



Rotherham Harriers & AC Newsletter August 2005

Road: Mexborough 5k

Achievement

Rob Takes it out on Mexborough

Rob Watkinson's attempt at the AAA 800 metres final, which he reports on in our new 'Fitness & Training' supplement, ultimately ended in disappointment as he ran fifth with a time of 1.50.1 in the semi-final, all four finishers in front of him qualifying for the final.

Those of us who braved a baking hot day the day after to run in the Mexborough Town Carnival 5k— Luke Brady, Peter Humphries and Malcolm Rhodes on this occasion— were surprised and pleased to find a fourth Harrier joining us, with the expressed intention of getting the disappointment out of his system. Which he did in big style.

This race has sadly declined from a high, early on, of around 300 plus runners, with now only about 30 turning out. For several years organised by RH this is now fronted by Mexborough Pulse RC. Not exactly cosmic in importance therefore, but it was Rob's performance which caught the breath. He went 50 yards clear in the first 250 and ultimately ran a superb 14m55s time trial to win, as they say, clearly.

He didn't believe the time, or more likely the distance, but organisers are adamant that the route is certified 5k. A minor change this year has not affected the distance (which includes two flights of steps!) Hopefully, this is indicative of late-season success for Robert, and hopefully also it will do no

harm to RHAC road and cross country relay performance.

Which brings me, timely I hope, to remind club members of significant dates that are known so far:

Yorkshire Road Relays Saturday 17th September at Sheffield

Northern Road Relays Saturday 1st October at Blackpool

National Road Relays Saturday 22nd October at Sutton Coldfield

National Cross-country Relays Saturday 12th November at Mansfield

(and Northern Young Athletes Sunday 2nd October at Liverpool)

The dates for the South Yorkshire, Yorkshire, Northern and National Cross-country fixtures are not yet to hand, I will post them as soon as known on www.rhac.co.uk where you will find a full fixture list of road, cross-country, track and field, fell, and trail races.

We have not done ourselves proud in South Yorkshire on the road this year, this would be a good time to maintain last season's promise, indeed, success, in the above.

Secretary celebrates Achievement Award.



Club Secretary Bert Norburn can be seen here exhibiting his medal and Certificate of Achievement Award. The award was made by the Vice Chancellor of Sheffield University Professor Robert Francis Boucher, CBE, FREng at a ceremony in the Firth Hall Building at the University on Saturday 23 July 2005. The awards were made to celebrate the centenary of the University and Bert was one of 25 members of the Public who were recognized for their volunteer rolls.

The award was A Community Award for volunteer services to Action Space Mobile, an arts educational charity and for services to children and young people in athletics. He was nominated for the award by staff from the Action Space Mobile where he drives a minibus weekly delivering adults with learning difficulties from their homes in Sheffield to numerous locations in Sheffield and the surrounding area.

Walking: GR20, Corsica



Brian and June Harney, Sharon Burton and Pete Townson

A Walk on the Wild Side

Who would have thought that Brian Harney, sadly forcibly retired from running but enthusiastically walking, would take on the Sentiers de Grande Randonnee the hard way? Well, just about everybody. Sharon Burton reports:

The GR20, Corsica – A walk from Conca to Calenzana. Distance - 190km, total ascent approx 41,000ft

The latest addition to the 'Harney Tours' collection was on the beautiful French island of Corsica. It looked easy enough as we browsed through the various guide books. So much so that we decided not to take the allocated 15/16 days that the books suggest but to condense it into a 12 day schedule. Even at this we wondered if we were biting off more than we could chew as one section was allowing 6 ½ hours for 8km! Boy, were we in for a shock! After much deliberation we decided to do the walk against the grain, i.e. South to North. The main reasons being that we would have an easier start and the sun would mostly be behind us. This proved to be a wise decision.

Day 1 – Conca-Bavella, schedule 19k, 7 hours

We set off at 7am full of enthusiasm. It was very hot even at that time. The combination of heat and steep climbs made us wonder what we had taken on. It was a very hard start and we seemed to be climbing all the way. We climbed up to a height of 1200m, higher than any English peak! We just couldn't take on enough water and sweated buckets which was rapidly replaced by some welcoming beers when we finished at 3pm, completely knackered. We checked into the Gite Aiguilles de Bavella where we slept 4 to a room.

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A Training Week

Jim Brogan refers in his lead article to the importance of keeping a training diary if you seriously want to improve. I recently asked Rob Watkinson how his training and running were going, as I hadn't seen him for a while.

His training diary might not bear much resemblance to mine or yours. Rob is a specialist middle distance track runner, especially 1500m, but has had some spectacular successes with us in road relays, shorter road races and cross-country. He has indicated he will be contributing to our 'fitness' series in future. Meantime, here is Rob's response: a typical training week?

I've struggled a bit with my form this year, despite training harder than ever. Perhaps I'm just past it. Still I'm enjoying my athletics and have vowed to stick with middle distance for another year.

I got off to a slow start with a 1.52, 800 at Stretford, won the Yorkshire 1500, followed by a 1.50 800 at

the BMC GP meeting at Manchester. A week later ran ok for 4th and a 4.12 mile in a tactical inter counties mile.

A few weeks later ran another 1.50 800 at the BMC GP at Watford. A week later had a terrible run at the North of England Champs, finishing 4th in final. Unfortunately I felt rough before and during this one. 2 weeks later and beginning to run better with a 3.48 1500m at the BMC GP at Solihull.

Have concentrated on pace in training since then in preparation for the AAA this weekend where I'll be doing the 800. Its always a long shot to make the final but I'll give it my best. I follow this with another BMC at Cardiff and the final one at Crystal Palace.

Below I've shown an example weeks training for last week. I put together my own training program now, although Pete Watson (my coach) still comes to the track once per week to coach me.

| | AM | PM |
|----------------------------|--|---|
| Sat 25 th Jun | 1.5mile jog on treadmill at work. | 3.48 1500 at Solihull 5 th in B race. Crap last lap 62 secs. (Fish and chips after) |
| Sun 26 th Jun | 35mins with 20 brisk. | At Wombwell track. 5*200 off 4mins Av 25.2 |
| Mon 27 th Jun | Easy 35mins | |
| Tue 28 th Jun | Hot but windy. Felt v.gud 5*300 off 3min Av 40.0 | Easy 27mins on treadmill at work |
| Wed 29 th Jun | 50mins with 33mins at 165+bpm. Tired. | Weights (8reps quick) 3 sets each step up 55kg walking lunge 15kg Jumps 15kg Squat 100kg Leg press 150kg (slow) Leg curl 85kg (slow) 3kg upper body exercises (bit of burn) |
| Thur 30 th June | 30mins plyometrics on cricket field | 25mins easy on treadmill at work |
| Fri 1 st July | Easy 23mins | Felt Ok *(300*4 off 45secs) lap jog in-between Av 45.2 |
| Sat 2 nd July | Easy 27 mins | 35mins with 20 at 168+bpm. Bit tired |
| | | |

Rotherham Harriers & A.C.

Fitness and Training

1. Endurance Running– the Basics of Training for Club Runners Jim Brogan, Endurance Coach (level 3)

You may be reading this as a seasoned runner perhaps with many successes behind you– or, hopefully, awaiting you. Or again, as a beginner to the sport, or even a potential beginner!

Some are athletes from an early age, but many people take up running later in life—in response to concerns about fitness or obesity maybe, or a host of other reasons.

Some are motivated by the urge to improve and excel in their chosen sport, but many more are happy to be able to work physically for an hour or two, to get the maximum benefit from what they are doing in terms of fitness, general well-being and enjoyment of their environment. And while we are addressing primarily 'running', in many instances this is to support and enhance performance elsewhere, either in athletics or other sports.

As a runner, you will never be short of advice. But whether or not to take the advice is another matter. If you get your advice from people who have long experience and knowledge, it might have a more persuasive ring to it.

Another thing that unites runners is injury and illness– I don't know any runners who have escaped these problems over the years.

When we put these, and other aspects together, what we find is that you, the runners, together have a fund of knowledge and experience that is truly staggering. This holds true within any club, especially our own, which is moderately large. Also, on a wider scale, we can multiply it by the number of clubs, and add the experience

of all those who are not club members.

By modern communications, especially the internet, we can access that knowledge as and when it is made available. I remember myself, when in the past I have had some peculiar ailment or injury, thinking 'someone somewhere in the world must have had the same problem– what did they do?'

Our aim in this series of publications is to bring you the general, and more specific advice of our qualified coaches and trainers on numerous aspects of running, starting with the general, but also dealing with such aspects as how to train and prepare for your first marathon / half marathon, whether diets or supplements are of any value and so on. Don't forget that as RHAC members, you can personally get advice from RH coaches. We may be highlighting particular case studies.

Our aim also is to allow and encourage runners who have or have had problems– injury perhaps, or illnesses arising or as preconditions– to tell others about them. We certainly will not be offering medical advice, but an awareness of other people's difficulties is often illuminating.

Then again, we will probably be offering also from time to time articles on philosophical or environmental aspects. Apart from the printed version, it will also be appearing on the internet. This series is part of our commitment at Rotherham Harriers to help our members with all aspects of their athletics and training.

Series Editor: Peter Humphries

Endurance Running – the Basics of Training for Club Runners

As an Endurance (or if you prefer, Distance Running) Coach with Rotherham Harriers & AC, I am frequently asked by athletes for advice regarding training programmes, race performances etc. In some cases, the athletes are complete beginners and may be chasing a target like the Great North Run. In other cases the athletes have been around at the club for some time and will have established themselves in the local road running circuit. But whatever angle you are coming from, there are certain basic principles underlying training for distance running. Let me say at this point that there are many publications which cover this subject, sometimes in great depth and very scientifically. These are very valuable publications and anyone who takes the trouble to read these will become extremely knowledgeable on the subject. However, the purpose of this article is to provide a very basic guide to the principle of training for distance running, seen from my own perspective as a club coach.

The Basics.

In looking at the basics of training for distance running, a runner (or potential runner) will probably ask himself/herself the following basic questions:

How far should I run?
How fast should I run?
How frequently should I run?



Ad hoc advice for RH members from Jim Brogan

Those who have gone past the first hurdle of joining the club and taking part in the activities and maybe some of the races available, will have established a pattern of training, based on answers to the above three questions. They may not, as yet, feel convinced they have established the complete answers to the above three questions, but they will still be looking.

None of the above questions can be answered in isolation from the others though, as each will impact on the other to some extent. For example, if you train to complete exhaustion one day, you are probably not going to feel much like training the next day (frequency), or if you run absolutely flat out one day, you probably won't get too far in that run, or again feel much like running the next day. So, developing a distance training schedule is not a simplistic thing, and it requires some careful thought.

The Three Basic Components of Distance Training.

These can best be described as follows:

1. **Steady Runs** of durations ranging from around 3 to 10 miles. The pace has to be fairly comfortable and sustainable throughout the run.
2. **Long runs.** The pace of these runs is slower than for Steady Runs, around 15 – 30 seconds per mile, and the distance covered would be in the range 12 – 20 miles
3. **Interval Training.** This is a training session where the athlete performs fast repetitions over a distance (400m – 1 mile usually) at a pace faster than race pace, with a timed recovery between. A number of intervals are carried out, depending on the distance being covered during the interval.

The purpose of the Steady and Long runs is to enable the athlete to develop good endurance, and that of the Interval Training is to facilitate development of greater speed for competition.

For absolute beginners to distance running it is important that the training programme initially concentrates only on Steady Runs, and this

would continue until the athlete has sufficient endurance to consider including Long Runs in their programme. By this stage athletes have usually commenced taking part in road racing events, usually in the range 10Km to half-marathon. Once the athlete has developed some experience of this type of racing, he/she will be looking at improving their training programme to produce improved racing performances, and this necessitates the introduction of Interval Training.

The Role of the Coach.

Many athletes seem to function perfectly well without seeking assistance from a coach. However, my experience, based on years of coaching and also as a competitive athlete myself, has shown that uncoached athletes may reach a point in their racing whereby performances become static or even start to decline, and at this stage the services of the coach is often sought. When an athlete asks my advice as a coach for the first time I usually go through the following points with the athlete so that I can make a careful judgement of advising on an improved training programme.

1. Keeping a training diary.

It is amazing how useful this can be. A well kept and detailed training diary is an invaluable aid to both the athlete and coach and often provides the vital clue as to why performances are not as good as they should be.

2. Setting realistic racing targets (planning)

Many distance runners fall into the common trap of simply racing everything that is going, without giving any thought to planning their racing with a view to achieving optimum performances. There is a strong scientific basis for this. Training Theory refers to the fact that no one can be at a peak all the year round, and it is important to take this concept on board when working out a racing programme. Again this is an area where consultation with a coach is most beneficial.

3. Making the best use of the time you have available to train

We all lead busy lives, often with demanding jobs and young families. Time available to train can be scarce, and hence should be used

wisely. It is useful for an athlete to look carefully at their entire week, and find the spaces available for training. Don't forget, even half an hour can be sufficient time for a brisk run. Lunchtime runs at work, and even runs to and from work can prove to be of great value in the course of a training week.

4. The benefits of a planned rest.

This is something that runners usually don't want to hear about. But again, it has its basis in scientific Training Theory. If an athlete has been training hard for a long period of time and has raced frequently, the body will cease to respond correctly to training, and often chronic fatigue and discouragingly poor performances will set in. A complete rest from running for up to two weeks is often required to enable the athletes body to recuperate.

Final Comments

As you can see from the above, I have not written down any specific training schedule which will take you to the ultimate aims of achieving personal best times or even winning races. Of course, everyone runner wants these, but it is important to grasp the basic concepts of training for distance running before a detailed training programme is set out. Everything described above is important and, if you consult with a properly qualified distance running coach (this is one with a licence obtained from UK Athletics), then you will ensure that the programme set out for you is a good one and will give you every chance of achieving your goals in distance running.

Jim Brogan
Endurance Coach (level 3)
Rotherham Harriers & A.C.)

Rotherham Harriers & A.C are fortunate to also have the services of Pete Shaw, who currently holds a level 3 award for coaching Endurance Runners. Either myself or Pete are more than happy to advise any Rotherham Harriers & A.C athlete with any aspects of their distance running.

Day 2 – Col de Bavella-Refuge d'Usciolu, schedule 25k, 8 hours

After yesterday's hard grind we decided on a 6am start to avoid the heat (ha, ha, no chance). There were 2 routes to the refuge and we decided to take the high level route. Although this was harder, the views were more spectacular than the lower option. Again it was very hot with many knee crunching descents and ascents. We reached the ½ way stage around mid day. For most walkers this signalled the end of the day but not for us! We walked on finishing at 7pm hoping that there were beds still available at the refuge. Lucky for us there were, but unlucky for us we had missed the 6.30pm deadline for a meal cooked by the warden. However, we were able to buy supplies from his shop instead and Pete whipped up a mean spaghetti dinner. Lesson to be learned from today's walk was it was far too hard and far too long as we were all totally exhausted and this was only day 2!

Day 3 - Refuge d'Usciolu-Refuge San Petru di Verdi, schedule 16k, 6 ½ hours

Today was to be a much needed shorter day. Although we were taking in the Arete a Manda which involved a lot of rock scrambling at 1800m we coped with today's exertions ok. We were now getting used to the boulder fields and steep climbs and now understood why an 8k section can easily take 5/6 hours or more!! Tonight's shower was taken in a wooden hut outside the refuge where people queued up outside to wait their turn and this was where June and Sharon experienced their first taste of French exhibitionism by a man called Jean-Claude who we, or was it him, befriended us for the rest of that day and the next!!

Day 4 - Refuge San Petru di Verdi-Bergeries d'E Capanelle, schedule 16k, 6 ½ hours

Although this section went over Monte Renosu at 2352m on the high level route, after speaking to Jean-Claude the previous night, we chose to take his advice and take the lower one, enabling us to double up on the next day's section, therefore, gaining us an extra day. This proved to be a good decision as we finished the first leg at E'Capanelle in 5 hours. After a welcoming refreshment stop involving a big bowl of stew we pushed on to Vizzavona arriving at 5pm to more well earned cold beers and a hotel for the night (sheer luxury after 20 people to a dormitory in the refuges). After a hot shower (there are only cold ones in refuges) and a 3 course meal we were feeling pretty smug with ourselves as by now we had reached the ½ way stage in 4 days.

Day 5 – Vizzavona – Refuge Petra Piana

By now the schedule was out the window! We now decided to just walk for as long and how we felt with no fixed agenda. Today involved a long climb out of Vizzavona at 900m up to a height of 2100m. Again, a lot of scrambling across boulder fields with the route finding made easier by the now familiar red and white signs which the French love to paint along the way, and which also meant that maps were never called for as they popped up so frequently. Today's walk was a bit cooler together with a strong wind blowing for most of the way and this was a welcome relief from the previous few days weather. Once again, we decided to do a double stage but when we reached the refuge all the beds were taken!! Not to worry though as we were offered 2 tents (which was better as it was probably quieter than the refuge) but just as Brian and June pitched theirs, a gust of wind blew the tent away and snapped the poles!! This meant that June shared Sharon and Pete's tent but Brian chose to sleep outside under the stars!! However, a sleepless night was had by all as the wind blew around the tent constantly all night.

Day 6 - Refuge Petra Piana-Castel di Verghio

After a rough and windy night we had another endless steep climb ahead of us up to 2225m which involved rock climbing in parts and some walking in snow, but was made all the more worthwhile due to the beautiful lakes along the way. Today's walk involved a bit of a

battle/race with a party of 5 French people who we had beaten into the refuge the day before. Their advantage was that they had an earlier start to us but eventually we caught them before the top was reached. We didn't see them again until our refreshment stop at the next refuge. This was their stop for the night, but oh no, not ours! They looked on in amazement as we said we were going on to the next stage. Poor them, in a couple of days they were also to lose the Olympic bid to us!! The next section was a complete contrast to what we had just experienced. Flat walking for a while (but not for long!) along a beautiful plateau with a lake and animals grazing. We arrived at our destination at tea time – a hotel in a ski resort with hot showers, 3 course meal and wine!!

Day 7 - Castel di Verghio –Refuge de Tighjettu, schedule 16k, 6 hours

Another tough, hot day. Brian and Pete took advantage of a couple of rock pools for a bit of skinny dipping whilst June and Sharon looked on! We arrived at the refuge pretty early, bagged our beds and just started to relax outside in the sunshine when we were disturbed by a mountain rescue helicopter that was coming to airlift an injured walker away to the nearest hospital, he had only done 4 stages. The helicopter must have landed on the only flat piece of ground in the area, about 3m square!

Day 8 - Refuge de Tighjettu-Refuge de Carozzu

This was the day we had all been looking forward to (or dreading)! We had to negotiate the notorious 'Cirque de la Solitude' which, according to the guide books is very dramatic and intimidating. A 2 hour slog took us up to the top of a col where we peered down into what seemed a bottomless abyss. Very scary!! Steadily we set off down assisted in places by steel cables and ladders bolted into the rockface. Deeper and deeper we went and after 1 hour it levelled out and we had to climb up out of the other side to deal with more chains and rock climbing in places. We reached the top after spending 2 hours in the 'Cirque' and we all found it exciting and exhilarating and agreed that the guide books were probably overstating it's danger. With care and attention, anyone with a head for heights could do it. After that, we descended into another ski resort, more refreshment and then on our way to Refuge Carozzu but not before having to negotiate an 'Indiana Jones' style rope bridge. We had the best 'shower' of all showers that night, a hose-pipe with a curtain around it, and also witnessed one of the best sunsets we had ever seen!

Day 9 - Refuge de Carozzu-Calenzana (finish)

Again, today's leg should have been walked in 2 stages but by now we were used to long days and the lure of the finish spurred us on to do it in one day. The first 5 hours were extremely hard, uphill and rocky. At the ½ way stage we considered stopping at the refuge but the attraction of a hotel at the end with hot showers and cold beers won. Off we went, it was all downhill to the finish but it went on and on.....We rested more times on this section than on any other, but eventually Calenzana came into sight and soon we reached the end of the GR 20. We had completed it in 9 days including the high level options.

On reflection it would have been easier and more enjoyable to take 15/16 days over it. The combination of heat, steep climbs, rocky and rugged terrain made it an ordeal at times. It is basically a 110 mile rock scramble. This is a challenge walk, not a holiday walk. However, it is very exciting, exhilarating and rewarding and the views made it all worthwhile. Those with ambitions of doing it go prepared, pack light, drink and eat plenty and get fit!!!

AAA's Of England Modernisation

Your Club has received a set of conditions from the AAA of England which they have asked CLUB MEMBERS to consider and report upon. The conditions arise after the proposed implementation of the Foster Report. You are ALL asked to consider the proposals, if you have any observations report them to any officer of the Club.

1 Finance

The AAA of England Board shall receive and agree a copy of the detailed financial plan for England Athletics. The AAA of England would hope to provide some funds from its reserves to assist England Athletics

2 Membership

The England Membership scheme will be club (rather than individually) based. The England membership fee to be no more than £5 for each of the first three years of England Athletics. Any increase in the England membership fee is to be agreed by members. The distribution of membership money shall reflect the needs of Regions, Territories, England, the members and administration.

3 Affiliation

Clubs and Other bodies shall be affiliated to England Athletics for competition purposes. The distribution of the affiliation money shall reflect the needs of Regions, territories and England

4 Unattached Levies

50% of the unattached levy fee should be allocated to the appropriate Special Association and the balance for approved distribution by England Athletics, taking into account the needs of those bodies currently receiving funds.

5 Competition

The AAA of England does not wish to change the good aspects of existing organizations to be competition providers and requires England Athletics to give total support to the provision of competition in all disciplines by the Clubs, Counties, Special Associations and Territories, and to form a structure to provide English Championships and competition for England teams.

6 Roles and Responsibilities

The description of the roles and responsibilities of England Athletics, when received, must be accepted as part of the new arrangements. Likewise, a clear definition of the roles and responsibilities of UK Athletics must be agreed and both documents approved in order that the whole sport is clear from the outset as to their respective positions and duties in the new structure.

SUPPORTING STATEMENT

The AAA of England will continue as a body until England Athletics has clearly established itself as a credible organization to govern and administer athletics in England

Governance will be transferred to England Athletics in accordance with set timescales as agreed by both parties.

The AAA of England will retain the rights to AAA Titles, English Championships and the AAA trophies until it is agreed to transfer them to England Athletics. In the meantime these rights will be licensed and the AAA of England will use its best endeavours to ensure a successful transition and to maintain the traditions.

The AAA of England along with England Athletics may utilize services from the proposed Central Service Unit.

If the AAA of England feels that there is reasonable cause for serious dissatisfaction then, among the measures which it could take, would be to appeal to the new Supervisory Board, and/or the withdrawal of its co-operation in the transfer of its principal functions and assets to England Athletics.

Race Report

Patricia Müller

Damflask

The French Do It In Style (again)

A few weeks ago I went to France to stay with friends (ex. Clowne Road Runners Club) who now live in Brittany, the lucky so and so's. During my stay we decided to enter the Huelgoat-Carhaix Half Marathon, only 20km from where they live, in a beautiful rural part of France. This is my second half marathon in France and it reaffirmed the fact the French love le grande occasion, beginning with us all being driven by luxury coach to the start of the race in the village of Huelgoat. The French don't seem to believe in starting and finishing races in the same place, which always causes logistical problems, but adds to the fun anyway, and you get to meet new people on the bus!

I thought a 6.00 pm start would be great, nice and cool, how wrong can you be – 33 deg. at the start line, however, the first half of the course was a real pb affair, flat, and downhill, traffic free, wonderful countryside, and although suffering a bit in the heat I was ok. Suddenly at 10k a hill like the first climb in the

Eyam Half appeared, only to be followed by plenty more where they came from and then some more, and to top all that the weather appeared to be getting hotter. However, we had plenty to distract us, lots of feed stations which not only included water but crêpes, all kinds of different food, and accompanying music by french musicians, along with great support by local people along the route. Just to add a sting in the tail the last half mile was up a real corker of a hill into the finish at Carhaix.

I finally staggered over the finish in 1.43 all hot and bothered to receive - T shirt, bottle of specially made local beer, shoe bag, goodie bag, red rose, drinks and more food, and all for 10 euros entry fee. A special meal was provided in the village hall after the race, a real posh affair complete with wine. What can you say, it really was grand, the organisation was second to none.

I was 1st V45 and 10th lady, the winner was France's third best triathlete who completed the course in 1.17, first lady came home in 1.26. Over 600 finishers.

Worth a visit if just for t'snap!

Fixtures

| DATE | EVENT | START/VENUE | ENTRY |
|------------|--|---|------------------------|
| 30-Jul | Northern KO Cup Round 1 T&F | Cudworth | |
| 31-Jul | Harrogate Town Centre 10K | Martin Harris 01423 701015 | |
| 02-Aug Tue | Bradwell (O-16) BS FELL | Bradwell 7.30 | |
| 3-Aug | Spencer Arms Dash | G Broomhead 01226 384164 | |
| 04-Aug Thu | Derbyshire Chevin (O-16) BS FELL | Milford 7.30 | |
| 7-Aug | Northern Men's League T&F | A: Blackpool | |
| 7-Aug | Northern Men's League T&F | B: Grimsby | |
| 10-Aug | Devil Take the Hindmost, Rotherham | 7.00 Herringthorpe on night rotherhamharriers.org | |
| 11-Aug Thu | Denis St1Tt (O-16) BS FELL | Holmfirth 7.15 | |
| 11-Aug Thu | Ricky's Race (O-16) BS FELL | Matlock 7.15 | |
| 14-Aug | Askern 10 mile RHACCC | M Collingwood 01302 723762 | |
| 19-Aug Fri | Open Graded Mtg (all age gps) T&F event | Mansfield Berry Hill 6.30- on the night 5.30-- £1 per | |
| 21-Aug | Barnsley 10k | 9.30 TA Centre | TA Centre 01226 200116 |
| 24-Aug | Martin Holroyd Denby Dale 10k | 7.00 Pie Hall | S.Glover 01484 864512 |
| 25-Aug Thu | Pilsley (O-16) BS FELL | Pilsley 7.00 | |
| 28-Aug | Northern KO Cup Final T&F | Cudworth | |
| 29-Aug | Armthorpe 10K RHACCC | Mick Hill 01302 833584 | |
| 03-Sep Sat | Crowden Horseshoe (O-18) BM FELL | Crowden 2.00 | |
| 03-Sep Sat | Longshaw (O-18) CS FELL | Logshw Lodge 11.00 | |
| 3-Sep | Combined Events.: boys (age 31/8)Yorks Ch | Herringthorpe 10 am Bert N NO otd or late (20/8) | |
| 4-Sep | Combined Events: girls (age 31/8) Yorks Ch | Herringthorpe 10 am Bert N NO otd or late (20/8) | |
| 4-Sep | Chesterfield Spire 10 | 10.00 Holmebrook Vall Pk ndrc.co.uk | |
| 4-Sep | Liverpool Womens 5K | | |
| 4-Sep | Great Scottish Run 10k/Half M | Glasgow 9.30, 10.30HM 0845 270 0166 £20-£25 | |
| 04-Sep Sun | Shelf Moor (O-16) AS FELL | Old Glossop 2.00 | |
| 04-Sep Sun | Totley Tormentor (O-18) AL FELL | Totley 10.30 | |
| 7-Sep | Spencer Arms Dash | G Broomhead 01226 384164 | |
| 10-Sep | Castleton Show 10K | Chris Wright 01287 660767 | |
| 10-Sep | Penistone 10K | Sue Higham 0114 2882578 by 3/9 £6 | |
| 11-Sep | YVets T&F Champs T&F | Spenborough | |
| 11-Sep | S Yorks Championships all age grps T&F | Herringthorpe 10am-- entry by 28/8/05 | |
| 11-Sep | Netherthong 10k | Neth., Holmfirth entry by 8/9/05 £4 | |
| 17-Sep | Sheffield Open & Yorkshire Road Relays ** | F Gledhill 01484 666937 | |
| 17/24? Sep | Mileta 10 mile, Cleckheaton | Chris Drake 01274 678363 | |
| 18-Sep | Bawtry Forest Trail Run | B Lowndes 01709 813682 | |
| 18-Sep | Great North Run | Newcastle closed? | |
| 25-Sep Sun | Stanage Struggle (O-18) BM FELL | Hathersage 11.00 | |
| 1-Oct | NoEAA 6/4 stage Relays, Blackpool *** | | |
| 2-Oct | NoEAA YA Relays, Liverpool *** | | |
| 2-Oct | Selby 1/2 marathon | J Harran 01757 706730 | |
| 8-Oct | Rother Valley Trail Race | 11.00 RV Cntry Park Allan Bamford 01909 565623 | |
| 9-Oct | Scarborough 10 mile | R Bradley 01723 368957 | |
| 16-Oct | Bridlington 1/2 marathon YVets | Judy Allison 01262 671673 | |
| 22-Oct | National 6-stage/ 4 stage road relay **** | | |
| 29-Oct Sat | Ulley 5k Time Trial 1st in series | Sutton Park, S Coldfield | |
| 30-Oct | Holmfirth 15 mile RHACCC YVets | Royal Oak Ulley off 11am dates to be confirmed | |
| 30-Oct | Worksop Trader Half marathon RHACCC | Tim Cock 01484 | |
| | | 10.3 www.worksop-harriers.co.uk | |
| 12-Nov | National Cross-C Relays *** | | |
| 26-Nov Sat | Ulley 5k Time Trial 2nd in series of 6 | Mansfield | |
| 10-Dec Sat | Round Rotherham Run & relay | Royal Oak Ulley off 11am dates to be confmd | |
| 11-Dec | Bedford Half Marathon | Brampton Leis.Cent. 6/7/8am | |
| ??-Dec | Santa's Special Kimberworth | Wootton, Beds 11am J.Horne 012234 307013 | |
| 25-Dec | Christmas Day Handicap RHACCC | Grange Pk (Tree-O) waiting confirmation | |
| 26-Dec | Braithwell 5 | 11.00 first off watch for closing date | |
| | | 11.00 (Tree-O) Maltby RC | |

Leanne Leads the Way

Leanne Gibson maintained her improving road form in the S. Yorks Relays at Damflask as our senior ladies salvaged club pride with a good second place, albeit well adrift of Hallam.

Women

| | |
|------------------------------|--------------|
| 1. Hallamshire Harriers | 68:26 |
| 2. Rotherham Harriers | 73:04 |
| Leanne Gibson (2) | 23:47 |
| Sue Bellamy (2) | 24:11 |
| Gill Taylor (2) | 25:06 |

Fastest:

| | |
|------------------------------|-------|
| 1.Nicola Squires Hallamshire | 21.20 |
| 2.Julie Wilson Hallamshire | 23.19 |
| 3.Pippa Weir Totley AC | 23.46 |
| 4.Leanne Gibson Rotherhm H | 23.47 |
| 6.Sue Bellamy Rotherham H | 24.11 |
| 10.Gill Taylor Rotherham H | 25.06 |

Men

| | |
|------------------------------------|--------------|
| 1. Hallamshire Harriers | 73:52 |
| 6. Rotherham Harriers (Vet) | 82:27 |
| Nigel Brookes (5) | 19:48 |
| Peter Neal (4) | 20:44 |
| Dave Nuttall (5) | 20:28 |
| Terry Eastwood (6) | 21:27 |
| 12. Rotherham Harriers | 89:11 |
| Simon Gregory (8) | 20:29 |
| Simon Mounsey (5) | 20:05 |
| Alan Corish (12) | 25:12 |
| Phil Roberts (12) | 23:25 |

Secretary's Notes

Bert Norburn

Welcome, Willkommen, Benvenuti, Bienvenida, Bienvenu, Failt, Croeswaid, Welcum...etc...etc..

At the July Executive, Committee accepted membership applications from the following en bloc:- Jack Archer 9 yrs T&F, Ella Bacon 9 yrs T&F, Laurence Booth 12 yrs T&F RR Gen, Julian Cliffe 16 yrs T&F, AlanCoupe 52yrs T&F RR XC t/K Track Judge Field Judge, Elizabeth Coupe 8 yrs T&F XC, Amy Ellison 11 yrs T&F, Adam Goodison 11 yrs T&F, Adam Stuart Heath 10 yrs T&F, Stephen Hett 13yrs T&F General, Lenya Mills 9 yrs T&F, Bethany Plumtree 11 yrs T&F, Cion Scothern 11 yrs T&F, Brittany Sutton 10 yrs T&F, Amelia Wink-Simmonds 8 yrs T&F.

We give them the usual warm welcome and wish them a happy and successful athletic career sporting the black vest with the white seven pointed star.

Club Mark Application

Chairman Jim Brogan has formally submitted our Club Mark Application to UKA and the AAA's of England. We are confident that the application will succeed making us the First Club in South Yorkshire to achieve this prestigious status. In connection with the application we have had to take a radical examination of our method of recording medical conditions and contact details for every athlete in the club aged under 18 years. This has involved Secretary Bert Norburn supplying details of our Child Protection/Welfare Policy to almost 160 Young Athletes and their parents/guardians. It is important that the parents of these children complete the Parental Consent Forms and deliver them to the Club Secretary. Your co-operation would be appreciated.

Picture Quiz: Last month



You were asked who, what, and where/when. On these occasions, I was there or thereabouts on each one so I know what, but I am hazy about when. Since the usual deafening silence has been met from readers, I will do my best (to be fair, I know the picture quiz does interest members, or I wouldn't continue it).

Picture 1 shows the start of a club race known as the 'Tickhill Ten', the date is the late '80s I would guess. I was off the right of the picture with a good few others. This hugely popular race ran unmarshalled from what is now the hospice (milestone) to first the Millstone, when they tired of us the Red Lion and later the Carpenters. It would be popular now, but the ridiculous road conditions plus the litigious nature of our fellow citizens rules it out. On the picture I see (l to r) ??, Alan Mirfin, Terry Rooke, Wayne Farrell, Richard Burton, (surely David Haywood and possibly Don Creamer timekeeping at the back), Bob Houghton, ??, Eddie Bywater, Dave Draycott, some obscured I am not sure of, John Clarke, Paul Stephenson, Alan Charnock, Pat Wells, Janice Streets, Ken Horan, Dave Burke, Tommie Smythe, Paul Staley, Phil Eddison. Events like this were vital for the club's well-being and are a great loss; I am going to talk to David Haywood to see what can be done.



Picture 2 shows the RHAC vet O-40 team with their national bronze medals at Aldershot in 1996. Left to right Alan Chell, Ian Temperton, Peter Humphries (manager), John Atkinson, Martin Connolly, (front) Phil Roberts, Pete Morris, Peter Neal, Steve Gaines. Hot day; focussed, organised runners—I just enjoyed every minute of it.

Picture 3 shows me applauding home one of the best runners ever to grace a Rotherham vest, and there have been some! Tony Leach, here in South Yorks colours as he wins the English Schools Cross country at Chesterfield by a very long street. Captured for us by Peter Neal in, approximately, 1985. He must be close to a vet, and still looks a very good runner. Could we persuade him into a comeback?

Picture Quiz



Easy this month! Who do you know above, and what is the occasion? I recognise a few well-known faces on the mass start right, though it isn't easy on the printed page. And some I'm not sure about. Where, when, who? Henry has pointed out it's a lot easier if you go to the newsletter archive on rhac.co.uk and magnify the copy up.



And finally....

* When Kerry Booth wrote down detail of son David's success in the Neurocare run last month he did so on the back of a newspaper article photocopy detailing his superb run with Mick Marsters in winning the Long Distance Walkers Association 100 mile Race. In preparing *Runner*, I only read one side.

Which is a roundabout way of apologising for not reporting such a brilliant achievement, incidentally carrying on a record of success by RH set by Brian Harney in 1982 and 2002. Nor is this brief mention good enough; I will make a full report next month.

* I have a call from Jim Brogan for help on Weds 10th August at the 'Devil Takes the Hindmost'. Herringthorpe track, 7pm. It's not a long job, primarily taking out the early round losers. Give him a hand if available.

* In the **South Yorkshire Multi-Events Day** Herringthorpe Stadium Sunday 3rd July 2005

Under 11 Girls: 2nd Nicole Blank, 3rd Brittney Sutton
Under 11 Boys: 3rd Cameron Rush
Under 13 Girls: 5th Olivia Neal

Rotherham Harriers & AC Newsletter

Editor Peter Humphries

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Club Websites:

www.rotherhamharriers.org (official site)
 General interest, fell/trail: www.hmarston.co.uk
 Newsletter, back issues on-line: www.rhac.co.uk
 Member support: www.rhac.co.uk

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