



Congratulations to Klachen Cheshire, one of 13 new athletes, aged between 15 and 19, pictured with Dame Kelly Holmes, having been selected to join her exclusive mentoring initiative 'On Camp with Kelly'. Steve G reports page 4



Stunning debut for Natalie Grant in an England Cross-country vest, silver medal spot helping England to a team win. Report page 4



Kelly Pagdin's achievement of national U17 Power of 10 targets puts her amongst an illustrious list of RHAC performers. Full list page 3

Northern Cross Country Championships 26th January, Roundhay Park, Leeds.

## U17 & 20 Unstoppable in RH Best Turn-out For Years

Steve Gaines reports: "The preparation for this event had not all been smooth. Our entry list was missing from the website and programme, the event timings were changed and the parks department would not allow club tents. This made organising on the day rather difficult!

However the athletes delivered what was probably the best overall club performance for many years. It was 1998 when Dave Tune won the senior men's race at Heaton Park, Manchester. Dave was here again - in his coach role - encouraging Jenny to a great result. Jenny's was not the only great result though, we had our first female runners well placed in all age groups, and winning teams in Under 17 and Under 20 women. More details on page 5

We were struggling to get teams out - we had no U15 girls team, and we simply do not have enough male U17 & U15 athletes - but club competitor numbers were significantly up from last year - we had 45 runners compared with 30 last year.

We had great support from parents and coaches, a welcome regular feature at these events now. Specific thanks go to Jim Brogan for helping with number issue, and Nigel Brookes for his help with photos and organisation."

*Pictured: Medallist U17s Robyn Lanceley, Laura Spence, Abbie Veron and Steph Burns with Dennis Russell and right U20s Klachen Cheshire, Rosie Edwards, Natalie Grant and Jade Allen. Thanks Steve Gaines & Martin Spence. More pictures inside. Results page 5*



Young Athletes



## The Future Looks Bright

Under 11 Indoor competition, EIS 17th Feb 2008

An inter club /inter town competition had been proposed as a prelude to the Inter City Challenge match. This proved an excellent and innovative way to let younger athletes compete in this excellent facility, and then stay on and watch some of the best of the country's athletes such as Jessica Ennis compete. Gayle (Lebond) & Natalie (Simms) had organised 22 club athletes to represent the club in a series of indoor events covering 60m, 200m, 600m, speed bounce and javelin.

The athletes were great representatives of the club, and clearly enjoyed the atmosphere and venue. They also proved great competitors, when up against the Sheffield team. They also turned in some impressive performances:-

Emily Miles was 1st in the 200m with a time of 33.3s, Kristie Edwards 2nd in 34.7. Jarrod Beedle won the bays 200m with a time of 31.0s, and Jordan Small was 2nd in 31.7. Bradley Nelson was 2nd in the bays 600m in 2:03.1. Emily Hutchinson was 2nd in the girls 600m in 2:07.7 and Chantelle Kelwick 3rd in 2:07.8. Chantelle also won the girls speed bounce competition, with Emily 3rd. Jordan won the boys speed bounce competition.

There were some recording problems with the 60m and unfortunately no results could be confirmed, however Jordan, Jarrod and Thomas (Evans) all ran good times, as did Emily Chantelle and Kristie. Let's hope that the event is repeated next year



Cross-country U13 squad: William Johnson, Michael Page, Jordan Small, Nicholas Myers, Chris Page

### Bassingthorpe Spring 6

Sunday 9th March £3 only

Enter at the Plough, Roughwood Rd, Wingfield  
or via Pete Humphries

Start 11am Fenton Road, 400m from Ring o Bells

approx 6m trail through woodland & path  
in series with Kimberworth & Maltby

This is YOUR CLUB'S RACE DON'T LET RH DOWN

If not competitive why not use this as a training run?  
There again, marshalling assistance is needed.

Secretary's Update

Steve Gaines

New Members

Welcome to the following new members, whose applications were approved by the recent committee meeting:- Bonnie Smith (11) . Abigail Dunstan (13) . Jessica Beedle (8) . Gary Ridgeway (41) , Mick Tune(41). Rob Creasey (33) who plans to run Track events. Rob and the following athletes have joined SRRC as 1st claim members, but since SRRC are not affiliated for Track & field, then these athletes can run first claim for us in all track leagues: Yasin Mohammed (15), Abdisiriak Ahmed (17), Mukhtar Mohammed (17), Fuad Hussain (14) .

Unpaid Subs

The current constitution clause states that "The executive committee shall have power to expel any member whose subscription is nine months in arrears, provided one months notice in writing shall have been sent to such member by a RECORDED DELIVERY letter, addressed to his/her last know address, informing him/her of the proposed action of the Executive Committee." The recent exec committee meeting agreed that the secretary would write to all those on the membership database who had not paid 2007 subs, or 2008 subs by the end of Feb 2008, advising that if they wish to remain members, they should pay both 2007 and 2008 subs by the end of March 2008. Failure to do so would result in their name being removed from the membership list. It should be stressed that we do not wish to expel members - we want all current members to remain active and contribute to the success of the club

Subs renewals

A reminder that, following the last AGM agreement, 2008 subs paid after March 2008 will increase by £5 (Instead of costing £15 for a junior member and £25 for a senior member, the costs will increase to £20 and £30). Please try and pay before the end of March!

Volunteers needed!!

We require help with some events in the next few months. We require marshalls and helpers for :- The Sports Relief event on Sunday the 16th March; The Easter Chucky on the 30th March; The Rotherham Hospice Fun Run on the 17th May; The Race for Life on the 6th July. We have also been asked to supply helpers for the Sheffield Great Yorkshire run, on the 7th Sep. If you are interested and able to help, please see Steve Gaines.

We are also keen to train some new Track & Field officials. In the past, the training events have been at various locations around the region. Now if clubs can get 7 or 8 volunteers, the course will be run for that club group at Herringthorpe. We already have some people who wish to train, but need 3 or 4 more to have enough officials to be able to stage the matches we host.

Remember the matches for your son/daughter/ husband/wife/partner can only happen with the support of graded officials. The training and skills required are not difficult. If you are interested, or want to discuss the training further please speak to Steve Gaines or Jim Brogan.

Special Awards: Jade Allen

I have discovered that I omitted to include Jade Allen in the Special awards on the club awards evening.

Having re-checked, I have discovered that Jade has achieved the regional standard target performance (2:15) at 800m in the U20 category with a time of 2:14.4. Apologies to Jade for the oversight.

Miscellany

Peter Humphries

English Cross-Country

Phil Hoole tells me some details of the course are on internet at <http://www.englishcrosscountry.co.uk/> No actual course map though.

How times change!

When I was for a while road secretary in the 80's, there was always a field of 80 plus and often more than 100 in monthly four-mile time trials at Herringthorpe. And Monday/Wednesday club nights saw big pack runs at 6.30. Not nowadays, and colleagues often comment about the "small numbers" of runners showing up on club nights.

True enough, but now there are athletes in training groups, which was not so common then, and runners split into appropriate groups rather than take a mass jog. The proof of the pudding, so to speak, is in the size of support that RH is getting in inter-club competition, which never was the case in the "good old days".

Rotherham Town Centre 5k

Prospects look quite promising for a town-centre event after preliminary discussions between RMBC and RHAC personnel revealed that there is a strong desire for such event in the town. Initially, it looks as though a September date might be pencilled in, but it's early stages.

Wombwell 5

It's too early for the full results, but there was clearly a good RH presence in the field last Sunday for the traditional winter event. Road conditions are horrendous, as they are everywhere, but it still goes ahead so well done for supporting it whilst it does.

Nigel Brookes was first RH runner, with Peter Neal (O-50) and Terry Hawley (O-60) category winners. I think Paula Fisher was our first lady, and RH took 3rd ladies' team. This was the third Road Series race, the next being Norton 9 on 2nd March. Then Ackworth Half and Chuckie.

Thursdays

Plans for the Thursday runs are on line. Clocks change on Sunday 30th March, which will bring lighting-up time to about 7.35. So a meeting for a 6.30 prompt start on Thursday April 3rd will be our first. It's after the Easter holidays, and the venue is to be arranged (as is the organiser)-detail on the website and March newsletter.

The format is simple. We meet at a house, pub, car park etc and run for maybe an hour to hour and half- say 5 or 6 to 8 miles. But it's flexible. These are not races or high-intensity training runs but what the Swedes call "running in terrain" ie enjoying the experience, and broadly at the organiser's speed. The venue and run are decided by a volunteer- all you have to do is plan and try the run, and advise any other interested party eg landlord what we are doing (as we might be using their car-park). After the run, an hour's social for those who wish it. I reckon meeting at a pub which sells good beer is best, but who am I to twist your arm, meet where you like.

Take us to your own patch rather than Herringthorpe so we can see some new territory- or somewhere you know. It needs to be not too far out so that people working can get there without too much rush. Places like Wickersley, Whiston, Anston, Kiveton, Swinton, Rawmarsh, Mexborough etc are fine; it's surprising how much unfamiliar ground you can find by starting that bit further away. Or volunteer a run somewhere you know.

If a lot turn up, fine. If only one or two, it's no big deal, planning and preparation are minimal. I have been in runs like this for years on Tuesdays with Ian Guest and friends at Wickersley Comp school and subsequently Wickersley Bogtrotters. Totally brilliant; my favourite was probably Ford Bottom at Eckington or Anston Stones Wood in bluebell time. Brilliant.

Flyers

The list of flyers available is growing. Latest was "Trail and fell fixtures" (green) and the next to come, at the request of a number of parents, will be "Track and Field Explained" which will carry all the detail of entering events in that discipline, and dates for the various league fixtures. This will be available in about a week. Your own suggestions are welcome. I am producing small batches of each to meet ongoing demand. Ask if you need one.

Future of Rotherham Runner

We are assessing and costing the notion of upgrading the newsletter so as to reach out to the general public more. Specifically, but not only, to local government and schools. The idea is to publish RR as it is now in say, February, March, May, June, July, October, November, December with special editions in January, April and September to coincide with the start of school terms (and track/field and cross-country seasons). These editions would be bigger, carry more general-appeal type items as well as RH news, be more attractive ie coloured at least in part, and consequently be more expensive. And be a lot more work. Hence the 'three-edition' option. Your comments would be welcome.

Fixtures: February 2008 to April

February

Sat 23 Feb 08	National XC Championships	club teams	Alton Towers
Sat 23 Feb 08	National U20/17/15 Indoor	open	NIA
Sun 24 Feb 08	Snake Lane 10	open	Race closed
<b>March</b>			
Sun 02 Mar 08	Norton 9	open	Nr Askern 01302 701486
Sun 02 Mar 08	Dave Carwright Mem Race	open	Hartcliffe Hill Penistone. 2.5miles Langset
Sat 08 Mar 08	English Schools	areas	Sefton Park
Sat 08 Mar 08	Nat/North Combined Ev	open	Sheffield EIS also 9th
Sun 09 Mar 08	Bassingthorpe Spring	open	6m Plough Roughwood Rd Wingfield 11am
Sat 15 Mar 08	UK Inter-counties /UKX fin	areas	inc UK Cross final Nottingham
Sun 16 Mar 08	Doncaster Half	open	EVENT CANCELLED
Sun 16 Mar 08	BUSA Indoor Champs	open	Sheffield EIS
Sun 16 Mar 08	Sport Relief 1 mile runs	open	Sheffield Rotherham Doncaster
Sun 16 Mar 08	Ackworth Half Marathon	open	
Sun 16 Mar 08	Spen 20	open	Spenborough
Sun 16 Mar 08	Blackpool Winter warm up meeting	open	C/D 10th March. No on day. first event 11:30
Sat 29 Mar 08	Ulley Time Trial 6	RH.guests	11 am provisional date Last
Sun 30 Mar 08	City of Lincoln 10k	open	
Sun 30 Mar 08	Easter Chucky 10k & Fun run	open	Wath Cricket Club, Revised course (flood)
Sun 30 Mar 08	Wilmslow Half Marathon	open	
Sun 30 Mar 08	Winter Warm Up	open	Scunthorpe (form on RH web)
Mon 31 Mar 08	Trunce	open	Oxspring

April

Sat 05 Apr 08	Rother Valley 10k	open	City of Sheffield
Sat 05 Apr 08	Silkstone Shuffle	open	Barnsley AC
Sun 06 Apr 08	Northern 12 & 6 Stage Relays	club teams	tbcb
Sun 06 Apr 08	Spring Open Meeting, Herringthorpe	open	All Age groups
Sun 06 Apr 08	Baildon Boundary Way	open	
Sun 13 Apr 08	London Marathon	open	
Sun 13 Apr 08	Open Track & Field	open	Doncaster
Sun 13 Apr 08	Wakefield Spring open meeting	open	All ages. £2 per event in advance C/D 2nd April
Wed 16 Apr 08	South Yorks Road League	SY clubs	Hayfield
Sun 20 Apr 08	Rothwell 10k	open	Leeds
Wed 23 Apr 08	South Yorks Road League	SY clubs	Penistone
Thu 24 Apr 08	Hartcliffe Hill Race	open	Penistone
Sat 26 Apr 08	South Yorks T&F League	SY clubs	all ages Cudworth
Sat 26 Apr 08	Nastional 12 & 6 stage Relays	club teams	tbcb
Sun 27 Apr 08	Sheffield Half Marathon	open	
Sun 27 Apr 08	National Junior League	club teams	match 1
Wed 30 Apr 08	South Yorks Road League	SY clubs	Dinnington

## RH&AC Power of 10 Performance Target Achievers 2007

## Ulley's Time is Up

Congratulations to the following club Athletes for achieving the **National targets**:-

Name	Event	Age group	Performance	Date	Venue
Klachen Cheshire	3000m	U20	09:39.2	07-Aug-07	Stretford
Kelly Pagdin	Javelin	U17	40.74m	06-May-07	Rotherham
Kelly Pagdin	Discus	U17	39.12m	21-Jul-07	Newport

Congratulations to the following club Athletes for achieving the **Progress Review targets**:-

Name	Event	Age group	Performance	Date	Venue
Abbie Vernon	800m	U17	02:14.8	09-Jun-07	Derby
Klachen Cheshire	1500m	U20	04:26.7	21-Jul-07	Solihull
Rosie Edwards	1500m	U20	04:33.4	13-May-07	Cudworth
Natalie Grant	1500m	U20	04:34.9	30-Jun-07	Watford
Rosie Edwards	3000m	U20	09:50.2	07-Aug-07	Manchester (Str)
Steph Burns	3000m	U17	10:10.2	14-Jul-07	Birmingham
Laura Spence	3000m	U17	10:10.5	26-May-07	Leeds (South)
Kelly Pagdin	Discus	U17	39.12m	21-Jul-07	Newport
Stacey Lebond	Hammer	U20	45.46m	15-Jul-07	Hull
Kelly Pagdin	Javelin	U17	40.74m	06-May-07	Rotherham

Congratulations to the following club Athletes for achieving the **Regional targets**:-

Name	Event	Age group	Performance	Date	Venue
Liam O'Malley	Long Jump	U17	6.32m	05-Aug-07	Doncaster
Liam O'Malley	Triple Jump	U17	12.47m	05-Aug-07	Doncaster
Kane Humphrey	Discus	U17	36.59m	09-Sep-07	Cudworth
Klachen Cheshire	800m	U20	02:13.7	09-Jun-07	Hull
Jade Allen	800m	U20	02:14.4	07-May-07	Manchester (Str)
Abbie Vernon	1500m	U17	04:43.6	21-Jul-07	Solihull
Robyn Lanceley	1500m	U17	04:43.7	09-Jun-07	Cudworth
Steph Burns	1500m	U17	04:46.6	12-May-07	Cudworth
Robyn Lanceley	3000m	U17	10:42.9	29-Jul-07	Grimsby
Olivia Neal	Long Jump	U15	4.90m	04-Aug-07	Sheffield (W)
Kelly Pagdin	Shot	U17	10.68m	21-Apr-07	Sheffield
Amber Merrills	Shot	U17	10.41m	13-May-07	Cudworth
Claire Lebond	Discus	U17	28.33m	07-Aug-07	Manchester (Str)
Claire Lebond	Hammer	U17	35.32m	16-Sep-07	Hull
Claire Lebond	Javelin	U17	29.42m	15-Sep-07	Liverpool
Laura Barnes	Discus	U17	27.81m	09-Jun-07	Cudworth
Theresa Oliver- Smith	Javelin	U20	37.60m	05-May-07	Mansfield
Ellie Mosley	Heptathlon	U17	3307points	24-Jun-07	Wakefield

Steve Gaines writes:

I have recently received the full list from UKA, of those club members who have achieved the regional & progress review targets. The list is attached.

It is an extremely impressive list, and compares well with many clubs who are much larger than we are. (I have the full national list of achievers if anyone wants to see this)

I have been sent certificates to issue to the Progress review and Regional achievers. The two National achievers and their coaches will be receiving awards from UKA directly.

One of the issues I have to resolve is that the full list supplied by UKA, contains some names that I did not identify for the Special awards at the awards evening (My fault, but it is almost impossible to trawl through every category on the P10 tables).

The following athletes therefore are due **£50 cheques** for achieving the regional target:-

**Kane Humphrey, Amber Merrills, Laura Barnes, Theresa Oliver-Smith & Ellie Mosley.** [they will be contacted in due course]

The full list supplied also contained the name of Aaron McKenzie U15 boy for Long Jump. As he does not appear on our club members database I have not included him. Does anyone know if he did compete for us??

## Ulley Time Trial Results

16/02/2007

1. Philip Hoole	15:30
2. Abdi	16:21
3. Joe Gavelle	16:45
4. Mark Ruddleston	16:46
5. Yasin	16:54
6. Mark Ward	17:21
7. Dave Tune	17:53
8. Dave Smith	18:28
9. David Booth	18:48
10. Steve Gorrill	19:00
11. Nigel Cook	19:29
12. Mathew Asbridge	20:09
13. Fuad	20:49
14. Phil Smales	22:02
15. Dave Wright	22:12
16. Gill Taylor	22:27
17. Janet Hindley	23:49
18. Jim Gallacher	25:38
19. Chris Flintham	31:51
20. Kerry Booth	31:51

20/01/2007

1. Phil Hoole	15:35
2. Mark Ruddleston	17:10
3. Jenny Blizzard	17:22
4. Dave Tune	18:30
5. Peter Neal	18:43
6. Pete Shaw	19:26
7. Dave Storey	19:30
8. Matthew Asbridge	19:35
9. Nigel Cook	20:90
10. Neil Shaw	20:44

Ulley has been a good time trial course- from the runners' point of view. But, sadly, traffic is mounting and the organisers don't see it likely that it will continue beyond this next month.

Alternatives have been, and are being looked at, including Wentworth Park, and more recently, the pedestrian & cycle mineral trail from Thurcroft towards North Anston.

The base meeting place isn't obvious, and an out-and-back course on a flat lane is not very enticing to the runners- there is the option of a loop course using Thurcroft (Steadfolds Lane or Laughton Road) to Laughton Common Road on the trail then off to take a turn along Common Lane and back to Thurcroft.

Your views would be welcomed.



Rebecca White (U17) at the Northern XC

## Club Support

Each time the newsletter is due I make the effort to update the database of events that members have competed (or helped) in. And the names that I come across confirm to a large extent the general impression that you get on turning out in, or supporting inter-club events. RHAC is fortunate indeed to have such an array of reliable and gifted performers who clearly love their sport, and think a good deal about their club into the bargain.

Now obviously there are qualifying comments due here: a whole range of circumstances have a bearing on turn-out in events. Whether athletes are free from injury for example, the athletic season, levels of performance, other commitments are just a few. Also of course, whether our records are up to date and correct-do check (see below) and let me know. But would you really have guessed that when we suggested that "6 events" during the year should bring members a subs reduction, there would in fact be forty-five athletes who have already achieved it by February. (To be accurate, the first 'year' runs from Nov 07 to Dec 08)

Then again, you could say that quantity and quality don't go together. On the evidence my colleagues have been presenting over the last few months, I would tend to disagree. For the record, there are many on **FIVE** and the following have completed **SIX**: Matthew Asbridge, Sharon Burton, Klachen Cheshire, Gemma Creaghan, Richard Harris, Melissa Hellewell, Sophie Kirby, Robyn Lancelley, Claire Lebond, Simon Mounsey, Christopher Page, Abbie Vernon

On **SEVEN**: Stephanie Burns, Rosie Edwards, Jessica Fawcett, Natalie Grant, Natasha Hatswell, Cian Scothern, Quin Simms, David Smith, Diane Spencer, Eleanor Thomas

On **EIGHT**: Susan Bellamy, Hayley Flintham, Rachel Hall, Philip Hoole, Emily Hutchinson, Jessica Mangham, Codie Marsh, Nicholas Myers, Peter Neal, Neil Shaw, Jordan Small, Georgina Spencer, Robert Tintingier, Paul Humphries

Kerry Booth and David Nuttall have both achieved **NINE** with Megan Bailey and Jenny Horan on **TEN**

At top level are Adele Morris and John Spencer who have been in black on **ELEVEN** occasions, outdone only by:

**David Booth (TWELVE), Kevin Thomas (THIRTEEN)** and number one RH supporter so far for the winter period with no fewer than **FOURTEEN** turn-outs **Howard Darwin**

It's more than likely that I've missed some of your performances: do check. The database is on the club website at [www.rotherhamharriers.org](http://www.rotherhamharriers.org) and you need user id= rhmember with password= creamer If you cannot get to internet, please ask me for a listing.

AS A REMINDER, THE EVENTS ARE ANY (any at all, track/fell/road: national/local etc) IN WHICH YOU ENTERED AS RHAC AND PERFORMED IN A CLUB VEST AGAINST OTHER CLUBS OR THEIR MEMBERS. (Hence time trials and Xmas Day not in this list) The list so far entered is below: if you have others to add tell me.



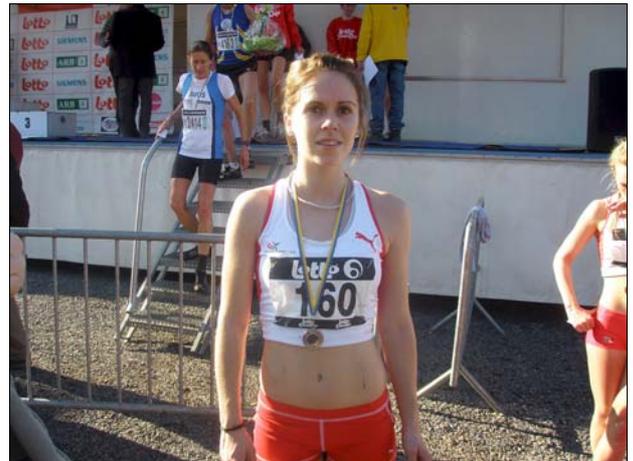
One of fourteen: picture shows Howard Darwin at the Northern Cross-country.

- 20-Oct-2007 National Road relay 6/4
- 21-Oct-2007 National YA Relays
- 21-Oct-2007 SY Crosscountry Norfolk Pk
- 28-Oct-2007 Snowdonia Marathon
- 28-Oct-2007 Worksop Half
- 28-Oct-2007 Great South Run
- 4-Nov-2007 SY Crosscountry Penistone
- 3-Nov-2007 National XC Relays
- 4-Nov-2007 New York Marathon
- 10-Nov-2007 UK Cross Challenge Gateshead
- 11-Nov-2007 Scunthorpe Open XC
- 18-Nov-2007 Barnsley 10k
- 25-Nov-2007 SY Crosscountry Winterhill
- 25-Nov-2007 UK Cross Challenge Liverpool
- 25-Nov-2007 Leeds Abbey Dash 10k
- 2-Dec-2007 Percy Pud 10k
- 25-Nov-2007 Clowne Half Marathon
- 8-Dec-2007 Round Rotherham-assist
- 8-Dec-2007 Round Rotherham-run
- 8-Dec-2007 Round Rotherham-relay
- 9-Dec-2007 SY Crosscountry Hayfield
- 1-Nov-2007 Round Lathkill Dale
- 1-Dec-2007 Silkstone Shuffle
- 16-Dec-2007 Santa's Special
- 26-Dec-2007 Braithwell 5
- 29-Dec-2007 Sheffield Open XC
- 30-Dec-2007 Worksop College 6
- 1-Jan-2008 Cleethorpes 10k
- 5-Jan-2008 Yorkshire Cross-country
- 6-Jan-2008 Pennine 10k
- 12-Jan-2008 English Indoor Open
- 13-Jan-2008 Yorkshire Vets XC
- 16-Dec-2007 Bolsover 10k
- 28-Oct-2007 Race You To The Summit, Littleborough
- 2-Dec-2007 Gravy Pud 5, Tintwhistle
- 3-Feb-2008 Mickleden Straddle, Langsett
- 17-Feb-2008 Chatsworth Chase
- 6-Jan-2008 Pennine 10k
- 20-Jan-2008 York Half Marathon
- 27-Jan-2008 Meltham 10k
- 10-Feb-2008 Liversedge Half Marathon
- 27-Jan-2008 Ferriby 10
- 26-Jan-2008 Northern Cross-country

## Dream Start for Natalie

Natalie Grant made the most of her international call-up into the England Junior Ladies squad with a stunning second place, behind Sophie Coleman (Essex) and with it ensuring an England team win.

Dour, in Belgium, was the venue and Natalie subsequently told Nigel Brookes for his Advertiser article that after a 'not particularly good' start she had worked through the field over three laps of mud, sand, gravel track and short sharp hills



before a 150 yard finishing burst which brought her home ahead of some well-known names: Lily Partridge for the first time and Blue Haywood for the first this season. Great stuff; she has since spent a week with UK performance coach Mike Woods and squad at St Mary's University, London- and is looking forward to the National and beyond.

Taken from Nigel Brookes' Advertiser article: many thanks

## Klachen selected for Kelly Holmes Group

Many thanks to Klachen's coach Andy Railton for the photo and this information, forwarded to me via Steve Gaines:

Congratulations to club member Klachen Cheshire, who recently helped the club win the U20 team medals at the Northern Cross country championships, is one of 13 new athletes, aged between 15 and 19, who have been chosen to join Dame Kelly Holmes' exclusive mentoring initiative 'On Camp with Kelly'. The athletes were all invited to attend a Selection Day at the UK Athletics High Performance Centre in Birmingham following their excellent performances over 800m and 1500m in 2007.

At the Selection Day the athletes took part in determination challenges such as rope climbing and team activities such as transferring equipment across a 'lake' using floating mats. They also participated in a short circuit session, carried out a goal setting task and took part in a question and answer session. The athletes were assessed on their attitude and determination and their communication, leadership and teamwork skills by Kelly with the assistance of 'On Camp with Kelly' staff and UK Athletics Endurance Performance Coach Mick Woods.

The selected athletes will now attend a Norwich Union funded 'On Camp with Kelly' Educational Camp at Loughborough University from 1 to 10 April where they will learn all about what it takes to become a world class athlete.

The 13 athletes selected to join 'On Camp with Kelly' are:

Kate Avery	(Shildon Running & AC)	Ejro Okoro	(Birchfield Harriers)
Jessica Burns	(City of Plymouth AC)	Charlotte Purdue	(Aldershot, Farnham & D AC)
Klachen Cheshire	(Rotherham Harriers & AC)	Louise Small	(Aldershot, Farnham & D AC)
Rowena Cole	(Coventry Godiva Harriers)	Claire Tarplee	(Solihull & Small Heath AC)
Kirsty Hunter	(Falkirk Victoria Harriers)	Heather Timmins	(Warrington AC)
Katie Knowles	(Bristol & West AC)	Laura Weightman	(Morpeth Harriers & AC)
Leigh Lennon	(Ribble Valley AC)		



Kim Bateman at the Northern.

Near the close of the ladies race, she is trailed by new member Helen Alexandrou.

For this, and many other photos of recent events, many thanks to Steve Gaines and to Nigel Brookes in particular.

Northern Athletics Cross Country Championships 2008  
26th January, Roundhay Park, Leeds.

# Northern Cross-country Results

The races are covered, in programme order, below :

## U17 women

Our 2 strongest teams were running in the first and last races, and it was clear from the start (pictured above right) that our team was in good form and showing great commitment. with all 4 expected scorers well placed at the end of the long uphill start straight. Steph and Abbie were in touch with the leading group, with Laura & Robyn not far behind. Steph continued to stay in contention for a medal on the second lap, although Blue Haywood was starting to pull away at the front, and Abbie (after a very fast start, and as it later transpired a hamstring injury) was passed by a strong running Laura. All 4 scorers kept their positions well, and finished 9 points ahead of Lincoln Wellington. We hope that Abbie's injury clears up for the national.

Steph had a good individual run - this is her first year in the age group - finishing only 5 secs behind the third placed runner. The scoring team were also supported by Rebecca White - who is more used to 300 not 3000 metres! A great start to the day, and a great result for Dennis and his athletes.

## Results

1	Blue Haywood	Lincoln W	16:10
2	H Bateson	Lanc & Mor	16:19
3	A Jarman	Lanc & Mor	16:21
4	Steph Burns		16:26
14	Laura Spence		17:33
25	Abbie Vernon		17:56
29	Robyn Lanceley		18:04
86	Rebecca White		21:21

## Team

1	RH&AC	72 pts
2	Lincoln W	81
3	Lanc & More	109

## Under 17 men

In common with many other clubs, we are short of U17 athletes. David Booth and Liam Thompson being our only 2 runners on the day.

## Results

1	J Gilmour	Trafford	19:28
116	David Booth		23:48
147	Liam Thompson		25:11

Team 1 Wakefield 111 pts

## Under 13 girls

This age group continues to be well supported by many new athletes to the sport, and there is good team spirit in the group..

Codie - another new athlete to join our club - had a great run, showing determination and commitment to finish in the top 10. The scoring team, completed by Megan (another good run), Jessica and Georgina, finished in the highest finishing position for many years. It was great to see the support provided by Rachel, Emily, Hayley, Sophie and Emily. Well done to all of you. Many are in your first year in the group, and this is your first experience of racing at this very high level.

You should all be proud of your achievement.

## Results

1	H Bethwaite	Ellenboro	11:27
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9	Codie Marsh	11:59
46	Megan Bailey	12:38
110	Jessica Mangham	13:26
174	Georgina Spencer	14:26
199	Rachel Owen	15:12
200	Emily Hutchinson	15:14
218	Hayley Flintham	16:53
219	Sophie Kirby	17:09
222	Emily Darwin	17:49

## Team

1	Liverpool	108 pts
2	Leigh	115
3	Kingston u Hull	122
8	RHAC	339

## Senior Women

We did not have the necessary 4 runners for a team, but did have some good individual performances. Jenny, having inexplicably dropped out of the County race earlier this month, only decided to run a couple of days before. She had a great run to finish 9th in a good quality field, and should gain confidence from this performance. Jo also has a very good run - she has been suffering with a cold, and did not expect such a good finishing position. Sue again turned out to provide dependable back up support for the club, despite a troublesome shin injury.

## Results

1	G Mills	Kendal	27:04
9	Jenny Blizard		28:17
48	Jo Walker		30:56
149	Sue Bellamy		35:29

## Team

1 Hallamshire Harriers

## Under 15 boys

As with the u17 age group, we are struggling to get enough athletes to field teams. We had 3 runners here, but hope for a full team for the nationals.

1	J Crompton	Horwich	12:18
121	Tom Watson		14:17
137	Sam Howis		14:29
156	Alex Carroll		14:46

Team Leeds City 103 pts

## Under 15 girls

This is usually a category where we can be confident of having enough runners. Unfortunately, we were unable to get a scoring team out on the day, due to injury and absence. This meant that the excellent 11th place from new member Emily Fisher could not contribute to a team score. Rachel as always was a dependable counter and Madeline had a solid run. We will hopefully be back with a full team for the national champs.

## Results

1	L Proctor	Wakefield	13:33
11	Emily Fisher		14:25
117	Rachel Hall		16:48
143	Madeline Wragg		17:18

## Under 13 boys

We have experienced a deal of difficulty in the past, getting teams out in this category. However we do seem to have a dependable nucleus of runners now. Last year's stalwarts William & Nicholas were joined by Michael & Christopher - new members this year from

Treeton and Jordan who is only just old enough to be eligible. Nicholas ran well and improved on his last year position by some 70 places, Michael and Christopher ran well in their first race in this event. William would, I think, have expected a better run based upon his excellent run in the Yorkshire champs, but the main thing is that he did his best and finished! Jordan showed the benefit of the club hill training session passing some 16 runners on the ascent of hill 60 approaching the finish. All the runners put in good efforts to register the first team score for some years.

## Results

1	F Roberts	Richmond & Z	10:02
67	Nicholas Myers		11:55
102	Michael Page		12:19
107	Christopher Page		12:23
152	William Johnson		13:03
167	Jordan Small		13:31

## Team

1	East Cheshire	55 points
20	RH&AC	428

## Senior Men

For the second year we finished a team, and in a better finishing position that last year too! Phil & Richard both had good runs - better than the runs in the county event earlier. Paul showed tremendous strength - particularly on the hill - and managed a top 100 placing - a good achievement! Howard, Tony, Dan & John provided excellent & dependable team support - as always. Tony running despite his cold! Darren started but unfortunately had to drop out.

## Results

1	David Webb	Leeds City	37:07
2	Steve Vernon	Stockport	37:14
3	T Lancashire	Bolton	37:21
43	Phil Hoole		40:56
49	Richard Harris		41:16
100	Paul Humphries		43:04
287	Howard Darwin		48:49
301	Tony Carroll		49:07
335	Dan Jones		49:49
404	John Spencer		51:44

## Team

1	Leeds City	71 pts
2	Sale H	155
3	Liverpool	249
16	RH&AC	1115

## Junior Men

David Smith - our only competitor in the event had a good run, sensibly and evenly paced to get a good finishing position

## Results

1	Adrian Brownlee	Bingley	24:12
63	David Smith		28:41

## team

1	Leeds City	64 points
2	Morpeth	67

## Junior Women

With the strongest ever junior team the club has produced, we were expecting great things and we were not disappointed!

As Nigel Brookes photo of the leading group, below, shows; we had 3 runners in the leading group of 8 as they entered the last lower field lap, and back up from Jess & Jade not far behind.

When the runners re-appeared approaching the steep hill to the finishing straight, it was clear that Rosie had made a brave and decisive move to take the lead and split the field up. The conditions were very hard for anybody to do so, since the wind was very strong, but Rosie nevertheless held on to a lead of around 20 metres at the top of the hill as she entered the long downhill finishing straight - running directly into the headwind.

Expecting a club victory I had gone to the finish area. It was clear as Rosie approached that she was desperately tired, and was being chased hard by the Gateshead athlete. Despite doing everything



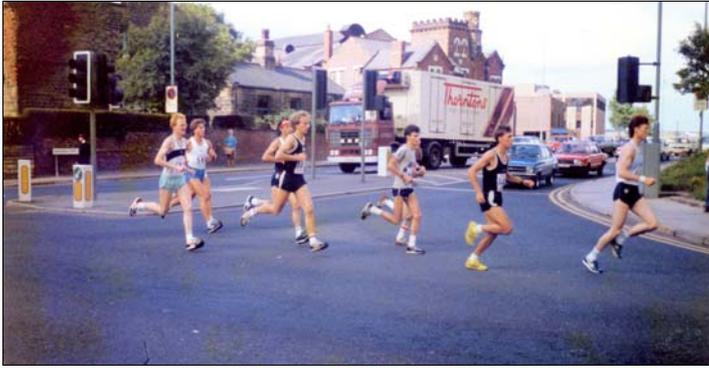
absolutely right, Rosie could just not hold off the chasing runner, and lost the race by a fraction - both runners being given the same time. This was not the only drama, since Natalie, having on of her best runs ever had got back in touch and was in third place finishing strongly. With Klachen 8th and Jade (another club athlete having a good run) 14th, the team race was decisively won. As always - with this group - there was excellent back-up and support from Jess, new member Helen and Kim. Such was the team strength that they would have won gold with any of the finishers in 4th place!

## Results

1	Mary Ferrier	Gateshead	22:13
2	Rosie Edwards		22:13
3	Natalie Grant		22:20
8	Klachen	Cheshire	23:06
14	Jade Allen		24:18
24	Jess Fawcett		25:29
43	Helen Alexandrou		28:15
46	Kim Bateman		28:31

## Team

1	RH&AC	27 points
2	Leigh H & AC	77
3	Liverpool	142

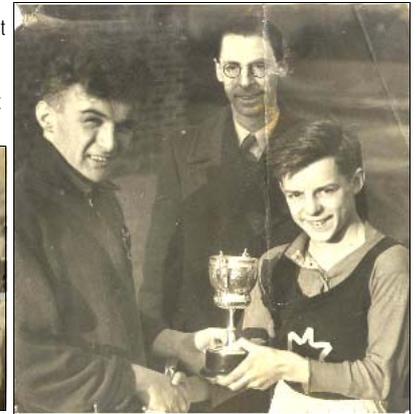


**THIS MONTH** Before returning Nigel's (Brookes) scrapbook for 1985, I have digitised another for your consideration (top left). Not surprisingly, in his scrapbook, he's in it- but who else, where and what? You should recognise (some of!) the background. You should know some key personnel in the other three too. The race action shots show strong, probably successful, RHAC challenges at the front of races. You might know the man on the bike (above), but then be careful! Top right, top men of a while back, and still to be seen at races. Finally, the right-hand shot is a local race, and judging from the relaxed smiling it's the start rather than the finish- but I'm not sure. Many well-known faces, backs of heads etc. In all cases, who do you know, where, when, what etc etc.

**LAST MONTH** Nigel Brookes' photos (below) showed (left) Nigel with Steve Greaves, Alan Gregory and Glynn Williams, all of RH at some time and of Dinnington, at the outset of their sponsored 135-mile run from Humber Bridge to Blackpool in aid of the Save the Children Fund. They ran 11-mile stages. On it's right we see Nigel in hot pursuit of Alan Gregory (with his former Hallamshire hat on) and Mark Ruddleston as they scorch down Scarborough south bay promenade in the years before commercial interests closed the race down.

Which brings me to the fascinating pictures which Janet Hindley unearthed for us from her late father's collected photos. Ian emailed me a batch; there are more to show in due course. I think it was complete coincidence that they came at just the time that Eddie Kirkup (right) most sadly left us. I was at Eddie's funeral a few weeks ago and there was no shortage of old runners who put names to some of the others. To my surprise, it emerged that Peter Wood, who we also lost in 2007 is the lone runner below centre. I sat opposite Peter in some of his numerous years as club treasurer and chairman, and didn't recognise him. The other shots show Janet's dad Arthur Oxley with club secretary Sid Garner (cup winner not known) and below, four runners not yet identified but in the centre Alan Simpson. Many thanks to Nigel, Janet and Ian for sharing your memorabilia with us.

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We are always interested in the views and news of runners, especially members (old, new, ex- or prospective).