



Strengths and Weaknesses Were Never So Clear

Don't take it amiss when I use editorial freedom to point up where problems lie. Most of you know anyway. The fact is that RHAC is performing brilliantly well. Results like the ones that Dennis Russell and Ian Hindley report for us this month speak for themselves, and you needn't be clairvoyant to note that consistency, and achievement in some areas and levels is what is lacking. Particularly, at senior (ie 20-35/40) level, but don't underestimate the standard of performance our limited number of senior athletes is setting down..

That, of course, is the problem for so many clubs. For a town of its size, Rotherham must be top in the country. It is so due to the pride and effort of its athletes, and the skill and dedication of its organisers and coaches. Great improvements through the nineties were followed by a dip for a few years, but RHAC appears to me to be back on track— recent relay results on road and country are most encouraging.

We need, crucially at senior level, to extend our county standing to national level. We need (as we almost always did) to extend road status to country. Our numbers are growing and will continue to grow with our results. We need most of all to continue to believe we are moving forward— which we most clearly are.

Yorkshire Cross-country

Dennis Russell

Skipton: The Full Story

Yorkshire Cross Country Champs at Skipton 15th January 2005

Rotherham's championship started both with delight and misery. First: the delight was that new athlete Stefanie Burns set the standard for all others to follow, although Stefanie had to run in a long sleeve sweater. (Not RHAC colours; and the officials allowed her to compete). In what was her first competitive race for RHAC she performed magnificently to finish 4th and was duly invited to represent Yorkshire at the Inter Counties. Also in the race were Jemma Creaghan 20th and Amber Merrills 28th, with the team finishing 5th overall. The misery in this race was that Rebecca Middleton could not start the race due to a mishap to the mini bus, but she did still support all the RHAC runners.

Probably the highlight of the championships for RHAC were the u15 girls squad who decimated all the

other teams; not only did we have the gold medalist in Natalie Grant but also the bronze medallist, Jade Allen, and to top it another new athlete Laura Spence ran superbly finishing 14th thus these three were the u15 girls team champions. Supporting these 3 was Rebecca White who finish 32nd.

The u17 women's team suffered the loss of an athlete through illness, but still performed brilliantly with Victoria France bringing the team home in 4th place, Lyndsay Clarke in 12th and Sarah Barnes in 14th. This trio of RHAC athletes gained the silver medal for the team prize.

The final delight came in the senior women's race where Jenny Blizzard ran a storming race to finish in an excellent 6th position. Jenny joins Stefanie Burns, Natalie Grant, Jade Allen and Victoria France to represent Yorkshire at the Inter Counties at Woolaton Park, Nottingham on March 5th.

The male athletes who turned out were a credit to RHAC but sadly no age group had enough to complete a team. The u15 boys saw Liam O'Mally finish in 51st place, in what was his first taste of a major championship event. The u17 men saw Martyn Boner and Matthew Pollard finish 22nd and 27th respectively. Only three senior men turned out but all did RHAC proud, Jonathon Thewlis just missing out on Yorkshire selection finishing 9th, Phillip Hoole greatly improved on his performance from last year by finishing 36th, with Robert Spencer at the age of 42 running his first ever Yorkshire XC champs and remarkably finished 140th.



Yorkshire u15 XC champions 1 to 4: Laura Spence, Natalie Grant, Jade Allen and Rebecca White

Northern Cross Country

The Sid Scoop Report
Northern Cross Country Championship
Consett, Co Durham Sat 29 January

Another Thewlis Stormer

Under 20 Men – 8km

On the start line there was one question to be answered. Following the silver success of Natalie Grant and the brilliant bronze by the under 17 girls team, could Jonathon Thewlis complete a full set in the final event of the day? Two weeks earlier he had finished an impressive 9th in the Yorkshire Senior Cross Country after leading in the very early stages. Scoopsters tip of the day when he jogged by on his warm up was "don't hit the front too early."

As the race got underway, Jonathon positioned himself perfectly shadowing the leaders. At the end of the 2nd small lap, cracks were beginning to appear at the sharp end. At the start of the first of 2 large laps was a sharp incline of approx 100 metres and Jonathon launched an attack which saw him gain a small advantage over the summit. Matthew Pierson (Holmfirth) countered and held a 5 metres advantage as Jonathon took on the responsibility of chasing him down with Luke Gunn (Derby) and Mark Buckingham (Holmfirth) in tow. After a couple of minutes the quartet was as tightly packed as Jim Brogan's wallet and it didn't need Brendan Foster to tell you that the winner was going to come from one of these four.

As they approached the hill for the final time it was Pierson forcing the pace but his legs were as wobbly as a big wobbly jelly and Jonathon made a decisive move with just 2km remaining. Surging into a 10 metres lead with the chasing trio strung out at 5 metre intervals, it was you know what or bust now. With 1km remaining, the fat lady was combing her hair as the lead was a solid 25 metres, but Gunn & Pierson were now ominously side by side.

Gunn was now preparing to give it his final shot but Jonathon still held a 20 metres advantage with 400 metres to go as the fat lady was clearing her throat. 300 metres to go and Jonathon's stride was shortening as he hit the treacle section while Gunn was firing on all cylinders. Into the final 200 metres straight & Gunn squeezed the trigger leaving Jonathon shellshocked. What a race, what a cruel heart-breaking finish, what a performance. And he deserved a pat on the back from his dad.

In the Ladies race, Jenny Blizzard got off to a wonderful start, settling into 8th place at the end of the 2nd small lap. Sadly Jen had to withdraw with a stomach problem. The word on the street is that she is ok now and will resume to winning races with immediate effect. Phil Hoole was the sole representative in the Senior Men's race. The South Yorkshire League Champion gave his all to finish in a creditable 81st position.

Today we saw the future of the Rotherham Harriers Men's team, but dear oh dear, where was the present?

Reebok Series

Way back in October 2004 at the start of this winter's cross country season three young RHAC girl athletes set off to Falkirk for the 1st of the Reebok XC races and they conquered Scotland. In the 15 girls race Natalie Grant ran tactically to win her first Reebok title with Jade Allen in 8th position. In the u17 women's race Lyndsay Clarke started cautiously up the steep incline and gradually caught the leader and finished in 12th place.

The Reebok races in England brought the RHAC young girls mixed fortunes with viruses being the culprit as performances were not the best the girls could have achieved.

In Birmingham the u13 girls contingent of Jemma Creaghan and Amber Merrills finished 16th and 48th respectively. The u15 girls Natalie Grant and Jade Allen were 6th and 22nd. The u17 women's trio of Victoria France, Lyndsay Clarke and Sarah Barnes were 25th, 30th and 50th respectively.

In Liverpool the u17 women were all suffering from ailments but all performed exceptionally under the circumstances, with Victoria France in 24th, Sarah Barnes in 33rd and Lyndsay Clarke in 40th. The u15 girls gave a solid performance with Natalie Grant in 4th place and Jade Allen in 13th place. The sole representative in the u13 girls race was Amber Merrills who finished a credible 41st (considering that she was ranked 3rd in the UK in the u13 girls shot putt).

The Show Goes On!

North of England Cross Country Championships at Consett, 29 January 2005

After the Yorkshire's, this time the minibus arrived in plenty of time so Rebecca Middleton did start the race and finished a credible 117th with the ever present Amber Merrills in 149th. The u15 girls again provided some good individual performances with Natalie Grant winning the silver medal followed by Jade Allen in 13th place. Laura Spence who is still improving finished 28th, and the team was completed by Laura Barnes in 132nd which put the team in 7th place. The pride of RHAC must go to the u17 women's team who finished 3rd team (Bronze Medal), the race being run over 5k which is further than any of them had raced previously, the athletes were Victoria France 15th, Lyndsay Clarke 19th, Leanne Waddington 43rd, Sarah Barnes 58th. (This was after Leanne pulled up in the last kilometre, emptying her stomach all over the course when she was in 23rd place).

The male athletes had mixed fortunes but again none had enough athletes for a team. The u13 boys saw newcomer Tom Needham thrown in at the deep end at a major championships and finish 88th. U15 boys again saw two inexperienced athletes in Sam White finish 50th and Liam O'Mally finish 115th. The pride of the men must go the Jonathon Thewlis in the u20 men's race where he finished 2nd. The senior men's sole representative was the ever improving Phil Hoole

Girls Conquer South Yorkshire Schools

Another excellent display of cross country running from Rotherham Harriers Athletes who represented their area Schools teams at the South Yorkshire XC champs. At the last count 13 Harriers have qualified to make the trip to Norwich for the English Schools XC Champs on the 12th March 2005.

As expected the trio of Martyn Boner 3rd, Matthew Pollard 5th and Sam White 6th all qualified in the inter boys age group. All ran well and were in contention with the leaders all the way round the course.

The duo of David Booth and J. Roache finished 19th and 21st respectively.

Senior girl Rebecca Harvey representing Doncaster schools finished 6th and also gaining selection for the trip.

The race of the day was the inter girls which included the Yorkshire xc u15 champ and bronze medallist in Natalie Grant and Jade Allen together with the Yorkshire u17 xc champion Amy Wilks (Sheffield). Also included in this race was last year's English Schools senior girl champion Abbey Westley (Sheffield). This was one race where the Rotherham Schools team excelled and won the team event. To the surprise of many from Sheffield-but not from Rotherham- the result favoured the Rotherham Harriers-coached athletes. The Sheffield athletes stormed to the front at the start and after the first hill had a 30 metre lead but from then on Natalie and Jade started to pull the leading pair in.

By the start of the second lap Natalie had taken the lead and just kept pulling away to gain a fabulous victory. Her team-mate Jade eventually caught Amy half way round the second lap and was starting to catch the leading senior girl (Abbey) but just missed out at the finish. To complement the 1st and 2nd position of Natalie and Jade the other Rotherham Harriers athletes running for these area schools team were Victoria France 5th, Leanne Waddington 6th, Lyndsay Clarke 7th (Doncaster Schools). These five athletes were all selected to compete at the English Schools XC champs. Other Harrier athletes represented were Sarah Barnes 11th, Charlotte Vaughan 17th, Laura Sanderson 20th.

The Junior girls race also brought success for Rotherham Harriers coached athletes, newcomer Stefanie Burns started fairly steadily, just running with the leading group on the first lap but approaching the hill on the second lap she just powered away to gain an unbeatable lead. Finishing 2nd was Laura Spence (Sheffield) who again put in another fine performance and is improving all the time. Jemma Greaghan again ran something more to her standard and finished a good 5th, but possibly the success story of the day was the race from Amber Merrills who finished 9th (not bad for a top ranked u13 girl shot putter). These four junior girls were all selected for the trip to the English Schools in Norwich. Other junior girls results were, Rebecca Middleton 13th, Robin Lanceley 20th, Laura Barnes 21st.

Overall the athletes from Rotherham Harriers produced some excellent performances.

Road Running



Leanne Gibson at the start of the Wombwell 5.

ULLEY TIME TRIAL 29th JANUARY 2005

1.	Andy Aked	15:11
2.	Richard Harris	16:07
3.	Joe Gavelle	16:41
4.	Mark Ruddlestone	16:45
5.	Simon Gregory	17:29
6.	Dave Nuttall	17:56
7.	Gareth Darnell	18:30
8.	Pete Shaw	18:41
9.	Terry Hawley	18:48
10.	Dave Storey	18:49
11.	Mathew Asbridge	21:11
12.	John Comrie	21:20
13.	Pete Humphries	21:52
14.	Gill Taylor	23:30
15.	Dave Wright	24:17
16.	Dave Weatherburn	24:33
17.	Pat Wells	25:48

Andy Aked equalled the course record at 15.11 – a record he himself set. Jim feels the mark may come down before the end of the series.

Next trial this Saturday, 26th February.

Last in the present series, also in the Club Championship, March 26th.

First runner off at 11.30 am. Start times as from 11 am.

£1 a time.

Rotherham Harriers & AC Newsletter

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Club Websites:

www.rotherhamharriers.org (official site) www.hmarston.pwp.blueyonder.co.uk/rhac/index.htm

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

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

Thanks to contributors this month including Dennis Russell, Ian Hindley, Jim Brogan.

Why don't YOU contribute to Rotherham Runner?

County Gold for 50's

Mick Marsters It!

Yorkshire Vets Cross Country Championships Thirsk Racecourse, 6 February

12.30pm Ladies 035 – 065
Distance 3 miles 1 furlong 52 runners
12.30pm Men 050 – 070
Distance 6 miles 2 furlongs 90 runners
13.30pm Men 040 – 049
Distance 6 miles 2 furlongs 68 runners

Going – Good to Soft. No advantage in draw.

The course comprised the racecourse back straight before entering a woodland section which included a fallen tree which required hurdling. Other obstacles included a number of dead crows before the runners hit a ploughed 2 furlong section known as the Path of Death.

Race Betting Odds

Rotherham 050 Men to Win Team Gold - Evens
Rotherham Man to Win Individual Medal - 1/2
Rotherham Lady to Win Individual Medal - 1/2
Brian Harney (owned by Mrs June Harney) backed himself at 25 to 1 despite the race starting at half past 12.

Under starters orders and they were off. In the colours of Rotherham Harriers, Mick Marsters, Malc Palfreyman, Martin Herrington & Steve Gaines were jockeying for position and all were well to the fore. With only 3 spaces available on the team podium, it was 3 to 1 that it would end in disappointment for someone.

The Ladies race finished after the 2nd circuit and Janet Hindley, the Jim Brogan trained filly, cantered home in a superb silver medal position in the 040 Category in a time of 23mins 17secs. Gill Taylor, also from the Jim Brogan stable, missed out on a bronze medal in the 050 Category by just 12secs with a tremendous 26mins 33secs.

In the men's race, Mick Marsters led the team home with a fabulous 40mins 9secs effort which was rewarded with a silver medal in the 055 Category, just 10secs behind the winner. Malc Palfreyman came steaming in 38secs later to claim the bronze medal while Martin Herrington stormed home a further 11secs behind as 3rd team counter. The team award was to be decided by overall finishing positions. These were Mick 7th, Malc 9th & Martin 11th for a team total of 27 points. With Bingley also in contention, the team result went to stewards inquiry.

Steve Gaines was the unlucky 4th team counter just 7secs behind Martin and ironically 13th overall. Nevertheless it was a welcome return to form after recent injury niggles. Other team members also performed with distinction. Terry Hawley finished 8th in the 055 Category in 41mins 55secs, Jerry Spencer was 12th in 44mins 48secs while Brian Harney came 20th in 47mins 37secs.

The stewards inquiry revealed that the Men In Black had won the team race by a length. What can you say about this fantastic squad. It has everything, quantity, quality in depth, experience and with Red Rum Beighton chomping at the bit There was also a super squad entered for the 040 Championship with only Pete Shaw (trained by Pete Shaw) being withdrawn due to injury. It was good to see the old thoroughbred Paul Venables back after 2 years of injury problems while Ken O'Mara an-

nounced he had not run at all since the Doncaster 5k last July. For any youngster reading this, it should be pointed out that this concept of resting up for 6 months before an event has not received universal acceptance amongst the conventional coaching fraternity.

Captain Pete Neal was the first back in a black vest clocking an excellent 39mins 4secs which gave him 7th place in the 045 Category. Ken O'Mara, John Comrie & Paul Venables all performed admirably to complete a team total of 155 points. This resulted in an outstanding 5th place.

Rob Spencer produced a finish that brought back memories of Nijinsky as he zoomed over the line in 43mins 6secs just 15 seconds ahead of Stuart Lake to complete a splendid days work.

At the prize presentation the 050 team received their deserved awards and shortly afterwards it was announced that a mistake had occurred in the points calculation and that we had not won. Almost immediately there was another announcement that the mistake had been made on an earlier calculation and had been rectified so we had won and everyone lived happily ever after.

Final Results (individual)

Men 040	Time	Pos	Men 050	Time	Pos
K.O'Mara	41.43	26	M.Herrington	40.58	8
J.Comrie	42.25	28	S.Gaines	41.05	9
R.Spencer	43.06	30	J.Spencer	44.48	12
Men 045			Men 055		
P.Neal	39.04	7	M.Marsters	40.09	2
P.Venables	42.56	17	M.Palfreyman	40.47	3
S.Lake	43.21	20	B.Harney	47.37	20
Lady 040			Lady 050		
J.Hindley	23.17	2	G.Taylor	26.33	4



Gary Davy (top, sandwiched) near the start of the Wombwell 5. Together with Dave Nuttall, and Leanne Gibson (picture p.2) he has already been prominent with other well-known names in RH colours this year- making third team at Dewsbury for example.

Dewsbury 10Km

6th February 2005

1	Steffan North	Sale H	30:20
7	Andrew Aked	RHAC	31:09
23	Tracey Morris F	Valley S	33:43
29	Garry Davy	RHAC	34:35
94	David Nuttall M50	RHAC	37:26
99	Drew Donaldson M45	RHAC	37:32
147	David Storey	RHAC	38:43
248	Hilary Garrison F45	RHAC	41:07
317	Leanne Gibson F	RHAC	42:50
383	Neil Shaw	RHAC	44:05
456	Malcolm Rhodes M55	RHAC	46:08
517	David Wainwright M60	RHAC	47:35
1035 runners			

Male Team

1	Leeds City AC	Time :-1:33:06
2	Shettleston Harr	Time :-1:39:03
3	Rotherham Harriers	Time :-1:43:10
A Aked, G Davy, D Nuttall		

So Close at Masters

(Oh No ... Not Another Sid Scoop Report)

British Masters Cross Country Relay Championship Earlham Park, Norwich Sat 12 February

3 X 3.5km - allegedly. All times strictly unofficial!

On the start line there was one question to be answered. In medieval times, when it was believed that the world was flat, did any intrepid explorer venture as far east as Norwich without fear of falling over the edge. Two Ladies Teams were entered, an O45 team of Gill Taylor, Paula Fisher & Hilary Garrison plus an O35 team with sole representative Janet Hindley as back up should any problem beset our golden girls. Once again Mrs Garrison had to be forcibly persuaded to participate and the sight of her bound and gagged in the boot of Paula's car wasn't for the faint-hearted.

As the race got underway in the wild conditions, Janet led the initial charge and eventually finished in a splendid 2nd place in the 035 Category with 18mins

14secs which led one to suspect that a Norfolk kilometre is quite a way further than a South Yorkshire one. Gill was battling to keep the team in medal contention on the opening leg handing over the invisible baton in a fabulous 5th place with a time of 20mins 4secs. Paula took over and was slowly clawing away at her Horwich rivals slender advantage. With 500m remaining Paula moved into 4th place and we were then treated to a tremendous sprint as she was overtaken by Milton Keynes. Her time of 20mins 44secs kept us in 5th place, but with Hilary on last leg anything was possible despite a 2mins plus deficit to overcome. At the end of the first lap it was clear that it was too much to make up and Hilary closed the show in a fantastic 4th place with 18mins 57secs for a total time of 59mins 41secs.

The final result showed that we were 2mins 6secs away from a bronze medal. With 3 months to go to the National Road Relay Champs, the girls know what they need to do. Over to you Chief Coach Mr Brogan.

NoE AA U20 Indoor Championships

Booth, Grant, Clarke All In Gold

Once again RHAC flag was raised to the top of the mountain with stunning performances from the all conquering girls. They won 5 medals, three gold (these all being championship best performances) and two bronze.

Laura Booth won the u20 women's shot putt with a throw of 13.03m. The cross country squad had a change of venue and warmth and turned their attention to 800 and 1500m running. The 1st medal of the championship to be decided was the u17 women's 800m, this included eight runners; three from RHAC, the reigning u17 champion Lyndsay Clarke, the reigning u15 champion Natalie Grant, the fast improving Jade Allen, plus the fastest athlete in the field Danielle Walker (the favourite) from Burnley.

The race set off at a canter with the first 400m covered in 75 secs which the next 200m was in 35sec but at the bell Natalie unleashed a devastating kick which left the field dead and her final 200m was in 31 secs. At first it looked as though the RHAC athletes would be 1, 2 and 3, but Jade and Lyndsay got boxed in just before the bell and struggled to get to the leaders, they kept battling with Jade finishing 3rd and Lyndsay 5th.

The u17 women's 1500m was an exciting event throughout the 7.5 laps, the starting line up included the first two from last years final and the NoE 3000m champion. From the onset the lead was changing all the time with athletes looking over at each other waiting to see who would make the break, but no one did and both Rotherham runners were always in contention. As the athletes approach the bell for the last 200m Lyndsay Clarke made the all important break to put 5 metres between her and the 2nd athlete from Liverpool and from that point Lyndsay's face shown all the determination that she would not let anyone pass her, so she finished the weekend of on a high by winning the 1500m gold medal this year. Victoria France came through strongly to take silver. These two days showed that the RHAC girls are truly all conquering not only at XC but also on the indoor circuit.

We all now hope that the remaining races; Nationals, Schools and AAA Road Relays are as fruitful.

Fell Racing

A colleague mentioned her son's interest in fell racing: here is a selection of "local" events this coming year. The 'category' refers to races of less than 6 miles (S), 6-12 (M) or more than 12 (L), and overall climbs of less than 150 ft per mile (C), more (B) or more than 250 (A). The 'easiest' being therefore CS

I am indebted to Mick Cochrane for this information; Sharon Burton is secretary of the Fell/Trail section; you should address your enquiries to her, or in her absence I feel sure Mick or Brian Harney would guide you (as to entry details etc). If contact is a problem, contact RR. When O-18 is the age limit, there are often races for younger groups on the same programme. There are other races!

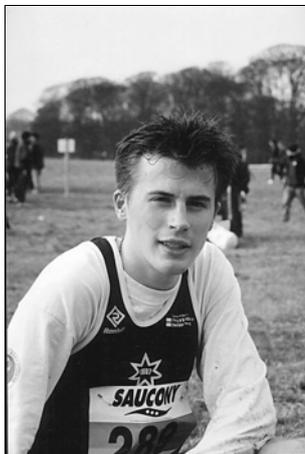
Date	Race	Age	Venue	Cat
MARCH				
Sun 06	IAN ROBERTS	O-18	Marsden 2.30	BM
Sun 20	EDALE SKYLINE	O-18	Edale 10.30	AL
Sun 20	WHITE HORSE	O-18	Sutton Bank 10.30	BM
Sun 27	SHINING CLIFFS	O-17	Ambergate 12.00	BS
APRIL				
Sun 03	LADS LEAP	O-16	Crowden YH 12.00	AS
Mon 04	THE TRUNCE I	O-16	Oxspring 6.50	CS
series of 9 races, all 6.50 off. Dates Apr 18, May 9, 23, Jun 20, Jul 11, Aug 1, 22, Sep 12				
Wed 06	HEROD FARM	O-16	Glossop 7.30	AS
Sun 10	KINDER DOWNFALL	O-18	Hayfield 11.00	AM
Sun 10	WIRKSWORTH	O-14	Wirksworth 11.00	BS
Thu 28	HARTCLIFF	O-14	Langsett Barn 7.30	BS
MAY				
Sat 14	MOUNT FAMINE	O-18	Hayfield 11.00	AS
Tue 17	BURBAGE SKYLINE	O-16	Fox House 7.30	BS
Wed 25	SHINING TOR	O-18	Goyt Valley 7.30	AS
Wed 25	TOTLEY MOOR	O-18	Totley 7.30	BS
Mon 30	BAMFORD S/DOG TRIALS	O-16	Bamford 1.00	BS
JUNE				
Sun 05	SHINING CLIFFS	O-17	Ambergate 12.00	BS

For Pity's Sake, Not Sid Scoop Again

National Cross Country Championships, Cofton Park Birmingham, 19 February

Well Done JT!

On the start line there were two questions to be answered. Would Jonathon



Thewllis prove himself to be the best pound for pound athlete in the Harriers and finally, is it too late to say that I thought that Paula Radcliffe had a crap run in the Olympic Marathon?

Following his superb silver medal in the Northern Champs 3 weeks earlier, Jonathon was a realistic medal prospect in the Under 20 Championship over 10km of a testing course. At the end of the first of 3 laps, a leading group of 6 was well established with Jonathon perfectly poised on the shoulder of the leader. Next time round Jonathon was tucked in nicely at the back of the group, still very much in contention.

On the final lap though, the speedy sextet disintegrated and Jonathon was left trailing to come home in a heroic 6th place. Nevertheless, another admirable performance of which he can be very proud. Jonathon is pictured above.

In the men's 12km race, our sole representative Phil Hoole set himself a target of finishing in the first 200 while under 13's starlet Rebecca Middleton announced "I'll buy you a hot dog if you win." In light of such a positive psychological incentive, it came as a surprise that Glyn Tromans easily won the race while Phil finished 204th.

In the Ladies race, Janet Hindley's objective was "to be the first Rotherham runner to finish," which was achieved with 176 runners from alternative locations scuppering any wilder fantasies. Making her debut in black, Rebecca Harvey finished a creditable 108th place in the Under 20 Championship.

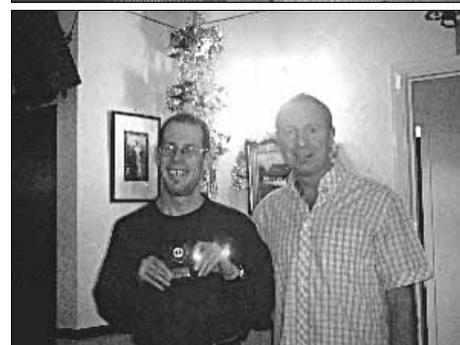
Fri 10	CASTLETON	O-16	Castleton 7.30	AM
Sun 12	EDALE (Nat'l Champs)	O-16	Edale 12.,30	AS
Wed 15	RIBER RUN		Lea, Matlock 7.30	BS
Thu 16	GRINDLEFORD	O-16	Grindleford 7.30	CS
Sat 18	HUNSHELF AMBLE	O-18	Green Moor 11.00	BM
Sun 19	KINDER TROG	O-18	Hayfield 11.00	BL
Wed 22	SHELF MOOR UPHILL	O-12	Glossop 7.30	AS
Thu 23	BLACKAMoor CHASE	O-18	Totley 7.30	BM
Sat 25	TANSLEY HILL	O-16	Matlock 2.00	CS
Sun 26	BAKEWELL PUDDING	O-18	Bakewell 11.00	CM
Sun 29	HOPE WAKES	O-16	Hope 7.30	BS
JULY				
Sun 03	PEAKERS STROLL	O-18	Peak Forest 11.30	BL
Mon 04	HATHERSAGE GALA	O-16	Hathersage 7.30	BS
Wed 06	BLACK ROCKS	O-16	Cromford 7.30	BS
Sat 09	THURLSTONE CHASE	O-17	Thurlstone 3.00	AS
Sun 10	BROOMHEAD CHASE	O-14	Sheffield 2.30	BS
Wed 13	BAMFORD CARNIVAL	O-16	Bamford 7.30	BS
Sun 17	GREAT HUCKLOW	O-14	Gt Hucklow 11.00	BM
Sun 17	HOLME MOSS	O-18	Holmbridge 11.00	AL
Tue 19	ROBIN HOOD	O-16	Baslow 7.30	BS
Wed 27	GOYT'S MOSS	O-18	Goyt Valley 7.30	BM
AUGUST				
Tue 02	BRADWELL	O-16	Bradwell 7.30	BS
Thu 04	DERBYSHIRE CHEVIN	O-16	Milford 7.30	BS
Thu 11	DENIS STITT	O-16	Holmfirth 7.15	BS
Thu 11	RICKY'S RACE	O-16	Matlock 7.15	BS
Thu 25	PILSLEY	O-16	Pilsley 7.00	BS
SEPTEMBER				
Sat 03	CROWDEN HORSESHOE	O-18	Crowden 2.00	BM
Sat 03	LONGSHAW	O-18	Logshw Lodge 11.00	CS
Sun 04	SHELF MOOR	O-16	Old Glossop 2.00	AS
Sun 04	TOTLEY TORMENTOR	O-18	Totley 10.30	AL
Sun 25	STANAGE STRUGGLE	O-18	Hathersage 11.00	BM

Club Awards Night

The Annual Club Awards are made to people who have been seen to make outstanding contributions, either as athletes or as officials/coaches to athletics at Rotherham Harriers. They were made this year at the meeting after the December Tree-O race, and held over due to pressure of space in the last edition.

The Club makes 3 such awards annually. This year's three club awards were presented by former Olympic and World championship silver medallist and Commonwealth gold medallist PETER ELLIOT.

Clockwise from bottom left:



Most Improved Athlete – needs no real explanation. The Exec Committee of Rotherham Harriers looked back at athletes performances throughout the year. However, this year the committee had a real dilemma on its hands. We were absolutely tied on who to make this award to. So in our wisdom we decided to have a joint award. Both ladies. On the one hand we had a 14-year old young lady athlete who last year was basically a club athlete who made the numbers up and struggled to get into club teams. Such has been her improvement this year that she reached the finals of both the Yorkshire 1500m and the NoE AA 800m. She also attained the qualifying standard for the English School T&F champs at 800m and finished with the 10th fastest time narrowly missing out on qualifying for the final. On the road this year she has been a most valuable member of the u15 girls 'A' team. In the Yorkshire Road relay champs she finished an incredible 5th and at the NoE Road relay champs she took the 2nd leg in 2nd place and came back in 1st place with about 30 secs to spare over the 2nd team.

On her form last year she wouldn't have been considered for the 'A' team.

And on the other hand we had a 20-something lady athlete who, whilst always known for her abilities as a road and cross country runner, has not only improved dramatically at those disciplines, she has also taken to track racing like

a duck to water.

At this years Yorkshire Road Relays in September, she not only won the opening leg by a margin of nearly 40 seconds, she also posted the fastest time of the day, ahead of athletes of the calibre of Julie O'Mara, Chana Patton and Penny Thackray. A truly stunning breakthrough.

On the track this year she has excelled at both the 3000m and 1500m, wining 3 of her 3000m races for the club, and invariably doubling up at both 3000m and 1500m.

So this years joint winners of the Most Improved Athlete Award are **Jade Allen** and **Jenny Blizzard**

Peter Elliott award

As you might expect with Peter having been an Olympic and World Silver medallist, as well as Commonwealth Champion, this award is for outstanding **Middle Distance performances**.

This years winner had some outstanding achievements:

5th in the AAA indoor champs 800m at Birmingham in 2.17.09 which ranked her in the top 15 of the u15 girls age group of all time.

Won the NoE indoor champs 800m in a championship best performance of 2.23.11.

At the Yorkshire T&F champs she completed a middle distance double in winning the 800 and 1500m

At the English School T&F champs she won the bronze medal in the 800m in a time of 2.14.20. Her time was 3 seconds inside the national standard.

In August at the AAA championships, Birmingham she finished 6th in the 1500m final.

Natalie has possibly achieved more this year than any other u15 girl Rotherham Harrier has ever

done.

She also came 4th in the English Schools junior girls xc champs and represented England at the British School XCchamps and finished 8th.

A truly outstanding year. **Natalie Grant** is pictured with Jade Allen and Peter Elliot.

Jack Phipps Award

This award is in memory of Jack Phipps. Jack is fondly remembered as a former club President and devoted servant of the club. A man who made an outstanding contribution to the club and was unstinting in his hard work on our behalf. So obviously, this award is made for outstanding service to the club

If you can think back to last year we made this award to a husband and wife team, Jim and Liz Guite, who had given almost 20 years of unstinting service to Track and Field

I know its hard to believe, but Rotherham Harriers are blessed with another such priceless combination. They have been members of the harriers for almost 20 years. For over 15 years they have been actively involved as technical officials, fulfilling such roles as Grade 1 Field Official/Referee, and Grade 1 Time Keeper. They have officiated for the club and also at International events, including the Commonwealth Games.

They've also found time to bring up three sons Jonathon(he hasn't one athletic bone in his body) became a time keeper, married Maria who then became a timekeeper.

Andrew was an active runner representing the club. Jim was a Shot Putter who married Jenny who promptly became a Field Official. The boys have

extended the family base and if their form continues we appear to be assured officials from this particular Clan for years to come. This years winners of the Jack Phipps award are **Barbara** and **Dave Allen**

Further Awards

The Club also like to honour athletes for meritorious performances. Two such awards were made.

Last year at this very presentation Jim commented that to be placed in the first 3 in any age category at the London Marathon is clearly an outstanding achievement, which he did in the 2003 London Marathon in finishing 3rd place overall in the over 70 category, with a time of just over 3hrs 40mins, a time he was determined to beat in 2004 at London. He most certainly did that, with a time of 3 hours 35 minutes and 35 seconds to claim 3rd place in the over 70's category. The first award is to a truly modest and dedicated athlete, Derrick Clarke

The final special award was for someone who is member of Jim's own training group. As most of you know he have been running sessions for distance runners at the club for many years now. And it got him thinking that it's always a pleasure to put these sessions on for the athletes, and all the athletes work so hard at these sessions. But one athlete in particular never ceases to amaze him. It is hard to recall him missing a session. Rain hail or shine, he's there, working his socks off. He makes coaching seem worthwhile. So this year I wanted to introduce a special award for his absolute dedication to training and racing. It goes to Mathew Asbridge.

(Jim concluded by thanking Peter Elliott for coming along to present the awards.)

Running Shorts

Alan Bryden tells me he has major computer problems which have hindered his normally smooth announcement of club championship race news. However, he has let me know that forthcoming listed events are Norton 9, which we already knew, then Dronfield 10k (March 13th), Easter Chucky (March 20th), last Ulley Time Trial (March 26th) and Wakefield 10k (April 10th).

After only three races, leading contenders are Peter Neal (105), Malcolm Rhodes (104) and Brian Harney (101) and in the ladies Leanne Gibson (99), Sharon Burton (60) and Gill Taylor (59).

From Bert Norburn, Hon Sec.

New members elected this month: Alison Ruth Cooksey aged 11, Simon Philip Gregory 32 (ex Killamarsh), Anna Phillips 26, Sam Pierpoint 10, Paul Ruddleston 44, Callum Wooton 8, Philip Roberts 46 (ex Kimberworth).

Every time Alison tells me news of Laura Booth's progress on club nights, I write it down on a beer mat. There has been so much paper in my life, I have found this infallible for not losing important notes. In Laura's case, I am getting quite a collection.

She broke the shot record for North of England U20's, it was 11.24, now 13.03. Then on Feb 1st she was second in the North of England Seniors and as you no doubt know, was invited to compete in the Norwich Union European Trials at EIS.

I was happy to receive the following email recently:

Afternoon Peter,
Just a quick e-mail to say that I have finally got the above date (Mar 15) for my op.
This should be the final one, and then time to train :@). See you soon, Darren Cooney

David Haywood reports that takings for the Wednesday night indoor sessions at Herringthorpe are going well. Over 30 children take part each week. A 2nd deposit of cash has taken the total so far to £830 collected on the night. David remains confident that by the end of March the target of £1000 will be reached. A much needed cash boost for the club.

(I went along to get a couple of photos for the RHAC flyer. It was absolutely brilliant. ...Ed)

My on-the-day notes from Wombwell suggested we just missed the team award (Joe Gavelle, Nigel Brookes, Garry Davy well placed) with Dave Nuttall, Gareth Darnell, Malc Rhodes, Luke Brady in support and Leanne Gibson first RH lady. Sorry if I missed anyone—let me know.

Wickersley Joggers meet Saturday mornings for an 8.30 run. Brian Steeple started it off 21 years ago and the WJ are inviting anyone who has ever attended to a reunion at the Three Horseshoes on 26th May, 7.30, £4.50 (buffet included). Tony Sarjeant is the contact—full details in March RR.

Producing a newsletter this size (or bigger!) is not easy. It is a task made vastly quicker and more effective when people present me with reports of events. In the cases of Dennis Russell and Ian Hindley this month, priceless. But even an e-mail, a quick phone call, or even word of mouth is acceptable if need be so long as you get your news to us. Don't be shy, we want your news.

On a related topic: see if you can persuade your gym or health club or pub or whatever to take a copy or two of RR for public notice. Also, when ready very shortly, the RHAC publicity flyers.

TAKE A BREAK FROM TRAINING JOIN

'HAYWOOD'S HIKE'

Sunday 27th February 2005, start 10.00 am

Meet at Kiveton Park Old Railway station, near the Station pub.

Then on the canal towpath to Shireoaks.
Returning via Lindrick and Anston Stones.
Required: sandwiches, drink.

Tsunami Fund Raising Events Saturday 5th March 2005, Clifton Park Open event with SY Permit applied for.

1 Mile Challenge

Commences at 12.30am

£2 entry fee (£4 unattached) open to all athletes aged 11 years or above.

1st, 2nd, 3rd place medals awarded in all age groups U13's, U15's, U17's, U20's, senior's ages as on race day.

Strictly no race entries on the day.

Fund Run

Commences at 11.30am and is

Open to all ages £2 entry fee

Commemorative medal for all finishers

Fancy dress is welcome with a prize for best fancy dress outfit
Can be completed how ever you like i.e. hopping, walking, or crawling - it's your choice.

Fund Run entries taken on the day

Let's hope there's a good turn-out for both. Watch out for the 'no entries on day' for the one mile!

Your entry has to go to Tsunami Fund Raising Challenge RMBC, Sport Development, 3rd Floor, Norfolk House, Walker Place, Rotham S65 1AS. Cheques to RMBC. Phone 01709 822489/822450

Picture Quiz:



This month's picture quiz features two great performers from RHAC in, let's say, different eras. Left, a photo which was passed to me by Dave Johnson, off the front of a calendar commemorating (in 2004) the centenary of the country's oldest organised road race, and featuring one of RH's best ever athletes.

Right, one of RH's best supporters bar none since he came into South Yorkshire and joined us in 1985, and still a big hitter in his category.

Can you spot the connections? (OK, the running style is the same— I mean apart from that)



Last month's picture of one of RH's week-ends, brought to me by organiser Brian Harney was from 1989 (at Wild Boar Fell). Featured, left to right, are Mick Marsters, Brian, Brian Gent, Tommy Smyth, Alan Mincher, Roy Varo, Alan Hawkins, Lee Carratt, Martin Gaynor, Mick Hollowood, Steve France, Maurice Cook and Dave Baum.

The Yorkshire Cross-country photo (left), from Fulford, ca.1988, shows the team after competition: Paul Ruddleston, Chris Beighton, Paul Ashworth, Paul Venables, Rick Sharp, Nigel Brookes, Richard Self and Steve Elvidge. I will confirm the detail next month.