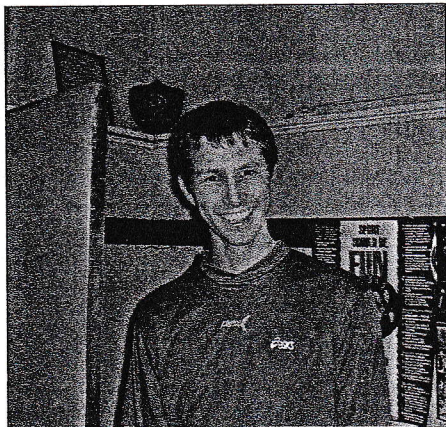


### South Yorkshire

A flat course and reasonable conditions underfoot made it look all too easy at Hayfields for the SYXC Championship and fourth series race, but it was anything but. A strong wind in parts of the 10km course was the main problem, but it didn't upset the general scheme of things laid down at Rother Valley last month.

Rob Watkinson was simply too good for the opposition when it came down to it and won the SY Championship convincingly. Joe Gavelle took third whilst in the vet category it was Mark Ruddlestone undeniable, with team mate Peter Neal in third spot. These four together with Phil Hoole and Ken O'Mara won us the team gold and in the subsequent race women's team gold was to follow with Jenny Blizard, Janet Hindley, Sue Bellamy and Paula Fisher. Jenny took senior silver, whilst Janet and Paula were silver medalists also in their vet categories.



Continuing the success story, team gold also for under-11 girls through the efforts of Georgina Palmer (who took bronze herself), Kara Sanders, Naomi Gibson and Olivia Neal and also at under-15 girls where Leanne Waddington and Charlotte Vaughan added the necessary weight to the silver and bronze medal performances of Natalie Grant and Victoria France.

Good running in the boys races saw Matthew Pollard and Martyn Boner take silver and bronze at under-15 whilst Jason Maxfield took silver at under-17.

When it comes down to consistency over the four races, it is no vast surprise to see the same names prominent. Photographed on this page are four of the usual suspects, with training partners Mark Ruddlestone and Joe Gavelle, the highly-promising Phil Hoole, and top performer Jenny Blizard (photoed at Notts Relays). Mark was top vet 40 whilst at senior level Jenny took the ladies gold medal for the series, and Joe and Phil were 1-2 in the men's. A very fitting set of results for colleagues who have carried a big weight on



RHAC's behalf in a range of events lately.

Dave Booth at under-13 and Martyn Boner at under-15 were our other series first places, whilst Kara Sanders (U11 girls), Natalie Grant (under 15), Jason Maxfield (under 17 men) and Peter Humphries (vet 60) all finished runners-up, and Leanne Gibson was third (under-17 women).

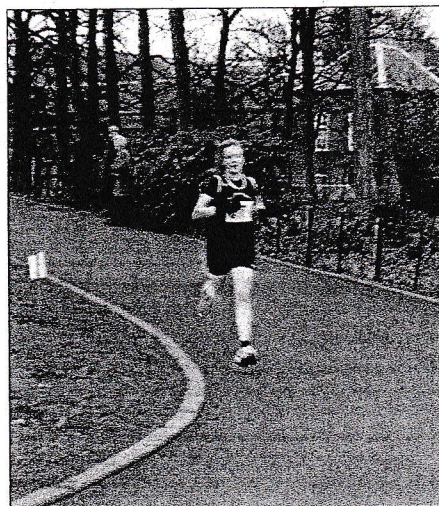
### Yorks and Northern

In the men's events, RHAC had a reasonable presence at the Yorkshire and Northern events, the highlight for me being Jonathan Thewlis' fourth place at Leeds which he then capped with a fourth place in bigger company at St. Helens in the northern. In the latter event, he was accompanied by Martyn Chivers, with David Booth (U13), Martyn Boner, Matthew Pollard and Mark Wilson at under 15.

Our other individual representatives in the North of England were Ken O'Mara (senior) and at under-17 men Jason Maxfield and Lea Johnson.

The men's team result at Leeds, 18th, we would not say is outstanding but it has the merit of being a sound team result and sometimes that is almost as important. Bearing in mind that the same names occur again, it is well done on the day, and especially pleasing to see additional performers in David Storey and Adam Weaver.

The ladies result, with three to count, was down to the experience of Jenny Blizard, Janet Hindley and Paula Fisher, and RH was the only South Yorkshire club to finish a team. Leanne Gibson represented RH in the under-20 women's event,



where team performance is even rarer.

The light has been shining very brightly at under-15 level lately and both at the Yorkshires where they took second team place and the northern (3rd) it was an outstanding day for Natalie

## Youngsters Shine in Area Cross-country Events

Grant, Victoria France, Lyndsay Clarke, Leanne Waddington, Charlotte Vaughan and Sarah Barnes, with Jade Allen on the second occasion.

Under-13 are looking promising too, with Amber Merrills in front of Jemma Creaghan at Leeds, whilst Jemma was first scorer at St. Helens, and backed up by Laura Barnes and Clare Lebond to take 8th team place in the Yorkshire event, and by Rebecca Middleton as second scorer in the northern but sadly without a fourth scorer.



# Mick Shows the Way Home !

Hilary Garrison and Mick Marsters respectively lead home their teams to take the top Yorkshire prize in the annual cross-country championship at Graves Park (18-1-2004). Preferring the road events on the whole, Hilary certainly put a mark on this one, and with Paula Fisher and Janice Streets each taking individual bronze in their categories it was just enough to see Rotherham home ahead of Horwich and Kendal.

After a great Round Rotherham, albeit marred at the end, and sharp on Christmas Day it is no surprise to see Mick Marsters amongst the real ones in this event. He was even heard to ask colleagues if he was running fast enough, though whether seriously or taking the proverbial is not too certain. Fast enough on the day anyway, to head home RHAC's quartet of Martin Herrington, Steve Gaines and Malcolm Palfreyman, taking team



gold comfortably from Altrincham. Martin's run was very impressive, and Mick himself picked up V55 bronze.

It was down to the wire for second place silver at vet 40, with RH tied on 102 with Leeds, but we got it on the countback (position of last scorer). We were adrift of Bingley, who turned out recently qualified big hitters, but even then Peter Neal reckons on a slightly better day, maybe with Pete Mirrlees running it could well be a different story. Rotherham's long-time dominance in the road relays later this year might be put to the test; it could be one well worth watching.

Good support running on the day from Peter himself backed up by Nigel Brookes, Ken O'Mara and John Comrie but it's almost inevitable, as he is running so well, that the highlight was Mark Ruddleston's fourth place to take vet 40 bronze medal.

## Yorkshire Vet Ladies O35 5k

1	Andrea Dennison	Bradfd Aird	19.15	
11	Hilary Garrison	RHAC	21.21	5th O-40
26	Paula Fisher	RHAC	23.47	3rd O-45
43	Janice Street	RHAC	27.11	3rd O-5

1	Rotherham HAC	80 (11, 26, 43)
2	Horwich RMI	83 (18, 25, 40)
3	Kendal AC	90 (22, 29, 39)
4	Thirk & Sowerby	99 (12, 32, 55)

## Yorkshire Vet Men O50 10k

1	Ben Grant	Harrogate	37.07	
8	Mick Marsters	RHAC	39.27	3rd O-55
11	Martin Herrington	RHAC	40.04	4th O-50
21	Steve Gaines	RHAC	40.06	6th O-50
28	Malcolm Palfreyman	RHAC	41.40	11th O-55

1	Rotherham HAC	40 (8, 11, 21)
2	Altrincham AC	57 (12, 13, 32)
3	Bingley H	70 (19, 25, 26)

## Yorkshire Vet Men O40 10k

1	John Convery	Bingley	34.23	
4	Mark Ruddleston	RHAC	35.17	3rd O-40
23	Peter Neal	RHAC	37.59	6th O-45
37	Nigel Brookes	RHAC	38.50	23rd O-40
38	Ken O'Mara	RHAC	38.52	24th O-40
42	John Comrie	RHAC	39.20	26th O-40

1	Bingley AC	1,2,18,34 = 55
2	Rotherham HAC	4,23,37,38 = 102
3	Leeds City	5,11,17,69 = 102

Peter Elliott

# Closer to Home!

The news that Peter Elliott was moving closer to home jobwise prompted me to ask him for his thoughts on this and other matters. Peter has kindly responded:-

Olympic year is always very special to anyone involved in the world of athletics. For young athletes it is the opportunity to set their sights on future Olympic ambitions, international runners it is the period to fine tune those preparations in time for the Olympic trials, for many international athletes it is a chance to redeem their previous performances and for the rest of us it is a chance to enjoy two weeks of sporting activity at the highest level.

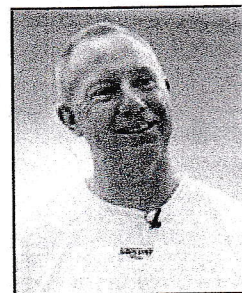
It is hard to believe it is some 16 years since I graced the Olympic Stadium in Seoul, Korea competing in both the 800 & 1500 metre finals, returning home with a silver medal. Returning home very disappointed with only a silver! It was not until the Sydney Olympics of 2000 that I really appreciated what it meant to have won a medal at an Olympic Games as I began to realise through all the glory and disappointment witnessed on television that Olympic medals were not easy to come by.

Although not an active member of Rotherham Harriers anymore I do keep a very close interest in what members of the club are doing through reading the Advertiser. It is clear to see that our senior members are having continued success and there is certainly a lot of young talent coming through who hopefully will go on to have a great

future and possibly wear an Olympic vest one day.

For me, what am I up to? Well as I write this article I am in the last week of employment at Nova International Limited, a sport's marketing company based in the North East with whom I have been working for the past six years. Over this period of time I have undertaken many duties, but primarily it has been my responsibility to attract the world's best distance runners and some Harrier members to the start line of such races as the BUPA Great North Run, the Balmoral Road Races and the Great North Cross Country. I have had the opportunity of working with household names and been witness to world bests at our events in various races. One of the highlights being Paul Kosgei breaking the one hour mark for the half marathon in 2002 at the Great North Run, a time which had never been done before in Britain. For those who have ever started in Newcastle and finished at South Shields they will appreciate this was no easy task I have covered the course many times however, it has always been from the luxury of the media press vehicle.

February sees me start a new job at the English Institute of Sport in Sheffield where I take up the position of Athlete Services Manager, in this role



I will work with a diverse range of sports and support services. It is great to see how the development of the Don Valley region has enhanced the world of sport and how such facilities will be of great benefit to many in the

region. In some respect it appears I have done full circle as I started my working life at BSC Tinsley Park and will be working some four hundred metres away. I have travelled recently to the EIS by car passing the airport and it was not until I came on to Shepcote Lane that I realised I had driven through the very heart of what used to be BSC Tinsley Park. Along the road I use to use in my eight mile run from work back home to Rawmarsh.

In the early 80's at the start of my international career if someone had handed me a crystal ball to look into the future it would have been interesting to see what was in store. I would never have believed where I worked would eventually become an international airport. That there would be an international stadium at Don Valley, where I would beat Steve Cram in front of a crowd of 23000 spectators. That I would one day be working at the English Institute of Sport helping the next generation of Olympians who may one day compete at London in 2012. Let's hope there are a few more Rotherham Harriers amongst the team.



**February 04**

1<sup>st</sup> Sun Yorkshiremillmile 10K Challenge Entries close 17/1  
 7<sup>th</sup> Sat South Yorks Schools XC Doncaster (Provisional Venue)  
 AAA's Senior Champs, Indoor, EIS Sheffield  
 8<sup>th</sup> Sun AAA's Senior Champs, Indoor, EIS Sheffield  
 S Yorks Sportshall FINALS Concord, Sheffield  
 Cleethorpes Beach Terrain XC  
 15<sup>th</sup> Sun Liversidge Half Marathon  
 21<sup>st</sup> Sat ECCA Championships Temple Newsam, Leeds  
 NoEAA Indoor Combined Events EIS, Sheffield  
 22<sup>nd</sup> Sun NoEAA Indoor Combined Events EIS, Sheffield  
 The Snake Lane 10 Pocklington Runners  
 28<sup>th</sup> Sat AAA's Indoor Champs Birmingham  
 29<sup>th</sup> Sun AAA's Indoor Champs, Birmingham

**March 04**

6<sup>th</sup> Sat Inter County XC Nottingham  
 7<sup>th</sup> Sun Norton 9  
 13<sup>th</sup> Sat English Schools XC Maidstone  
 14<sup>th</sup> Sun Sheffield Lord Mayors 10K, Don Valley  
 21<sup>st</sup> Sun Doncaster Half marathon  
 28<sup>th</sup> Sun Wombwell 5  
 Ackworth Half Marathon Incorporating AAA Champs  
 29<sup>th</sup> Mon Trunce 1

**April 04**

3<sup>rd</sup> Sat NoEAA 12 Stage Road Relay, Blackpool  
 4<sup>th</sup> April Easter Chucky Rotherham Harriers Dearne Valley Park  
 (Provisional)  
 7<sup>th</sup> Wed Spencer Arms Dash  
 11<sup>th</sup> Sun Easter Extravaganza Harriers Open T&F Herringthorpe  
 17<sup>th</sup> Sat U18's Inter Regional Coaching Match, Darlington  
 18<sup>th</sup> Sun London Marathon  
 S'Yorks T & F League All Ages (1) Rotherham  
 Trunce 2  
 19<sup>th</sup> Mon Northern Vets League, Cleckheaton  
 21<sup>st</sup> Wed AAA's 12 Stage Road Relays, Suttton Park  
 24<sup>th</sup> Sat Sheffield Festival of Athletics Don Valley  
 National Junior League (1)  
 25<sup>th</sup> Sun S'Yorks Road League (1) Provisional, Dinnington  
 28<sup>th</sup> Wed

**May 04**

1<sup>st</sup> Sat to 3<sup>rd</sup> Mon British Universities Champs  
 2<sup>nd</sup> Sun Sheffield Half Marathon  
 Northern T&F Leagues (1)  
 4<sup>th</sup> Tues Northern vets League (2) Warrington  
 5<sup>th</sup> Wed Spencer Arms  
 Tigers 10  
 8<sup>th</sup> Sat Rother valley 10K  
 British league  
 YCAAA Champs Don Valley Sheffield (Provisional)  
 9<sup>th</sup> Sun British league  
 Young Athletes League (1)  
 YCAAA Champs Don Valley Sheffield (Provisional)  
 Trunce 3  
 10<sup>th</sup> Mon S'Yorks Road League (2) Worsbrough  
 12<sup>th</sup> Wed Womens Race for Life 5K Don Valley Stadium  
 16<sup>th</sup> Sun Askern 10K Incorporating S'Yorks Championships  
 19<sup>th</sup> Wed S'Yorks T&F League (2) U15's Rotherham  
 22<sup>nd</sup> Sat National Junior League  
 23<sup>rd</sup> Sun Trunce 4  
 24<sup>th</sup> Mon S'Yorks Road League (3) Rother Valley  
 26<sup>th</sup> Wed NoEAA U20's Championships Manchester  
 29<sup>th</sup> Sat CAU Inter Counties Bedford  
 CAU Inter Counties Bedford  
 30<sup>th</sup> Sun NoEAA Vets Championships Manchester

**June 04**

2<sup>nd</sup> Wed Spencer Arms  
 5<sup>th</sup> Sat Northern T&F Leagues (2) National League  
 6<sup>th</sup> Sun YAL  
 9<sup>th</sup> Wed S'Yorks Road League (4) Hayfield Ponds  
 12<sup>th</sup> Sat S' Yorks Schools T&F Champs Cudworth  
 13<sup>th</sup> Sun Penistone Hill Race  
 Northern Vets League, Manchester  
 16<sup>th</sup> Wed S'Yorks T&F Relay Champs Herringthorpe  
 19<sup>th</sup> Sat NoEAA Senior T&F Champs Wavertree  
 Hunshelf Amble

20<sup>th</sup> Sun21<sup>st</sup> Mon  
24<sup>th</sup> Thurs26<sup>th</sup> Sat  
27<sup>th</sup> Sun

Promotion)

**July 04**

3<sup>rd</sup> Sat  
 4<sup>th</sup> Sun  
 6<sup>th</sup> Tues  
 Sheffield

9<sup>th</sup> Fri  
10<sup>th</sup> Sat11<sup>th</sup> Sun12<sup>th</sup> Mon  
13<sup>th</sup> Tues  
15<sup>th</sup> Thurs17<sup>th</sup> Sat  
18<sup>th</sup> Sun  
21<sup>st</sup> Wed  
25<sup>th</sup> Sun  
31<sup>st</sup> Sat**August 04**

1<sup>st</sup> Sun  
 2<sup>nd</sup> Mon  
 8<sup>th</sup> Sun

14<sup>th</sup> Sat  
15<sup>th</sup> Sun  
21<sup>st</sup> Sat23<sup>rd</sup> Mon  
25<sup>th</sup> Wed  
29<sup>th</sup> Sun  
30<sup>th</sup> Mon**September 04**

5<sup>th</sup> Sun  
 11<sup>th</sup> Sat  
 nounced)

13<sup>th</sup> Mon  
18<sup>th</sup> Sat  
19<sup>th</sup> Sun  
25<sup>th</sup> Sat  
26<sup>th</sup> Sun**October 04**

3<sup>rd</sup> Sun  
 10<sup>th</sup> Sun  
 16<sup>th</sup> Sat  
 23<sup>rd</sup> Sat

**November 04**

6<sup>th</sup> Sat  
 7<sup>th</sup> Sun  
 28<sup>th</sup> Sun

**December 04**

5<sup>th</sup> Sun  
 26<sup>th</sup> Sun

**January 05**9<sup>th</sup> Sun

Schools Inter County  
 National Junior League  
 S'Yorks T&F League Under 15's Cudworth  
 Trunce 5  
 Northern Vets League, Burnley  
 S'Yorks T&F League Seniors, Cudworth  
 English Schools C.E. Regional  
 English Schools C.E. regional  
 YAL  
 Swinton Strawberry Fayre 4.4 Mile Multi Terrain (Club

AAA's U20 & U23's Bedford  
 Northern T&F Leagues  
 S'Yorks T&F League Seniors Only Woodbourn Road,

Oughtibridge Gala  
 English Schools T&F Gateshead  
 English Schools T&F Gateshead  
 AAA's Champs Manchester  
 AAA's Champs Manchester  
 Mexbrough Town Centre 5 K (Provisional)  
 Trunce 6

S'Yorks U11 Multi Event Champs Cudworth  
 S'Yorks U13 Multi Event Champs Cudworth  
 S'Yorks Race Walking Champs Cudworth  
 S'Yorks T&F League All Ages Cudworth  
 NYAL (4<sup>th</sup>)  
 Doncaster Town Centre 5K  
 National Junior AL  
 Northern T&F Leagues

YAL  
 Trunce 7  
 Askern 10 Mile Incorporating S'Yorks Championships  
 YAL  
 AAA's U17/U15's Birmingham (Venue TBC)  
 AAA's U17/U15's Birmingham (Venue TBC)  
 Northern Inter Counties, Cudworth  
 Olympic Games commence through to 29<sup>th</sup>  
 Trunce 8  
 Northern Vets League Cleckheaton  
 Northern KO Competition Final Cudworth  
 Armthorpe 10K

S'Yorks Senior, U17 and U15, Champs Cudworth  
 U15's Inter Counties, Lincolnshire (Venue to be an-

Penistone 10K  
 Trunce 9  
 English Schools C.E Exeter  
 English School C.E. Exeter  
 Northern Men's 6 Stage, Women's 4 Stage  
 Barnsley 5K (Provisional)

Maltby 10  
 YA Road Relays  
 S'Yorks XC League (1) Venue TBA  
 Rother Valley Trail Race  
 AAA's 6 Stage Road Relay

English XC Relays Mansfield  
 S'Yorks XC League (2) venue TBA  
 Percy Pud (Provisional)

S'Yorks XC League (3) venue TBA  
 Ward Green

S'Yorks XC League (4) FINALS venue TBA



## Club Notes

Bert Norburn (Secretary)

Reminder re subs: Subs for 2004 are now OVER-DUE  
Seniors £16; Juniors and Students £7.50p; Family membership £25  
In addition all members who wish to register with NoEAA membership Scheme should add £2 to cover those costs. If you pay family membership you must add £2 each family member who wishes to compete  
PROMPT payment would be appreciated.

Commemorative Calendars Morpeth to Newcastle Road Race 1904 to 2004  
Secretary Bert Norburn has a limited number of calendars which commemorate the above race. All the winners in the century that it has taken place are included, with history and pictures. Eddie Kirkup (A former Harrier is included). If you want a copy contact Bert, they cost just £3 each.

Welcome, Welcomen, Ben-Venute.

The following new members were accepted by the executive committee which met on Thursday 8th January 2004:-  
Lvndsay Clark (Youn2 Athletes section. cross country T&F) Garry Ridgeway (Senior road runner) Jan and Dev Gurlin~ (Senior Road runners). We extend a warm welcome to you all.

Harriers Broaden The Club Base!!

There's an old saying that a pyramid's strength is proportional to its base. Here's a challenge: how broad do you think the Harriers membership base has become?

Given up? Well would you believe nigh on 400 miles from East Lothian to North West London. William Hunter Watson is our domiciled canny Scot who has been with us some years now, he enjoys running in the Rowbothams Round Rotherham. Victor Hutchins has applied for membership as of 17th January 2004 he hails from Harlesden, NW London. Victor was born in Ndola, Zambia and enjoys marathon running. So why Rotherham Harriers? He ran in the Sheffield marathon last year and saw our Harriers Vest, lie liked it so much he wanted one (sounds a bit like

Victor Kyam who bought the Remington factory, older members and Radio Luxemburg listeners will know who I mean) so he has applied for membership never having been a member of a club before. Touching nearly 50 years of age he's very handy with a time around the 3 hour mark. Victor travels widely to compete and will be on the look out for Harriers vests so if he greets you give him a warm harriers welcome.

Merchandise

Several members have recently been asking for vests, I have ordered all sizes from our supplier Ridgeway Textiles of Mansfield. Delivery should be approx 3rd week in February. Our own Andy Aked who works at Ridgeway is our contact. Vests come at a competitive £10 each.

Other merchandise available from the kiosk: woollen hats, black colour with Club Logo on the front and reflective diamond on the rear £3. Reflective bibs ideal for road runners these dark nights £5. Track suit tops in club colours with reflective piping and engraved with club name £25.

On the mend: Who's seen Richard Harris? Just in case you've been wondering Richard has been out of action recently with hernia problems, he's had his op and latest news is good. We wish you a speedy recovery Richard.

Not to be outdone youngster Heather Dyson has managed to break her arm playing netball we think (stick to athletics Heather). She couldn't have picked a worse time with the indoor sport-shall season in full swing for our young guns, in any event we wish you a speedy amid full recovery amid hope to see you back soon

Subs Renewal Crawl: I hope we're faster on the track and road than our subs renewals. One month on and only 40 members from a possible 400 have renewed their annual subscriptions. This is a vital source of income for the club so please get the cheque books out.

**FOR SALE**  
**Ladies lightweight cycle in**  
**V.G.C.**  
**£30 or offers.**

All proceeds to Club funds.  
To view Tel 01709 540242.

### Ulley 5Km Time Trial 31/01/2004

1.	Mark Ruddleston	16:41
2.	Phil Hoole	16:48
3.	Pete Shaw*	17:53
4.	Jenny Blizzard	18:56
5.	Steve Gorrill	19:33
6.	Phil Smales	22:34
7.	Gill Taylor	22:41
8.	Alan Bryden	25:32
9.	Dave Weatherburn	25:35

denotes guest runner, not a member of RHAC

## Results of Round Rotherham First 10 & RHAC runners

1	Andy Brooks	Shelton Striders	07:04:58
2	Les Hill	Dumfries RC	07:12:35
3	Kerry Booth	Rotherham H	07:35:06
4	Dick Kearn	Trail Runners	07:35:09
5	Mick Marsters	Rotherham H	07:44:17
6	Mike Armstrong	Rotherham H	07:48:25
7	Chris Davies	Saddleworth	07:49:16
8	William Watson	Rotherham H	08:04:03
9	Stuart Wright	Kimberworth	08:10:28
10	Bob Berzins	Dark Peak FR	08:47:56
23	Patricia Müller	Rotherham H	09:56:20
=	Janice Streets	Rotherham H	09:56:20
32	Roy Varo	Rotherham H	10:28:07
34	Ted Parkinson	Rotherham H	10:31:43
40	Jenny Horan	Rotherham H	10:57:39
47	John Clarke	Rotherham H	11:49:03
71	Henry Marston	Rotherham H	13:51:16

Apologies for some errors in the team results published last month.

As they concerned visiting personnel rather than times, they will not be corrected.

### Team Fixtures 2004 with Venues & Dates

Northern Women & Men Div 1 North	Sun 2 May Leeds	Sat 5 June Rotherham	Sun 4 July Gateshead	Sat 31 July Blackpool	
North Men Div 4 EC	Sat 1 May Grantham	Sat 5 June Sheffield	Sun 4 July Wombwell	Sat 31 July Sheffield	
NJL Pennine	Sun 25 April Bingley	Sun 23 May Rotherham	Sun 20 June Leeds	Sun 25 July Spenborough	
YAL Combined	Sun 9 May Rotherham	Sun 6 June Sheffield	Sun 27 June Monkton	Sun 18 July Wakefield	Sun 1 Aug Rotherham
S Yorks Track & Field League	Sun 18 April All ages Rotherham	Sat 22 May U-15s Rotherham	Sun 20 June U-15s Cudworth	Thurs 24 June Seniors Sheffield	Tues 6 July Seniors Sheffield
T & F League & Championships		Tues 13 July U-11 multis Cudworth	Thurs 15 July U-13 multis & race walking Cudworth	Sat 17 July All ages Cudworth LEAGUE	Sun 12 Sept Seniors S Yorks Champs Cudworth
S Yorks Road League	Wed 28 April Dinnington (prov)	Wed 12 May Worsborough	Wed 26 May Rother Valley	Wed 9 June Hayfield Ponds	