



English Schools T&F Championships in Gateshead

Rotherham Harriers' Great Ambassadors

Rotherham Harriers at the English Schools T&F Championships in Gateshead
 Special Report from Dennis Russell, Uka Level 4 Performance, Middle Distance Coach

David Scholey, Laura Booth, Helen Banks, Jade Allen, Natalie Grant, Jason Maxfield: Six great ambassadors from Rotherham Harriers competed for South Yorkshire Schools at the English Schools Track and Field Championships at Gateshead on the 9/10 July. Each athlete performed brilliantly in trying to attain new pbs.

David Scholey started the ball rolling with an enthusiastic run in the Inter boys 400m heats; although David didn't progress to the next round he gained valuable experience and is determined to improve next year. His time of 52.15 was nearly 2 seconds below his pb but the effort he put in was 100%. The first 200m of the race he probably ran a pb and he gave all in the last 200m but could not maintain his rhythm. David showed great courage and determination and the improvements and experience he has gained this year will allow him to continue to perform at his best next year.

Laura Booth competed in the Inter girls Shot Putt and threw consistently to reach the last eight of the competition. She was so consistent that after her first throw she was in 3rd position and she maintained that position throughout, Laura unleashed a big 11.96m in her sixth and final attempt to secure her bronze medal which was over 70cm further than 4th place. Her distances were: 11.79m, 10.99m, 10.51m, 10.35m, 11.49m, 11.96m.

Helen Banks competed in the Inter girls Long Jump, Helen started the competition with a leap of 4.78 which put her 9th position, her next attempt was a no jump and slipped into 12th position, but her final leap of 5.21m brought her back to 9th and was only 8cm short of reaching the top eight. Helen would have learned from this competition and she is still in the same age group next year.

Jade Allen competed in the Junior girls 800m and considering that she only arrived back from holidaying in France during the early hours of the morning of the competition Jade exceeded all expectations that anyone could have had. She finished 5th in her heat in the time of 2.19.88 which was a pb by over 1 second, the time was also the 10th fastest of the 3 heats. A truly excellent performance from a young athlete in her first athletic season having only run this distance 6 times.

Natalie Grant also competed in the Junior girls 800m and tears of disappointment turned to tears of joy. In the heats Natalie finished 3rd in 2.19.88 and accepted that it wasn't fast enough to reach the final, but the athlete who had won her race was later disqualified, therefore pushing Natalie up to 2nd position and automatic qualification to the final.

The tactics for the final were changed and they actually brought the best out of Natalie's ability to perform at the highest level. At the bell she was in 8th position two seconds behind the rest of the field but with 300m to go Natalie started passing the athletes to finally finish in bronze medal position. Her first lap was approx 67 sec-

onds and her finishing time was 2.14.20; an excellent piece of pace judgement. She was 0.12 seconds slower than the silver medal position and 0.46 faster than 4th position producing a very close exciting finish.

Jason Maxfield competed in the Inter boys 800m after twice competing in the 1500m where he never progressed past the heats. This time however Jason's attitude and tactics were more positive and he did himself proud in possibly his last English Schools championships. He was one of three South Yorkshire Inter boys in this event but he was the only one to progress to the final. Jason won his heat in a time of 2.01.98 in which he controlled the race to his liking and just jogged over the finishing line. The semi-final brought the best out of Jason as his



determination to reach the final was overwhelming as he battled down the home straight to finish 5th; he progressed to the final as a fastest loser. His time was a very good 1.57.98.

The final saw Jason in a very tense mood and his main aim was not to finish last in the field of nine athletes, on the recorded pbs of each athlete Jason was the slowest but his new-found positive approach to this event brought Jason home in a credible 7th position in a time of 1.57.45 (which was 0.05 slower than his pb.) Considering that he had run three top class 800m races in two days and his time got faster in each race, his final was an excellent way to round off his English Schools competition.

AGM 2004

**6.30pm on Thursday 14th October
 at the Council Chamber,
 Grove Road, Rotherham.**

Nominations (which can be made for ALL Officers of the club) and any items for agenda to be sent in writing to club secretary Bert Norburn within 21 days of the AGM



Collage from the recent schools' competitions above.

Main picture: Laura Booth said she was aiming at the AAA Silver in Birmingham; she is pictured here with proud mum Alision displaying the evidence. Well done.

Fixtures

SY Cross Country

- 1 Oct 10th poss Barnsley ??
- 2 Nov 7th tba ??
- 3 Nov 28th Old Hall School (RHAC)
- 4 Jan 9th Graves Park (also Champs)

Yorkshire Vets - remaining championships

- Sep 12th Track & field South Leeds stadium
 Oct 3rd 10k Horsforth
 Oct 17th 1/2 marathon Bridlington
 Oct 31st 15 mile Holmfirth
 5k postponed on 10.8.04 to be re-arranged

Rotherham Harriers & AC Newsletter

is normally published on the first Wednesday each month.

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Club Websites:
www.rotherhamharriers.org (official site)
www.hmarston.pwp.blueyonder.co.uk/rhac/index.htm
 Newsletter and back issues on-line:
www.thedoc.fsnet.co.uk/jul04.pdf or ...jun04/pdf etc

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

Deadline for copy: first Tuesday each month.
 Thanks to contributors this month including: Jim Brogan, Dennis Russell, Bert Norburn, Peter Neal, Henry Marston, Sharon Burton, David Haywood.

Welcome, Welcomen, Ben Venute.....

The following new members were accepted at the Executive Committee Meeting in August:-
Martin John Feeley 14 yrs, T&F, Sean Garbutt 11 yrs T&F, Samuel Mark White 14yrs T&F

LEAGUE ROUND UPS**South Yorkshire League**

At the final League Meeting at Cudworth on Saturday 17th July the Harriers were 5th of 8 teams, this in no way reflects our true strength only the apathy that our members show towards this League. We were placed 4th overall in the league. Why? What is it about this League that fails to attract? Please let the T & F Secretary, Bert Norburn, know your views. If the League doesn't get feedback HOW CAN IT GO FORWARD?

Northern Men and Women

On 31st July at Blackpool the team finished 5th with a final league placing of 3rd a commendable result considering the number of senior women athletes available. In the Division 4EC our Men's B team took 5th place at Sheffield on 31st July with 5th place overall from 8. With no women athletes in the team this was a good performance. Have we got enough women to field athletes in the B team next season? T & F Secretary Bert Norburn would like to hear your views.

NJL Pennine Division

At a very wet and cold Longford Park the home of Trafford AC Manchester on Sunday 18th July 2004 The men achieved 3rd place with a final league placing of 3rd. The women were placed 4th with a final league placing of 4th

National YA League North 1 East

The following YA took athlete of the match awards during this seasons competition:
Jason Maxfield U17 M 800m 2m 00.3s (Gd 2) ; Peter Nelson U17 M HJ 1.78m (Gd 3) ; David Scholey U17M 400m 50.3s (Gd 1), Martin Boner 800m 2m 01.2s (Gd 2)
Natalie Grant U15 G 1500m 4m 57.3s (Gd 2); Laura Booth U17 W Shot Putt 11.84m (Gd 1); Helen Banks U17 W HJ 1.64m (Gd 2); Amber Merrills U13 G Shot Putt 8.88m (Gd 1) ; Jemma Creaghan U13 G 800m 2m 30.6s (Gd 1)

The final fixture this year on 1st August saw us at home against Morpeth, Scunthorpe and Cleethorpes. We took 1st place but narrowly missed promotion with Wakefield and Hallamshire Harriers taking the two top spots.

YA and Seniors Gain Inter Counties Selection

The following Young Harriers gained Yorkshire Vests having been selected to take part in the Inter County Competition at Cudworth on 21st August representing Yorkshire in the North Of England AA Championships:-
Rob Watkinson Sen Men 1500m
Natalie Grant U15 Girls 800m
Jade Allen U15 Girls 600m Medley Relay leg

The following Young Harriers have been selected to represent South Yorkshire at an Inter Counties Event at The Harvey Hadden Stadium, Nottingham on Saturday 11th September:
Ben Rollinson U15 Boys Long Jump : David Booth U15 Boys 1500m; Rebecca Middleton U13 Girls 200m & 4 X 100m Relay : Amber Merrills U13 Girls Shot & 4 X 1 Relay : Jemma Creaghan U13 Girls 800m : Natalie Grant U15 G 800m.

Congrats. To one and all.

Winter Indoor Training 04/05, Herringthorpe Leisure Centre

The Leisure Centre has been booked for indoor training/ Sports Hall on the following dates
From 6.00pm to 7.30pm £2 per session
October WEDNESDAY evenings 6th 13th 20th 27th
November WEDNESDAY evenings 3rd 10th 17th 24th
December THURSDAY evenings 2nd 9th 16th 23rd
January 05 THURSDAY evenings 6th 13th 20th 27th
February 05 THURS evenings 3rd 10th 17th 24th
March 05 WEDNS evenings 2nd 9th 16th 23rd 30th

Vandals Strike again

I am sorry to inform you that vandals have struck once again with an arson attack at the stadium.
The track being closed for use staff had placed high jump and pole vault mats in the cage by the start/finish line. When club officials reported at the Stadium on Wednesday evening 11th August it was discovered that the mats and the cage of the discus/hammer cage had been fired. The damage runs into several thousands of pounds. To add insult to injury a few

days later reinforced glass windows on the roof of the kiosk were kicked in.

It is not a coincidence that there are NO STAFF in the kiosk during the day whilst resurfacing is pending. When the track resurfacing is complete security at the facility will have to be improved. CLUB OFFICIALS WILL BE PRESSING HERRINGTHORPE MANAGEMENT WITH REGARD TO THIS.

TRACK UPDATE

Kim Newman, HLC Manager reports that the track will be taped on Monday 30th August and sprayed the following day Tuesday 31st August. (Action at last).

Indoor Training

Your T&F Committee has booked the indoor facilities at

EIS, Sheffield for each Wednesday in August. Each session 6.00pm to 8.00pm costs ONLY £2 fantastic value. We are hoping to negotiate a continuation of the contract. Our thanks are due to Senior Coach Peter Moore for negotiating this deal.

AGM Fixed

The AGM for 2004 has been Fixed for 6.30pm on Thursday 14th October at the Council Chamber, Grove Road, Rotherham. Nominations can be made for ALL Officers of the Club; it should be noted that David Haywood has now completed the customary 3 years as Club President. Nominations should be sent in writing to club secretary Bert Norburn and also any Items for agenda should be similarly submitted within 21 days of the AGM

The Monaco Corner: snippets from life in Monaco

Sharon Burton

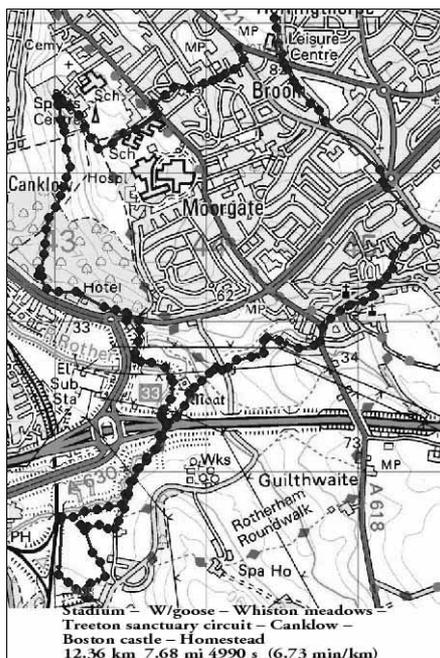
Sharon reads RR on the web site, and offered some answers to last month's photo quiz. Her letter continues:

I was training in the Monaco stadium a few weeks ago when a coloured very fit looking male athlete was running around the track. Imagine my surprise and excitement when someone from the club said it was Frankie Fredericks! He'd just won the 200m at Lausanne the night before and was doing a few strides. I've since found out that he lives in Monaco but that's the first time I've ever seen him on the track. Unfortunately, I didn't get his autograph as I was in awe, maybe next time!!

I was also out on a run the other day when I found out that David Coulthard (motor racing driver for those of you who don't know) was running on the coastal path just in front of me. I didn't know this at the time until someone shouted to me from the beach that it was him. Again, a missed autograph opportunity!! He also lives here, as does Jensen Button.

Lastly, I haven't done a great deal of racing since leaving the UK mainly because in the summer on the Riviera there are hardly any road races to be found as it's just too hot to compete, so when the opportunity arises I grab it. Usually the races to be found are in the mountains as it just might be a few degrees cooler. So a couple of weeks ago we took

off to the Alps Maritime mountains, about a 1 1/2 hour drive away to a race called Isola 2000. The race started from a village called Isola at a height of 875m. It was 15.5km (or 10 miles) long and climbed an altitude of 1125m to eventually reach the village Isola 2000m which is a ski resort. Previous to entering this race I was a bit sceptical, as I knew it was a race which was run entirely uphill and did wonder if I would eventually reach the top. Despite being very hard work and hot as well, it was also very enjoyable as the terrain kept switching from road to off road and was also a very picturesque journey, so it took your mind off the pain! What was also disconcerting was that the km markers were being counted down as you passed them so you knew exactly how far it was to the finish. However, it was a welcome sight when the village came into sight although the finish couldn't be seen and it involved another long uphill drag to reach it. I felt like taking the ski lift! All in all, I had a good run, just managing to pass a lady in the last 3km and kept in front of her to win 3rd lady overall prize in a time of 1 hour 46 minutes, whilst Pete also had a good run finishing 4 minutes in front of me. Our next race is a 1km track race in the Monaco athletics stadium on 18th September just before the Grand Final athletics meeting starts. It's a race organised by Monaco Athletics club for local athletics clubs and we've been coerced into running by the coach down there. I just hope we're not on T.V!! Sharon Burton
Au revoir and A bientôt!

Club Runs

Running with Henry Marston is never boring. These days we find ourselves in the same club group and though he has given up the spectacular career of 100-mile or 24-hour running, he retains the philosophical attitude which no doubt helped him in those days.

Henry has always denied that in his heyday he really did run to work fully dressed with headphones on reading a book but it is an enduring image.

Recently his running kit has grown to include a global positioner, which allows him to later plot his running route on to an OS map. He has kindly sent us this example (clearer in colour of course) from a recent Wednesday night run. Henry says "...well, it gives you some idea. Dots on the route are at 30 s interval except where signal was lost (notably under trees) Also gives an indication of distance, based on straight line between these dots, i.e. a minimum estimate. "

Joking aside, apart from his exploits mentioned above, Henry is a keen and useful orienteer (as goes also for his family) and has done some impressive work planning and mapping orienteering events. Also of course contributing significantly to the Round

Rotherham Run.

If you haven't looked at the HM web site, do yourself a favour. The address is on the front of this magazine. RH was well represented there a good while before we got our official site going.

These days we rarely get lost on club runs: perhaps we can't run far enough! Henry probably always knows where he is (certainly knows where he's been!) but if he offers you a short cut, it will pay you to be very wary! His interpretation of 'short' is often not quite as per Oxford English Dictionary.

Track & Field Results

Dennis Russell

Pete Shaw - A Profile

Peter Neal

U15/U17 AAAs T&F Champs at Alexander Stadium, Birmingham on the 14th/15th August.

Laura Booth u17w Shot Putt 1st(Final) 11.85m
 Lyndsay Clarke u17w 800m 7th(heats) 2.21.20
 Victoria France u17w 3000m 16th(Final) 11.22.12

Tom Bauk u17m 200m 7th(heats) 24.19
 Martyn Boner u17m 800m 5th(heats) 2.01.03
 Natalie Grant u15g 800m 1st(heats) 4.48.41
 Natalie Grant u15g 800m 6th(Final) 4.48.76

A tremendous performance from the RHAC athletes with an exceptional result from Laura gaining a bronze medal. For the other u17 athletes it provided a learning curve as they will all be in the same age group next and there target will be to reach the semi-finals or finals. Natalie again produced an excellent performance in an event she is not used to running.

Results from the NoE Inter Counties meeting at Cudworth on Saturday August 21st.

Natalie Grant u15g 800m 1st 2.19.81
 Jade Allen u15g medley relay 1st 1.41.00
 Jade ran the first leg of the relay which included a 600m, 200m, 100m, 100m. She ran a well timed race coming back home in first place and helping the Yorkshire quartet to win the 1000m medley relay in 2.34.67.

Laura Booth u17w Shot Putt 1st 11.72m
 Elizabeth Maher Snr women Discus 8th 30.40m
 Robert Watkinson Snr men 1500m 1st 3.54.21
 Kyle Hargreaves Snr men High Jump 4th 1.75m
 An encouraging performance from Kyle as he is only 17yrs of age and he competed against more experienced senior athletes

It was good to witness the performances of the middle distance athletes from RHAC again dominating the races as they did in the Yorkshire Championships where they gained selection for this event. Also the consistency of Laura Booth who produced another good result as she has done all season.



From top: Lyndsay Clarke, Martin Boner, Natalie Grant

New Man in Black

Pete Shaw started his running career back in 1970 at the tender age of 12 wearing the red and white hooped vest of Sheffield United Harriers. Looking at the list of achievements detailed below it can be seen that Pete was always at the sharp end of the sport in all categories – and still is.

Over the years the colour of Pete's vest as changed from the above mentioned to the yellow of Sheffield AC and subsequently to the blue green of City of Sheffield AC.

These changes were simply the result of club mergers, anyone who knows Pete will be aware of his loyalty to his roots. Competing now as a Vet 45, living in Swinton and due to the demise to some degree of the distance running interest at Sheffield, Pete made the difficult yet informed decision to join Rotherham H & AC.

Personal bests are always significant albeit they are personal and generally from the distant past, but check these out:-

On the track 400m 52.7s, 800m 2m 0.1s, 1500m 3m 52.8s, 1 mile 4m 10s, 3000m 8m 10.2s, 5000m 14m 8.1s, 10000m 28m 58.8s.
 On the road 5k 14m 14.5s, 10k 28m 48s, 5 miles 23m 38s, 10 miles 47m 30s, half marathon 63m 04s. Marathon – still working at it!

PBs tell you one thing, but what about 'man against man'
 As a Youth, Yorkshire 1500m champion, Yorkshire silver medal at X/C, Northern X/C 4th, National X/C 10th.
 As a Junior, Yorkshire silver medal at X/C, Northern X/C 5th, National X/C 16th.
 As a Senior, Yorkshire X/C 2nd twice, 3rd, 4th twice, Northern X/C 5th, 6th twice, 6 times in top 10. National X/C 24th, 3 times top 50, 6 times top 100.

Representative vests came in the colours of Yorkshire and North of England on road and cross country, England and AAA vests on the road.

As a relay team member Pete has a Northern 6 stage gold medal and a bronze in the 12 stage.

Throughout his senior road running career Pete never dodged the big events, featuring highly in some 'big' races, notably a 8th place in the Great North Run.

Pete is a qualified distance running coach and is looking forward to working along side our other coaches and in doing so continue to give something back to the sport that still fills a major part of his life. (See Jim Brogan's comment page 4 :Ed)

North of England AA Membership Register.

List of ALL athletes registered with the NoEAA Membership Scheme for 04/05 If you wish to compete in any events and are not on this list **LET BERT NORBURN KNOW A.S.A.P.**

Rot00312 Adkins Louise	Rot00178 Carroll Anthony F	Rot00314 Gavelle Joseph	Rot00342 Kirk John	Rot00063 Renshaw William
Rot00002 Aked Andrew M	Rot00201 Cavell Anita	Rot00250 Gibson Leanne	Rot00329 Lebond Claire	Rot00065 Rhodes Malcolm
Rot00347 Allen Jade	Rot00016 Chell Alan	Rot00364 Gibson Kathleen	Rot00351 Lebond Stacey	Rot00223 Rollinson Benjamin
Rot00192 Asbridge Matthew	Rot00348 Chivers Martin	Rot00373 Gibson Naomi	Rot00233 Lee Helen	Rot00068 Ruddleston Mark
Rot00003 Atkin Michael	Rot00261 Clarke John	Rot00357 Goring Dev	Rot00182 Lunn Hayley	Rot00070 Scholey David E
Rot00004 Atkinson John	Rot00365 Clarke Lyndsay	Rot00114 Goding Annabelle	Rot00055 Marsters Michael	Rot00072 Sharpe Thomas
Rot00097 Baker Jennifer S	Rot00017 Comrie John	Rot00280 Grant Natalie	Rot00056 Maxfield Jason	Rot00190 Shaw Neil
Rot00098 Banks Helen E	Rot00018 Cooley Ian	Rot00355 Greaves Jonathon Mark	Rot00332 Merrills Amber	Rot00376 Slater Zoe M
Rot00295 Banks Richard	Rot00019 Copestake Mark A	Rot00036 Guite Craig	Rot00334 Merrills Sharon	Rot00073 Smales Philip A
Rot00275 Barnes Sarah Louise	Rot00328 Creaghan Gemma	Rot00356 Guring Jan.	Rot00169 Middleton Hayley	Rot00245 Smith Chris
Rot00293 Barnes Laura	Rot00020 Crofts Geoffrey	Rot00212 Haigh Phillip	Rot00188 Middleton Rebecca	Rot00338 Spencer Robert
Rot00358 Bauk Tom	Rot00106 Cuthbertson Jenny	Rot00038 Hamilton Christopher J	Rot00058 Moore Adam J	Rot00352 Spensley Ron
Rot00262 Beckett John	Rot00107 Cuthbertson Heather	Rot00361 Hargreaves Kyle James	Rot00059 Moore David	Rot00220 Staley Paul
Rot00165 Beighton Joseph	Rot00353 Cutts Brian	Rot00119 Harney June	Rot00284 Morris Adelle	Rot00075 Stark Graeme
Rot00166 Beighton Samuel	Rot00346 Darby Christopher	Rot00040 Harris Richard	Rot00362 Mosley Ellie	Rot00161 Storey David
Rot00331 Bellamy Sue	Rot00372 Darnell Gareth	Rot00040 Harris Ben	Rot00271 Mullarkey Christine	Rot00102 Taylor Gillian
Rot00230 Birch Craig P	Rot00021 Davies Coryn L	Rot00156 Harwood Lee	Rot00196 Muller Patricia	Rot00080 Thewlis Jonathan
Rot00155 Blizzard Jenny	Rot00337 Dunkley Hayley	Rot00157 Harwood Scott	Rot00129 Muscroft Leanne	Rot00081 Thomas Owen
Rot00258 Boner Martin	Rot00333 Dyson Heather	Rot00041 Hasteley Alan	Rot00060 Neal Peter	Rot00292 Tidesswell Liam
Rot00007 Booth Adam E L	Rot00302 Eastwood Terry	Rot00042 Hasteley Alan	Rot00339 Nelson Peter	Rot00228 Tunes Michael
Rot00008 Booth Kerry	Rot00091 Eddison Phil	Rot00354 Haynes Nic Mark	Rot00370 Nye Andrew	Rot00343 Tune David
Rot00101 Booth Laura A	Rot00184 Edwards Laura M	Rot00363 Haywood Lauren	Rot00345 Omara Ken	Rot00322 Twigg Keith
Rot00282 Booth David	Rot00026 Elvidge Steven	Rot00286 Hewitt Stefanie	Rot00375 Pagdin Kelly	Rot00224 Vaughan Charlotte
Rot00359 Bratley Amy-Leigh	Rot00253 Evitts Mark	Rot00121 Hill Lynette	Rot00266 Palfreyman Malcolm	Rot00139 Waddington Leanne
Rot00300 Bridges Lizzy	Rot00200 Fisher Paula	Rot00296 Hill Craig	Rot00303 Palmer Alex	Rot00251 Ward Mark
Rot00225 Brookes Nigel	Rot00291 Fox Robert	Rot00122 Hindley Janet A	Rot00367 Palmer Georgina	Rot00086 Watkinson Rob
Rot00199 Bryden Alan	Rot00318 France Vicky	Rot00349 Hindley Ian	Rot00340 Parkinson Edward	Rot00140 Watt Charlotte
Rot00013 Burgess Glynn	Rot00341 Fuller Wendy	Rot00336 Hoole Philip Andrew	Rot00062 Phillips Stephen	Rot00344 Weaver Adam
Rot00104 Burton Sharon	Rot00031 Gallagher Jim	Rot00046 Howarth Louise A	Rot00131 Phillips Louise A	Rot00142 Wells Patricia
Rot00172 Butterworth Phillip R	Rot00111 Garrison Hilary J	Rot00350 Hutchins Victor	Rot00195 Pike Nicholas	Rot00088 Whitaker Iain
		Rot00049 James Jonathon S	Rot00268 Pollard Matthew	Rot00144 White Helen
		Rot00050 Johnston Lea	Rot00374 Prescott Mitche,Kathie	Rot00368 White Rebecca
		Rot00226 Joyce Alan	Rot00335 Pugh Simon	Rot00232 Williamson Samantha
		Rot00229 Kaighin Lee	Rot00366 Pugh Simon	Rot00092 Woodhouse David G
		Rot00360 Karolewski Alicia	Rot00191 Reid Irene	Rot00369 Wright Christo-pher
		Rot00126 Kerr Lucy		

Running Shorts

* **Darren Cooney**, whose progress we follow with great interest, not to say astonishment (see Feb '04), is aggravated to say the least that his recent operation did not, as hoped, make the necessary improvements for him to run again. He is very fit but running is still out of the question.

He hopes that a consultation this week will lead to another "final" operation and a comeback. We hope so too.

* **Joining RHAC** at the same time as Pete Shaw, also from SAC, is Dave Nuttall. Dave, age 44, lives in Grimesthorpe Sheffield, joined Sheffield AC 8 years ago, joined Rotherham in June 2004, Pb's 5k 16:03 10k 32:52 10M 55mins half marathon 75 mins marathon 2:50.

Having competed in the Yorkshire Vets Relays in a non-scoring B team for Rotherham, Dave then dropped a heavy weight onto his foot at work, broke a bone and will now be out of action until end of September!

Dave is a keen competitor and good supporter of individual and team events.

* **With the Maltby 10** discontinued, colleagues may be interested instead in the Bawtry Forest Trail Run, a

7-mile multi-terrain event which MRC are putting on at £6.50 on the 19th September, 10.30 am. Venue unspecified for the start, but all in Bawtry Forest.

Distance Running Coaching

For many years now Rotherham Harriers have provided a coaching service to distance runners at the club, initially with Mick Hague, followed by myself. I am pleased to say that Rotherham Harriers & AC have recently acquired the services of Pete Shaw from City of Sheffield A.C. Not only does Pete have a tremendous pedigree as a distance runner from his many years of service with City of Sheffield A.C. but he is also a qualified level 2 distance running coach.

Already Pete's presence at the club is beginning to have a significant impact, with attendance at the recent Road and Cross Country Committee meeting and also at recent training sessions with the distance running training group. Not only does Pete intend to add his own running abilities to the strength of our senior and veteran men's distance

running squads, he also intends making full use of his coaching skills on our behalf.

It is hoped that the best of our distance athletes will rally round Pete with a view to improving our performances at the serious end of distance running, not least at the sharp end of the major road relay championships. This now puts Rotherham Harriers in the strong position of having two distance running coaches.

So don't be afraid to use our services. Believe me, no coach is happier than when he/she is discussing athletics with athletes. Pete and myself are currently in discussion as to how we can best organise the clubs approach to distance running coaching which will best serve the needs of the athletes and Rotherham Harriers for the future. Jim Brogan

* **Club Championship Races**
I'm afraid I don't know what races are intended, if any, for the remainder of the year. As soon as I can get Alan Bryden I'll publish them on the internet at www.thedoc.fsnet.co.uk/races04.htm Alan produces a list at the stadium— when it's open of course. Or you can phone me to check them.

Picture Quiz



I am grateful to David Haywood for the picture of runners above right. They look to be going seriously uphill in what David assures us is an historic Rotherham picture. The question is, historic in what way? What, when and where? "Who" might be difficult.

The second picture, above left, is easier. Can you name these intrepid athletes, and narrow down the time and place? The venue should be easy from the background. This is one of many from my collection, donated at various times when I previously published this magazine 1993-99. Or loaned! If you suspect I have any shots you might like back, let me know and we can investigate.

Last Month's Quiz

Sharon Burton has the date right as 1984 (correct) or 1985 but was wrong in thinking the venue was a Christmas walk involving runners. Sharon says "The names in the photo are from left to right – Maurice Cook's wife? Steve Elvidge, Dave Godfrey, Pete Ruddleston, not sure of the name of the lady, Andy Winder, Janine Winder and son Nathan, Steve France, the man in front was from another club so Mick Hague tells me, not sure who the next man is. Knelt on the floor is Brian Gent with his

daughter Helen, Shaun Dalton, Pete Adams and Ray Burgin."

Correct so far; Brian Harney and Henry Marston independently confirm the man in the middle is in fact Roger Lawton from Holmfirth Harriers, on his left a club colleague. I have the photo courtesy of Peter Neal; one of a batch he has as a keepsake for the year he won the Round Rotherham race, which is what provides the venue. Peter thought it was halfway (then) at Maltby but Brian Harney spotted it. Brian tells me Brian Gent himself had difficulty with it although he is featured! As BH says, it's the right-hand side car park at the Beehive, Harthill and these are for the most part helpers in the event. Why they were all there I don't know—the little photo is the venue today, it hasn't changed much. At that time the route of the RR passed the Beehive on the footpath.

