



This month's results have brought credit to the club over a wide range of age groups, topped by national gold medals for vet ladies in their cross-country at Durham, through very decent placement for senior men and women in the annual 12-stage and 6-stage North of England road relays, to some stunning performances from junior athletes at national standard. And all the while very strong competition from club stalwarts in a series of local and not-so-local events.

JUST CHAMPION



Chris Mullarkey, Gill Taylor and Paula Fisher taking gold medals at Durham

BMAF National Cross Country Championships 20 March Durham Sid Scoop

(Reports of the demise of Sid Scoop have clearly been exaggerated.....:Ed)

On the start line there was one question to be answered. Was the weather forecast of hurricane like winds interspersed with sub-zero tropical showers just a figment of my vivid imagination? Gill Taylor emerged with some jelly in one ear and some custard in the other which confirmed it was a trifle windy.

In the opening Ladies 5K race, Janet Hindley led home the squad in 30th place. The trio of Gill Taylor, Paula Fisher & Christine Mullarkey all performed magnificently in the punishing conditions to finish in 60th, 64th & 86th positions respectively. At the post race prize presentation there was a pleasant surprise when it was announced that the winners of the F45 team championship was..... Rotherham Harriers! Suddenly Mark Ruddleston's unofficial Sunday time trial at Ulley in December was erased from the top 3 rankings of all time great Harrier performances.

The team result was decided on overall time which gave us a 21 seconds advantage over Kendal AC. Had the format been on placings, Kendal would have been victorious by 3 points with a total of 207. Following the stunning victory Paula revealed she has received several offers. "I'm currently looking at I'm a Celebrity Get Me In The 6 Stage and Every Second Counts" she said. Gill finished 9th & Paula 10th in the O45 category and Christine was 15th in O50's.

Next up were the Over 50 men who faced a daunting 10K. Mick Marsters mastered the conditions to finish in a superb 6th position in his Over 55 category and an amazing 25th overall. Steve Gaines and Martin Herrington both ran solidly to come home 49 & 57th respectively. Another fabulous team effort was rewarded with an outstanding 7th place.

In the final Over 40 race also over 10K, Nigel Brooks was the sole representative due to Pete Neal & Mark Ruddleston having to withdraw due to injury. It was at this juncture the heavens unleashed their full fury. As I sipped warm coffee amidst increasingly steamy windows in the car, I searched the depths of my soul to find inspiration to get out & brave the elements to give Nigel a deserved cheer.

As he bravely battled to finish in a creditable 70th place, my conscience relented. However, as I opened the car door I felt a twinge in my left calf. My physio said that I could be back reporting within a month with the right treatment. And Nigel, if you haven't died of hypothermia, I'll be there for you next time mate!

Pictures: Left: Andy Aked talks over the stage with Joe Gavelle at the 12-stage relay
 Right: at the finish of the Norton 9 John Kirk, Neil Shaw, Matthew Asbridge and Phil Haigh. They have been seen at most of the recent big races and a good number of pb performances have been noted.

Norton 9

Many Happy Returns

It is eight years almost to the day since we saw a runner in black approaching at the Norton 9, thought he was from Rotherham and gave him a good shout down the last mile. That runner turned out to be unattached Andrew Aked and it is the best mistake I will ever make. Since that time Andy has done sterling service for RHAC and this month was an apt illustration. Apart from road relaying with us he has won the Dronfield 10k and Norton 9 in some style, clocking a stunning 31.48 at Dronfield.

At Norton this year Andy's incredible early pace took him away at the front into a different race from the rest, and he was even happy ultimately with his 45-minute time, which itself is unusual. So far away in fact that the marshals I met with were convinced he would blow up, but they were to find different. On a bitterly cold showery day he kept up the momentum, and though he didn't catch the lead car he did catch the lead cyclist!

Gill Taylor didn't notice the cold, she had a good one with a 62-minute time which left her full of enthusiasm.

RH turn-out was good if not spectacular as in some of the old days. But times change, there is so much racing and fewer club runners all round in the sport, and South Yorkshire clubs were not over-prominent in the race. Our most prominent early finishers were Peter Neal and John Comrie, and in-form Neil Shaw was not far behind just managing to hold off Terry Eastwood.

Not far away from Terry was Steve Gaines followed by ever-present Roy Butterworth, Phil Haigh, Matthew Asbridge, John Kirk, John Clarke and Dave Weatherburn.



**South Yorkshire Road
 League.
 first five-mile event
 DINNINGTON
 Rugby Club
 Wednesday 28th April time 7pm**



Welcome, Welcomen, Ben Venute.....

The following new members were accepted at the Executive Committee Meeting in March:- Brian Cutts, David Gascoigne, Nic Mark Haynes. We extend a warm Harriers welcome to them all and wish them an enjoyable athletic career.

Subs

This is the monthly reminder that subs have been due since 1st January 2004. NoEAA Membership renewals are also due in May @ 2.00p per member. Bert has been collecting it from those competitive members who have paid their subs. Renewal for those members will be done HOWEVER... I can tell you now if you don't renew your NoEAA Membership YOU CANNOT COMPETE IN ANY LEAGUE COMPETITION AND ANY RACES THAT YOU ENTER YOU WILL HAVE TO PAY THE UNATTACHED LEVY. YOUR CLUB CANNOT AFFORD TO PAY YOUR NoEAA LEVY with the affiliation banding charge and membership fee it will cost approx 500.00p plus!!!!

At the last executive meeting a member asked questions concerning the level of subs we charge just to remind you Seniors 16.00p juniors 7.50p. I certainly don't want to start an unnecessary debate but if you look at our local clubs it breaks down as follows:-

Hallamshire Harriers of Sheffield Sen 30.00p
Juniors 15.00p

This club closely mirrors our club activities but they don't have a NJL Team

Pennistone FP Runners Sen 15.00p

Barnsley AC Sen 14.00p Juniors 5.00p
Wombwell Seniors 10.00p U17's 5.00p
U11's 3.00p

Doncaster Sen 20.00p Juniors 12.00p
U 11's 6.00p

Pub Quiz Question !

Many club athletes, especially OLDER MEMBERS! Will recollect Roger Bannister's FIRST

sub 4 minute mile but can you recall it? Do you know who finished third in that historical race??? Just outside 4 minutes with his lungs full of pit dust!!

Stumped? Well it was a local Miner / Athlete who sadly is no longer with us, Tom Hulatt.

In order to commemorate this achievement Rob Platts a local athlete from Mansfield has organised a memorial night at Tibshelf on Thursday 6th May 2004, Bannister did it on 6th May 1954. All races will be on a grass track and the events to be contested are:- 6.45pm U13 Girls Mile, 7.00pm U13 Boys Mile, 7.15pm U15 Girls Mile, 7.30pm U15 Boys Mile, 7.45pm Open Female Mile, 8.00p-m Open Male Mile, 8.15pm Invitation Ladies Mile, 8.30pm Invitation Men's Mile.

Please support this memorable occasion the Duke of Devonshire will be attending to present prizes. TV cameras will be in attendance and there are prizes for all winners.

(In fact colleagues may recall that Cyril Leason's Pillsley 6 has a Tom Hulatt award in memory of this former RHAC member: Ed)

South Yorkshire T & F League

A timely reminder the first fixture this year takes place at Herringthorpe on Sunday 18th April and there are events for ALL age groups (full details awaited). The numbers cost 4.00p and are available in the kiosk

If half of our seniors supported this league we would probably WALK IT

NoEngland membership registration is required for ALL athletes aged 11 years and over

SPONSORSHIP PLEA

Jenni McAndrew from Blackpool is seeking sponsorship for her husband Rob who is competing in the two Oceans 56K Challenge in Capetown on 10 April 2004. All money raised goes to the Rosemere Cancer Centre at the Royal Preston Hospital. Ron is the Championship Secretary for the NoEAA and has never run for charity before, this is his biggest challenge and will mark his retirement. Additional Information on the Notice Board in the kiosk.

News from Monaco

Thought that some of the RHAC members and friends may be interested to know what's going on in the Monaco Athletics World.

As soon as I arrived here I immediately hunted out the local running club, AS Monaco A.C, who meet most days of the week at the athletics track which is used for Grand Prix meetings. They also run as a group at weekends in the forests above Nice.

Both Pete and I joined up after finding out various info. It costs 60 euros for the year which includes use of the track and a medical which is obligatory (apparently this applies to all sports clubs in France). Another condition on joining was that we had to be prepared to race on regular occasions for them, so no problem there!

As soon as we joined, we were told of a race taking place the following weekend which was being organised by AS Monaco. This was an 8.3k (funny distance) road race and a 3 lap undulating course run alongside the beach. There were also various races for youngsters which were held after the senior race. Of course, both Pete and I were a little unsure about running this race, what sort of standard would these French runners be? (there were also a large contingent of Italians travelling as afar as Turin). Would we disgrace ourselves, we wondered? However, we didn't need to worry for too long as we both ran well with Pete finishing in 32 minutes 1 second and about halfway up the field. I was 5th lady overall and 2nd Vet in a time of 33 minutes 15 seconds, so obviously pleased with that. The race was won in 22 mins 59 secs (by an Italian, I think) and the winning Lady's time was 29 mins 10 secs from Nice Athletic Club.

It was a nice experience, especially with it being the middle of March and we were running in temperatures of 17 degrees, a far cry from the freezing cold of England! I'm sure it will be the first of many enjoyable races to come in the South of France.

Sharon Burton

Young Athletes**English Schools XC Champs at Maidstone 13th March 2004**

Some very good performances from athletes of Rotherham Harriers who represented their County Schools Association were achieved.

The Inter Girls were first off, but just the race the heavens open and they must have realise they were in for a tough time. To their credit the girls ran well with Victoria France leading the Harriers contingent home in a very credible 51st, following were Leanne Waddington and Lyndsay Clarke in 134th and 160th respectively.

The next race was the Inter Boys with the weather being kinder and Jason Maxfield showed that he is getting back to form with his best race of the season finishing a very good 39th Martyn Boner coming home in 277th.

The final race involving Rotherham Harriers brought great rewards for one particular athlete, namely Natalie Grant. Natalie ran a superb, well timed race fishing 4th to earn herself a place in the English Schools XC Team. (She may even be the first girl athlete from Rotherham to have achieved this honour). Backing up Natalie were Jade Allen and Charlotte Vaughan were finished 229 and 254th respectively. Also competing in this race was Alec Palmer who was representing Nottinghamshire Schools and not South Yorkshire and finished

210th.

A good all round performance from the boys and girls of Rotherham Harriers.

British Schools XC Championship at Ayr, Scotland - 3rd April 2004

With teams representing England, Scotland, Ireland and Wales the 32 Junior Girl runners were preparing for the start, (limbering up in the starting area) when the weather turn really nasty with wind and hail blowing straight in to the athletes face as they started, the pace was relentless with the eight English girl athletes along with two Scottish girls pulled away from the rest of the field and yes Natalie Grant was always among the leading pack. Through appalling conditions throughout the race the performance was unbelievable from these young athletes. Natalie finished an excellent 8th (8th best in the United Kingdom) and also gained a Team Gold medal. This fine performance rounded off a very successful season for Natalie.

AAA of England Young Athletes Road Relays at Sutton Park - 4th April 2004-04

The final competition of the winter brought out the very best from the U13 and U15 girls. The U13 girls were first off and one must remember that the three girls will still be in the same age group next year. First off was Gemma Creaghan who came back in 45th position in a time of 16:29 with Amber Mer-

rills being the second runner coming back in 59th in a time of 18:07, completing the team was Rebecca Middleton who brought the team home in 41st in a time of 16:29. The distance these young girls ran was further than any distance that they have raced previously.

The U15 girls had two teams and the performance they produced was outstanding. The 'A' team were led by Victoria France who came back in 10th place in a time of 15:12, the second runner was Lyndsay Clarke who came back in 6th position in a time of 15:24, the 3rd runner was Leanne Waddington who put in an outstanding performance to come back in 9th in a time of 15:09. The 'A' Team were the 1st Team from Yorkshire.

The 'B' team were led by the ever improving Jade Allen who came back in 22nd position with a time of 15:49, the second runner was Laura Sanderson making her debut for Rotherham Harriers and ran an encouraging leg to return in 34th place in a time of 17:01, the 3rd runner was Charlotte Vaughan who ran a very solid leg to bring the team home in 23rd. The 'B' team were actually the 3rd 'B' Team to finish just behind Liverpool and Aldershot.

An outstanding set of Team performances by all the young girls.

Dennis Russell
Senior Coach
Level 4 Endurance

Dennis Russell

The Sid Scoop Report

On the start line there were two questions to be answered. Firstly what was on Steve Gaines' sandwich and finally, 2 minutes into the 11th stage, would Richard Harris make it to the church on time?

Jenny Blizzard got the Ladies off to an auspicious start whizzing round the 2.4 miles course in an impressive 13.45 which was good enough for 10th place. Janet Hindley continued the good work with an excellent 14.44, retaining 10th place. Hilary Garrison maintained the status quo with a marvellous 15.09. So far we were looking good & our position wasn't too bad either. Debutante Claire Lambert took over on leg 4 & despite acquiring a knee injury clocked 17.20, but our position had slipped 7 places. The final two glory legs were left to our newly crowned National Veterans Champions. Gill Taylor, who stemmed the slide with a fabulous 16.08 while Christine Mullarkey ran an awesome 17.31 which resulted in a final placing of 18th in a time of 1.34.37.

Meanwhile star of stage & screen Jonathan Thewlis got the show on the road for the men with an outstanding 24.02 for the 4.8 miles. This was good enough for 12th place amidst some class company & surely confirmed him as a natural successor to Mark Ruddleston. Andy Aked took over on leg 2 relegating himself to a short leg courtesy of a dodgy hamstring. However he managed an exceptional 11.37, the equal 3rd fastest time on this leg to move us up a massive 6 places.

Mark Ruddleston ran a brilliant 12.18 3rd leg, but it was getting warmer in the kitchen as we slipped back to 9th. Joe Gavelle clocked a magnificent 25.09 before announcing he was suffering from some anatomical malfunction which was beyond my comprehension. James Shaw had flown in from Germany especially for the event & he flew round in a superb 13.15 relinquishing one place. Dave Storey concluded the first half with a splendid 13.40 & we were dangling on the edge of the sharp end in 13th place.

Phil Hoole moved us back in the right direction improving 1 place with a tremendous 25.33. Terry Eastwood finally got the call for duty on Friday night and ran a remarkable 14.02. "The phone rang at midnight

which was too late for me to carb up as the chip shop had shut" he lamented. It was at this juncture that Steve Gaines made a positive manoeuvre towards his freshly made sandwiches. Team supremo Jim Brogan intervened pointing out that neither Rob Watkinson or Richard Harris had appeared and Steve was presented with a black vest adorned with Rotherham Harriers, proudly sponsored by lastminute.com. Such culinary calamities were soon forgotten as Lea Johnson steamed round in 14.07, leaving just enough energy to stay out until 4am in the nightclub & compete in the Easter Chucky 10k the next day.

The final long leg saw Nigel Brooks disappear into a watery sunset. Amidst unconfirmed sightings of Lord Lucan & Elvis, Rob Watkinson emerged to the delight of the Harriers contingent. "Don't panic" said Jim Brogan, the epitome of calmness, "you've got 5 minutes." "Can I have my sandwich now?" enquired Steve. Unaware of the impending catastrophe, Nigel ran a fantastic 27.25 handing over to Rob in 21st place.

If that changeover was too close to call it paled into insignificance with what was about to follow. Rumour & counter-rumour had it that Richard had arrived & was warming up with Mark. Just as Steve was about to take a bite out of his sandwich Mark appeared minus Richard. "He's not here but he will be" predicted Mark. With seconds to spare Richard appeared sporting a black eye & busted lip. His excuse that he tripped whilst exiting his car is plausible to an experienced reporter like myself who isn't easily taken in by fanciful promulgations made by such scurrilous characters as Rumours Ruddleston.

Meanwhile Rob blasted round in 11.35 to record the fastest time on leg 11 & elevate the team to 16th place. And so it was left to tricky Dicky to bring it on home which he did with an admirable performance clocking 12.39. The final scores on the doors showed the team in a creditable 16th place with an overall time of 3.25.22.

However the final word must go to unlucky 13th man Steve Gaines who said "Has anyone seen my sandwiches?"

RESULTS: MEN (ladies on p4)

1 Morpeth Harriers & AC	3:06:54
2 Salford Harriers	3:09:11
3 Leeds City Athletic Club	3:09:44
4 Hallamshire Harriers Sheffield	3:13:14
5 Sale Harriers Manchester	3:17:06
6 Trafford Athletic Club	3:17:18
7 Bingley Harriers & AC	3:17:40
8 Liverpool Harriers & AC	3:18:21
9 Altrincham & District AC	3:19:58
10 Sunderland Harriers & AC	3:20:10
11 Holmfirth Harriers AC	3:22:13
12 Derby AC	3:23:32
13 Bolton United Harriers & AC	3:24:19
14 Leeds City Athletic Club 'B'	3:25:00
15 Horwich R M I Harriers	3:25:00
16 Rotherham Harriers & AC	3:25:22
17 Preston Harriers & AC	3:26:16
18 North Shields Poly Club	3:26:33
19 Wigan Phoenix	3:26:45
20 Kingston Upon Hull A C	3:27:09
21 Keighley & Craven AC	3:27:30
22 Liverpool Pembroke & Sefton H	3:28:23
23 Wesham Road Runners & AC	3:29:03
24 E Cheshire H & Tameside AC	3:30:03
25 Gateshead Harriers & AC	3:31:17
26 Stockport Harriers & AC	3:31:59
27 North Fylde AC	3:32:02
28 York Acorn Running Club	3:32:28
29 Lancaster & Morecambe AC	3:32:52
30 Wirral AC	3:32:55
48 complete teams finished	

RHAC (position at end of stage)

J Thewlis (12)	24:02
Andrew Aked (6)	11:37
M Ruddleston (9)	12:18
Joseph Gavelle (10)	25:09
James Shaw (11)	13:15
David Storey (13)	13:40
Phil Hoole (12)	25:33
Terry Eastwood (15)	14:02
Lea Johnston (17)	14:07
Nigel Brooks (21)	27:25
Rob Watkinson (16)	11:35
Richard Harris (16)	12:39

A fine viewing course in Lister Park, Bradford and a very well organised event. The course however was highly dangerous for fast running, the challenging climbs involved many tight twists and turns and at

least one athlete went down in consequence. Morpeth's Mark



Hudspeth did his London preparation no good at all by taking large amounts of skin off various parts of his anatomy!

Picture: RHAC stage 5 James Shaw.

SOUTH YORKSHIRE 5 MILE ROAD RACE LEAGUE 2004

Rotherham (Dinnington Rugby Club)	Wed 28th April	7:00pm
Sheffield (Redmires, Sportsmans Pub)	Wed 12th May	7:00pm
Barnsley (Worsborough Country Park)	Wed 26th May	7:00pm
Doncaster (Hayfield Lakes)	Wed 9th June	7:00pm

Prizes (Sports vouchers for leading runners. All four meetings to count, total times)

Male

U17	First
Seniors	First 3
Vet 40-44	First 3
Vet 45-49	First 3
Vet 50-54	First 3
Vet 55-59	First 3
Vet 60	First

Prize list may vary according to entries in each age category
Presentation will take place at the Hayfield Lakes Pub after the last league meeting on June 9th 2004

Numbers are available from Jim Brogan up until the first event, cost **£4.00**

Ladies

U17	First
Seniors	First 3
Vet 35-39	First 3
Vet 40-44	First 3
Vet 45	First 2
Vet 50	First

**Please note change of
venues**

Club Championship Current Position

Alan Bryden North England Ladies 6 stage relay

Surname	Initial	TOTAL POINTS	1	2	3	4	5	6	7	8	9	10	11	12	13
Shaw	N	287	45		49		47			50	46		50		
Asbridge	M	229	46				41			47	47		48		
Haigh	P	187					43			48	48		48		
Hoole	P	160						50			50	60			
Ruddleston	M	158	48	50								58			
Smiles	P	146	49	45								52			
Eastwood	T	143		48			46	49							
Butterworth	R	140					44	47			49				
Neal	P	140	42	49			49								
Rhodes	M	138			47						44		47		
Wright	D	138		42				45				51			
Kirk	J	126	39				42				45				
Hindley	J	109						50				59			
Taylor	G	108					50					58			
Gurung	J	106	49									57			
Storey	D	105			50							55			
Garrison	H	100		50		50									
Booth	K	97	50	47											
Humphries	P	94		44								50			
Bryden	A	93			46							47			
Comrie	J	89	41				48								
Weatherburn	D	87					39					48			
Gaines	S	85	40				45								
Gurung	D	84	35									49			
Stephenson	P	76	36	40											
Blizzard	J	60										60			
Harris	R	59										59			
Shaw	P	57										57			
Connelly	M	56										56			
Johnson	L	54										54			
Gorrill	S	53										53			
Aked	A	50					50								
Burton	S	50	50												
Fisher	P	49		49											
Fuller	W	49						49							
Greaves	J	49								49					
Phillips	S	48						48							
Thomas	E	48		48											
Wainwright	D	48			48										
Marsters	M	47	47												
Beckett	J	46		46											
Hindley	I	46						46							
Cutts	B	44						44							
Gaines	A	44	44												
Thomas	K	43		43											
Weaver	A	43	43												
Clarke	D	41		41											
Clarke	J	40					40								
Bagshaw	S	38					38								
Galbacher	J	38	38												
O'Neill	F	37	37												

RESULTS: Compton Forty

RHAC Trail runners took on the Compton Forty last month, organised by Compton Harriers RC in the Berkshire Downs. This event was staged in aid of Macmillan Nurses. We included Bill Watson, who drove down from Scotland to join the team. I can't find a team result (will include it later) but certainly we picked up at least one placing with Mick Marsters continuing his good run to take first over-50 category. This outcome may have soothed Mick a bit as he was pipped on the final run-in after agreeing a joint effort with Kerry Booth only for someone (not sure who, but let's say possibly team manager Brian Harney) to call for a competitive finish. I recorded comments from Mick but cannot print them for legal reasons.

1	5:03:26	MULDER, Herman	London Irish	Sen M
6	5:41:11	BOOTH, Kerry	Rotherham Harriers	MV40
7	5:41:14	MARSTERS, Michael	Rotherham Harriers	MV50
14	5:58:01	WATSON, Bill	Rotherham Harriers	MV40
25	6:26:11	COCHRANE, Michael	Rotherham Harriers	MV50

75 finishers

RESULTS: LADIES

1	Bingley Harriers & AC	1:23:21
2	Derby AC	1:23:34
3	Chester Le Street & Dist AC 'A'	1:24:39
4	Liverpool Harriers & AC	1:25:06
5	Leeds City Athletic Club	1:25:18
6	Wigan Phoenix 'A'	1:25:37
7	Sale Harriers Manchester 'A'	1:25:50
8	Salford Harriers	1:26:54
9	Morpeth Harriers & AC 'A'	1:28:28
10	Holmfirth Harriers AC 'A'	1:28:34
11	Hallamshire Harriers Sheffield	1:30:19
12	North Fylde AC 'A'	1:30:58
13	Macclesfield Harriers & AC	1:31:22
14	Stockport Harriers & AC 'A'	1:31:52
15	Vale Royal AC	1:32:36
16	Keighley & Craven AC	1:33:27
17	Barnsley Athletic Club	1:33:28
18	Rotherham Harriers & AC	1:34:37
19	Horwich R M I Harriers	1:36:01
20	Horsforth Harriers	1:37:52
21	Ackworth Road Runners	1:39:02
22	Dewsbury Road Runners	1:42:03
23	North Fylde AC 'B'	1:42:30
24	Stockport Harriers & AC 'B'	1:45:59
25	Wigan Phoenix 'B'	1:46:45
26	Middleton Harriers AC	1:47:01
27	Heaton Harriers & AC 'A'	1:47:28
28	Rossendale Harriers & AC	1:47:52
29	Idle AC	1:49:57
30	Wesham Road Runners & AC	1:51:52
31	Longwood Harriers AC	1:55:37
32	North Fylde AC 'C'	1:57:31

(Complete)

RHAC (position at end of stage)

Jenny Blizzard (10)	13:45
Janet Hindley (10)	14:44
Hilary Garrison (10)	15:09
Claire Lambert (17)	17:20
Gillian Taylor (17)	16:08
Christine Mullarkey (18)	17:31

RESULTS

Results from (28 March) Ackworth Half Leaders:

1	Sammy Malakwen	Unattached	1:04:49
2	Simon Tonui	Leamington	1:05:21
3	David Anderson	Belgrave	1:05:32

RHAC runners.....		
105	Neil Shaw	1:23:47 (PB)
194	Matthew Asbridge	1:30:30 (PB)
196	Philip Haigh	1:30:48
428	Malcolm Rhodes	1:46:47

686 runners finished

Race Results

Ulley 5Km Time Trial

Easter Chucky 10k
Sunday April 4th

1	R	Tintinger	35:25	Pulse
2	M	Buskwood	35:56	Totley
3	W	Alves	36:01	Totley
4	J	Harrison	37:00	Worksop
5	N	Shaw	37:14	Rotherham
6	R	Borystwickz	37:40	Valley Hill
7	D	Beech	37:42	Steel City
8	D	Cooper	38:00	Barnsley
9	T	West	38:30	Worksop
10	L	Johnson	38:43	Rotherham
11	R	Cook	38:51	Kimberworth
12	M	Hobson	39:04	Steel City
13	B	Harney	39:08	Rotherham
14	J	Hindley	39:13	Rotherham
15	P	Widdowson	39:25	Kimberworth
16	M	Hurrell	39:27	Barnsley
17	J	Beckett	39:33	Rotherham
18	G	Edwards	40:11	Worksop
19	J	Kirk	40:21	Rotherham
20	S	Mellard	40:53	Kimberworth
21	M	Feann	40:59	Worksop
22	D	Gill	41:27	Doncaster
23	L	Muldowny	41:51	Doncaster
24	H	Thornton	42:02	ua
25	P	Hetherington	42:10	Valley Hill
26	J	Cooke	43:08	Kimberworth
27	K	Chapman	43:33	Kimberworth
28	S	Wesson	44:12	ua
29	G	Taylor	44:26	Rotherham
30	M	Smales	44:31	ua
31	B	Allen	44:39	ua
32	B	Sutton	44:54	Valley Hill
33	G	Thompson	44:57	Kimberworth
34	H	Antcilffe	45:07	Kimberworth
35	P	Humphries	45:20	Rotherham

36	R	Cawkwell	45:30	Worksop
37	K	Atwood	45:34	Totley
38	S	Bagshaw	46:17	Kimberworth
39	J	Herbert	46:23	Worksop
40	K	Dauris	46:34	Barnsley
41	Z	Williamson	46:42	Swallownest
42	C	Kirk	47:25	Swallownest
43	S	Borystwickz	48:38	Valley Hill
44	K	Bentley	49:17	Rother Valley
45	D	Feann	49:35	Worksop
46	C	Daffern	49:42	Valley Hill
47	S	Evans	49:46	Rother Valley
48	B	Allen	49:46	"1-2-1"
49	V	Rivers	50:10	Kimberworth
50	A	Marsden	50:29	"1-2-1"
51	T	Wade	50:29	"1-2-1"
52	A	Bryden	50:58	Rotherham
53	R	Rivers	51:14	Kimberworth
54	J	Adams	51:43	Valley Hill
55	S	Briggs	52:26	Rother Valley
56	B	Lake	52:29	Rother Valley
57	M	Dainty	55:49	Valley Hill
58	G	Knight	55:49	"1-2-1"
59	E	Lared	59:09	Rother Valley
60	D	Jones	59:09	Kimberworth
61	V	Nock	62:20	Barnsley
62	R	Gray	62:21	Barnsley

Some of the names look a bit wrong to me- runners have bad handwriting.

A nicely-organised event all off-road. This year, the underfoot conditions did not aid fast running. All the tracks were half water, half track. You either went through the puddles guessing the depth or round them (which on the day might have stretched the 10k to around 12!)

Saturday 27/03/2004

1.	Phil Hoole	16:23
2.	Richard Harris	16:26
3.	Mark Ruddleston	16:29
4.	Pete Shaw	16:54
5.	Martin Connelly	17:15
6.	David Storey	17:55
7.	Jenny Blizzard	18:17
8.	Lea Johnson	18:57
9.	Steve Gorrill	19:12
10.	Janet Hindley	19:50
11.	Phil Smales	21:28
12.	Gill Taylor	21:36
13.	Dave Wright	21:42
14.	Pete Humphries	22:00
15.	Dev Gurung	23:41
16.	Dave Weatherburn	24:34
17.	Alan Bryden	26:12
18.	Jan Gurung	26:22

Phil Hoole ran fastest on the day despite (perhaps because of?) running from his home in Sheffield to the event then home afterwards.....building up for London

Following the final one in the series of the Ulley 5K at the buffet afterwards awards were made to Aggregate winners Mark Ruddleston and Gill Taylor.

Two new records have been set during this series by Andrew Aked and Debbie Robinson

Special awards were also given to Mark for competing in every one of the 18 that have been staged during the last three years and also to Jim Brogan for organising every one of those 18.

Speed conversion tables

min/mile	1k	1m	2k	2m	4m	5m	10k	10m	half	15	marathon
5:00	03:08	05:00	06:15	10:00	20:00	25:00	31:15	50:00	1:05:33	1:15:00	2:11:06
5:10	03:14	05:10	06:28	10:20	20:40	25:50	32:18	51:40	1:07:44	1:17:30	2:15:28
5:20	03:20	05:20	06:40	10:40	21:20	26:40	33:20	53:20	1:09:55	1:20:00	2:19:50
5:30	03:26	05:30	06:53	11:00	22:00	27:30	34:23	55:00	1:12:06	1:22:30	2:24:12
5:40	03:33	05:40	07:05	11:20	22:40	28:20	35:25	56:40	1:14:17	1:25:00	2:28:34
5:50	03:39	05:50	07:18	11:40	23:20	29:10	36:27	58:20	1:16:28	1:27:30	2:32:57
6:00	03:45	06:00	07:30	12:00	24:00	30:00	37:30	1:00:00	1:18:39	1:30:00	2:37:19
6:10	03:51	06:10	07:43	12:20	24:40	30:50	38:33	1:01:40	1:20:50	1:32:30	2:41:41
6:20	03:58	06:20	07:55	12:40	25:20	31:40	39:35	1:03:20	1:23:02	1:35:00	2:46:03
6:30	04:04	06:30	08:08	13:00	26:00	32:30	40:38	1:05:00	1:25:13	1:37:30	2:50:25
6:40	04:10	06:40	08:20	13:20	26:40	33:20	41:40	1:06:40	1:27:24	1:40:00	2:54:48
6:50	04:16	06:50	08:33	13:40	27:20	34:10	42:42	1:08:20	1:29:35	1:42:30	2:59:10
7:00	04:23	07:00	08:45	14:00	28:00	35:00	43:45	1:10:00	1:31:46	1:45:00	3:03:32
7:10	04:29	07:10	08:58	14:20	28:40	35:50	44:48	1:11:40	1:33:57	1:47:30	3:07:54
7:20	04:35	07:20	09:10	14:40	29:20	36:40	45:50	1:13:20	1:36:08	1:50:00	3:12:16
7:30	04:41	07:30	09:23	15:00	30:00	37:30	46:53	1:15:00	1:38:19	1:52:30	3:16:38
7:40	04:48	07:40	09:35	15:20	30:40	38:20	47:55	1:16:40	1:40:30	1:55:00	3:21:01
7:50	04:54	07:50	09:48	15:40	31:20	39:10	48:57	1:18:20	1:42:41	1:57:30	3:25:23
8:00	05:00	08:00	10:00	16:00	32:00	40:00	50:00	1:20:00	1:44:53	2:00:00	3:29:45
8:10	05:06	08:10	10:12	16:20	32:40	40:50	51:02	1:21:40	1:47:04	2:02:30	3:34:07
8:20	05:13	08:20	10:25	16:40	33:20	41:40	52:05	1:23:20	1:49:15	2:05:00	3:38:29
8:30	05:19	08:30	10:38	17:00	34:00	42:30	53:08	1:25:00	1:51:26	2:07:30	3:42:52
8:40	05:25	08:40	10:50	17:20	34:40	43:20	54:10	1:26:40	1:53:37	2:10:00	3:47:14
8:50	05:31	08:50	11:03	17:40	35:20	44:10	55:13	1:28:20	1:55:48	2:12:30	3:51:36
9:00	05:38	09:00	11:15	18:00	36:00	45:00	56:15	1:30:00	1:57:59	2:15:00	3:55:58
9:10	05:44	09:10	11:27	18:20	36:40	45:50	57:17	1:31:40	2:00:10	2:17:30	4:00:20
9:20	05:50	09:20	11:40	18:40	37:20	46:40	58:20	1:33:20	2:02:21	2:20:00	4:04:43
9:30	05:56	09:30	11:53	19:00	38:00	47:30	59:23	1:35:00	2:04:32	2:22:30	4:09:05
9:40	06:02	09:40	12:05	19:20	38:40	48:20	1:00:25	1:36:40	2:06:43	2:25:00	4:13:27
9:50	06:09	09:50	12:18	19:40	39:20	49:10	1:01:28	1:38:20	2:08:55	2:27:30	4:17:49
10:00	06:15	10:00	12:30	20:00	40:00	50:00	1:02:30	1:40:00	2:11:06	2:30:00	4:22:11

This might help you avoid having to work out split times required for race performance. These are straight conversions- no scaling for greater distances. For times outside the limits of this table, ask.
For example, if you are aiming for a 1.40 half-marathon, 1:38:19 and 1:40:30 bracket it. So 7:30 miling is fast enough, 7:40 is just too slow. You should have a road league (5m) time of around 37:30 to 38:20- could you keep that pace for 13 miles
We have a scaled list which shows what you should be capable of at varying distances given your time at one. I will publish it if there is interest.

RESULTS

NORTON NINE

1	A Aked	RH	45.41
18	P Neal V45	RH	53.00
23	J Comrie V40	RH	53.42
43	N Shaw	RH	56.07
45	T Eastwood V45	RH	56.11
47	S Gaines V50	RH	56.23
71	R Butterworth	RH	58.36
105	P Haigh V45	RH	61.17
121	J Kirk V45	RH	62.16
129	G Taylor F45	RH	62.47
166	M Asbridge	RH	65.45
267	J Clarke V55	RH	73.44
317	D Weatherburn V60	RH	78.52
342	S Bagshaw V75	RH	81.54

SPEN 20

27	N. Shaw	RH	2-20.44
32	J. Greaves	RH	2-22.56
34	P. Haigh V45	RH	2-24.53
65	M. Asbridge	RH	2-37.13

DONCASTER HALF

3	Philip Hoole	RH	1:13:17
78	Roy Butterworth	RH	1:28:23
104	Philip Haigh V45	RH	1:31:18
106	Matthew Ashbridge	RH	1:31:34
116	Neil Shaw	RH	1:32:57
124	John Kirk V45	RH	1:34:12
262	Malc Rhodes V55	RH	1:49:12

Running Shorts

Many runners have been on trials or build-ups for London, including Claire Lambert: a 1.38 pb at the Silverstone Half; this is not Claire's first half but her times are coming down.

Phil Hoole ran a sharp 33 mins 26 at Wakefield tp take 3rd place, and at East Hull Ray Howarth clocked 2.12 in the East Hull 20 for a solo RH performance. Roy Butterworth put in a useful 1.41.15 at the Coniston 14 mile event.

Norton 9: I met up briefly with Lee Collingwood, who colleagues will remember as a fine runner and supporter from about four years back. Lee is training, so you never know... We note with regret that both Lee's father Dave Collingwood and uncle Mick are out of running. Both of them Askern DAC runners, they got a lot out of running and certainly put a great deal in, not least organising the Norton 9. Dave has knee trouble and Mick's problem is cardiac related and both a somewhat pessimistic about running again, but we wish them well and hope for the best.

Keith Williams turned out (at Norton) in his new (again) Spensborough colours and ran pretty quick. It is a pity that Keith had to respond to RH's apparent lack of interest, which we know to be in fact lack of contact, by moving back, but we wish him well and reflect on some successful performances whilst with us in black.

I had some comments from Nigel Brookes and others re poor attendance at club nights, poor uptake of senior training group(s), etc. Some other local clubs have big club run turn-outs. Point taken, it is an issue we consider frequently, and act on. You have to remember that the sport has changed in its volume and quality of involvement. RHAC is a very competitive club though it remains very friendly, and that doesn't suit everybody. There are not many 'joggers' at Rotherham these days.

It used to be easy to organise purely RH events with maybe 100+ runners, but these days it doesn't work. Judge by, for example, counting the RH runners at the recent RH organised Easter 10k.

Sid Scoop says "True or False"

- Olympic Champion at 400m & 800m in 1976, Alberto Juantorena's full name is Alberto Juantorena Danger?
- Ernst Fast finished 3rd in the Olympic Men's Marathon in 1900?
- Hasely Crawford's time in the final of the Olympic 200m in 1976 was 59.6 secs?
- 1960 Olympic Women's Discus champion Nina Ponomaryeva was arrested in 1956 for stealing shoes?

Answers: bottom of column 3

Newsletter

Published by Peter Humphries for Rotherham Harriers & AC on the first Wednesday each month.
Contact for news/comment: 01709 549125
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Club Websites:
www.rotherhamharriers.org
www.hmarston.freeserve.co.uk/rhac/index.htm

Always interested in runners views and news.
Old, new, ex- or prospective.
Deadline for copy: first Tuesday each month.

Recent pbs for Neil Shaw and Matthew Asbridge are well-deserved after a long sequence of training and competitive efforts.

(Ackworth Half:
105 Neil Shaw 1:23:47 (PB)
194 Matthew Asbridge 1:30:30 (PB)

Matthew just managed to pip Phil Haigh on this occasion which has left him very happy, though Phil will view it differently and on another day.....

From Dave Haywood:

The Devil is on the 1st September, after the Olympics. Red flyers for it are out now. Entry flyers will be in August issue if there is one, being holiday season it might be July.

(David refers to the 'Devil Take the Hindmost' track event Ed)

The Wednesday night indoor season has now finished. A total of £854 has been taken. So if you divide the cash by the fee of £1.50 and then by the number of nights ie 19 not staged on Bonfire night, Christmas, The New Year etc we have averaged 30 kids per night not bad eh? the lowest number was on the 17th Dec (Same night as the trot) just 15, the highest was on the 25th Feb '42 that evening. There was a pleasant surprise for Robert Fox recently when club President David Haywood presented him with a small gift token in appreciation of his contribution throughout the winter months to the Wednesday night indoor training sessions.

Robert hasn't missed one evening and was every present helping to coach the young members of our club.

President of the South Yorkshire County AA, Victor Illingworth has passed away aged 92 last week; his funeral was today in Maltby. Vic taught at Maltby school and lived in Maltby. He was ever-present judging local and national events.

I had e-mail from Glenn James

Long time no speak, I hope you're all ok. I was browsing the internet and came across the RH website and then read your wonderful newsletter, it's really good to see it again.

Myself and Philippa Leech (you'll probably know her - she runs for Hallamshire) have had a little baby boy, he was born on the 25th of February at 5.28am, weighing 5 lb 10oz and we've called him Miles, both mother and baby are doing fine.

All our best wishes to Glenn and family: Ed

Notts University Relays 13/3/04

RHAC supported the annual relays at Notts Uni but it was not a priority this year and we fielded a mixed team with Hallamshire, who clearly had the same approach. Jenny Blizard and Paula Fisher ran in the ladies team, Jenny's sharp first stage helped place the composite team 5th. Phil Hoole launched the men's team, and it is good to see back Chris Beighton and Richard Harris, both of whom have had running problems of one sort or another lately. The men finished 6th.

Wednesday April 21st is the date for the annual Memorial Race at Maltby, entries usually taken on the day.

Phil Hoole was first RH scorer at the Sheffield 10k on 14/3/04; he has been running sharp enough more or less everywhere this year and must be our top supporter at the sharp end. Perhaps surprisingly, he has run marathons before, clearly he is not a beginner.

But it is remarkable how rapidly his racing performances have improved - he says if he runs sub-3 hours at London it will be a pb by some way! Sooner or later, and if all goes well it could be sooner, he will shatter that time by some margin.

1. True 2. True 3. False - it was 79.6 secs 4. False - she was arrested for stealing hats.

Picture Quiz

I couldn't fool John Clarke for long, he eventually worked out it was him at the front, and the guy behind is Ken Horan, who sadly had to pack in running not too long after. Wrong about the shirts though John, not London and your 1996 guess is wrong I think. It is of course the Tickhill 10 shot as it passed through Brecks roundabout and I make out the shirts to say "Elsecar 6 Character Challenge"; presumably you ran it the month before. These shots are two of a numbered series given me by Pete Ruddleston I think though I am not sure.

Analysis of other photos compared to the finish list suggest June 1995, where Diane Taylor did 71.50, Janice Streets 72.34, Janet Pike (1st vet 50) 73.55, Adele Morris 75.14, John Clarke 78.50. Can't find a time for Ken, but he says he never failed to finish so it's my newsletter or maybe the finish marshals' list that's in error.

The event was won by Pete Neal (53.46) from John Comrie (53.55), first vet 40 Alan Gregory (56.15) vet 50 Pete Humphries (58.05) vet 60 Frank Wagstaffe (77.08) vet 70 Arthur Jeavons (88.25) Lady Hilary Garrison (64.48) vet 40 Gillian Bunker (66.28).



This month's quiz: They're Off! But off where exactly, and when? Mark Ruddleston seems to know where, as he is leading after 100 metres, but which other RHAC runners can you spot - either current (then) or subsequently? I make two of each, and another 'half and half' who is fifth from right (back). Did Mark stay in front?