

Area Cross-country Results

Yorkshire Cross Country Championships

Nunroyd Park, Guiseley

Under 13 Boys

1	Edward Mason	Spenborough	11.19
38	David Booth	Rotherham	13.54

Under 15 Boys

1	Jake Rowlands	Spenborough	17.38
32	Mathew Pollard	Rotherham	19.52

Under 17 Men

1	Alistair Brownlee	Bradford GS	21.16
20	Lea Johnson	Rotherham	23.42

Under 20 Men

1	Mark Buckingham	Holmfirth	27.42
4	Jonathan Thewlis	Rotherham	28.14

Senior Men

1	Ian Mitchell	Tipton	35.5
55	Mark Ruddleston	Rotherham	41.40
87	Philip Hoole	Rotherham	43.40
111	Ken O'Mara	Rotherham	45.15
124	David Storey	Rotherham	46.33
147	Adam Weaver	Rotherham	48.14
195	Joseph Gavelle	Rotherham	55.02

Team Result

1	Bingley	[2, 6, 9, 17, 18, 20] 72
3	Hallamshire	[4, 11, 23, 29, 38, 43] 148
14	Steel City	[57,79,103,115,136,144] 634
18	Rotherham	[55, 87,111,124,147,195] 719
19	Kimberworth	[34, 88,132,155,164,176] 749

Ladies Results**Under 13 Girls**

1	12:24	WHEATMAN, Alex	ScarbAC
24	14:15	MERRILLS, Amber	RHAC
26	14:17	CREAGHAN, Jemma	RHAC
60	16:44	BARNES, Laura	RHAC
65	17:41	LEBOND, Claire	RHAC

Teams:

1	Scarborough AC	1, 7, 10, 18
2	Hallamshire	2, 4, 20, 26
3	Holmfirth H	5, 11, 13, 29
4	Leeds City	8, 9, 14, 31
5	Skipton AC	12, 15, 17, 44
6	Nestle Rowntree	6, 31, 39, 76
7	Spenborough AC	3, 28, 46, 77
8	Rotherham AC	24, 26, 60, 110
9	Richmond & Zetland	23, 57, 58, 138

Under 15 Girls

1	15:48	WILKES, Amy	Hallam
2	16:03	GRANT, Natalie	RHAC
8	16:36	FRANCE, Victoria	RHAC
12	16:52	CLARKE, Lyndsay	RHAC
19	17:15	WADDINGTON, Leanne	RHAC
24	17:32	VAUGHAN, Charlotte	RHAC
28	18:02	BARNES, Sarah	RHAC

Teams:

1	Hallamshire	1, 7, 11, 19
2	Rotherham AC	2, 8, 12, 22
3	Nestle Rowntree	6, 13, 15, 34
4	Wakefield Harriers	5, 9, 22, 36

5	Leeds City	10, 14, 16, 40
6	Halifax AC	21, 29, 46, 96
7	Skipton	31, 39, 41, 111
8	Wombwell SAC	40, 48, 49, 137

U17 Women

1	18:54	WESTLEY, Abbey	Hallam
28	24:56	GIBSON, Leanne	RHAC

Senior Ladies

1	22:23	KEDDIE, Gill	Leeds City
20	25:02	BLIZARD, Jenny	RHAC
38	26:25	HINDLEY, Janet	RHAC
55	28:24	FISHER, Paula	RHAC

Teams

1	Leeds City	1, 7, 10, 18
2	Wakefield Harriers	5, 11, 23, 39
3	Holmfirth H.	3, 14, 25, 42
4	Richmond & Zet	6, 16, 37, 59
5	Bingley H.	13, 18, 29, 60
6	Nestle Rowntree	19, 24, 34, 77
7	Knivesmire AC	9, 32, 48, 89
8	Rotherham AC	20, 38, 55, 113
9	Horsforth Harriers	22, 51, 58, 131

U15 Girls (4km)

1	A Wilks	Hallam	15:26
4	N Grant	RHAC	15:41
22	V France	RHAC	16:15
49	L Waddington	RHAC	16:55
51	L Clarke	RHAC	16:57
77	C Vaughan	RHAC	17:25
84	J Allen	RHAC	17:35
95	S Barnes	RHAC	17:57

TEAMS:

1	Hallamshire Harriers Sheffield	1 25 33 43 = 102
2	Leeds City AC	18 24 27 47 = 116
3	Rotherham H & AC	4 22 49 51 = 126
4	Vale Royal AC	7 14 59 73 = 153

U13 Boys (3km)

1	M Jackson	Warrington	11:45
73	D Booth	RHAC	13:51
TEAM: 1 Warrington AC 1 2 4 45 = 52			

U15 Boys (4km)

1	L Walker	Warrington	13:31
75	M Boner	RHAC	14:52
93	M Pollard	RHAC	15:06
142	M Wilson	RHAC	15:49
TEAM: 1 Preston Harriers & AC 7 20 21 57 = 105			

U17 Men (6.0km)

1	L Timmins	Gosforth	20:03
27	J Maxfield	RHAC	21:53
101	L Johnston	RHAC	24:23
TEAM: 1 Trafford AC 2 9 17 23 = 51			

U20 Men (8km)

1	P McGlory	Liverpool	28:15
4	J Thewlis	RHAC	29:12
81	M Chivers	RHAC	45:38
TEAM: 1 Holmfirth Harriers AC 5 6 8 20 = 39			

Senior Men (12km)

297	Ken O'Mara	RHAC	52:36
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Northern Counties Cross-country

at Sherdley Park, St Helens on Saturday 24th January 2004

U13 Girls (3km)

1	A Wheatman	ScarbAC	12:38
72	J Creaghan	RHAC	14:40
87	R Middleton	RHAC	14:57
121	A Merrills	RHAC	15:32
TEAM: 1 Lincoln Wellington AC5 21 22 28 = 76			



It's good to see star supporter Ken O'Mara back at RHAC and competing strongly as ever. Above you can see him off as fierce as usual. But Nigel Brookes is in hot pursuit. Where? When?

There is a male bias in all the photos: photographing ladies can be misinterpreted! But slow down long enough for me to snap you please ladies, so we can balance it up in the next edition.

Local Races

SANTA'S SPECIAL 21st December 2003 KIMBERWORTH

1	24.46	Martin Broadhead	KS	36
2	27.22	Pete Neal	RH	47
3	27.42	Phil Martin	KS	46
4	29.1	Pete Bunker	KS	51
5	29.24	Keith Ward	KS	52
6	29.33	Steve Durdy	MRC	44
7	29.37	Steve Ford	KS	40
8	30.05	Gary Willoughby	KS	41
9	30.19	Caroline Boyd	MRC	51
10	30.31	Phil Widdowson	KS	39
11	30.52	John Wroe	BAC	53
12	31.22	Roy Nixon	KS	50
13	31.34	Keith Binney	BAC	56
14	31.41	RayHowarth	RH	51
15	31.55	Bob Drobek	KS	44
16	32.14	Jim Rust	MRC	53
17	32.29	Pete Humphries	RH	61
18	33.1	Dave Booth	KS	49
19	33.26	Gavin Hamilton	MRC	41
20	33.4	Phil Smales	RH	40
21	33.45	Ian Soakell	KS	45
22	33.55	Ken Chapman	KS	61
23	33.59	Harvey Antcliffe	KS	56
24	34.06	Karen Osbourne	MRC	47
25	34.14	Roger Cook	KS	54
26	34.24	Dave Wright	RH	45
27	34.56	George Thompson	KS	59
28	35.03	Maggie Watkins	Sheff. Tn	40
29	35.57	Beafy	KS	53
30	36.15	Terry Walker	KS	59
31	36.17	Steve Elliott	KS	46
32	36.42	Eleanor Thomas	RH	20
33	37.04	Tony Redfern	Arbroath	39
34	37.28	Jade Allen	RH	13
35	37.28	Kevin Thomas	RH	
36	37.33	Eddie Osbourne	MRC	
37	37.49	Ian Hethenington	KS	
38	38.12	Andrew Allen	U/A	
39	38.15	Mick Concannon	KS	
40	38.33	Bob Houghton	MRC	
41	39.42	Jan Sears	MRC	
42	40.47	Dennis Russell	KS	
43	41	Theresa Elliott	KS	
44	41.12	Brian Lowndes	MRC	
45	41.24	Bev Soakell	KS	
46	41.43	Sue Andrews	KS	
47	43	Martin Simpson	KS	
48	43.46	Roy Tinker	KS	
49	47.21	Jayne Sanderson	KS	
50	47.21	Mary Concannon	KS	
51	47.25	ShaunHogton	KS	
52	55.23	Gail Nixon	KS	

BOXING DAY TURKEY TROT 2003. BRAITHWELL

1	MARK RUDDLESTON	41	RH	28.21
2	PETER NEIL	40	RH	29.19
3	GEOFF WALKINGTON	48	DON & ST	29.39
4	GARY DURHAM	45	MRC	29.42
5	KATALIN THOMAS	25	COV GODI	30.02
6	PHILIP MARTIN	46	KS	30.20
7	TERRY EASTWOOD	46	RH	30.24
8	MARK GROVER	36	MRC	30.28
9	STEVE DURDY	44	MRC	30.40
10	PETER BUNKER	51	KS	31.04
11	PAT ROONEY	48	KS	31.18
12	STEPHEN FORD	40	KS	31.34
13	KERRY BOOTH	42	RH	31.38
14	DON GILL	55	DON & ST	31.45
15	GARY WILLOUGHBY	41	KS	31.52
16	MATTHEW BUTLER	30	HALLAM	31.56
17	MICHAEL HURLEY	34	ROTHWELL	32.05
18	HILARY GARRISON	44	RH	32.10
19	SIMON PARKIN	34	U/A	32.21
20	ANDY FORSYTH	43	DON & STAIN	32.27
21	JOHN McDERMOTT	43	KS	32.28
22	JOHN WROE	53	BARN A C	32.30
23	ROY NIXON	50	KS	32.31
24	PETER HAGUE	30	HALLAM	32.32
25	PHIL WIDDOWSON	39	KS	32.33
26	CAROLINE BOYD	51	MRC	32.34
27	MICHAEL HOPSON	36	MRC	33.13
28	JANE CLARKE	35	LINCOLN W	33.19
29	JIM RUST	53	MRC	33.50
30	JOHN BECKETT	42	RH	33.59
31	PHILIP SMALES	40	RH	34.03
32	NIGEL TAYLOR	36	DON & ST	34.10
33	PETER HUMPHRIES	61	RH	34.15
34	KARL SMILES	42	KS	34.20
35	KEVIN THOMAS	51	RH	34.33
36	PAULA FISHER	46	RH	34.43
37	GAVIN HAMILTON	41	MRC	35.07
38	DAVID BOOTH	49	KS	35.12
39	IAN SOAKEL	45	KS	35.34
40	PHILIP STACEY	42	U/A	35.45
41	KEN CHAPMAN	61	KS	35.54
42	ANDREW ESHELEY	33	DON & STAIN	35.57
43	HARVEY ANTCLIFF	56	KS	36.06
44	DAVID WAINWRIGHT	62	U/A	36.09
45	KAREN HARRISON	42	WORKSOP H	36.16
46	DAVE KEELING	38	WORKSOP H	36.16
47	RICHARD GREEN	49	KS	36.25
48	DON WRIGHT	45	RH	36.31
49	ROGER COOK	54	KS	36.54
50	DAVID McBEATH	54	KS	37.03
51	D CLARKE	73	RH	37.14
52	ROBERT HOUGHTON	51	MRC	37.23
53	GEORGE THOMPSON	59	KS	37.57
54	BEVERLEY SUTTON	41	VALLEY HILL	38.09
55	TERRY WALKER	59	KS	38.15
56	EDDIE BYWATERS	62	KS	38.34
57	JADE ALLEN	13	U/A	39.51
58	GRAHAM BENTON	47	MRC	39.57
59	ANDREW ALLEN	36	U/A	40.23
60	ELEANOR THOMAS	20	RH	40.31
61	VALERIE RIVERS	53	KS	40.42
62	RODERICK RIVERS	55	KS	41.56
63	JAN SEARS	53	MRC	42.52
64	NIGEL TOPHAM	40	MRC	43.01
65	LINDSAY RUST	26	MRC	43.02
66	CHARLOTTE GROVER	37	MRC	43.02
67	EDWARD BULLIVANT	36	MRC	43.03
68	THERESA ELLIOTT	44	KS	43.46
69	SUE ANDREWS	44	KS	43.57
70	IVOR GREER	54	WORKSOP H	43.57
71	STEPHEN NIXON	15	KS	44.42
72	PAUL STEPHENSON	57	RH	45.15
73	MARTIN SIMPSON	51	KS	45.36
74	BEV SOAKEL	44	KS	46.26
75	RAY MATTEWS	60	MRC	46.26
76	CAROL GAYNOR	45	KS	46.26
77	GAIL NIXON	38	KS	46.46
78	RICHARD STAFFORD	31	U/A	47.30
79	MAGGIE STEEL	36	U/A	49.05

Newsletter

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Always interested in runners views and news.

Old, new, ex- or prospective.

Against the Odds

When a couple of years ago Darren Cooney was thrown from his bike over a vehicle and landed head-first, everyone's nightmare suddenly became reality. Many weeks in intensive care, in fact lucky to be alive most would say, he subsequently underwent numerous operations in which a large part of his skull was removed to treat the brain damage he incurred. I met Darren by accident in Doncaster last summer and have since spoken a couple of times to him about his progress.

He is, and was always, very fit. 'Lucky' to be alive isn't quite right, as I suspect most people wouldn't be, and it is a testimony to Darren's fitness that not only did he survive the accident, but is positively planning his future, not least in athletic terms.

When Darren came to South Yorkshire back in the late '80s he became a Rotherham member and we were delighted to have the services of such a big hitter on the national scene. RHAC's iffy performance over a number of years lead him to move to Sheffield AC but in our big leap forward in the early-mid nineties we were successful eventually in luring him back to RH. To great effect; our better team organisation and his training, notably, with Dave Tune, saw Darren back to something like his best form and he later again ran (in 1998) in the top ten of the National Cross-country, finishing seventh.

He is pictured in heavy traffic at the National Six-stage relay in October '97 which saw us finish 10th. Running first stage in the cauldron of

the National was always his preference, and it indicates clearly the single mindedness (you might say, 'bloody' mindedness) which typifies him.

Since the accident, Darren has first of all got himself back driving, but has been happy to leave off the commuting to Leeds (he was formerly Cinema manager) to get back working on a 3-day basis in Doncaster. He is consulting another neurologist this Friday before what is hopefully the last operation, and again hopefully one which



will leave him able to contemplate running again.

Because, amazingly, that is exactly what he has in mind! He has ordered a new bike, although ironically his former bike was not damaged in the accident. Whether he can get back into running remains to be seen however. A good footballer as well as top runner, he is still very fit, but has of course hung up his football boots for good: he went to watch his former side Brodsworth United last week and noting the roughness of the match was not slow to see the wisdom of that. At the moment the smoothness of the bike ride is fine but attempting to run does lead to problems which he described as 'a bit loose in the head'. The hope is that the forthcoming operation will solve that problem, but he is not rosy-viewed about it; it remains to be seen whether things will work out or not.

He will be in hospital a week, with a further six weeks recuperation. Then, who knows? He expresses an interest in biathlon, if the return to running is a reality. We all wish him the very best for the outcome. Irrespective of that, and granted the tragic nature of all that has occurred, what an inspiring story it is that an athlete should be so determined to not give in.

If you know Darren, I don't have to tell you. If not, believe me that he will make something impressive out of his future, and if there is the slightest chance, he will be back into doing some running in due course. Whether that is anything like his former standard, who knows what the future holds for any of us. But I wouldn't bet against it.

South Yorkshire Cross-country Championship & League Final

Championship

Senior Men:

1 Robert Watkinson (RHAC); 2 Darren Middleton (Barnsley AC); 3 Joe Gavelle (RHAC).

Veteran Men 040:

1 Mark Ruddleston (RHAC); 2 Kevin Newman (Doncaster); 3 Peter Neal (RHAC).

Veteran Men 060:

1 Mick Hobson (Steel City); 3 Peter Humphries (RHAC)

Men's Team:

**1 Rotherham HAC (Watkinson, Gavelle, Ruddleston, Philip Hoole, Neal, Ken O'Mara)
2 Doncaster and Stainforth
3 City of Sheffield**

Senior Women:

1 Julie O'Mara (Wakefield Harriers); 2 Jenny Blizard (RHAC)

Veteran Women Over 35:

1 Jane Shields (Sheffield); 2 Janet Hindley (RHAC)

Veteran Women Over 45:

1 Caroline Boyd (Maltby RC); 2 Paula Fisher (RHAC)

Senior Women's Team:

**1 Rotherham HAC (Blizard, Hindley, Sue Bellamy, Paula Fisher).
2 Doncaster SAC.**

U11 Girls:

1 Ellie Stacey (Barnsley AC); 3 Georgina Palmer (RHAC)

U11 Girl's Team:

1 Rotherham HAC (Palmer, Kara Sanders, Naomi Gibson, Olivia Neal).

U15 Boys:

1 Andrew Waterhouse (Hallamshire); 2 Matthew Pollard (RHAC); 3 Martyn Boner (RHAC)

U15 Girls:

1 Amy Wilks (Hallamshire Harriers); 2 Natalie Grant (RHAC); 3 Victoria France (RHAC)

U15 Girls Team:

1 Rotherham HAC (Grant, France, Leanne Waddington, Charlotte Vaughan).

U17 Men:

1 Chris Chapman (Barnsley AC); 2 Jason Maxfield (RHAC)

Overall League results:

Senior Men:

1 Joe Gavelle (RHAC); 2 Philip Hoole (RHAC)

Veteran Men Over 40:

1 Mark Ruddleston (RHAC)

Veteran Men Over 60:

1 Mick Hobson (Steel City); 2 Peter Humphries (RHAC)

Senior Women:

1 Jenny Blizard (RHAC)

U11 Girls:

1 Ellie Stacey (Barnsley AC); 2 Kara Sanders (RHAC)

U13 Boy's:

1 David Booth (RHAC)

U15 Boys:

1 Martyn Boner (RHAC)

U15 Girls:

**1 Amy Wilks (Hallamshire)
2 Natalie Grant (RHAC)**

U17 Men:

**1 Chris Chapman (Barnsley)
2 Jason Maxfield (RHAC)**

U17 Women:

**1 Kathryn Fitzpatrick (Hallamshire)
3 Leanne Gibson (RHAC)**

Running Shorts

It was nice to see Darren Ward spectating at the Hayfield cross-country. Darren picked up a knee injury in a traffic accident, and whilst not life-threatening as in Darren Cooney's case, it has conclusively put paid to his running career. He is off-road biking for fitness and relaxation now, and seems to be enjoying it. Meanwhile, Richard Harris, after surgery, is said to be already eyeing up the opposition, as Bert Norburn reports elsewhere.

Further to what Bert says about club fees; I hope he will forgive my personal comments. Certainly not everyone is happy at being asked £16. Especially if not working, or otherwise pressed. Looked at one way, it is rather high, but looked at in other ways it isn't. For example, it amounts to one (cheap) pint of beer per month, not much to ask. Again, I wonder if there isn't some form of incentive that can be offered- such as payment by the month, perhaps incorporating a lottery. Maybe we could offer rebates off club dues for introducing a new member(s).

You should also look at what the club membership is in fact worth. ie. what do you get for it? There is a number of things, and members or prospective members will see them in different orders of importance. For one, you get to be member of one of Britain's foremost athletics clubs, and will attract the respect of other runners correspondingly. You should expect support and help in various forms in training, social matters, and in races. You have the satisfaction of helping a lot of youngsters to achieve their potential and make something out of their lives. Don't forget what a deprived area South Yorkshire is.

If your thoughts are more financial, by adding NoEAA membership for £2 you avoid a £1 per race surcharge when you enter races. That can be worth tens of pounds per year. You get to run in the South Yorkshire road and cross-country series, a brilliant standard series of races for next to nothing. You get 12 free newsletters per year (again). You can also get personal advice on coaching issues, and membership of training groups- in addition of course to the social, recreational and training runs that are available.

Perhaps one of the most important, and probably not very well known advantage is that of insurance. RHAC is covered by the insurance of AAA of England in that any member who is injured whilst taking part in a 'normal club activity' is covered. Covered also if for example sued by a third party. I understand this to cover personal losses such as wages for time off work, legal representation and so on, though you need to refer to Bert Norburn to get the official view of the situation. This is explained a bit more later on.

Representing RHAC

If you have been a RH member for some while you will not be surprised to hear this. But I have been impressed with the appearance of a good number of newer members, or prospective members, so perhaps a reminder is timely.

You of course have the right to run how and when you like. RHAC is proud of its members and wants its members to be equally proud of the club. So, for example, you should always run in open races in your club colours (see Bert's comments elsewhere). Don't forget incidentally that there is no such thing as 'The Club' in isolation, the club is you.

One thing that we have always wanted is for members to support what we see as important events. If we cannot do well on our own patch (ie South Yorks- and we always do!) we can't expect to do

well anywhere. Which is why we always like as many members as possible to turn out in the South Yorkshire Road League (dates are in the Events list, Weds 28 April first at Dinnington, then May 12th, 26th, June 9th) and in the South Yorkshire Relays (date not yet arrived but typically June). Don't ever think that your involvement is not important. Even runners who will be in the last dozen play a vital role: you support our faster runners and they in turn will be supporting you. There again, wherever you are placed you will be speeding up the run of at least one RH runner in front (seeking to avoid you) and one behind (doing the opposite!). This knocks on through the field.

Also, you never know when you will be a scorer. SY League events are run in one race but in categories, often you will find the runners in front of you are in fact in different categories, so your position is important. Get your race number from the kiosk for about £3 nearer the April start date and keep it for four races. Brilliant.

All the big club ranking road events are in the form of relays. The South Yorkshire Relays allow an opportunity for everyone to take part in club teams obviously of widely varying standard. They are enormously enjoyable both competitively and socially and I will report more about them in a future issue.

Norton 9 would be a good place to start our campaign in 2004. On March 7th, it is a great race, big field, with good competition at all levels of ability. RH traditionally has turned out in numbers here. We can expect a good lead from the front with likely Andy Aked and his colleagues taking part. It is just 8 years (barring 4 days) since Andy ran unattached at Norton and subsequently joined RHAC.

Progress on local club races

First the bad news. There will not be a 'pub run' this month. However, with the backing of club secretary Bert Norburn and road secretary Peter Neal I have put in motion a plan to organise and run two local races in April or May.

The problem, in brief, is safety and insurance. Since these matters involve your well-being, it is worthwhile telling you the detail of the rules and the law as we understand it. I should point out that I am not legally trained nor am I a legal adviser- this is a personal interpretation, and if you have queries or doubts you should take them to the club secretary in the first instance.

When you pay your club subscription each year, you are amongst other things buying an insurance package (as detailed above).

What this means is that if you fall and break an ankle on a Monday or Wednesday night club run, the insurance works. If you hurt yourself on a Tuesday, it doesn't because the Monday and Wednesday activities are normal club activities whilst the Tuesday one isn't (unless, that is, the club decides to organise such). Club members are in fact covered for eventualities arising on Monday and Wednesday in the course of training and leisure runs, training such as 'hills', time trials, self-organised races. But, and here's the snag, only if the race etc involves RHAC members only. If other clubs are involved, it doesn't count as a 'normal club activity'. If you are used to running at another time with other club members eg Saturday, I suggest you contact Bert Norburn to ascertain whether that is a 'normal' club activ-

ity. So we are covered for example for Ulley Time Trial (RH only!), Wickersley Joggers, Woodman (if RH only) etc.

Sadly, this means that we are not covered for races such as the 'Green Bricks', 'Woodman' etc where RH together with our colleagues from Kimberworth and Maltby for example meet for an evening competition. That of course is a great shame, because these races are excellent competition, excellent social events, and in my view do a great deal to foster mutual respect and friendship between members of the different clubs. Plus, of course, the numbers involved make the enterprise more viable. Needless to say, the same rules apply to KS and MRC.

If runners other than RH are involved, we simply have to make the event a sanctioned AAA event, which means obtaining a permit (in common with all the other open races you go to). This process is not all that arduous, the requirements have been relaxed somewhat in recent years. However, it does mean more forward planning than sometimes we have been used to, and we might not easily get a permit for an open race which was a night event.

I have every intention of continuing to try to link RH with KS and MRC as long as they are interested; these events will have to be 'open' events which are 'permitted', and therefore on week-end days or light evenings. We can hold 'dark-night' events such as we always have, if we wish to continue, but it may be they would have to involve RH members only. I will check, and take soundings on whether you, the members, want them.

Tale Piece (!)

No response to my offer to reward embarrassing start failures! I thought at least you might remind us of Mick Hill's 1994 attempts to find the Ferriby Ten in Ferriby (North- and South-)

However a contribution has flooded in offering a different embarrassing moment. Thanks Kerry.

One day I was joined in the middle of a long training run by Keith Dutton a member of R.H.A.C who had parked on Falconer Lane, Fence. After our run round Treeton, we were heading over the wetlands towards Rother Valley. We noticed a police helicopter above. Soon after we split up, Keith headed back to his car at Fence whilst I headed towards Rother Valley and home. On approaching the bridge to go under the A57 bypass, heads appeared over the top. A voice shouted "stop we would like to talk to you." By the time I looked back there was a detective was upon me. Questions fired at me, who am I, where have I been, where am I going, etc.

Police with machine guns surrounded me. Being tired I put my hands on my hips, guns lifted, thank God for the tight running gear. It was obvious the only concealed weapon was my own. Eventually after "yes he's just a jogger" I was allowed to continue, my friend? I asked, "Yes we've got him too" the cop replied. Arriving home after being trailed by the helicopter, my son David came up to me and said, "Dad, dad I was on the bus at Woodhouse Mill and I saw the police helicopter. It swooped really low and there was armed police every where." "Yes son, they thought I was one of the post office robbers," I replied.