



Ulley Res 22/6/11

Sharp Front End at Ulley

Ulley Res has picked up some pretty sharp winners over the years and the pattern continued last month as returning member Richard Harris, looking in promising form, was out-paced by Sheffielder Julian Lings, who has been flying in the road series this summer.

Back on the usual course after last year's unfortunate forced detour, the race attracted a good field but sadly without Clowne runners as a clash with Elmton Chase was unavoidable this year. There was good RH representation throughout the field, but I might mention newly-joined Aidan Johnson in front of a welcome-back Joe Gavelle, and a superb run from Nicholas Myers landing him a top-ten spot. In-form Peter Neal ran just outside. Barnsley's Gavin Felton, who looks fair set to be perhaps the first non-KMRT member to take a series award ran third.

Former dual winner Mark Ruddleston sportingly turned out despite some avoidpous handicap and was by no means disgraced and considering also his generosity to this race over the years was unfortunate not to be in the awards (this being of course a race in memory of Mark's father Peter).

The ladies' race was won by ever-in-form Claire Spencer (KS) with a strong performance from Bev Sutton (Valley Hill) who could be another non-KMRT runner in the series awards this year. Leading RH was Emma Dutton, staunch supporter of this series, and one of a

gratifying number of very welcome RH juniors who took in the event (and some who by age were forced to run a shorter course). This is not the case at the Prince next Wednesday incidentally, where 11-years on the day is the new UKA limit for the 5k over a testing course. Pictured above: some of the prize-winners at Whiston Cricket Club, who we thank for their support.

Wednesday 20th July

Prince 5k (KMRT) out and back road race Age limit 11yrs on the day

Prince of Wales Greasbrough from 6pm
Start 7.15 at Coach Road gate
into Wentworth Park
(Main St Greasbrough)

Awards & refreshments at Prince of
Wales 8.45 approx

**Participants and assistance needed
Support Your Club**

Ladies

Autumn Road Relays

**any ladies wishing to be considered should
contact Nigel Brookes asap please.**

**Yorkshires at Leeds Sept 10th,
Northerns at Warrington Sept 24th
National at Birmingham on Oct 15th**

**nigel@nbrookes.wanadoo.co.uk
mobile 07742180128**

Round Rotherham Relay

Please confirm your interest in taking a relay
stage.

Planning is well advanced for:

**Men's relay_ Peter Neal
Ladies relay- Sharon Burton**

There may also be a
mixed relay
depending on interest
(Pete Humphries)

The organisers may approach you but get your
name in their list without waiting. Fast, modest
or slow- make up an 8-stage team (or get PH
to assist)

Fixtures: Summer 2011

July

Wed 20 Jul 11	Prince 5k (KMRT race 8)	open Prince of Wales Greasbrough £4 7.15pm
Sat 23 Jul 11	SY T&F	SY clubs Doncaster, all ages
Sun 24 Jul 11	Nat Jun League	club teams Match 4 - Quibell Park, Scunthorpe

August

Sat 13 Aug 11	Elsacar Skelter 27/20/15 (TFS)	open Elsacar, Barnsley
Sun 14 Aug 11	Northern League Div2EC	club teams Match 4 - Derby
Sun 14 Aug 11	Northern Vets 10k Road Champs	open Blackpool starts 11.00am
Sun 21 Aug 11	Rotherham Open Meeting	open Herringthorpe, 10.30 start
Sun 28 Aug 11	NJAL Promotion Match	club teams

September

Fri 02 Sep 11	UK Schools Games	areas Sheffield
Sat 03 Sep 11	UK Schools Games	areas Sheffield
Sat 10 Sep 11	Yorkshire Road relays	open Leeds Met Uni, Carnegie Campus
Sat 17 Sep 11	Silkstone Shuffle 3	open Silkstone Cricket Ground
Sat 24 Sep 11	Nine Edges 21.4 miles (TFS)	open Fairholmes, Ladybower to Baslow,
Sun 25 Sep 11	Carpenters' 5 (KMRT race 9)	open Carpenters Arms Tickhill

October

Sun 02 Oct 11	Mablethorpe Marathon & half	open
Sat 08 Oct 11	Yorkshire Vets Road Relays	clubs Bowling Park
Sat 15 Oct 11	Round Rotherham 50 and 8x relay	open Dearne Valley Sports Centre, Wath (TFS)
Sun 16 Oct 11	Northern Vets 10k Track Champs	open Leigh Sports Village starts 11.00am



RHAC Beginners' Group

Setting out for their Monday run, this most successful of groups has flourished under the guidance of Wendy Whitaker, Pat Beighton, Jenny Horan (not pictured) and with the support of others, notably Tony Sarjeant.

Some have stepped up smoothly into a faster group where they seem entirely at ease. Others are teetering on the brink of doing so. Further numbers may be anticipated from interest expected at the Race for Life on Sunday.

Trail and Fell report

from Sharon Burton

May 28/29th

Annual LDWA 100 mile, held from Ludlow, Shropshire. Kerry Booth, Roy Varo and Brian Harney contested this event. Kerry finished in 33 hours 07 mins, Roy in 39 hours 45 mins and Brian managed to run 45 miles before retiring, an improvement on the previous 2 years when he retired at 20 miles each time. Well done to all three!!

June 11th

Baslow Boot, Derbyshire – Brian Harney ran this 26 mile hilly event organised by Baslow choir, around Chatsworth, Overhaddon, Calver and back to Baslow. Brian finished in 6 hours 47 mins and says it's the first event he's finished in months/years! He's pleased with his performance and now goes to France later this month to run in the Mont Blanc marathon so good luck Brian! Swaledale Marathon, Yorkshire Dales – Sharon Burton contested this event for the first time, a race I've heard a lot about and wanted to do for a long time but have always missed the entry deadline in January. I managed to get an entry this year fortunately. Unfortunately, the weather forecast wasn't too good for the day, rain all morning they predicted. However, no rain when we set off, a little sunshine (the last we saw all day), very windy on the hills and a couple of rain showers. I finished in 4 hours 47 mins (no official results yet, so don't know finishing place), reasonably satisfied, despite lack of training in the last few weeks due to a couple of minor injuries and feeling nauseous for most of the way. Oh, and when I finished it poured it

down and remained that way for the next hour which wasn't so good for the remaining runners/walkers out there.

Report from Phuket Marathon, Thailand – Peter Townson, Sharon's partner ran the Phuket marathon in the 2010 Round Rotherham t shirt and was passed by a girl in the last mile who commented to him that her boyfriend was from Rotherham and he had competed in the RRR previously. Pete comments that as she ran past so fast he was unable to get further details and never saw her after he finished! Just goes to show that the RRR t shirt is a good advert on the international scene!

Report from Mont Blanc Marathon: I had a text from Brian Harney who had entered this race but was unsure whether he would finish! His words 'finished race in 8 hours 22 mins but knees, feet, calf and back all painful, had to walk second half but still managed to finish'. Bearing in mind that this is full marathon distance and an ascent of just over 2000 metres (2 ascents of Scafell) so not for the faint hearted. Brian did well to finish so congratulations to him! Also, the previous Wednesday Brian picked up first over 60 veteran prize in the inaugural Midsummer Mad Dash organised by Valley Hill Runners, a hands and knees job in places, I've been told!

Update RRR (12/7) – 84 individual and no relay entries to date. With 3 months to go this bodes well. Anyone interested in running a relay leg in either the ladies, mens or mixed event please register interest to Sharon Burton, Peter Neal and Peter Humphries respectively.

Where Does 30 Years Go ?

It's 30 years to the month since Don Creamer and I organised the first Prince of Wales Half-marathon, and my reports to the Advertiser were the first of a long series of athletics columns in the paper ("Round the Track"). Consequently and as I also hoard old rubbish if it's paper, I have a shedload of results and comments from 1981 onwards. I also remember being

road secretary frequently, a job I seem to recall alternating with Peter Neal to a large extent. The first page of the results is below left (DIFFICULT TO READ, Robbie Sinclair was winner and Jenny Pearson lady winner). More on this on a future occasion.

Probably of more interest to club members is the other sheet – Brian Steeples' result sheet for the club 10. Some interesting names there, and I thought it polite to ask Jim Brogan why he was running 1.06 on that occasion. The answer is that that he was chaperoning Harry Bell, a colleague then at Swindon Labs, to complete his first 10-mile race. The route taken from Herringthorpe (start & finish) was via Worrygoose, Royds Moor, Thurcroft, Kingsforth Lane, Bawtry Road and Wickersley Road. All unmarshalled!! These days of course, a death trap.

ORIGINAL "PRINCE OF WALES" HALF-MARATHON

No.	Time	Name	Club	Sex	Time	Name	Club	Sex
1	07.40	N. SIKELAH	SHEFF AC	M	00.21	D. TYAS		
2	09.17	T. J. CHEYF	HALLAM	M	00.26	A. WATERS		
3	09.56	G. HENKINSON	HALLAM	M	00.29	T. WALKER		
4	10.40	D. ALLEN	HALLAM	M	00.30	S. WATKINS		
5	11.17	H. MARTIN	SHEFF AC	M	00.33	S. TRIGHT		
6	11.47	P. BLANEY	DPFR	M	00.40	J. WY		
7	11.35	E. WACHENZIE	BURNS	M	01.01	L. TRATT		
8	11.40	H. PALFREYMAN	BOTH	M	01.02	J. HOGAN		
9	11.52	D. L. OLDFIELD	SHEFF AC	M	01.03	L. GODFREY		
10	11.56	C. A. PINNEY	CHESTFD	M	01.06	P. NICHOL		
11	12.22	K. SINGLETON	WATFSD	M	01.06	P. GRIMM		
12	12.33	L. H. AHLGREN	FEDRISHOV	M	01.10	S. W. WILL		
13	13.23	D. WARD	RIDDINGS	M	01.11	J. ASHER		
14	13.41	T. FARNELL	DPFR	M	01.14	D. GAV		
15	13.40	P. LEWIS	DPFR	M	01.19	H. CANTRE		
16	13.54	K. BIRNEY	BURNS	M	01.20	H. LIDSTE		
17	14.12	A. GREGORY	HALLAM	M	01.27	H. WOOD		
18	14.15	J. COOPER	CHESTFD	M	01.30	K. BINGH		
19	14.21	D. WASH	WORTHING	M	01.41	J. E. PICH		
20	14.36	H. DAWSON	HALLAM	M	01.42	J. PUFFY		
21	14.53	D. H. DENNETT	BURNS	M	01.44	C. GILLON		
22	15.00	A. HARRY	WATFSD	M	01.47	J. TEARSON		
23	15.10	P. A. VENABLES	BOTH	M	01.40	A. ROBERT		
24	15.24	R. PEARSON	DPFR	M	01.56	J. DAVES		
25	15.34	M. HAGE	BOTH	M	02.04	A. CUTTS		
26	15.36	A. CORBETT	BURNS	M	02.07	D. BEOPO		
27	15.43	D. RADLEY	DPFR	M	02.10	E. HILDER		
28	15.47	T. LONEGAN	BINGLEY	M	02.13	D. ROBERT		
29	15.49	R. THURCK	SCAFFOLD	M	02.19	J. TEARSON		
30	15.51	A. GIBSON	LONGWOOD	M	02.20	J. T. BIRD		
31	16.01	E. NEAL	BOTH	M	02.34	S. FRANCE		
32	16.10	E. J. GIBSON	BOTH	M	02.37	S. HILL		
33	16.30	G. LAWRIE	NEWARK	M	02.52	D. HANEY		
34	16.35	L. HUDSON	ROCKY	M	02.55	V. HENNE		
35	16.51	R. W. JONES	DANSFIELD	M	02.55	E. C. PAR		
36	17.01	J. SHIRLEY	CHESTFD	M	02.56	D. BILLO		
37	17.00	W. HENSON	BOTH	M	03.01	H. BENT		
38	17.12	J. COOK	STAINFTH	M	03.02	G. A. SAE		
39	17.27	D. GIBBS	CHARNWOOD	M	03.00	A. H. BAL		
40	17.55	D. CONLEY	STAINFTH	M	03.10	D. FALLO		
41	18.02	S. HUNT	STAINFTH	M	03.12	P. CASSY		
42	18.07	J. LEVANS	BOTH	M	03.14	P. LEE		
43	18.12	H. JACKSON	BOTH	M	03.20	A. M. SH		
44	18.19	G. J. WAT	HALLAM	M	03.36	L. CRANE		
45	18.20	H. LAMON	BURNS	M	03.42	M. ROWE		
46	18.24	P. CLARK	BURNS	M	03.52	P. SHITH		
47	18.20	J. CAHERNIST	BINGLEY	M	03.56	I. T. ASLE		
48	18.39	K. DODSON	BINGLEY	M	04.06	P. J. DEY		
49	18.41	R. J. CHILL	HALLAM	M	04.00	D. CAITE		
50	18.42	G. WILSON	CHARNWOOD	M	04.09	C. E. LAS		
51	18.46	H. SMALLY	BURNS	M	04.10	D. J. GRE		
52	18.50	J. FINN	BURNS	M	04.16	A. HARRI		
53	18.50	S. OLDFIELD	BOTH	M	04.20	H. HUNT		
54	19.02	C. SMITH	BOTH	M	04.26	M. COLES		
55	19.23	J. GALVIN	LEIGH H	M	04.20	A. ROSE		
56	19.39	T. VANCELOVE	HOLEPIN	M	04.30	E. ROLLI		
57	19.33	A. JACOBSON	BOTH	M	04.31	K. J. O'H		
58	19.04	C. STEEN	BURNS	M	04.32	S. BEEK		
59	19.11	S. ALLEN	DPFR	M	04.34	B. ALALA		
60	19.12	D. W. B. MALL	HALLAM	M	04.36	P. DEYNE		

10 Miles Club Championship 24/6/1981

1	M. Hague	54.31	27	D. Kine	1.03.44
2	B. Mullerkey	— 32	28	M. Bell	1.06.14
3	R. Tupper	— 40	29	J. Brogan	— 36
4	P. Venables	56.54	30	J. Ashmore	— 38
5	B. Harney	57.20	31	D. Page	— 46
6	M. Fallon	— 27	32	M. Maher	— 48
7	J. T. Brownlow	— 46	33	V. Walker	1.07.06
8	M. Goodwin	58.08	34	J. Beardsley (m)	— 50
9	R. W. Rhodes	— 28	35	M. Firth	— 08.28
10	J. Noonan	— 25	36	G. Beasley	1.08.42
11	K. Rollinson	59.25	37	G. Green	1.08.49
12	S. France	— 28	38	R. E. Laiton	1.09.37
13	P. Allan	— 41	39	K. Dege	1.09.55
14	G. Ellis	— 51	40	P. Mace	1.12.15
15	E. B. Parkinson	— 56	41	B. Cawkwell	1.13.12
16	D. Houghton	1.00.05	42	B. Gent	1.13.38
17	P. Humphries	— 41	43	R. Bingen	1.14.57
18	S. Swinney	— 01.02	44	P. Turner	1.15.19
19	T. Langhorne	— 06	45	J. Phipps	1.17.43
20	A. Morris	— 32			
21	D. Creamer	— 02.00			
22	A. J. Gibson	— 25			
23	D. Bacon	— 34			
24	D. Cooper	— 03.04			
25	B. Shephard	— 17			
26	B. Cooper	— 44			

Notes:
47 Started
2 Dropped out (B. Smith, M. Sumption)
45 Finished
Time of 11.09 apparently given in error - later times tally

P.T.O.

We now have a stack of old documents & results to access including newsletter of mine and Phil Smales – for future editions. Yours would be welcome.

Tight Hamstrings?



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

Hamstring problems are a very common injury in runners, however the cause of this is often assumed that they are too tight. This may be a factor but in my experience as a physiotherapist and personal experience of hamstring troubles for years as a runner, it's definitely not the cause. Ask yourself;

How many times do you pull your hamstring only to be back running within a few days then do the same during the same session a week later?

How often do you find that stretching your hamstrings never help and never seem to get more flexible?

How easily do your hamstrings "cramp" when focusing on hamstring strengthening exercises when this is the perceived cause?

True isolated hamstring strains are rare and usually take about 3 to 4 weeks to return to activity with an early R.I.C.E regime and graded return to activity, but chronic repeated hamstring strains and chronic feelings of tightness are much more common.

When you look at the anatomy of the hamstrings it is easy to understand why they commonly complain. The hamstrings attach from the pelvis to below the knee and are active with movement of the legs when running. If the hamstrings are also trying to stabilise an unstable pelvis

it is asking too much, and will be prone to strain. The muscles won't relax until the pelvis is more stable.

The sciatic nerve runs through the hamstrings, and if this is "sensitised" the hamstrings will contract around the nerve in a protective response, wrongly giving the person the belief the muscles are the problem. This is normally due to some stiffness in the spine or holding the back in the wrong position when you run, this can normally be changed quite rapidly.

Both of these problems will affect the functional strength of the muscle group either because its overloaded so becomes weak or that the sciatic nerve is not giving it the correct signals to contract and relax. The functional flexibility of the muscles will not change no matter how much stretching you do if the hamstrings are doing the wrong job or being sent the wrong signals.

Fortunately all this can be sorted relatively easily. Certain neural mobilising stretches can instantly give you a good couple of inch in length in one session. So too can focusing on using the correct muscles to stabilise the pelvis. Mobilising the spine can instantly improve both the flexibility and strength of the hamstring in one session.

If any of these rings alarm bells then come and see me for a physiotherapy assessment and within a few weeks hamstring nightmares will be a hassle of the past.

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Short Reports

from John Small

English Schools ,Gateshead 1st ,2nd July

Would just like to say well done to all south yorkshire athletes that competed for their schools, but a special mention to Jordan Small who on his first appearance at the meeting threw a brilliant set of throws to get 6 personal bests in the junior boys hammer with the best throw of 44.50 meters getting him 5th place in the competition . It was a increase of 1.5 meters on his previous best performance . You can't ask for anything more than throwing pb's at his biggest meeting so for of his young athletics career .

Northern Athletics Snr/U20 Outdoor Champs 2011 (anonymous)
Sport City-18/19 June 2011
F01 Senior Men Hammer FINAL
10 35 Ian Cooley 29.97

F04 Senior Women Hammer FINAL
11 328 Helen White 39.69

F07 Under 20 Women Discus FINAL
3 552 Sarah Wilding 24.00

F14 Under 20 Men Discus FINAL
4 394 Kane Humphrey 41.94

F16 Under 20 Men Javelin FINAL
1 367 Jordan Carter 61.78

F26 Under 20 Men Shot Putt FINAL
3 394 Kane Humphrey 12.84

T10 Senior Women 1500m FINAL
6 312 Laura Spence 4:42.67

T11 Under 20 Men 1500m FINAL
15 374 Kyle Craib 4:25.23

T21 Senior Men 5000m FINAL
10 97 Philip Hoole 15:04.82

T26 Under 20 Men 100m FINAL
2 433 Ben Shields 10.92 W/S: -2.3

T40 Senior Women 800m FINAL
9 312 Laura Spence 2:21.54

T46 Senior Men 800m FINAL
2 82 Rhian Hasteley 1:52.10

Trail & Fell Racing

Performance reports from Adele Morris

3 Lakes Classic Good turn out from Rotherham Harriers on a lovely sunny day. 15 miles from Rothervalley to Treeton Dyke , Ulley reservoir then back. At the finish is a very good cake selection too & all for £5.00. Very well organised by Killamarsh Kestrels . One to consider for the trail series 2012 .

Mathew Asbridge 1:50 Richard Howcroft 1:51
Neil Shaw 2:08 Adele Morris 2:19
Emma Packham 2:32 Alan Bolton 2:40

Trunce 11/7/11. This is a 4 mile race from Oxspring. Costs £1.20!! Out & back to Trunce farm with 3 river crossings. There are stepping stones but most people go through the river which was only calf deep last night . Lovely sunny evening but only me & Rich turned out from The Harriers, shame coz the race is really good fun & very low key. There are 9 races in the series so i'll find one that fits in better next year.

The winners time was 24:43 , Rich did 29:52 (33/170) & i did 38:59 (120/173) only 87 places behind Rich!!

From Henry Marston on 11/7/2011

Orienteering Alternatives

Tomorrow the Trunce, next Sunday the Holme Moss Fell race. As an alternative to the latter.. one of the major events of the Orienteering calendar returns to Sheffield, Ecclesall woods. The event is the Harvester

Relays, an overnight orienteering relay competition for teams of seven (A relay) or five (B relay) runners. The A relay starts around midnight and the first legs are run at night with the race finishing in the light. B Relay runners start an hour and a half after the A race and also finish in the light. Quite a challenge, and spectacle.

Associated with the event are 2 daytime events suitable for newcomers to this activity, one at Bowden Howsteads (behind the ASDA off Parkway) and the other from the Harvester event centre at Dore, an Urban (or street) event.

Bowden Howsteads provides quite challenging navigation, Orange recommended for newcomers. The Dore event is probably easier navigation, but you do have to watch out for dead ends. Entries on the day available at both, and ask for advice at registration if you aren't entirely sure what to do.

Details of the relay event and the associated daytime events on http://www.shuoc.union.shef.ac.uk/harvester_2011/index.html

Trail & Fell series 2011															
NAME	Tiger Tor	Micklethn	Grindleford	Trunce	Housman	Ulley	Wharfe M2	Wharfe Full	Trunce	Elsocar	9 edges	RRFR relay	RRFR full	Silk	Total
Jonathan Maxfield	1														1
Mick Cochrane	1	2													3
Richard Howcroft	1	2	2			1		3							9
John Spencer	1														1
Phil Eddison	1			1											2
Kevin Thomas	1														1
David Booth	1														1
Kerr Booth	1				5										6
Adele Morris	1	2	2				2								7
Howard Darwin		2													2
Neil Shaw			2			1									3
Eleanor Thomas			2												2
Emma Packham			2			1									3
Alan Bolton			2												2
Diane Spencer			2												2
Lorraine Craib			2												2
Gary Ridgeway			2												2
Rog Yaro						5									5
Richard Howcroft						1									1



Peter Townson at the conclusion of the Phuket Marathon

KMRT Race 6

Ulley Res 5
22nd June 2011

Pn	Name	Club	Time
1	Julian Lings	Sheffield RC	27:59 SM
2	Richard Harris	RHAC	28:18 SM
3	Gavin Felton	Barnsley	29:27 VM40
4	Aidan Johnson	RHAC	29:55 SM
5	Joe Gavelle	RHAC	30:25 VM40
6	Ian Cain	Killamarsh	30:34 VM40
7	Chris Cotton	Kimberworth	31:06 SM
8	Nicholas Myers	RHAC	31:17 JM
9	Kevin Doyle	Kimberworth	31:24 SM
10	Zak Mellard	Kimberworth	31:35 SM
11	Peter Neal	RHAC	31:58 VM50
12	Mark Ruddleston	RHAC	32:50 VM45
13	Melvin Wallace	Barnsley	33:11 VM40
14	Connor Ryan	RHAC	33:40 JM
15	Gary Durham	Maltby	33:43 VM50
16	William Johnson	RHAC	34:17 JM
17	Chris Maris	RHAC	34:34 JM
18	Richard Howcroft	RHAC	34:38 VM40
19	Steve Marshall	Maltby	34:43 SM
20	Claire Spencer	Kimberworth	34:52 SL
21	James Smith	Kimberworth	34:52 SM
22	Colin Earl	Kimberworth	34:58 VM45
23	Shaun Clarkson	Barnsley	35:04 VM45
24	Ian Richardson	Kimberworth	35:11 SM
25	John McDermott	Kimberworth	35:57 VM50
26	Dave Nuttall	RHAC	36:21 VM50
27	Daniel Gavelle	Sheff Tri	36:40 VM40
28	Ian Gall	Valley Hill	36:49 VM40
29	Steve Lowndes	Kimberworth	36:59 VM50
30	Michael Jackson	Kimberworth	37:12 SM
31	Neil Shaw	RHAC	37:19 SM
32	Philip Haigh	Maltby	37:28 VM50
33	Bev Sutton	Valley Hill	37:33 VL45
34	Carla Wragg	Kimberworth	37:47 SL
35	Christopher Ogden	RHAC	37:51 JM
36	Emma Dutton	RHAC	37:52 JL
37	Samantha James	Kimberworth	37:58 SL
38	Mick Barber	Maltby	38:02 VM45
39	Patrick Rooney	Kimberworth	38:19 VM55
40	Stephen Cotter	RHAC	38:50 VM50
41	Jim Rust	Maltby	39:27 VM60
42	Emma Parkinson	RHAC	39:30 JL
43	Caroline Boyd	Maltby	39:57 VL55
44	Chris Flintham	Maltby	40:07 VM45
45	Peter Humphries	RHAC	40:58 VM65
46	Bonnie Smith	RHAC	41:27 JL
47	Claire Chapman	Kimberworth	41:39 VL35
48	Keith Binney	Barnsley	42:06 VM60
49	Robert Houghton	Maltby	42:10 VM55
50	Sharon Burton	RHAC	42:17 VL50
51	Brian Lowndes	Maltby	42:17 VM60
52	Dave Wright	RHAC	43:18 VM55
53	Henry Marston	RHAC	43:45 VM60
54	Richard Kent	PFR	43:56 VM55
55	P.Harris	Valley Hill	44:51 VM45
56	Ken Chapman	Kimberworth	45:00 VM65
57	Mary Jenkinson	RHAC	45:01 JL
58	Heidi Smith	RHAC	45:14 JL
59	Louise Siddall	Kimberworth	45:56 VL40

60	Malcolm Rhodes	RHAC	46:11 VM60
61	Emma Packham	RHAC	47:42 SL
62	Pam McLeod	Valley Hill	49:07 VL60
63	Joanne Kramer	RHAC	49:24 VL40
64	Helen Woodburn-Moran	RHAC	49:24 SL
65	Janet Dutton	RHAC	51:51 VL45
66	Ray Mathews	Maltby	55:03 VM65
67	Paul Moran	RHAC	55:03 VM45
68	Mary Chapman	Kimberworth	08:11 VL65

Short Race (age limit)

Pn	Name	Club	Time
1	Ryan Beale	RHAC	09:33
2	Devon Stead	RHAC	09:33
3	George Johnson	RHAC	09:47
4	Jessica Freeman	RHAC	10:25
5	Charlotte Dodds	RHAC	11:07
6	Maisie Elliott	RHAC	11:32
7	Emily Hutchinson	RHAC	12:21
8	Grace Tomlinson	RHAC	12:42
9	Holly Rogers	RHAC	12:42
10	Megan Robinson	RHAC	13:15
11	Amelia Wink-Simmonds	RHAC	13:18

KMRT Series Full List

I knew I shouldn't have cracked that joke about Jim Rust at the Ulley start briefing- Jim has taken his revenge by sending me the Abbey Dash results in unusable form (again- see right) and I am now faced with typing them all up myself before I can present the series positions as earlier announced.

The events so far **will** be collated into 2011 KMRT database on www.rotherhamharriers.org, but it will take longer than 'during the next week'

FULL SERIES

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

SERIES AWARDS

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 KMRT club: most creditable performer not otherwise awarded

RH awards evening- all RH 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.**

Main correspondents for this issue are:

Adele Morris, Pete Humphries, Sharon Burton, Jenny Blizard, Henry Marston

Photos:

Sharon Burton Steve Gaines

Editor: Pete Humphries peter.humphries627@o2.co.uk

Next edition: September 2011

KMRT Race 7

Roche Abbey Dash

1	GAVIN FELTEN	BARNLEY AC	26:35
2	DARRIN KING	KILLMARSH KES	26:41
3	PETE ROBERTS	CLOWNE	27:39
4	PETE HAGUE	S.Y. POLICE	28:07
5	CHAS COTTON	KIMBERWORTH	28:09
6	ZAK MELLARD	KIMBERWORTH	28:27
7	ADAM ROLLITT	ASHBOURNE RC	28:32
8	ANDREW PADLEY	CLOWNE	28:45
9	LEE RANSON	MALTBY (GUEST)	29:04
10	EDWARD HARDY	KILLMARSH K	29:26
11	SIMON SENEY	CLOWNE	30:11
12	TEREN EASTWOOD	ROTHERHAM	30:15
13	JOHN COMMIE	ROTHERHAM	30:39
14	MELVIN WALLACE	BARNLEY	30:50
15	RICHARD HONCROFT	ROTHERHAM	31:37
16	ROBERT WAIN	CLOWNE	31:41
17	CLAIRE SPENCER	KIMBERWORTH	31:47
18	SARAH KRIEL	KILLMARSH K	32:00
19	LEE ARCHER	KIMBERWORTH	32:02
20	IAN RICHARDSON	KIMBERWORTH	32:15
21	PAUL GREENWOOD	KIMBERWORTH	32:16
22	DAVID HAVENHARD	WORKSOP	32:24
23	KEVIN DOLE	KIMBERWORTH	32:28
24	MICK COCHRANE	ROTHERHAM	32:51
25	JOHN MCDERMOTT	KILLMARSH	33:07
26	MARK SMITH	KIMBERWORTH	33:24
27	SAMANTHA JAMES	KIMBERWORTH	33:34
28	IAN GAIL	VALLEYHILL	33:35
29	CHRIS ALLARD	MALTBY	33:38
30	BEV SUTTON	VALLEY HILL	33:54
31	COLIN LADBLOW	LYHAM STANS RR	33:58
32	NEIL SHAW	ROTHERHAM	34:28
33	SIMON ROLLITT	HEACIA	34:48
34	PAT ROONEY	KIMBERWORTH	34:48
35	STEVEN EVANS	DONCASTER	35:07
36	JERRY SPENCER	ROTHERHAM	35:09
37	PHILIP HAIGH	MALTBY	35:12
38	DAVE KEELING	CLOWNE	35:15
39	EMMA DUTTON	ROTHERHAM	35:28
40	ROBERT HARRIS	MALTBY	35:42
41	MARK VETLEY	KIMBERWORTH	35:55
42	RICHARD STOKER	CLOWNE	36:04
43	DEBBIE SMITH	DONCASTER	36:09

44	LEE WEATHERALL	KIMBERWORTH	36:10
45	CAROLINE BOD	MALTBY	36:42
46	LOUISE GILL	DONCASTER	36:43
47	MARK SPENCER	CLOWNE	36:47
48	NINA HAGUE	ROTHERHAM	37:02
49	MARY MILLS	HOLME PIERREFONT	37:26
50	REG BESTWICK	CLOWNE	37:27
51	NICKY WARD	WORKSWORTH	37:27
52	STEVE BAGLEY	KIMBERWORTH	37:37
53	PHILIP ROBERTSHAW	TICKHILL	37:55
54	TREVOR MAW	MALTBY	37:59
55	CLAIRE CHAPMAN	KIMBERWORTH	38:01
56	KEARY BOOTH	ROTHERHAM	38:07
57	SHARON BURTON	ROTHERHAM	38:38
58	HELEN CUTMORE	KIMBERWORTH	38:48
59	DAVID WRIGHT	ROTHERHAM	39:10
60	JOHN DUTTON	ROTHERHAM	39:20
61	JULIE WAITE	KILLMARSH	39:35
62	RYAN MILLS	RACING TNT	39:35
63	KEN CHAPMAN	KIMBERWORTH	39:41
64	KEITH BINNEY	BARNLEY	39:44
65	ADELE MORRIS	ROTHERHAM	40:19
66	PAUL STACEY	ROTHERHAM	40:20
67	HENRY MARSTON	ROTHERHAM	40:37
68	KAREN BESTWICK	CLOWNE	40:41
69	ERICA MORRIS	TICKHILL	40:51
70	CRAIG SWALLOW	MALTBY	41:13
71	PAUL WHELAN	MALTBY	41:22
72	PAUL BUTTERWORTH	ROTHERHAM	41:26
73	PAUL SOUTHERN	MALTBY	41:29
74	MICK HAWKS	CLOWNE	42:08
75	DAVID RHODES	CLOWNE	42:08
76	RICHARD ALLETT	MALTBY	42:10
77	CHRISTINE MULLARKEY	ROTHERHAM	42:19
78	NIKI ARCHER	MALTBY	42:21
79	DALE WRAGG	KIMBERWORTH	42:30
80	CAROL WRAGG	KIMBERWORTH	42:37
81	DENNIS REASON	REDHILL RR	42:38
82	NORMAN BRITTON	TICKHILL	42:48
83	MALCOLM RHODES	ROTHERHAM	42:59
84	HELEN WOODBURN	MALTBY	43:06
85	JHANNA KRAMER	MALTBY	43:06
86	SAHJ STAVELER	SISTERS ON SUNDAY	43:35

87	RACHEL EASTWOOD	MALTBY	43:36
88	EMMA PACKHAM	ROTHERHAM	44:10
89	PAUL FAITHING	KIMBERWORTH	44:29
90	PAUL MERRICK	MALTBY	44:41
91	LOUISE SIDALL	KIMBERWORTH	45:30
92	SUSAN SOUTHERN	MALTBY (GUEST)	45:33
93	DANIEL MORRIS	TICKHILL	46:03
94	TONY SARGENT	ROTHERHAM	46:07
95	CATHRINE JONES	TICKHILL	46:47
96	PAUL HENLETT	MALTBY	47:08
97	GILLIAN HENLETT	MALTBY	47:47
98	JANET DUTTON	ROTHERHAM	47:54
99	CAROLAN GREGAN	MALTBY	48:17
100	RACHEL BEESFORD	TICKHILL	48:25
101	NANCY BANKS	TICKHILL	48:54
102	KEVIN BANKS	MALTBY	48:56
103	KEARY DICKINSON	SISTERS ON SUNDAY	49:29
104	REBECCA TAYLOR	TICKHILL	49:32
105	MARK APLETON	MALTBY (GUEST)	50:24
106	CHRISTINE MAZOR	MALTBY	52:41
107	JAMES BRADLEY	KIMBERWORTH	52:50
108	JULIE KEELING	CLOWNE	53:10
109	JAN BENNETT	S.O.S	53:21
110	DANE KEELING	CLOWNE	53:21
111	ZOE CRADLE	S.O.S	53:24
112	SARAH STINSON	S.O.SUNDAY	53:24
113	NATALIE HIBBERT	MALTBY	55:23