



RHAC Young Athletes assembled at the 2nd match in the UKYAL Northern Div 1 SE, where the Rotherham young athletes won convincingly against local rivals Spenborough AC and Hallamshire Harriers (almost complete, some had to leave prior to photo)

What's In the Newsletter?

Your newsletter may not look too different this month, but there is a significant change in content. For potential content, there is no shortage of possibilities, from Jenny Horan's brilliant London Marathon down to the great performances of the National Young Athletes, pictured

above.

So, where to start and where to finish? The sensible path now I think is to recognise that there is no point in repeating the coverage we already have, largely through the excellent work of Alan Coupe who has continued and developed

the work of Don Gill and then Nigel Brookes in the Rotherham Advertiser. And in this continuously evolving age of technology, that coverage has been facilitated by a wealth of photographs from a variety of sources- but the great majority from the lens of Steve Gaines.

Then again, the increasing use of internet means that results lists are produced in general far quicker than they were. So by default, no results lists either (see below).

I think it is worthwhile continuing the newsletter- not everyone by any means uses computers willingly or often and there is information, and issues, which do not get public coverage. Add to that club notices, articles of interest and value, results of our own events, initiatives and plans....

There is always room for efforts and performance which do not get recognition in the news otherwise- but you or your representative need to provide those if they are to be published here.

Fixtures: Summer 2011

June

| | | |
|------------|--------------------------------|----------------------------------------------------------|
| Sun 12 Jun | SY T&F | SY clubs At Doncaster, U15s and younger |
| Tue 14 Jun | SY Relays | SY clubs Keepmoat Stadium, 7pm start |
| Tue 14 Jun | Kimmy Kanter | open KMRT Series Droppingwell Rd 7pm |
| Sat 18 Jun | Schools Intercounties | areas |
| Sat 18 Jun | Northern Sr & U20 Champs | open |
| Sat 18 Jun | Northern Sr & U20 Champs | open |
| Sat 18 Jun | Silkstone Shuffle 2 | open Silkstone Cricket Ground |
| Sun 19 Jun | Young Athletes League | club teams Match 4 - Mount Stadium, Spinkhill, Sheffield |
| Tue 21 Jun | SY T&F | SY clubs At Rotherham, U17s/seniors |
| Wed 22 Jun | Ulley Res 5 (tfs) | KMRT Whiston Crick Club £4 7.45pm |
| Sat 25 Jun | Clifton Park 5k TT | RH.guestsoff at 10.30am provisional date |
| Sun 26 Jun | Wilkinson Pontefract Open Meet | open Thornes Park, Wakefield. |
| Tue 28 Jun | SY Road Relays | clubs Damflask |

July

| | | |
|------------|-------------------------|-------------------------------------------------|
| Sat 02 Jul | English Schools | areas Gateshead |
| Sun 03 Jul | Northern League Div2EC | club teams Match 3 - Cudworth |
| Mon 04 Jul | SY T&F | SY clubs U13 Champs at Cudworth |
| Wed 06 Jul | SY T&F | SY clubs U11 Champs at Cudworth |
| Wed 06 Jul | Roche Abbey Dash | open KMRT Series Wesley Centre Maltby 7pm |
| Sun 10 Jul | Nat Jun League | club teams Match 3 - Doncaster tbc |
| Sun 10 Jul | Paul Naylor Mem Meeting | open Dorothy Hyman Stad, Cudworth 11am |
| Mon 11 Jul | Trunce 4.2 miles (TFS) | open Wagon & Horses, Oxspring |
| Wed 20 Jul | Prince 5k | KMRT Prince of Wales Greasbrough £4 7.45pm |
| Sat 23 Jul | SY T&F | SY clubs Doncaster, all ages |
| Sun 31 Jul | Nat Jun League | club teams Match 4 Quibell Park, Scunthorpe tbc |

August

| | | |
|------------|----------------------------------|----------------------------|
| Sat 13 Aug | Elsecar Skelter 27/20/15 m (TFS) | open Elsecar, Barnsley |
| Sun 14 Aug | Northern League Div2EC | club teams Match 4 - Derby |
| Sun 14 Aug | Nor Vets 10k Road Ch | open Blackpool |
| Sun 28 Aug | NJAL Promotion Match | club teams |

September

| | | |
|------------|-----------------------------|---------------------------------------|
| Fri 02 Sep | UK Schools Games | areas Sheffield |
| Sat 03 Sep | UK Schools Games | areas Sheffield |
| Sat 10 Sep | Yorkshire Road relays | open Leeds Met Uni, Carnegie Campus |
| Sat 17 Sep | Silkstone Shuffle 3 | open Silkstone Cricket Ground entry |
| Sat 24 Sep | Nine Edges 21.4 miles (TFS) | open Fairholmes, Ladybower to Baslow, |

Pete Ruddleston Memorial Race

Ulley Res
5 miles mixed terrain
KMRT Series
RH T&F series

Wednesday 22nd June at
Whiston Cricket Ground
Start 7.15pm

Entries £4 from 6pm

Participants and assistance needed
Support Your Club

Wednesday 20th July

Prince 5k
 KMRT out and back road race
 Prince of Wales Greasbrough from 6pm
 Start 7.15 at Coach Road gate
 into Wentworth Park

A couple of months back a former member– Pete Moxon– appeared out of the blue and ran with us on a club run. On his next run (-not with us-) Peter collapsed and died. It concentrates your mind– we knew nothing about Peter (medically, or in terms of emergency contacts).

In this day and age, it won't do. As part of RHAC's reaccreditation for 'Clubmark' Status, we are putting a variety of assessments in place– and it's vital that ALL club members are aware of them, and of their relevance to all of us. This is the draft assessment for the group I take on Mon/Weds at Herringthorpe. Sooner or later, you will be asked to update your recorded details.

Risk Assessment- 'Road Running Group'

Activities of the target group

On club nights (Mon/Wed/Thu) RHAC operates two formal groups which run outside the stadium. These are

- (1) a group aimed at absolute beginners and recent starters who are developing. There may be more experienced runners at times and some who are recovering from injury.
- (2) a group of relatively experienced runners who typically run faster and further. This we refer to as the 'Road Group'

Often athletes who train mainly on track will run outside for warm-up, warm-down or sustained run and some of these considerations may apply also to them.

The target group for this assessment is the Road Group

Composition and nature of the target group

Mixed gender and age, three or four people minimum up to around 20 with 8-12 being typical. All are capable of running a sustained pace between 6-minute and 8-minute miles approximately for more than 15 minutes.

Runners who cannot meet this sort of pace are directed elsewhere.

Most group members know each other, some have done for many years.

All are expected to be club members though this is not applied rigorously. Old members and visitors sometimes turn up. Temporary membership is available free.

Nature of activity

Depending on circumstances, typically a run of 4 to 10 miles, usually around 7 or 8. In winter on the pavement of well-lit roads, in summer off-road as far as possible though some paved roads is unavoidable. This is an urban or semi-urban area.

The run often becomes temporarily fragmented but is collected back together regularly. Participants are aware of this aspect, and we ensure that any temporary 'stragglers' are accompanied. It is common for sections, or individuals, to cut short or extend the run but it is only done by arrangement.

Some members run from and back to their own homes rather than the stadium, meeting there only briefly.

There is usually a run leader, though the runners are autonomous to some extent.

For clarity, these runs are not races, nor are they training runs as such. Obviously they will contribute to training, but they have an essential social and recreational aspect.

Risks

Whilst the overriding concern is for any runner safety from personal injury, there are other considerations- for example, runners getting lost and unaware of their environment.

The measures described above generally address these.

Personal Injury Arising

Many of the risks encountered are the same as for any person at large in the streets or countryside. There are some more specific risks, as the group often accesses areas which are more difficult or unusual for the population at large, also does so at running speed. It is a fundamental wish of the group to do so. All risks would be hugely minimised or removed by running only in one grass field, but that is not the group's wish.

We could encounter three situations:

(1) Running injury arising (pulled muscle etc).

This is by far the commonest problem encountered and (in a way) the least serious. It happens to some rarely and to some frequently, and the main consideration is that of getting the subject back to base. Their own efforts often suffice, summoning of fetching transport for them is sometimes required. Runners are not left to their own devices, except that some sometimes insist it be so. If the injury is serious, see under (3)

(2) Other injury

It is unlikely that runners will hurt or be hurt by members of the public in general as we do not frequent busy areas. There are the possibilities of problems with dogs or other animals, but the likeliest is road accidents.

Serious road accidents would be covered under (3) but they can be to a large degree avoided by our practice of running off-road whenever possible (in summer), and utilising footpath and pavement in general.

In winter, we use well-lit road with adequate pavements as far as possible.

(3) Previously known medical condition

In general, runners cannot take part in this activity unless they are physically fully fit or at least fit enough not to endanger the well-being of themselves or other members.

It is important to be aware of any known condition which is in any way related to likely running capability or more general well-being, since the activity might provoke it. Notably:

- An asthmatic condition;
- A heart condition;
- Haemophilia;
- Epilepsy;

'Diabetes' added since: Ed

This is not an exhaustive list but it contains more likely examples. It is essential that the club, the activity leader if there is one, and other runners are aware of the existence of any such

factor. Other conditions not mentioned here might be equally significant.

A further situation could arise where a runner is in need of medical care but unable to communicate to medical personnel- other runners might usefully provide warning comment.

Any medical condition should be made clear to the club at the time of signing membership forms, and at periodic times afterwards. Any temporary member or visitor should provide such details before joining in any activity.

Membership forms have carried these requirements for about 5 years, but members who joined prior to that may well not have those details recorded.

Whilst the club and members should do their best to accommodate the wishes of the individual, it should remain the decision of the club as to whether any stated or possible risk is acceptable ie whether the runner can take part in this activity.

At the present time, we do have runners in this group with asthmatic and heart condition for example. The key point is, that others should be aware.

Location of problem and action to be taken.

Should the necessity arise ie a runner is injured or becomes unwell, the considerations are (1) getting assistance and (2) conveying information.

Runs take place in either urban or semi-urban environment eg in the club's activity area runners are never more than a mile from housing, towns etc.

Varying degrees of capability in first aid can be expected of club members; some are medically qualified. If the subject is conscious, they may indicate themselves the course of action to take, but otherwise (or maybe in any case) the priority is to summon qualified assistance.

This is likeliest to be done by runners from a nearby house or other building (999) though passers-by sometimes are helpful here.

A number of runners now carry a mobile phone on their run, which is to be encouraged (though a signal is not guaranteed in all locations).

If the injury or illness is serious, and the subject not conscious, it is likely that medical/police authorities will need the name and emergency contact of the runner. This is possibly available from other members of the activity but as a default it should be available from the club's headquarters on the day by phone. Therefore runners need to know or have the emergency contact number of the headquarters. The headquarters needs to have available contact details and medical details known for any potential subject ie club member or visitor.

These could be on paper, or via an internet connection to the club & temporary member database.

The club secretary is the obvious conduit for this, but since the secretary might not be available at the time it is desirable that a full list of members with details stated is available at the headquarters (currently Herringthorpe Stadium) either accessible in the club area and/or in the staff area.

Action to be taken by the runner subsequent to an accident

Runners should ensure that any injury they suffered is recorded at headquarters by informing the secretary or relevant authority on the night or soon afterwards.

They should bear in mind that untreated injuries may need attention later- bites, cuts etc for example.

Key Measures

Building on the club's and group's general good practice, these are the measures which appear to need introducing or reinforcing:

- All run members to be club members or signed-in visitors. Forms to be always available at the club for this purpose.
- Carrying of mobile phones on runs to be encouraged (pre-programmed numbers)
- All members and visitors to be recorded, with details to include at the very least
 - Name
 - Contact phone number for emergency
 - Known medical conditions (list) which could be encountered whilst running
- These records to be updated or confirmed annually and to be established as need be for older members.
- Database of all club members (including temporary members) to be kept at headquarters on club nights and be accessible (paper, internet, computer options)
- Headquarters phone number to be publicised widely to members
- Member awareness of these arrangements to be confirmed by publication (under preparation, to be appended) in newsletter, website, displayed at headquarters and in welcome packs and flyers.
- Member awareness of their responsibility for themselves and to each other, and of the club to them to be underlined.

Comments or queries to Pete Humphries or Steve Gaines please—this is a consultation document

Lower limb injuries in athletes



Jenny Blizard continues her advice on injuries– and how to avoid them

As a physiotherapist and a runner myself I have a fair amount of knowledge (I hope) in the causes of lower limb pain. There are numerous articles in magazines and on the internet looking at the causes and cures for lower limb injuries, however many fail to recognize how the spine can play a huge part in these injuries. I would say quite confidently that most runners that I see almost always have a lower back component if not the main cause of a lower limb injury.

A bit of biomechanics for you, as you are already probably aware there is a , which support the back, often become chronically strained as a result. These muscles can be split roughly into two groups. Movement muscles are designed to move you from one position to another in an on/off manner and then there are the postural muscles, which are designed to work for long periods in order to support and stabilize your back whilst you move. Often the functions of these two sets of muscles can get mixed up and what you get is low back pain and spasm, quite obvious. What is less obvious is what builds up in the background, which is often more debilitating and difficult and time consuming to correct.

Running down the middle of your vertebral column (your bones in your back) is your spinal cord, which is protected by the surrounding joints, ligaments and muscles. From the spinal

cord leaves lots of little nerves, each having an important function in supplying muscles with their firing power, skin sensation and joints. Over time these nerves become irritated either in your back or at important "tension" sites within your lower and upper limbs. This can cause all manner of bizarre symptoms such as hot or wet feeling feet, pins and needles, numbness, itching, cramps, but more importantly have an important role to play in the more common and difficult to treat injuries.

Examples are iliotibial band syndrome, plantar fasciitis, shin splints, knee pain, hamstring strain, calf strain, muscle cramps, I could go on. This is because these nerves when irritated cause referred pain into these areas, or increase the tension in the muscles, or get stuck within the various joints and muscles they run close to.

Basically what I say to most of the runners I help, is if you look after your back then the rest of your body will look after itself. This means keeping your back mobile with regular exercises, pilates, yoga massage and physiotherapy.

What I would suggest is that if you already have low back pain or other injury ensure you get it checked out first, but if you are currently symptom free help yourself by staying symptom free and keeping your back mobile.

For further information, physiotherapy or individual exercise prescription, please contact Jenny Blizard on 07931897006 at Blyth Chiropractic Clinic on 01909591866 or by email at jennyblizardphysio@gmail.com

Trail & Fell Racing

Performance reports from Adele Morris

White Peak Marathon

Nice to note in passing that although it's not a part of our series, the White Peak Marathon (26.2 miles off road) took place recently. Lorraine Craib was 5th lady with a time of 3:39. She was 43rd out of 198 runners. Lorraine ran with us for some time earlier this season, this is fantastic running and her training is going really well.

Housman Hundred May 28-30

Kerry Booth completed this race in 33 hrs & 7 mins , it was his 10th 100 mile event. The race started at Ludlow & took in the scenic Welsh Marches. What an achievement .. well done. We are well aware that Kerry was far from fit, but the lure of the event is such that missing it won't do. Same for Brian Harney, who did a significant slice of it.

Wharfedale (1/2 & full mara) 4th June

Richard Howcroft completed the full in 3hrs 45 mins he was 25th . " I wimped out & did the half mara & completed that in 2hrs 21mins." (Adele writes)
The race is definitely one to consider for 2012. Both races start just out side Grassington in North Yorks & head up The Dales Way. The full continues to Kettlewell, Arncliffe (apparently the early series of Emmerdale was filmed there) , Mallam Tarn , Mastiles lane then back to the finish.

The half turns off The Dales Way after 3 miles & picks up the other side of Mastiles lane ,then both races meet & finish together. The weather was very windy but thankfully not too hot this year.

Richard Howcroft pictured (right) at Wharfedale

Next race in the series is The Ulley 5 on 22nd June.

Round Rotherham 2011

At the time of writing, a total of 58 runners have entered and paid for the event (either online, or by post)

Half a dozen or so entered their details online but stopped short of paying, which results in our recording their details but not accepting their entry.

| Trail & Fell series 2011 | | | | | | | | | | | | | | | |
|--------------------------|-----------|-----------|-------------|--------|---------|-------|------------|-------------|--------|---------|---------|-----------|----------|------|-------|
| NAME | Tiger Tor | Micklethn | Grindleford | Trunce | Housman | Ulley | Wharfe 1/2 | Wharfe Full | Trunce | Elsecar | 9 edges | RRR relay | RRR full | Silk | Total |
| Jonathan Maxfield | 1 | | | | | | | | | | | | | | 1 |
| Mick Cochrane | 1 | 2 | | | | | | | | | | | | | 3 |
| Richard Howcroft | 1 | 2 | 2 | | | | | 3 | | | | | | | 8 |
| John Spencer | 1 | | | | | | | | | | | | | | 1 |
| Phil Eddison | 1 | | | 1 | | | | | | | | | | | 2 |
| Kevin Thomas | 1 | | | | | | | | | | | | | | 1 |
| David Booth | 1 | | | | | | | | | | | | | | 1 |
| Kerry Booth | 1 | | | | 5 | | | | | | | | | | 6 |
| Adele Morris | 1 | 2 | 2 | | | | 2 | | | | | | | | 7 |
| Howard Darwin | | 2 | | | | | | | | | | | | | 2 |
| Neil Shaw | | | 2 | | | | | | | | | | | | 2 |
| Eleanor Thomas | | | 2 | | | | | | | | | | | | 2 |
| Emma Packham | | | 2 | | | | | | | | | | | | 2 |
| Alan Bolton | | | 2 | | | | | | | | | | | | 2 |
| Diane Spencer | | | 2 | | | | | | | | | | | | 2 |
| Lorraine Craib | | | 2 | | | | | | | | | | | | 2 |
| Gary Ridgeway | | | 2 | | | | | | | | | | | | 2 |
| Roy Varo | | | | | 5 | | | | | | | | | | 5 |



KMRT Race 3

off TRAC 10
15th May 2011

| Pos | Name | Club | Time |
|-----|------------------|---------------------|----------|
| 1 | Gavin Felton | Barnsley | 01:01:32 |
| 2 | Kevin Doyle | Kimberworth | 01:02:18 |
| 3 | Lee Rawson | Fell Runners Assoc | 01:03:54 |
| 4 | Kemp Sapey | Unattached | 01:04:35 |
| 5 | Nick Shpylka | Scunthorpe | 01:04:48 |
| 6 | Mark Smith | Kimberworth | 01:06:15 |
| 7 | Ged Naylor | Clowne RR | 01:06:55 |
| 8 | David Hazleton | Clowne RR | 01:07:00 |
| 9 | Melvin Wallace | Barnsley | 01:07:27 |
| 10 | Terry Eastwood | Rotherham Harriers | 01:07:52 |
| 11 | Ian Rawson | Unattached | 01:08:06 |
| 12 | Martin Wilkinson | Doncaster AC | 01:09:12 |
| 13 | Martin Philip | Kimberworth | 01:09:33 |
| 14 | Lindsay Gray | Kimberworth | 01:09:47 |
| 15 | Chris Cotton | Kimberworth | 01:09:48 |
| 16 | Danny Scott | Unattached | 01:10:45 |
| 17 | Mark Utley | Rotherham Harriers | 01:11:04 |
| 18 | Kevin Thomas | Rotherham Harriers | 01:11:34 |
| 19 | Philip Marsland | Gainsborough | 01:11:46 |
| 20 | John McDermott | Kimberworth | 01:12:28 |
| 21 | Steven Marshall | Maltby | 01:12:52 |
| 22 | James Smith | Kimberworth | 01:13:26 |
| 23 | Neil Shaw | Rotherham Harriers | 01:13:38 |
| 24 | Rick Wright | Doncaster AC | 01:13:48 |
| 25 | Robert Wain | Clowne RR | 01:14:07 |
| 26 | Neil Handley | Toonie Express | 01:14:42 |
| 27 | Steve Barber | Askern RC | 01:15:06 |
| 28 | Simon Rayner | Unattached | 01:15:07 |
| 29 | Brian Lowndes | Maltby | 01:15:20 |
| 30 | Paul Softley | Crystal Peaks Runrs | 01:16:26 |
| 31 | Al Kirk | Unattached | 01:16:54 |
| 32 | Micheal Bunn | Doncaster AC | 01:17:38 |
| 33 | Dennis Learad | Clowne RR | 01:18:34 |
| 34 | Stephen Bagby | Kimberworth | 01:18:45 |
| 35 | Mick Barber | Maltby | 01:19:15 |
| 36 | Paul Gill | Unattached | 01:19:33 |
| 37 | Scott Wilson | Wombwell | 01:19:44 |
| 38 | Adrian Kenny | Unattached | 01:20:12 |
| 39 | Jan Hutton | Totley AC | 01:20:29 |
| 40 | Patrick Rooney | Kimberworth | 01:20:33 |
| 41 | Lee Weatherall | Kimberworth | 01:20:35 |
| 42 | Mick Bloor | Doncaster AC | 01:21:19 |
| 43 | Andrea Eiston | Clowne RR | 01:21:36 |
| 44 | Kathy Attwood | Totley AC | 01:22:00 |
| 45 | Daivd Fullet | Killamarsh | 01:23:33 |
| 46 | Kenneth Chapman | Kimberworth | 01:23:48 |
| 47 | Gemma Scougal | Clowne RR | 01:23:55 |
| 48 | William Bealby | Sheffield Triathlon | 01:24:16 |
| 49 | Tony Redfern | Maltby | 01:24:26 |
| 50 | Nina Hague | Rotherham Harriers | 01:24:35 |
| 51 | Ian Gray | Unattached | 01:24:47 |
| 52 | Gary Hunt | Unattached | 01:25:15 |
| 53 | Greg Goddard | Clowne RR | 01:25:16 |
| 54 | Sue Braddock | Unattached | 01:25:18 |
| 55 | Lynn Ward | Road Running Ass | 01:25:29 |
| 56 | Rob Howles | Unattached | 01:25:57 |
| 57 | Daniel Keeling | Clowne RR | 01:26:00 |
| 58 | Simon Logan | Barnsley | 01:26:15 |
| 59 | Andrew Robertson | Unattached | 01:27:37 |

| | | | |
|----|-------------------|--------------------|----------|
| 60 | Chris Marsland | Road Running Assoc | 01:28:31 |
| 61 | David Johnson | Clowne RR | 01:29:27 |
| 62 | David Williamson | Kippax Harriers | 01:29:30 |
| 63 | Peter Watling | Unattached | 01:29:45 |
| 64 | Jim McIntosh | Clowne RR | 01:30:04 |
| 65 | Paul Foster | Tickhill RAC | 01:31:04 |
| 66 | Maria McDon-Leach | Fetch Everyone | 01:32:16 |
| 67 | Adrian Leach | Fetch Everyone | 01:32:20 |
| 68 | Graham Sheen | Clowne RR | 01:32:42 |
| 69 | Paul Greenwood | Kimberworth | 01:32:45 |
| 70 | Kaye Man | Kimberworth | 01:32:48 |
| 71 | Samantha James | Kimberworth | 01:32:50 |
| 72 | Claire Chapman | Kimberworth | 01:32:51 |
| 73 | Adelle Marsden | Kimberworth | 01:32:57 |
| 74 | Fay Bird | Kimberworth | 01:32:59 |
| 75 | Claire Spencer | Kimberworth | 01:33:00 |
| 76 | Craige Spencer | Kimberworth | 01:33:01 |
| 77 | Jenni Fiander | Unattached | 01:33:02 |
| 78 | Paul Ashcroft | Doncaster AC | 01:33:45 |
| 79 | Paul Eiston | Clowne RR | 01:34:23 |
| 80 | David Grayson | Doncaster AC | 01:36:12 |
| 81 | Nicola Henshaw | Ackworth RR | 01:36:14 |
| 82 | Shaun Braddock | Unattached | 01:36:27 |
| 83 | Nick Scarr | Kimberworth | 01:36:30 |
| 84 | Paula Wright | Tickhill RAC | 01:36:37 |
| 85 | Gavin Hamilton | Maltby | 01:36:36 |
| 86 | Phil Hickling | Unattached | 01:37:52 |
| 87 | Malcolm Rhodes | Rotherham Harriers | 01:38:39 |
| 88 | Trevor Platts | Clowne RR | 01:38:47 |
| 89 | Joseph Linney | Tickhill RAC | 01:39:11 |
| 90 | Calista Feltham | Ilford Harriers | 01:40:42 |
| 91 | Andy Feltham | Ilford Harriers | 01:44:13 |
| 92 | Rachel Beresford | Tickhill RAC | 01:46:03 |
| 93 | Catherine Beckett | Tickhill RAC | 01:46:04 |
| 94 | Emily Feltham | Ilford Harriers | 01:48:49 |
| 95 | Jonathon Ward | Unattached | 01:50:30 |

KMRT Race 4

Maltby Memorial Run

| No | Name | Club | Time |
|----|--------------------------|----------------------|-------|
| 1 | Gavin Felton | Barnsley AC | 37.07 |
| 2 | Peter Roberts | Clowne Road Runners | 37.12 |
| 3 | Zak Mellard | Kimberworth Striders | 38.47 |
| 4 | Kevin Doyle | Kimberworth Striders | 38.55 |
| 5 | Paul Collinwood | Askern | 39.45 |
| 6 | Andrew Padley | Clowne Road Runners | 40.05 |
| 7 | Mark Smith | Kimberworth Striders | 40.46 |
| 8 | Terry Eastwood | Rotherham Harriers | 42.10 |
| 9 | Melvin Wallace | Barnsley AC | 42.14 |
| 10 | Wayne Martison | Askern | 42.32 |
| 11 | Ged Naylor | Clowne Road Runners | 42.39 |
| 12 | Claire Spencer | Kimberworth Striders | 43.10 |
| 13 | Lindsey Gray | Kimberworth Striders | 43.41 |
| 14 | James Smith | Kimberworth Striders | 43.42 |
| 15 | Lee Archer | Kimberworth Striders | 44.14 |
| 16 | Colin Earl | Kimberworth Striders | 44.23 |
| 17 | Ian Richardson | Kimberworth Striders | 44.44 |
| 18 | Paul Sadler | Clowne Road Runners | 44.45 |
| 19 | Phil Martin | Kimberworth Striders | 44.54 |
| 20 | Kevin Thomas | Rotherham Harriers | 45.44 |
| 21 | Ben Beresford | Tickhill | 46.19 |
| 22 | Neil Shaw | Rotherham Harriers | 46.29 |
| 23 | Ian Gall | Valley Hill | 47.10 |
| 24 | Suzanne Sharman | Hallamshire | 47.11 |
| 25 | Craig Spencer | Kimberworth Striders | 47.46 |
| 26 | Bev Sutton | Valley Hill | 47.57 |
| 27 | Emma Dutton | Rotherham Harriers | 48.02 |
| 28 | Dennis Learad | Clowne Road Runners | 48.44 |
| 29 | Stephen Cotter | Rotherham Harriers | 48.57 |
| 30 | James Lavin | Maltby Running Club | 49.18 |
| 31 | Phillip Robertshaw | Tickhill | 49.18 |
| 32 | Michael Jackson | Kimberworth Striders | 49.32 |
| 33 | Garry Needham | Kimberworth Striders | 49.40 |
| 34 | Pat Rooney | Kimberworth Striders | 49.45 |
| 35 | Caroline Southern - Boyd | Maltby Running Club | 50.05 |
| 36 | Mark Utley | Kimberworth Striders | 50.22 |
| 37 | Lee Weatherall | Kimberworth Striders | 50.23 |
| 38 | Nina Hague | Rotherham Harriers | 50.30 |
| 39 | Keith Lindley | Doncaster | 50.36 |
| 40 | David Booth | Rotherham Harriers | 51.08 |
| 41 | Peter Humphries | Rotherham Harriers | 51.16 |
| 42 | Ken Chapman | Kimberworth Striders | 51.43 |
| 43 | Dan Keeling | Clowne Road Runners | 51.49 |
| 44 | Keith Binney | Barnsley AC | 52.19 |
| 45 | Mark Spencer | Clowne Road Runners | 52.20 |
| 46 | Helen Cutmore | Kimberworth Striders | 52.32 |
| 47 | Claire Chapman | Kimberworth Striders | 52.43 |
| 48 | Elly Woodhead | Kimberworth Striders | 52.44 |
| 49 | Fay Bird | Kimberworth Striders | 52.51 |
| 50 | Greg Goddard | Clowne Road Runners | 53.09 |
| 51 | John Dutton | Rotherham Harriers | 53.27 |
| 52 | Peter Wass | Tickhill | 53.45 |
| 53 | Steve Lowndes | Kimberworth Striders | 53.45 |
| 54 | Dave Johnson | Clowne Road Runners | 54.51 |
| 55 | Sally Wheelhouse | Maltby Running Club | 54.54 |
| 56 | David Wright | Rotherham Harriers | 55.34 |
| 57 | Samantha Weatherall | Kimberworth Striders | 56.36 |
| 58 | Helen Bone | Kimberworth Striders | 56.38 |
| 59 | Malcolm Rhodes | Rotherham Harriers | 57.50 |
| 60 | David Rhodes | Rotherham Harriers | 58.02 |
| 61 | Katy Olsen | Doncaster | 58.05 |
| 62 | Paul Hewlett | Doncaster | 58.12 |
| 63 | Michael Hill | Rotherham Harriers | 58.23 |
| 64 | Graham Sheen | Clowne Road Runners | 59.01 |
| 65 | Kerry Booth | Rotherham Harriers | 60.00 |
| 66 | Catherine Jones | Tickhill | 60.00 |
| 67 | Christine Stimpson | Tickhill | 60.11 |
| 68 | David Keeling | Clowne Road Runners | 60.11 |
| 69 | Carol Wells | Tickhill | 60.39 |
| 70 | Gemma Spence | Tickhill | 60.44 |
| 71 | Eleanor Thomas | Rotherham Harriers | 60.51 |
| 72 | Joseph Linney | Tickhill | 61.01 |
| 73 | Nick Scarr | Kimberworth Striders | 65.59 |
| 74 | Chris Wilden | Maltby Running Club | 67.19 |
| 75 | Janet Dutton | Rotherham Harriers | 68.48 |
| 76 | Vicky Lindley | Doncaster | 75.46 |

KMRT Series Full List

| | |
|----------------|----------------------------|
| Sun 27 Mar 11 | Royal Oak 5 (ex-Gala) |
| Sun 10 Apr 11 | Bassingthorpe 5 |
| Sun 15 May 11 | Off TRAC 10 |
| Wed 25 May 11 | Memorial Run |
| Tue 14 June 11 | Kimmy Kanter |
| Wed 22 Jun 11 | Ulley Res 5 |
| Wed 06 July 11 | Roche Abbey Dash |
| Wed 20 Jul 11 | Prince 5k |
| Sun 25 Sept 11 | TRAC Carpenters Arms |
| Sun 30 Oct 11 | Canal Run |
| Sun 18 Dec 11 | Santa Special |
| Mon 26 Dec 11 | Braithwell Boxing Day Race |

The events so far will be collated into 2011 KMRT data-base on www.rotherhamharriers.org during the next week

Awards: in 5-year age groups for:
Up to 8 races- most races done
8 or more: head to head results in your best 8
(no points system, KMRT organisers adjudicate)
Special awards for each club: most creditable performer not otherwise awarded
RH awards evening- all qualifiers (8 or more races)

Newsletter Correspondents

Reports are published as received from club or section secretaries or their nominated agents. Consequently any topical information should go to them, and they will expand any information requirements you have. This includes results lists which must therefore be in publishable format.

The newsletter is especially keen to have contributed articles or reports from members (ask if in doubt about suitability)

The fixture list and online scroller are updated by section secretaries or their agents and I use these directly. **There is now an easy-to-use input screen on the website for YOUR own reports. Don't let us miss your performance. This input goes to newsletter editor and to Alan Coupe for Rotherham Advertiser.**

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