



## Yorkshire Gold Well-earned

It was not just a jaunt on a nice day with my bus pass and the opportunity to get a few video shots with my new camera which lured me to Headingley but the real chance that Rotherham's huge potential, particularly in ladies' running, was in with a chance of coming up with the goods. And how well it paid off, with the new enthusiasm and organisation of Nigel Brookes leading to a team performance of class and maturity to make all the time, skill and dedication of both athletes and coaches come to fruition at last.

RH have backed the county event (along with Northern and National) come hekkil or high water, and this is a just reward. No teams from Sheffield, Hallamshire, Doncaster or Barnsley incidentally, and really a quite poor turn-out, but you take on the teams that are there, and Holmfirth and Wakefield were not simply making up the numbers.

Jenny Blizard blew the race apart on stage 1 with the race best time by around a minute, and the fine young trio originating from Dennis Russell's stable showed all the maturity in the world in defending the lead- first Holmfirth breathing down their neck and later stage four flyers Jo Buckley of Bingley and ex-RH Julie Briscoe (Wakefield)- but they had too much to do by then.

At under-15 level, both girls and boys of RHAC won their event and although the senior men were annoyingly close to the podium in fourth place, they put in a fine contribution so that without doubt RHAC were the dominant and best-organised outfit there on the day. There is a lot more to come. [full ranking results will be in next edition Ed]

*Photos: The winning Rotherham teams, at the Yorkshire Road Relays at Leeds Metropolitan University:- Top: The junior / senior womens team, from left: Stef Burns, Jess Fawcett, Robyn Lanceley, Jenny Blizard.*

*Below left: U15 boys team, from left, Devon Stead, Robert Bentham, Ryan Beale, below right: U15 girls team, from left: Bonnie Smith, Emma Dutton, Jess Mangham*



## Ladies' Northern 9th Shows Real Strength in Depth

*Northern Road Relay Championships at Warrington, Saturday Sept 24th.*

Having won the Yorkshire Championships earlier in the month Rotherham were looking to continue their good form as they took on the best clubs in the North of England. New team manager Nigel Brookes was forced to make three changes from the line up that clinched the Yorkshire title with Robyn Lanceley the sole survivor. Jade Allen got the team off to a cracking start recording the teams fastest time of the day covering the 4.9k course in 17:53 and handing over to Annabelle Grady. The second leg is Annabelle's favourite and she once again produced the goods by storming through the field with a time of 17:57 and sending reliable Robyn Lanceley on her way.

Robyn has recently started to look more like her old self and once again this was a solid performance (18:47) on what can be a very pressurised leg. As Robyn crossed the line it was left to the youngest member of the team Natasha Hatswell to hold onto what looked like being the best finishing position in years. Despite dropping a couple of places midway through the race Natasha spurred on by her team mates produced a fantastic finish to claw those places back. As she crossed the line in 9th place (19:05) the team began to celebrate what was to be Rotherham's highest finish in this event for 10 years.

Every good team needs good back up and Rotherham received that from Janet Hindley (19:31) and Nina Hague (21:56) who went as travelling reserves and competed in an incomplete B team and also gave the girls good vocal support during the day.

Team manager Nigel Brookes said afterwards "To get the best out of yourself you have to compete against the best and today we more than held our own. We now look forward to sending out two strong teams for the National Championships in Birmingham on Oct 15th. We have 12 girls all battling for only 8 available places and this can only be good for both the Club and the athletes themselves"

## Men's 6-Stage Qualify for National

*Steve Gaines adds:*

Another good turn out for the club - although disappointingly we had no U13 teams - at Birchwood.

The senior ladies team finished 9th - the best finishing position for 10 years - a tribute to the good work done by Nigel Brookes in his new role as women's team manager. The senior men's team finished 21st (their best position for the last 4 years) easily qualifying for the national event at Sutton Park on the 15th October, and for the first time for many years we had a complete B team.

In the Young Athletes races, we also had many good performances. The U15 boys finished 9th, The U15 girls 22nd (Charlotte Dodds running the 20th fastest time). The U17 men finished 19th, and the U17 women 9th (Jess Freeman the 18th fastest time, Jess Mangham the 19th fastest). Thanks to Pete Shaw, Nigel and Robert Bentham for their help with the club tent, and to Jim Brogan for helping organise the teams.

**Womens National road relay A and B teams will be announced on Wednesday Oct 5th after training. Also anyone wishing to join the relay squad should contact Nigel for more details. We compete in 5 major championships per year. His number 07742180128**



Fastest RHAC stage runners at the Northern's: Phil Hoole and Jade Allen



# Round Rotherham Run

Saturday 15th October 2011

## Appeal for help at the finish.

This is the biggest event promoted by Rotherham Harriers & A.C. As you will realise the event requires a massive amount of help. Not surprising with a field of potentially 350 competitors making their way around the 50 mile route. Start and finish for the event is at Dearne Valley College Sports Centre, Wath.

At the finish we have to record the race number and finishing time of each competitor. This is a relatively pressure free activity, as runner and walkers are well spread out in terms of finishing time.

So that the task doesn't fall on just a couple of people, we are requesting volunteers who are prepared to do up to a two hour stint at this task on the day.

Finishers arrive in the time zone 1:30 pm until 10:30pm, so ideally we require 3 or 4 people to cover this range. If you are available and wish to help, please contact Jim Brogan at jim\_brogan10@hotmail.com, stating which time period you would like to cover. The task is relatively simple, just writing down the finishers number and also the time they have finished.

Many thanks, Jim Brogan

## Northern 4-stage Team Photos

Above: Left to right, Janet Hindley, Jade Allen, Annabelle Grady, Robyn Lanceley, Natasha Hatswell, Nina Hague.  
 Below left: The U15 girls team, from left: Maisie Elliott, Charlotte Dodds & Emily Hutchinson.  
 Centre: The U17 mens team, from left: William Johnson, Connor Ryan & Nicholas Myers.  
 Right: The U17 womens team, from left: Emma Dutton, Jess Mangham & Jess Freeman.

### 15th October is RHAC's busiest day.

We have National 6-stage men's relay, women's 4-stage(s), and the following day is the National Junior event.

Many of our members and friends are taking part in the 50-mile Round Rotherham Event and the number of dedicated workers who make it all happen is considerable.

**Are you doing nothing?**

There is room for ALL our members to take part in the relay, it's a fabulous experience. And (see right) assistance is always needed.

## Update on the Round Rotherham

As of 3rd October 281 entries received (\*) and with another 2 weeks to go I anticipate an entry of 300+ which augurs well again for the Round Rotherham. We have entries from Sweden and Poland this year which again shows that we are well and truly placed on the international map now. Up to now, last year's male and female winners have not entered but with entries being accepted on the day, they could be waiting until then. Rotherham Harriers have entered 4 relay teams, mens, ladies, mixed and a David Haywood entry. Entries also received from Clowne Road Runners for the first time, entries also expected from Malby, Kimberworth, Sheffield and Killmarsh Kestrels. We should have approximately 12-15 relay teams this year.

Any Harrier who can offer their help on the day at the finish with timekeeping or at any point during the day would be gratefully received. Please let me or Jim Brogan know if available to help.  
 Thanks, Sharon

([\*] they only get counted if they've paid. Many others have gone through the entry process but not paid- they are not yet in the race but clearly they might well come to enter/pay on the day Ed)



### Fixtures: Summer /Autumn 2011

Sat 01 Oct 11	Cutlers Relays	clubs	All ages, inc Northern, SY and YVAA champs. Graves Park
Sun 02 Oct 11	Mablethorpe Marathon & half marathon	open	
Sat 15 Oct 11 (TFS)	Round Rotherham 50 miles and 8 leg relay	open	Dearne Valley Sports Centre, Wath upon Dearne
Sat 15 Oct 11	National 6/4 Relay Chaps	club teams	Sutton Coldfield
Sun 16 Oct 11	Northern Vets 10k Track Champs	open	Leigh Sports Village starts 11.00am
Sun 23 Oct 11	SY Cross Country 1	open	Clifton Park, Rotherham
Sun 30 Oct 11	Canal Run	open	KMRT Cutler Westgate 11am
<b>November</b>			
Sat 05 Nov 11	National Cross Country Relays	clubs	Berry Hill Mansfield
Sun 06 Nov 11	South Yorks Indoors	clubs	EIS Sheffield: U11,13 & 15 start 12:30
Sun 13 Nov 11	SY Cross Country 2	open	Wentworth Castle, Stainborough, Barnsley
Sat 26 Nov 11	Silkstone Shuffle 4 (Tfs)	open	Silkstone Cricket Ground
Sun 27 Nov 11	SY Cross Country 3	open	Mount St Mary's College, Spinkhill
<b>December</b>			
Sat 03 Dec 11	South Yorks Indoors 2	clubs	EIS Sheffield: U11,13 & 15 start 12:30
Sun 11 Dec 11	SY Cross Country 4	open	SY Cross Champs: Northern Racing College Doncaster
Sun 18 Dec 11	Santa Special	open	KMRT Droppingwell 11am
Mon 26 Dec 11	Boxing Day	open	KMRT Butchers Arms Braithwell 11am
Tue 27 Dec 11	Ribble Valley 10Km	open	start 10:30, Northern 10Km champs
<b>January</b>			
Sun 01 Jan 12	Cleethorpes 10Km	open	Start 11:15entry form
Sat 28 Jan 12	Northern Athletics XC Championships	clubs	Pontefract Racecourse

### SHORT CONTRIBUTED REPORTS

*I emailed Phil Edisson for a RRR relay runner: his reply:-*  
 Hi peter, Unfortunately i will not be available as I am currently working in Cape Town South Africa. I Will not return until 21st of October. Just out of interest I have entered a 20km trail race over here on the 8th of October, it is called the Laborie rock run and is located around Pearl about an hours drive away from Cape Town. Will let you know how I get on.  
 Thanks for the communication.  
 Regards, Phil.

From John Small  
 About Rotherham throws comp 27.08.11 / York open meeting 10.09.11  
 I would like to update the latest performance's by jordan in the u15 hammer with the season drawing to a close we have attended a few meeting the first was at Rotherham on the 27th august where he threw a seasons best of 49.74 putting him back on top of the Yorkshire rankings and 9th in England . then we where at york this weekend where he won the event with his first throw throw of the competition with a throw of 46.97. i would like to say thank you to the continued support from his coaches and the support of the club .

From Pete Humphries: **Carps 5**  
 The ninth race in the KMRT series was run at Tickhill last week, poorly attended though not badly by RHAC. Terry Eastwood won, with Emma Dutton second lady and taking the prize, as vet Bev Sutton ran first. No results yet.  
**Next event: Canal Run form Westgate Cutler 11am 30th October.**



Jenny Blizard continues her series on improving your running: I have added this month's on to last issues, for those who missed it [EJ]

## How's your breathing?

Breathing plays a major role in running but ever wondered how you breathe, how efficient this is and whether it can be improved?

Would it be great to: -

- Reduce your heart rate at the same time as increasing your pace
- Be able to feel the ground being pushed away from you rather than the effort of lifting your legs each time to propel you forward.
- Allow your arms to connect with your lower limbs to help forward momentum
- Be less prone to injury through a more efficient and stable running style.
- Find ways of getting back on pace and focus in hard races
- Turbo charge your sprinting ability for that final finish line burst

Well all this can be achieved with a good breathing pattern, the bad news is it takes daily practice, but the results are almost instant.

A normal breath cycle takes the form of a breath in and out performed subconsciously, at rest. On the breath in the lower rib cage should expand and the abdomen protrudes, as the diaphragm gets stretched downwards to allow air entry. During a deeper breath the upper chest wall will rise. During the breath out the rib cage and the abdomen slowly shrink. With exertion accessory muscles of breathing come into action to allow the upper chest to expand further at the end of the in breath. This is where runners come unstuck. Through lack of practice, conscious thought or awareness, runners soon perform the opposite pattern and during a breath in the chest wall quickly rises and the abdomen is sucked in, in an attempt to gasp further air in.

Over time left uncorrected this can have profound changes to your style and efficiency because the arms are no longer able to swing relaxed by the side for counter rotation and forward momentum. Lung volumes are reduced therefore less oxygen in one breath, which means increased heart rate and breathing rate to compensate. The running style becomes upright preventing the ground being pushed away and the quads have to work harder to drive forward, and certain muscles of the abdominal wall are less able to protect the spine from stresses. It all boils down to inefficient running action, which reduces pace, increases effort and exposure to injury. All this from your breathing!

First action is to become aware of your normal deep breathing pattern.

## How's your breathing? Part 2

Part 2 is all about mastering the correct technique. You need to find out how you breathe first to start with so lay on the floor with your knees bent and feet hip width apart on the floor. Place one hand on your upper chest and the other on your tummy. Take a deep breath in and out. Now what did you do?

A) As you took a deep breath in, your hand on your chest rose upwards and the one on your belly dropped downwards. On the breath out the opposite occurred.

B) As you took a deep breath in, your hand on your belly rose upwards and towards the end, the hand on your chest rose upwards. On the breath out the opposite occurred.

C) A combination of the two  
Which do you think is correct?

B of course! But in truth most runners do A. Correct breathing patterns allow increased air entry i.e., lung volumes which reduces both respiratory rate and heart rate meaning you go faster! Breathing incorrectly as A, means that your breathing rate is shallow, your diaphragm rises upwards rather than downwards on the inward breath, reducing lung volumes, increasing your respiratory rate and heart rate to accommodate.

### Breath control practice

Get back to the floor in the position above, now breath in for two and out for a count of 6. On the breath in allow your belly to rise up, your lungs to rise at the outside and refrain from lifting your upper chest. This may feel awkward and restricted at first but as you practice the joints and muscles will relax, your brain will get in gear and your lungs will start to expand. On the breath out count for 6 and force every little bit of air back out allowing your rib cage to fully drop to its proper resting position.

Practice 10 breaths at least 2 sets per day.

Part 3 coming up soon, you need to walk before you can run so be patient and practice and look forward to part 3 and those PB's!

Jenny Blizard BSc (Hons), MCSP, HPC  
Chartered Physiotherapist  
Email: jennyblizardphysio@gmail.com  
Mobile: 07931897006  
Clinic Number: 01909591866

Perf	Venue	Meeting	Date
02:45:10	<u>Odense, DEN</u>	HC Andersen Marathon	18-Sep-11
02:46:01	<u>Brighton</u>	Brighton Marathon	10-Apr-11
02:46:34	<u>Amsterdam, NED</u>	ING Amsterdam Marathon	17-Oct-10
02:49:10	<u>London</u>	Virgin London Marathon	25-Apr-10

## Catch-up Photos

The Askern 10 mile road race (including the South Yorkshire & Yorks Championships)  
Right: Terry Eastwood on his way to finishing 3rd vet O50 at Askern.

Final league match in the Northern Athletics track & field league (at Derby).  
Left :Jess Fawcett (4) and Jess Mangham (44) in the lead group in the women's 3000m.  
Bottom: Michael Eccles clears anew PB of 1.80 metres in the high jump.



## Cutler's Relays

1st October 2011

Brief early reports of the Cutler's show a very healthy cross-country picture for the club, which on top of the recent top-class road performances is very encouraging indeed.

The Cutlers nowadays are not only the Cutler's Relays but also the South Yorkshire and Northern Cross-country Relays. All of which makes results tricky, as different qualifying criteria are applicable for the different titles.

RHAC fielded teams in every age group. The senior men had two teams A and B in the first ten, whilst the senior women finished fourth behind the winning Durham team, happily beating Hallamshire in the process.

Under 17 women were 5th, and Charlotte Dodds ran 5th fastest U15 girl. The under-11 girls team were second.

Steve Gaines reports that the turn-out of teams (considering it is a northern championship event) was modest, which is probably due to the short interval after the county and especially northern road events.

Full results and pictures in our next edition, which will appear all being well very soon after the Round Rotherham, which will also be fully reported.

## Odense Marathon

Jenny's news (with her other hat on so to speak) comes from the HC Andersen Marathon where she was second lady. She lowered her pb by almost a minute, in the process leading home the UK select team [see panel of JB's marathon performances to date (Power of 10)]  
I hear that windy conditions made the course difficult, which otherwise would have gone down below the 2.45 mark, which could be a sort of 'beacon time' I guess.  
Very well done all the same.

# Trail Update

From Adele Morris

Elsecarr Skelter 13th August. (27/20 or 15 mile event) Fantastic scenery through Wentworth, Wharcliffe Crags, Wortley Hall, Tankersley. Part of the Trail & fell series.

Mick Cochrane ran 27 miles in 4hrs 48 mins & Brian Harney 5hrs 48 mins. Due to injury Brian set off with the intentions of walking the route & ended up running it.

Sedbergh Hills 21st August. 14miles in The Howgill Fells in Cumbria. Part of the British & English fell running championships so attracts all the elite runners. Very tough race with 6000ft of climbs.

Mick Cochrane ran 3hrs 8 mins & got the v65 award

Totley Exterminator 4th Sept. 16 miles in Derbyshire with 4000 ft of climbing. Beautiful scenery & again very tough. Started at Totley up Blacker Moor, Burbage, Higger Tor, Stanage Edge, Hathersage, Padley Gorge, Longshaw, Totley Moor & back. Mixed weather didnt spoil the day & lots of buns at the finish. Mich Cochrane got v65 prize for the series (4/5 races in totley series to count). Think I'll put this in The Trail & fell series for 2012.

Richard Howcroft 2hrs 39 mins Mick Cochrane 2hrs 48 mins John Spencer 2hrs 51 mins Adele Morris 3hrs 38 mins



## Nine Edges

The race is 21 miles from Fairholmes at Lady bower to The Robin Hood pub at Baslow. It passes over 9 edges (Derwent, Stanage, Burbage north & South, Froggatt Curbar, Calver, Baslow & Birchen Edges)

We were lucky with the weather apart from a slight head wind. The race was supported by walkers Gill Tayler, her partner Malcom plus Ray Mathews who we passed on Stanedge. Neils Dad Derek & sister Gail were also on route & took the photos. Well organised & friendly race. We all did pbs Rich by 15 mins, Adele by 13 mins & it was Neils first 9 edges.

Runners

Richard Howcroft 2hrs 55 mins Adele Morris 3hrs 39 mins Neil Shaw 4hrs 8 mins

Neil, Adele and Richard are ready (right) for the start, whilst the upper picture shows the race start.

Below: the hectic start of the Northern Women's 4-stage relay event at Warrington, Saturday September 24th

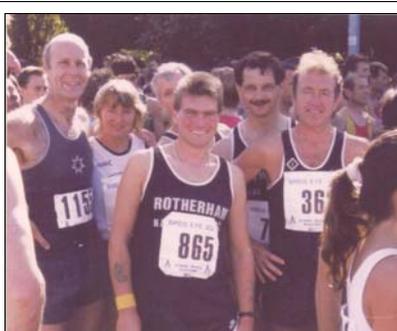


### Urgent Reminder!! Membership Subs

England Athletics has written to confirm that athletes who have not paid subs/ EA fees by 7th Oct will be removed from the Power of 10 tables



Caroline Boyd's pictures (last issue) showed Mark and Paul Ruddleston along with Caroline at the Workop Trader Half Marathon 1982, the others not known. The right-hand event was the Humber Bridge race, prominent are Mike Sumpton, Caroline, Dave Ellis, Jim Gallagher and I think Maurice Allsop. That looks like Brian Ratcliffe peering round behind Dave. Have I got them right?



### 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. NB this must be a report (may be brief) not just a reference

Editor: Pete Humphries peter.humphries627@o2.co.uk  
Next edition: November 2011