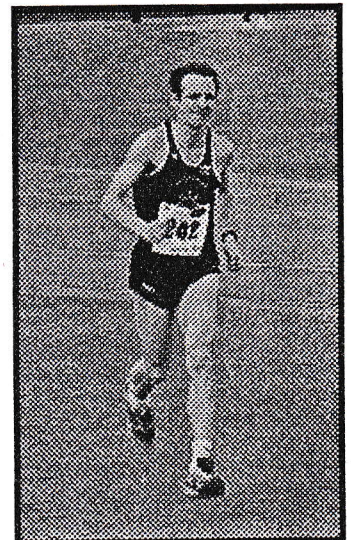
Enter on the night. £1.50

Raffle for good prizes.
Food.

All proceeds in aid of Mick Appleyard appeal.

Mick Appleyard
Many thanks for advance help and support from Dennis Beavers and Pat Rooney. We have found you a course almost completely off road, its a race or a scenic training run depending on your requirements. This is a very worthy event to take part in quite apart from the run and the social, which I am sure will be most enjoyable. All the funds we can raise will be directed straight into the collection for Mick Appleyard. Mick has been a member for almost 10 years, and is remembered as a mentor to a number of runners when they first joined the club. He ran latterly with Wickersley Joggers but fell increasingly ill and will now be wheelchair-bound. He will not be with us on the night, he is not yet released from hospital over in Lancashire.

Also on the night, we will be making the awards for the Winter Series Races. For details, see back page.



pictured above John Comrie who after a superb series stepped up to take the 10th (long) stage at Leeds

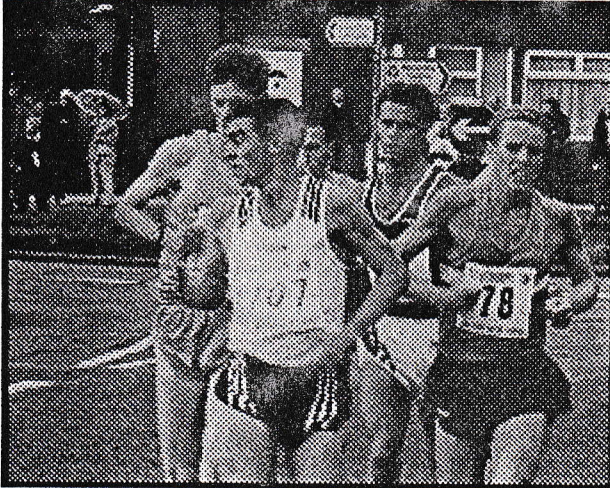
12-Stage: the Manager's View

The running team asked me afterwards if I was happy with the result. I didn't know what to say, and still don't. Looked at one way, our team should have beaten tenth place. Looked at another, tenth is very respectable and all concerned did a very professional job to hold it together in the face of problems. Many positive things were in evidence: superb attitude and support from all our runners, some good and some extremely good performances, top-class support from team captain Peter Neal and Peter Morris who attended in reserve, plenty of vocal encouragement from parents, colleagues and prospective colleagues.

Add to that Dave Tune's team spirit, and Andrew Aked's support. Both report the likelihood of being OK for the national on April 26th and together with Rob Holladay (and no doubt others) sound keen to put matters straight. Dave was yesterday full of praise for his team colleagues for how they handled the situation and is happily in fact fit to pace-make a group through 66 minutes for halfway at London on Sunday, as had been planned.

Of course I'm happy. But I don't want us to even think of standing still and I think the runners understand that.

Daren Cooney and Rob Holladay pictured here taking on Adrian Clarke and Dave Watson at Armthorpe last autumn. Both have been in fine form lately, including the AAA Half at Reading

**Numbers**

Winning tote numbers for March, drawn at the White Swan, were £84 no.81 Alan Bryden; £10 each no.23 Mick Cochrane, no.47 Hugh O'Mara, no.171 Eddie Bywater. 228 numbers sold. Thank you Brian.

Club Social

The club social evening will go ahead on the 23rd of April, at the newly-developed Homestead directly after the Listerdale Run which Don Creamer has planned for that evening. Landlord Peter Mullett is happy to continue our long association and this highly successful and useful social despite the problems arising from his extended catering arrangements. The eating may be a bit later than in the past.

Watch out in the near future for the social evening being possibly third Wednesday rather than last Wednesday of the month. The latter was the plan but incredibly there are so many fixtures on the last Weds of each month that will take a significant number of supporters away. In May however there are fixtures every Wednesday!

Listerdale Run

Wednesday April 23rd

Start and finish at Herringthorpe Valley Park just off the main road.

This is approximately seven miles out and back to Northfield Lane, Wickersley via Gibbing Greave wood, Dalton Parva, entire length of Listerdale to Northfield Lane and back. Your route is your own affair, but you must pass the points stated (a "gated run"). This is also a handicap event, your handicap as last year based on your best ten-mile time (or conversion) plus time for age and sex (don't ask). Enter on the night.

Pontefract 10k

Lee Collingwood first RH in 32 minutes plus, a good performance but in very hot company, taking the team award with Luke Field and Alan Gregory I think.

Spen 20

Our traditional club fixture was not right well attended but there were of course so many races. Jerry Spencer has returned well to competitive running and scored second over 45 here.

Wombwell 5

Steve Inglis (pictured right) (26.36) and Luke Field (26.49) in lively form in 3rd and 4th place behind winner Darren Hale (25.44) and Steel City's Steven Gisborne (26.18). Ian Lancelley and Phil Roberts were not far adrift around 27 and a half. Pete Neal's 28.15 would have made him first vet but his entry on the day left it to Alan Gregory (28.31).

**Reading AAA**

Sunday 16th March was one of the most astonishing success stories in the club's history. As a runner you would probably not realise, as you were contributing to it. It would be very interesting to know just how many Rotherham runners were out on the day, but as a guide we had winning teams at Wombwell and Reading, winning placed team at Retford (though there was no prize). We had representatives at Spensborough and East Hull as well as 2nd & 3rd individual at Retford through John Comrie and Andy Parkin. Steve Inglis headed our Wombwell efforts, and meanwhile Andrew Aked lifted the major trophy at the hilly unscenic Dronfield 10k. This coming very shortly after he took the Steaford Half and Norton Nine has continued a superb run of success from this very modest but very gifted athlete who has got on top of some very aggravating injuries this year, hopefully conclusively.

icing on the cake was of course the award of club team prize at Reading to Dave Tune, Rob Holladay and Darren Cooney where Dave was fourth, very close to the lead and thinking perhaps he should have won it. Robert and Darren were close at around 10/11. Darren has been properly entering races up to his qualification date as 'non-scorer'; it must have been galling missing out on team prizes for that reason. In future, he is amongst it fully.

Also successful at Reading were Jen Baker, 2nd lady over 50 with a pb time of 1.39 and Pat Wells who was fourth. Ken Horan ran 1.47 which he also did at the Alloa Half Marathon last week. Jen ran 1.44 in the same event. Well merited success for top club supporters, well done.

Sheffield 10k

A top turn-out at Sheffield where Rob Holladay timed a nice effort to spring a bunch of Nolts AC runners who however took the team prize. Not often do we score 17 for three runners and not win; on this occasion Paul Venables and John Comrie were the team members to back up Rob's first place, though Paul was convincingly first vet in a fine 7th place overall and John is in the middle of a series of very lively race performances. There was again a vast presence of RH vests.

Bridlington 10k

Watching races rather than running in them is often interesting, but, ultimately, distressing. It is made a wholly more acceptable experience by outings like this one where there was good RH presence through the field and the fine sight on lap two of two black vests well ahead of the field. On this occasion it was Rob Holladay and Darren Cooney who eased away from the pack without fuss. Darren was in with a chance until less than one kilometre from home when Robert's finishing effort took him away. Darren's entry form had left him out of the team placings but Rob was joined by Peter Neal who was well-placed as first vet, and Alan Gregory to take the team. Alan, and also Steve Gaines weren't too far behind Peter but vets got between them. Regular club supporters Richard Burton, Alan Charnock and Jacky Shannon were easily identified in the field, club vests being well in evidence, also Cain Green in the junior race. Richard Self was sighted.

Frank Slater 10k Peterborough

Four to count in this one, we had three which is a shame since they were Rob Holladay 4th, Andrew Aked fifth and Mark Ruddleston 19th, Mark offering 32.19, the best he has run for some time, whilst Robert just edged out Andrew with a 30.50 result.

Doncaster Half

A fine day at Doncaster, obviously a good course and good conditions as the pbs were like leaves in autumn. Won by Adrian Clarke in pb time 65 minutes 50 well clear of Dave Bond with Darren Hale third again in pb around 68m20. Darren is currently Sheffield AC but has a career move in mind. Luke Field provided first Rotherham interest on the day, maybe he thought Saturday's fine effort worth continuing as he had a great run coming home fourth in around 70 minutes, thereby taking South Yorkshire bronze medal. A fine achievement in his first competitive year, his association with RHAC is proving mutually improving and we are proud of him.

Luke was joined by Lee Collingwood and Andy Parkin for the team prize (Lee taking it very steady after a long stage on Saturday); although Ian Lancelley and Paul Rowlands were well placed they were on-the-day entries for training purposes and therefore excluded. Andrew's 73 minute time saw him home just ahead of Steve Tompkin on his debut at this distance, and Peter Purdy back out of the woodwork with a very sharp 74 minute time, all of these inevitably pbs. Andy and Peter's efforts saw them in the prizes, vets in Peter's case, and we also had Hilary Garrison (who was well-placed overall) and Gill Bunker taking their respective categories.

Wakefield 10k

A fine 32.40 for Mark Ruddleston at Wakefield to take 6th place, he is really putting the effort in since shaking off winter and injury blues and could not be making his racing team claim plain. Alan Gregory in the 34 minute area is getting back to form, he took 2nd veteran award. John Convery, who has moved from Leeds to Horsforth was a good third behind the celebrated Kenyan but it was aggravation for Carl Thackery. As the lead car went away with the leader, Carl who was only some 30 seconds behind went off course; perhaps organiser Ron Needham had underestimated the gaps, who knows. But Carl wound up 16th with 34.12, a bitter result now his running is coming back and he was on for a 29 minute result.

South Yorkshire Road League

Numbers are now available for the SYRL at £1 per number. You keep the number for all four races, a remarkable bargain thanks to sensible organisation from Mick Hill of Doncaster AC, formerly Stainforth and colleagues and sponsorship from Nike. A stroke of consuming genius this year (Mick assures me this is not his doing), the numbers are cardboard. Presumably fine weather has been ordained in advance, and no one is expected to sweat. Or you could put the number in a plastic bag.

Events each of 5 miles: Weds 30th April 7pm off at Dinnington Rugby Club, Weds 14th May 7 pm off at Worsbrough (near the dam), Weds 28th May 7pm off at Wombwell stadium (same course as the 5) and finally Weds 11th June 7.30 off at Armthorpe.

Age limits men and ladies 15 and over. All run together.
 Awards: Men: U17 1st; senior men 1,2,3rd; vet40 1,2,3rd; vet 50 1,2,3rd, vet 60 1st
 Awards: Women: U17 1st; senior ladies 1,2,3rd; vet 35 1,2,3rd; vet 45 1,2,3rd
 Teams: Senior Men (4 to count); Combined Male Vets (3 to count); Combined Ladies (3 to count)
 All worked out on time-aggregate basis.
 NB you must decide your own category if you have a choice at the first race and stay in it. (Over 40 may run as senior or vet, under 17 may run as under 17 or open)

RHAC has done brilliantly in this series over recent years. It has been a major springboard for our success. I hope you will continue to support it.

Inglis Back in Frame for National

The shambolic saga of Steve Inglis' selection for the 12-Stage Relays took another turn this week when the entry form for the National Relay, for which we qualified at Leeds, revealed yet another age limit on runners. Steve ran 5th fastest stage in the national under-17 relay at Sutton Park last week, coming home first on stage one in front of Barnsley's Sam Ellis and Idris Ahmed into the bargain.

Of course, we have watched his form for some time, and his leading performance at Wombwell where he ran third in front of Luke Field and Ian Lanceley earned him 12-stage selection. So we included him in the squad of 24. RHAC is blameless for the Alice in Wonderland state of affairs which ensued.

Enter North of England AA. The entry form for the relay had stated qualifying age to be 17 and over as at 31st August 1997. Steve was 17 in March. (Last year's form said 17 and over as at 31st August 1996, which is why we had encouraged him all year to think about it). They sent me a letter stating he was unacceptable, as under-age. The published age limit "was a misprint". Steve couldn't run because he still qualifies as under 17. I contacted organiser Ron McAndrew; he seemed as annoyed as I was, a "superior committee" had imposed the change under rule 207. I suggested they were really saying the 12-stage is for Junior Men and Senior Men only. Why not put that on the entry form? Ron agreed, but said the committee wouldn't let him. Are you still awake? Sometimes I think I have entered a parallel universe.

The national form says runners must be "16 years and over on 31st December/1st January in the year of competition". What this actually means is anybody's guess, until you look at the rule book then it is clear that it means this year a runner has to be 16 or over at midnight on 31/12/96-1/1/97. The "Road Year" goes from 1st October to 30th September in the following year. So not-so-young Mr. Inglis is in the 24 again. It may occur to you to wonder why national and northern have different rules. Don't even think of asking, unless you can put five years of your life aside for the purpose.

Northern 12-Stage Relay Leeds 5/4/97

1	Salford H&AC	4.10.40
2	Bingley H&AC	4.13.51
3	Morpeth H&AC	4.14.06
4	Sunderland H	4.16.18
5	Sale H Manchester	4.17.53
6	Leeds City AC	4.20.21
7	Border H&AC	4.20.24
8	Gateshead H&AC	4.21.05
9	Liverpool H&AC	4.23.32
10	Rotherham H&AC	4.24.02
11	Liverpool Pembroke & Sefton	4.27.16
12	Derby & County AC	4.27.39
13	Mandale HAC	4.29.33
14	Spennorth & District	4.30.39
15	Horwich RMIH	4.31.30
16	Altrincham & District AC	4.31.42
17	Wakefield District HAC	4.32.39
18	Middleton HAC	4.33.57

first 20 qualified plus 5 discretionary: top 25 were taken

23 Hallamshire H&AC
Sheffield did not qualify; Barnsley did not enter

RHAC Stages long=5.5; short=3.5miles app. Very hilly

1 long	Rob Holladay	28:46	14th
2 short	Richard Haris	18:24	14th
3 short	Paul Venables	18:28	13th
4 long	Dave Tune	29:06	12th
5 short	Mark Ruddleston	18:29	11th
6 short	Paul Rowland	18:14	11th
7 long	Lee Collingwood	29:44	13th
8 short	Luke Field	17:49	10th
9 short	Ian Lanceley	18:24	10th
10 long	John Comrie	30:19	10th
11 short	Andrew Aked	17:37	10th
12 short	Tim Drake	18:42	10th

Yorks vets Championship list

There is no Yorkshire Vets Track and Field Championship this year, although they apologise if they don't give a reason. There are monthly runs up in West Yorkshire mostly - see notice board in kiosk. The listed championship events are as follows:

Half Marathon	Bingley Sunday May 11th 11am
5k Road	Bradford (St Bedes) Wednesday May 21st 7.30
Road Relay Champs	Mickletown Sunday July 13th 11am
10k Road	Horsforth Sunday 5th October tba
10 mile	Rowntrees Sunday October 12th tba
15 miles	Holmfirth Sunday October 26th 11am
Cross-country Champs	Hull Sunday 11 January 1998 1pm

MacDonalds Young Athletes AAA Road Relays

6/4/97 at Sutton Park
4 x 2.5 miles

Under 13

1	Liam Rooney	00:00
2	Simon Francos	17:04
3	James Gallagher	17:46
4	Richard Moss	17:35

Unplaced- Liam twisted his ankle and dnf, the others were allowed to run for times

Under 15

A1	Richard Lomas	13:05
2	Jamie Russell	13:28
3	Iain Whitaker	13:50
4	Stephen Bates	12:55

RHAC A 7th

B1	Cain Green	14:58
2	Martin Bradbury	15:53
3	Tom Smith	15:26
4	Damien Russell	16:23

RHAC B 60th 77 teams competed

U17

1	Steven Inglis	12:01
2	James Buttle	13:50
3	Richard McNabb	15:06
4	James Silk	14:58

36th 55 teams competed.

Steve was 5th fastest overall on the day.

The other lads have done a great job supporting him and representing us.

April/May Fixtures

Sat 5 Apr	Northern 12-stage Relay, Leeds
Sun 6 Apr	Doncaster Half marathon
Sun 6 Apr	Wakefield 10k
Sun 6 Apr	Lincoln 10k 11am
Sun 13 Apr	London Marathon
Sun 13 Apr	Gisborough Moors Race noon
Sat 19 Apr	Coniston 14
Sun 20 Apr	Carlisle College 10k noon
Sun 20 Apr	Knowsley 10k 11am
Sat 26 Apr	National 12-stage Relay, Sutton Park
Sun 27 Apr	Sheffield Marathon & Half
Sun 27 Apr	Penrith Half 11am
Sun 27 Apr	Pete Atkinson 5, South Leeds 11.15
Wed 30 Apr	SYRL1 Dinnington 7pm
Sat 3 May	Tadcaster 10 noon
Sun 11 May	Milton 6 11am
Sat 10 May	Rother Valley 10k
Sun 11 May	Galtres Half, Easingwold 1.30pm
Wed 14 May	SYRL2 Worsbrough 7pm
Sat 17 May	National Vets Relays Sutton Park
Sun 18 May	Skegness 6 11.15am
Wed 21 May	Askern 10
Wed 21 May	Park 5k Bradford St Bedes (Y Vets) 7.30
Sun 25 May	East Cheshire Half 11am (N Vets Champs)
Mon 26 May	Saxilby 6 11 am
Wed 28 May	SYRL3 Wombwell 7pm

Winter Series

A fine night had by all at the White Swan for the last of the Winter Series races. Many thanks to Dave Thorpe and his colleagues at MRC for their organisation, they got round the difficult job of finding a safe dark-night course on their patch with an impressively-organised and marshalled race. Paul Bennett ran away with it just before jetting off to take a holiday with Mark Russell in the States. The Winter Series has again been very successful. From our point of view at RHAC it is firstly a useful series of contests or training runs, and there has been huge Rotherham presence. Secondly, the friendly but competitive atmosphere between local clubs is impressive, it isn't always the case elsewhere.

White Swan Maltby 5.1 miles

1	P.Bennett	R	26:28	24	P.Humphries	R	V5	33:14	
2	R.Harris	R	27:02	26	S.Lake	RVS	V	33:46	
3	M.Haffner	K	27:03	27	R.Burton	R		33:57	
4	J.Comrie	R	27:05	28	H.O'Mara	R	V	34:05	
5	I.Lanceley	R	27:14	29	A.Mirfin	R	V5	34:32	
6	S.Inglis	R	28:11	30	B.Newbould	R		34:56	
7	R.Chapman	R	28:45	31	I.Soakell	K		35:08	
8	P.Venables	R	V	28:51	32	T.Smith	R	V	35:31
9	S.Tompkin	R	29:09	33	A.Charnock	R		35:33	
10	R.Bennett	R	30:00	34	G.Bunker	R	LV	36:29	
11	P.Eddison	R	V	30:04	35	D.Gill	R	V	36:30
12	S.France	K	30:07	36	B.Lowndes	M	V	36:52	
13	T.Turner	K	V	30:08	37	N.Shaw	R		37:26
14	S.Cartwright	K	V	30:16	38	M.Rhodes	R	V	37:44
15	T.Stuart	M	V5	30:31	39	D.Thorpe	M	V	38:37
16	J.Rust	M	V	31:06	40	R.Green	K	V	38:49
17	P.Smales	R	V	31:16	41	D.Sears	M	V	39:08
18	B.Harney	R	V5	31:50	42	J.Cartwright	K	L	40:37
19	P.Rooney	K	V	32:09	43	B.Soakell	K	L	40:55
20	D.Whitehead	R		32:12	44	P.Widdowson	R		41:15
21	K.Booth	R		32:16	45	D.Creamer	R	V6	41:32
22	M.Senior	K	V	32:32	46	J.Sears	M	LV	41:59
23	D.Buxton	M	V5	32:55		S.Pooler	K		42:38

By my calculation the final list shows the following are those who completed all five races. Steve France is champion of this B series together with Chris Parkes for the A list.

Subject to checking, Gillian Bunker wins the A series so the B series will go to Gill Cartwright.

It is hoped also to make veteran awards.

France,S	K	11	14	14	14	14	67
Cartwright,S	V	K	12	13	13	12	62
Stuart,I	V5	M	14	11	12	11	59
Turner,T	V	K	10	12	10	13	58
Rust,J	V	M	13	9	11	10	53
Senior,M	V	K	9	10	9	9	46
Soakell,I	K	8	8	8	8	7	39
Mirfin,A	V5	R	7	6	7	7	35
Lowndes,B	V	M	5	7	6	6	29
Sears,D	V	M	4	4	4	4	19
Thorpe,D	V	M	3	3	3	3	16
Bunker,G	LV	R	6	5	5	5	27
Cartwright,G	L	K	1	2	2	2	9
Sears,J	LV	M	2	1	1	1	6

Norton 9 RHAC CC 2nd race 3/3/97

1	A.Aked	46:15
4	P.Rowland	48:27
5	J.Comrie	48:45
7	P.Venables	49:06
9	R.Harris	49:41
13	A.Parkin	50:08
18	P.Neal	50:59
19	L.Field	51:10
20	P.Roberts	51:16
21	D.Hindmarsh	51:23
24	M.Tune	52:01
25	J.Spencer	52:11
28	M.Palfreyman	52:22
32	I.Temperton	53:28
38	A.Gregory	53:56
51	G.Turner	55:29
61	M.Herrington	56:33
76	B.Harney	57:56
79	W.Beardshall	58:09
85	R.Burton	58:44
94	S.Wraith	59:14
108	H.Garrison	60:14
114	R.Butterworth	60:32
119	P.Humphries	60:58

RHAC Club Championship Series 1997

Already gone:

1	Ferriby 10
2	Norton 9
3	Spent 20
4	Retford Half
5	Doncaster Half

Remaining:

6	Sheffield Marathon	27 April
7	Sheffield Half	27 April
8	SYRL 1 Dinnington	30 April
9	SYRL 2 Worsbrough	14 May
10	Askern 10k	21 May
11	SYRL 3 Wombwell	28 May
12	Woodhall Spa Half	1 June
13	SYRL 4 Armthorpe	11 June
14	Club Tickhill 10	to be dated
15	Swallownest 10k	22 June
16	Damflask Relays	25 June
17	Wharncliffe Chase	6 July
18	Doncaster 5k	16 July
19	Yorkshire Wolds Half	26 July
20	Askern 10	10 August
21	Armthorpe 10k	25 August
22	Maltby 10	5 October
23	Hallcross 10k	12 October
24	Workshop Half	to be dated
25	Holmfirth 15	26 October
26	Percy Pud 10k	7 Dec

If any races cancelled/ altered: amendments may be made later.

Be aware that races to be dated may be out of sequence.

No.16 Damflask assumes unrestricted entry will continue. If not, it will be replaced.

No.14 worries me a great deal as it cannot be made safe as a flat-out race and it will probably be replaced.

131	D.Clarke	61:41
134	P.Millson	61:43
136	A.Charnock	62:12
149	A.Mirfin	62:47
151	B.Webster	62:56
161	R.Sadler	63:34
170	D.Taylor	64:22
183	M.Rhodes	65:13
204	A.Browne	67:13
209	P.Fisher	67:38
214	J.Silk	67:49
219	K.Thomas	68:22
220	G.Benton	68:27
279	unknown RH vest	73:18
282	P.Widdowson	73:24
298	B.Morris	75:18
301	D.Weatherburn	75:46
309	R.Aconley	77:10
314	A.Taylor	77:50
343	A.Jeavons	84:25
356	ran	
	"Fun Run" 5k	
1	J.Russell	17:58
4	C.Green	19:31
18	ran	

Young Athletes Awards Night RHAC Annual Cross-country Presentation Night

Tuesday 22nd April at the Trades Club in Rotherham (near the bus station). 7.30-10.30pm
Quiz, disco and raffle. Tickets 50p with free Quiz sheet.

Published by Peter Humphries at Wickersley Comprehensive School by kind permission of the Head of School.

This publication is aimed at the improved road and cross-country running of all Rotherham Harriers members.

Contact no: 01709 549125

The support of Yorkshire Windows is greatly appreciated.