



Step Up For Andy



It's always good to see a successful marathon debut and in the case of Andy Aked particularly so- always a top RHAC supporter but with several recent years of injury grief. Pictured in the Rotherham vests at the Chester Marathon are Andy and Debbie Mason, on their way to a 2.48.08-9 finish. Debbie, who has 2.35.40 and Commonwealth Games to her credit, also ran a best performance for some years.. and finished first lady.

What a fine sight- congratulations to both.

Rowbotham's RR Run International Acclaim

From Sharon Burton, Trail & Fell Running Secretary
Extracts from satisfied entrants

****Hello!!!**

Thank you so much for making my first ultra such a lovely event!! it was all perfect. I was truly delighted at each element. Fantastic people everywhere. Excellent checkpoints!!! thank you all for your dedication. warm greetings from Poland,
Kinga

****Posted on Facebook**

just to say a big big thank you to everyone involved in saturday's round rotherham - organising, checkpointing, supporting, running ... i had a brilliant day, enjoyed (nearly) every minute of the furthest i've run for 5 years. thank you to malcolm and jeremy for your excellent company for the 1st 30 miles and to the group i was with at the end, especially the lovely tall chap who wouldn't let me flag in the last few miles! much long-distance love to you all xxxx

****Hey**

Thank you for a great event yesterday, loved every bit of it:) On the route i met several photographers. Do you know where you can get the pictures the took? Once again thank you, i'll make sure that other danish runners will attempt next year!

Kind ultrarunning regards
Andreas

Sharon's report is on page 3, results page 4

National Road Relay Championships

Simply Outstanding- RH Ladies Born Again

Years of continued application, of belief and vision, and of course frequent good performance with some outstanding ones, look as though they have re-established RHAC's status as a top-league competitor on road and cross-country.

And what makes it more pleasing is that it's across the age ranges- that there now seems to be some sort of connectivity between what we do as young athletes and subsequently as seniors. Without in any way overlooking the others, the most arresting performances lately have been the autumn series delivered by the senior ladies culminating in the national 4-stage road relay.. One of the main instigators recently, team manager Nigel Brookes reports:

...After clinching this seasons Yorkshire road relay title and securing their highest place in the Northern Championships for 10 years Rotherham were able to put out two very strong teams at this years National Championships. A sun-blessed Sutton Park in Birmingham welcomed the athletes to the home of road relay running. Teams of 4, each running 4,315 metres and with 93 teams entered this was going to be a true test of Rotherham's recent revival. Setting the team off on leg 1 and enduring the fast and furious scramble was Laura Spence. Most clubs had appeared to front load with their best runners on this leg and Spence more than held her own to hand over in a very respectable 37th place clocking 15:57. Leg 2 saw Jade Allen set about the opposition with a blistering 15:39 giving her the fastest time in the team for the 3rd occasion this season and most importantly gaining 17 places as she handed over in 20th place to Annabelle Grady.



By leg 3 the gaps were now much bigger but Grady used all her experience to pull in the girls in front and her time of 15:53 brought the team up to 17th place. This left the pressure on the teams youngest athlete Steph Burns to try and secure a top 20 place which was the pre race target. Burns who was out of the reckoning for an A team place a few weeks ago got in the team after a star performance in the Cutlers relays and showed great composure and determination on this the 4th and final leg. With less than a mile to go most of her team mates were on the course to encourage her and Burns not only responded with a time of 16:06, she managed to gain 2 more places to secure a superb 15th place. This was to be Rotherham's 2nd highest position in the clubs history with teams such as Coventry, Tipton, and Liverpool all trailing behind.

The strength in depth at Rotherham was well illustrated by the B team who finished 32nd overall and 5th B team. Robyn Lanceley had the honours on leg 1 and returned with 16:48 in 61st followed by the ever improving Natasha Hatswell who clocked 16:22 bringing the team upto 41st place. New signing Samantha Johnson made her debut for the club and the former Wombwell AC athlete cut through the field to record the fastest time in the B team with 16:19. Johnson handed over to Janet Hindley who had the task of holding onto 32nd place and that was done with a last leg time of 17:53...."

After the event, Nigel praised the performance of both teams saying "The girls have done themselves proud today and every single one of them has done their best for the team. Finishing 15th and 32nd is fantastic and i also know that there is a lot more to come from these girls. The competition for places is hotting up all the time and once again this benefits both athlete and club".

[RHAC Ladies were 1st South Yorkshire Team, 2nd Yorkshire Team and 4th Northern Team. At the same meeting, the men's 6-stage team finished in 52nd place out of 76, a very solid performance which whilst not as spectacular as the ladies' rise does place them 1st South Yorkshire and third Yorkshire club. In Yorkshire, only Leeds and Holmfirth are competing the top events with comparable regularity.....Ed]

KMRT Series

CARPS 5 RESULTS

Sep 25th Tickhill KMRT 9

1	Terry Eastwood	RHAC	00:30:05
2	Steve Marshall	Maltby	00:31:09
3	Warren Clark	Tickhill	00:31:29
4	Kevin Thomas	RHAC	00:32:45
5	Ian Gall	Tickhill	00:32:51
6	Bev Sutton	Valley Hill	00:34:12
7	Brian Lowndes	Maltby	00:34:44
8	Emma Dutton	RHAC	00:35:19
9	Tony Redfern	Maltby	00:35:42
10	Peter Humphries	RHAC	00:36:00
11	Caroline Boyd	Maltby	00:36:44
12	Brian Harney	RHAC	00:37:22
13	John Dutton	RHAC	00:37:32
14	Jim Rust	Maltby	00:37:59
15	Paul Foster	RHAC	00:38:25
16	Colin Copestake	Maltby	00:38:37
17	Ray Howarth	RHAC	00:38:48
18	Ian Gray	UA	00:39:10
19	Sharon Burton	RHAC	00:39:16
20	Christine Mullarkey	RHAC	00:40:54
21	Ben Beresford	Tickhill	00:41:24
22	Malcolm Rhodes	RHAC	00:41:34
23	Joe Linney	Tickhill	00:44:56
24	Rachel Beresford	RHAC	00:46:41
25	Roxanne Hill	Tickhill	00:47:00
26	Janet Dutton	RHAC	00:48:31
27	Alison Smith	Tickhill	00:50:10
28	Jenny Hart	Tickhill	00:51:10
29	Natalie Hibbert	Valley Hill	00:53:20
30	Alan Hall	Tickhill	01:00:50
31	Louise Kelly	Tickhill	



Luke Cotter in determined mood, running the clubs fastest U17 National relay leg to gain 13 places , moving up from 34th to 21st

**Next event: Canal Run
form Westgate Cutler
11am 30th October.**

**Clifton Park 5k time trial
November start, late Saturday
probably 25th**

England Athletics Registration
Members are urged to ensure that they have paid their 2011 subscriptions, as England Athletics have now issued a check facility to event organisers, so they can check all entries in bulk and identify any athletes who have not paid / are not registered. The Yorkshire championships in 2012 will run this check and will not accept entries from athletes who are not registered

**Next South Yorks
Cross-country
Sunday 13 November
Wentworth Castle
Stainbrough**

SHORT CONTRIBUTED REPORTS

From Editor:

A brief opportunity if I may to say well done to my relay team in the RRR- not category winners this year sadly but great competitors (and to the other RH teams on the day). Especially to John Spencer & family who helped me a good deal. Well done to newcomers Neil Mason, Emma Freestone and Simon Ensor who made a great job of their first RH representative race. Emma incidentally sent me a report from the Leicester Half Marathon 9th October 2011 : 'Finally cracked sub 2 hours coming in at 1:57:28, next challenge 1:55' Well done Emma.

From Editor:

I am running pretty well for an old man, and I put it down to two things- firstly Jenny Blizard mending parts that are broken, and secondly the highly-successful club beginners strategy. The latter is clearly working very well for new and inexperienced club runners, but the side-effect is that in the running group I go with there is no-one slow enough to pull the run speed down. The old 'let's wait for the tail end' that I learned from Don Creamer is a non-starter- there isn't one ! No option but to run better !

**15% off ALL*Blacks and Millets
purchases for all Rotherham Harriers**
Includes discount on top of sale prices!

*Excludes Sat Nav products and Gift Cards.

**Just send name, address & email to
michael.d.hill@hotmail.com**

See comment *** below

From Michael Hill * (kit #1)**

Mike negotiated himself a discount at Millet's Meadowhall and had the presence of mind to get it more widely applicable! 15% is a sizeable discount, and it is understandable that they want to be sure you are a bona fide member.... Hence the requirement to be listed. Email Mike if interested.

From Dennis Russell (kit #2)

"..I have at my disposal a good selection of athletic gear, such as running shoes, spikes, gloves hats, running tights socks, tops etc for both male and female. Attached is the complete list, done as 4 separate PDF documents [see at the club, or I will put on internet...Ed], if you could tell show your athletes or anyone else what is available and that they could email me if they require anything or any questions. I would arrange to bring the item(s) down to the track on a Wednesday night.

The £ figures in green (last column) is what RHAC members will pay, not the price in the previous column which is the internet price. With every pair of trainers a free pair of gloves for men and a long sleeve Base Tee for women with be include while stock last.2
[from September- but Dennis says there is still a good deal left ED]

From Editor

Or rather from the RRR organisers :Good news #1 the date for next year has been arranged to avoid the national road relay week-end, which should be good for organisation and RH participation alike. Good news #2: any temptation to turn the relay into a "same time start for every stage" event like the Barnsley Boundary has been resisted- it stays a true relay. 'Rece-ing' the stage, waiting for your incoming, running like a maniac to avoid unknown chasers..... All part of the 'crack'.

From Editor

The annual **London Marathon Farce** is on us again. Now they have made it more difficult for applicants to prove their situation so our ballot is exposed somewhat. Also, club runners seem to be unwelcome- have any RHAC runners been accepted? According to report, there were no successes at KS either !

London Marathon Reject?

The club has 4 entries for genuine rejects only. They will be balloted at the Xmas Day Race-

Inform road sec Peter Neal by 1st December latest- he will require you to produce your letter.

Fixtures: Autumn/Winter 2011

October			
Sun 30 Oct 11	Canal Run	open	KMRT Cutler Westgate11am
November			
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 Groundentry form
Sun 27 Nov 11	SY Cross Country 3	open	Mount St Mary's College, Spinkhill
December			
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 Country 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 champsentry link
January 2012			
Sun 01 Jan 12	Cleethorpes 10Km	open	Start 11:15entry form
Sun 22 Jan 12	South Yorks Indoors 3	clubs	EIS Sheffield: U11,13 & 15 start 12:30
Sat 28 Jan 12	Northern Athletics XC Championships	clubs	Pontefract Racecourse

Rowbolthams Round Rotherham Saturday 15th October 2011

Fine Day For Top Entry

From Trail & Fell Running Secretary Sharon Burton...

The 29th staging of the Round Rotherham couldn't have asked for better weather, a beautiful sunrise greeted the walkers and runners and with perfect conditions underfoot, this boded well for a great day ahead.

This year's event attracted a record pre-entry of 358 walkers and runners, exceeding last year by 29. A relay entry of 20 also beat last year's figure of 15. However, many of the competitors didn't turn up on the day for the individual event for reasons unknown and 281 actually set off at 6am and 7am.

The mens race was a competitive one with a battle between Ian Bishop of Royton Road Runners and Ian Symington of Macclesfield, with Ian Symington eventually getting the better of Ian B. Had Ian B not stopped at the last checkpoint he could quite possibly have won as Ian S took the opportunity to run straight on and past Ian B for eventual victory. The winning time was 6 hours 47 mins with Ian B arriving 3 minutes later. Both beat last year's finishing positions as Ian S was 5th in 2010 and Ian B 3rd. An excellent 3rd place went to Kevin Doyle from Kimberworth Striders in 6 hours 53 mins. Kevin beat last year's time by some 41 minutes so a great result for him!

The ladies race was also competitive with the first 3 finishing under 8 hours 30 mins. The first lady home was Helen Skelton from Mercia Fell Runners in her first attempt, Helen finished in 8 hours and 10 seconds! Second lady home was Victoria Mousley from Accrington Road Runners in 8 hours 25 mins which was also her first attempt. Third place went to Karen Nash from Preston Harriers in 8 hours 30 mins, Karen also finished 3rd lady last year.

The standard from the women seems to get better as do the men with a total of 50 athletes finishing inside 9 hours which included 6 females!

First team went to Macclesfield Harriers with a total time of 24 hours 11mins. Second placed team went to last year's team winners, Kimberworth Striders, with a total time 24 hours 54 mins. Third team were Rotherham Harriers A of Richard Howcroft, John Kirk and Adele Morris with a total time of 29 hours 28 mins.

Seven members of RHAC took part and Richard Howcroft was the first Harrier to arrive home and claim the Ralph Rowbotham trophy which is now presented on an annual basis in tribute to Ralph who sadly passed away before the 2010 event. This trophy is awarded to the first RHAC member home and he was presented with the trophy by Ralph's wife, Pat (see photo). Richard finished in 41st place overall in a time of 8 hours 51 mins, an improvement of almost 2 hours on his 2010 time. Well done Richard! Other members who took part were John Kirk, Adele Morris, Neil Shaw (on his debut 11 hours 7 mins), Alan Bolton, Kerry Booth completing his 21st RRR (also running the first leg of the relay for Arifs Ageless) and finally, Henry Marston who did a marvellous job for us by bringing up the rear end of the field ensuring no-one got lost (and so an early (ish) night for the organising team) in his 22nd RRR in a time of 15 hours 11 mins!

A total of 264 finished the course, an improvement on last year when 247 completed. 57 were women, also an improvement on 2010 when 47 finished.



Moving on to the relays, a total of 20 teams started with RHAC represented by 5 teams. It was good to see a team entered by Pat Beighton (Something Old, Something New) who used the opportunity to give most of the beginners group a chance to experience some competition. Also good to see Ray Arif enter a team who I believe really enjoyed the day. Another team represented by RHAC were Team Rotherham made up of son and daughter of Ralph; Steve and Kim, running in memory of their father. They were joined by Alana, Steve's wife and Mary, friend of Kim who made the journey over from America with Kim. Another American friend was due to make up the team but she had a nasty water skiing accident a few weeks earlier so was unable to take part. What is amusing about this team is that 1 of the members (nameless but local) got lost on his leg somewhere between Langold and Firbeck, ending up running down Langold high street towards Old Coates then down the road to Firbeck, eventually getting back en route. Not quite Barry Beford and co but not far off!! I don't think (he) will live this one down!! Rumour has it Team Rotherham will return next year to cover the route correctly!

Back to the relay results. At the front end of the field it was a win for local team, Kimberworth Striders men, arriving home in 1st place for the 2nd year running in 5 hours 23 minutes. Runners up spot went to Clowne Road Runners, newcomers to the event and who are promising to field 2 teams in 2012. They finished in 5 hours 53 mins. 3rd place went to Sheffield running club in 6 hours 10 minutes.

The ladies relay race was won by Kimberworth Striders in 6 hours 21 minutes, finishing in 4th place overall. Rotherham Harriers ladies, Women in Black, claimed runners up spot in 7 hours 10 minutes and considering that, apart from Olivia Neal who ran the final leg for the ladies, the rest are made up of Vets, all over the age of 40, the time is pretty respectable! Next year it is hoped we will be fielding another ladies team which will be dependent on it not clashing with the National Road Relays which is where most of the younger ladies were racing this year.

The mixed team competition was a close one with newcomers Wildhogs from Handworth claiming first prize in 6 hours 32 minutes and finishing 6th team overall. They were followed closely by RHAC team; Ex Snails in 6 hours 42 mins and 7th place overall. Rother Valley Swallows were 2 minutes behind in 6 hours 44 mins.

Finally, once again the 2011 Round Rotherham was another successful year for the club and many, many thanks must go to the volunteers that put in a tremendous amount of time, effort and commitment to make it work on the day, not least the checkpoint officials that provide the refreshments as well as recording of numbers and timekeeping but who also manage to smile for the competitors who report year after year what a pleasure it is to take part!! (see compliments enclosed). Ray Howarth must get a special mention for his efforts at both the 1st and last checkpoint. Ray arrives on the morning at 5am along with the rest of the organisers, does his stint at both checkpoints and often doesn't finish until 11pm. He is a valuable asset to the Round Rotherham and all the time has a smile on his face!

Thanks must also go to the Run Further Series organisers; Karen and Mark, who provided the first 3 male and female prizes as they were using the Round Rotherham as the final counter in their series. It also looks likely that we will be asked to take part again in 2012.

We look forward to 2012 when it will be the 30th Anniversary of the Rowbolthams Round Rotherham.

Next year:
Saturday
October
20th 2012



Top right: Kim Rowbotham with Richard Howcroft receiving the Ralph Rowbotham memorial trophy awarded to first RHAC member home, lower right race winner Ian Symington (Macclesfield Harriers) receives his award from Pat Rowbotham and above is the valiant relay team Team Rowbotham with Alana and Steve Rowbotham plus children, Kim Rowbotham, Scott and Mary, Kim's American friend.

National Road Relays

Complete RHAC
ResultsSutton Park, Sutton Coldfield
Saturday 15th October 2011
Sunday 16th October 2011

SENIOR MEN

Rotherham HAC

1 Rhian Hastey (64)	19:10
2 Phillip Hoole (48)	18:20
3 Richard Harris (51)	19:19
4 Kyle Craib (49)	19:49
5 Chris Adams (50)	19:42
6 Aiden Johnson (52)	20:17

1 Aldershot Farnham & D 'A'	1:44:51
2 Birchfield	1:45:22
3 Newham And Essex Beagles	1:45:30
4 Leeds City 'A'	1:45:33
5 Swansea Harriers 'A'	1:46:15
6 Bristol & West AC 'A'	1:46:48
7 Tipton Harriers	1:46:56
8 Morpeth H & ac	1:47:14
9 Shettleston Harriers	1:47:20
10 Salford Harriers & AC 'A'	1:47:33
11 Cardiff Aac 'A'	1:47:49
12 Notts AC 'A'	1:48:44
13 Bedford And County AC	1:48:45
14 Belgrave Harriers	1:48:57
15 New Marske Harriers	1:49:01
16 Highgate Harriers	1:49:04
17 Stroud And District AC	1:49:31
18 Aldershot Farnham & D 'B'	1:49:36
19 Coventry Godiva H 'A'	1:49:45
20 Liverpool Harriers & AC 'A'	1:50:10
21 Derby AC	1:50:17
22 Central AC	1:50:29
23 Woodford Green & Essex L	1:50:39
24 Tonbridge AC	1:51:38
25 Serpentine	1:52:11
26 Wells City Harriers	1:52:20
27 Luton AC	1:52:28
28 Kent AC	1:52:32
29 Swansea Harriers 'B'	1:52:42
30 Bristol & West AC 'B'	1:52:52
31 Birmingham Running A 'A'	1:53:04
32 Phoenix AC	1:53:09
33 Gateshead Harriers	1:53:22
34 Cardiff Aac 'B'	1:53:29
35 City Of Norwich AC	1:53:36
36 Leeds City 'B'	1:53:36
37 Altrincham & District AC	1:53:40
38 Notts AC 'B'	1:53:54
39 Shaftesbury Barnet	1:54:36
40 Harrow AC	1:54:49
41 Bideford Aac	1:54:51
42 Coventry Godiva H 'B'	1:54:57
43 Holmfirth Harriers	1:55:00
44 Salford Harriers & AC 'B'	1:55:15
45 Preston Harriers	1:55:17
46 Brighton And Hove City AC	1:55:43
47 Border Harriers	1:55:51
48 Cheltenham Harriers	1:55:58
49 Charnwood	1:56:01
50 Blackheath & Bromley Hac	1:56:21
51 Lincoln Wellington AC	1:56:27
52 Rotherham H & AC	1:56:37
53 Hercules Wimbledon AC	1:56:44
54 Rossendale Harriers	1:56:57
55 Trafford	1:56:59
56 Barrow & Furness SAC	1:57:25
57 Southampton Athletic Club	1:57:39
58 Leigh Harriers & AC	1:57:46
59 Bournville Harriers	1:57:49
60 Southport Waterloo AC	1:58:04
61 Basingstoke & Mid Hants AC	1:58:07
62 Hallamshire Harriers	1:58:53
63 Liverpool Pembroke & SefH.	1:59:16
64 Halesowen A & cc	2:00:32
65 Telford AC	2:01:27
66 Cirencester AC	2:01:53
67 Birmingham Running A 'B'	2:02:47

68 Durham City Harriers	2:02:57
69 Royal Sutton Coldfield AC	2:03:01
70 Leamington C & ac	2:03:04
71 Harborough AC	2:03:06
72 Liverpool Harriers & AC 'B'	2:04:01
73 Les Croupiers RC	2:04:48
74 Gloucester AC	2:05:03
75 Leicester Coritanian A.C.	2:06:31
76 Worcester AC	2:07:48

Incomplete Teams:

Mansfield Harriers & A.C.
Wrexham Aac
Sale Harriers Manchester
Bolton United Harriers
Windsor Slough Eton & Hounslow
Herne Hill Harriers
Cannock & Stafford AC

SENIOR LADIES

Rotherham HAC A

1 Laura Spence (37)	15:57
2 Jade Allen (20)	15:39
3 Annabelle Grady (17)	15:53
4 Stephanie Burns (15)	16:06

Rotherham HAC B

1 Robyn Lanceley (61)	16:48
2 Natasha Hatswell (41)	16:22
3 Samantha Johnson (32)	16:19
4 Janet Hindley (32)	17:53

1 Aldershot, Farnham And D 'A'	57:17
2 Charnwood AC 'A'	58:20
3 Bristol & West AC 'A'	58:50
4 Birchfield Harriers 'A'	59:07
5 Aldershot, Farnham And D 'B'	59:38
6 Leigh Harriers & AC 'A'	1:00:54
7 Swansea Harriers 'A'	1:01:32
8 Salford Harriers 'A'	1:02:02
9 City Of Norwich AC 'A'	1:02:18
10 Shaftesbury Barnet H 'A'	1:02:21
11 Cardiff AC 'A'	1:02:51
12 Notts AC 'A'	1:02:55
13 Leeds City 'A'	1:03:09
14 Westbury Harriers 'A'	1:03:19
15 Rotherham H & AC 'A'	1:03:35
16 Coventry Godiva H 'A'	1:03:40
17 Tipton Harriers 'A'	1:04:00
18 Highgate Harriers	1:04:12
19 Team Bath AC	1:04:15
20 Thames Valley Harriers 'A'	1:04:20
21 Aldershot, Farnham D 'C'	1:04:25
22 Liverpool Harriers & AC 'A'	1:04:34
23 Birchfield Harriers 'B'	1:05:33
24 Bristol & West AC 'B'	1:05:48
25 Belgrave Harriers 'A'	1:06:01
26 Sale Harriers 'A'	1:06:15
27 Durham City Harriers	1:06:16
28 Hallamshire Harriers 'A'	1:06:25
29 Stroud And District AC	1:06:55
30 Nene Valley Harriers	1:07:04
31 Swansea Harriers 'B'	1:07:13
32 Rotherham H & AC 'B'	1:07:22
33 New Marske Harriers	1:07:24
34 Derby AC	1:07:41
35 Leicester Coritanian	1:08:02
36 Cannock & Stafford AC 'A'	1:08:12
37 Blackburn Harriers	1:08:21
38 Leamington C & ac 'A'	1:08:41
39 Blackheath & Bromley H 'A'	1:08:42
40 Havant AC	1:08:45
41 Charnwood AC 'B'	1:09:08
42 Belgrave Harriers 'B'	1:09:18
43 Trafford Athletic Club 'A'	1:09:19
44 Serpentine RC 'A'	1:09:20
45 Telford AC 'A'	1:09:22
46 Notts AC 'B'	1:09:53
47 Brat	1:10:01
48 Bournville Harriers 'A'	1:10:05
49 City Of Norwich AC 'B'	1:10:26
50 Wolves & Bilston AC 'A'	1:10:38
51 Banbury Harriers	1:10:47
52 Liverpool Pembroke & SH.	1:10:52

53 Birchfield Harriers 'C'	1:11:09
54 Rugby And North AC 'A'	1:11:24
55 Solihull & Small Heath A 'A'	1:11:28
56 Halesowen A & cc 'A'	1:11:47
57 Harborough AC	1:12:34
58 Bristol & West AC 'C'	1:13:00
59 Bournville Harriers 'B'	1:14:12
60 Holmfirth Harriers	1:14:38
61 Liverpool Harriers & AC 'B'	1:16:11
62 Westbury Harriers 'B'	1:16:30
63 Clc Striders	1:16:46
64 Worcester AC	1:16:48
65 Centurion Running Club	1:16:53
66 Les Croupiers	1:17:37
67 Notts AC 'C'	1:17:40
68 Salford Harriers 'B'	1:18:04
69 Gloucester AC	1:19:46
70 Wolves & Bilston AC 'B'	1:20:01
71 Leamington C & ac 'B'	1:20:25
72 Massey Ferguson RC	1:32:03

Incomplete Teams:

Lincoln Wellington 'A'
St Albans Striders
Bromsgrove & Redditch AC
Mansfield Harriers & A.C.
Stockport Harriers
Lancaster And Morecambe AC 'A'
Vale Royal
Border Harriers
Jarrow & Hebburn A.C.

Under 17 Women

Rotherham HAC A

Jessica Mangham (22)	15:05
Emma Dutton (20)	16:12
Jessica Freeman (17)	15:25

Rotherham HAC B

Bonnie Smith (33)	15:58
Mary Jenkinson (32)	17:01
Emma Parkinson (31)	16:34

1 Chelmsford AC	41:24
2 Aldershot, Farnham D 'A'	41:45
3 Tonbridge AC 'A'	42:43
4 Hallamshire Harriers	43:12
5 Vale Royal 'A'	43:24
6 Leicester Coritanian 'A'	43:40
7 Bedford And County AC	43:42
8 Royal Sutton Athletics Club 'A'	43:47
9 Bristol And West AC	44:21
10 Bracknell AC	44:54
11 Luton AC	44:56
12 City Of Norwich A C 'A'	45:14
13 Leigh Harriers & AC	46:03
14 Birchfield Harriers 'A'	46:20
15 Derby AC	46:33
16 Liverpool Harriers & AC 'A'	46:41
17 Rotherham H & AC 'A'	46:42
18 Stockport Harriers 'A'	46:47
19 Tonbridge AC 'B'	46:58
20 Mansfield Harriers & A.C. 'A'	47:49
21 Stratford On Avon AC	47:54
22 Sale Harriers Manchester	48:18
23 Swansea Harriers AC	48:20
24 Vale Royal 'B'	48:23
25 Stockport Harriers 'B'	48:37
26 Nene Valley Harriers	48:51
27 West Suffolk AC 'A'	49:01
28 Mansfield Harriers & A.C. 'B'	49:18
29 Banbury Harriers	49:27
30 Rossendale Harriers	49:31
31 Rotherham H & AC 'B'	49:33
32 Liverpool Harriers & AC 'B'	49:38
33 Abingdon Aac	49:43
34 Notts AC	49:45
35 Stroud And District AC	50:41
36 E Cheshire H & Tameside AC	53:44
37 Ealing Southall Middlesex AC	53:49
38 Birchfield Harriers 'B'	55:12

Under 17 Men

Rotherham HAC

Connor Ryan (53)	13:34
Nicholas Myers (34)	12:59
Luke Cotter (21)	12:31

1 Bristol And West AC 'A'	35:47
2 Shaftesbury Barnet Harriers 'A'	36:03
3 Tonbridge AC 'A'	36:42
4 Aldershot, Farnham And Di 'A'	36:51
5 Sale Harriers Manchester 'A'	37:13
6 Aldershot, Farnham And Di 'B'	37:17
7 Coventry Godiva Harriers 'A'	37:20
8 Tonbridge AC 'B'	37:22
9 Swansea Harriers AC 'A'	37:38
10 Team Bath	37:42
11 City Of Norwich A C 'A'	37:43
12 Leicester Coritanian 'A'	37:52
13 City Of Stoke	37:57
14 Bedford And County 'A'	38:06
15 Wakefield Dh & ac 'A'	38:34
16 Ipswich Harriers 'A'	38:45
17 Wells City Harriers	38:50
18 Liverpool Harriers & AC	38:53
19 Tonbridge AC 'C'	38:58
20 Vale Royal 'A'	38:59
21 Rotherham Harriers & AC	39:04
22 Shaftesbury Barnet H 'B'	39:10
23 Stroud And District AC	39:18
24 Ealing Southall Middlesex AC	39:27
25 Tipton Harriers	39:28
26 Warrington A C	39:38
27 Notts AC 'A'	39:41
28 Coventry Godiva Harriers 'B'	39:47
29 Leicester Coritanian 'B'	39:49
30 Aldershot, Farnham 'C'	39:51
31 Chiltern Harriers AC	39:53
32 Halesowen A & cc 'A'	39:58
33 Kettering Town Harriers	40:08
34 Lincoln Wellington AC 'A'	40:13
35 Gloucester AC	40:20
36 Swansea Harriers AC 'B'	40:23
37 Bedford And County 'B'	40:32
38 Derby AC	40:44
39 Leigh Harriers & AC	40:50
40 Birchfield Harriers	40:51
41 Liverpool Pembroke & S. 'A'	40:56
42 Newport Harriers	41:09
43 Solihull & Small Heath AC	41:27
44 Nene Valley Harriers 'A'	41:39
45 Banbury Harriers	41:41
46 Abingdon Aac	42:05
47 Charnwood	42:14
48 Vale Royal 'B'	42:15
49 Nene Valley Harriers 'B'	42:18
50 Tonbridge AC 'D'	43:07
51 Bedford And County 'C'	43:12
52 Coventry Godiva Harriers 'C'	43:18
53 Mansfield Harriers & A.C.	43:19
54 Notts AC 'B'	43:37
55 Liverpool Pembroke & S. 'B'	44:12

Under 15 Girls

Rotherham HAC

Charlotte Dodds (25)	15:29
Emily Hutchinson (46)	18:09
Maisie Elliott (44)	17:08

1 Aldershot, Farnham And D 'A'	42:19
2 Vale Royal 'A'	43:07
3 Cambridge & Coleridge	43:42
4 Chiltern Harriers AC	43:48
5 Leicester Coritanian 'A'	44:25
6 Blackpool Wyre & Fylde AC	44:40
7 Mansfield Harriers & A.C. 'A'	44:47
8 Lincoln Wellington	44:52
9 Warrington Athletic Club 'A'	45:05
10 Swansea Harriers AC	45:21
11 Coventry Godiva Harriers 'A'	45:24
12 Chelmsford AC 'A'	45:24
13 Wakefield Dh & ac 'A'	45:49
14 Halesowen A & cc 'A'	45:54
15 Bedford And County AC 'A'	45:57
16 City Of Norwich A C 'A'	45:58

Road Relays (ctd)

17 Liverpool Harriers & AC 'A'	46:45
18 North Somerset AC	46:59
19 Blackheath & Bromley Hac 'A'	47:03
20 Kettering Town Harriers	47:05
21 Ribble Valley Athletic Club	47:18
22 Rossendale Harriers 'A'	47:20
23 E Cheshire H & Tames AC 'A'	47:26
24 Sale Harriers Manchester	47:43
25 Royal Sutton Coldfield A.C	47:49
26 Stockport Harriers 'A'	47:50
27 Holmfirth Harriers AC	47:51
28 Liverpool Pembroke & Seft H.	48:11
29 Tonbridge AC 'A'	48:17
30 Solihull & Small Heath AC	48:40
31 Nene Valley Harriers 'A'	48:48
32 Vale Royal 'B'	48:51
33 Aldershot, Farnham And Di'B'	48:56
34 Wakefield Dh&ac 'B'	49:23
35 Team Bath	49:27
36 Worcester AC	49:32
37 Warrington Athletic Club 'B'	49:34
38 City Of Norwich A C 'B'	49:37
39 Leicester Coritanian 'B'	49:40
40 Birchfield Harriers	49:55
41 Charnwood AC 'A'	50:18
42 Luton AC	50:34
43 Rossendale Harriers 'B'	50:41
44 Rotherham Ha & AC 'A'	50:46
45 Stroud And District AC 'A'	51:08
46 Bedford And County AC 'B'	51:10
47 Ealing Southall Middlesex AC	51:28
48 Nene Valley Harriers 'B'	52:14
49 Mansfield Harriers & A.C. 'B'	52:25
50 Aldershot, Farnham Di 'C'	53:05
51 Stroud And District AC 'B'	53:53
52 Jarrow & Hebburn A.C.	54:04
53 Nene Valley Harriers 'C'	54:07
54 Tipton Harriers 'A'	55:03

Under 15 Boys

Rotherham HAC

Ryan Beale (16)	13:12
Robert Bentham (21)	14:15
Aaron Thorpe (19)	14:10

1 Trafford AC	38:15
2 Wells City Harriers 'A'	39:07
3 Shaftesbury Barnet Harriers 'A'	39:21
4 Chiltern Harriers AC 'A'	39:27
5 Leicester Coritanian 'A'	39:32
6 Warrington A C 'A'	39:50
7 Tonbridge AC 'A'	39:53
8 Birchfield Harriers 'A'	39:56
9 Poole Runners	39:59
10 Vale Royal 'A'	40:03
11 West Suffolk AC 'A'	40:32
12 Swansea Harriers AC	40:41
13 Charnwood 'A'	40:45
14 Bedford And County 'A'	40:54
15 City Of Stoke	40:57
16 Derby AC	41:02
17 Wakefield Dh&ac 'A'	41:14
18 Mansfield Harriers & A.C. 'A'	41:30
19 Rotherham Harriers & AC	41:37
20 Kettering Town Harriers	41:42
21 Coventry Godiva Harriers 'A'	41:48
22 Morpeth H & ac	41:49
23 Tonbridge AC 'B'	42:09
24 Leamington Cycling Athl 'A'	42:17
25 City Of Norwich A C 'A'	42:23
26 Stroud And District AC	42:35
27 Aldershot, Farnham Di 'A'	42:52
28 Cheltenham Harriers	42:58
29 Wells City Harriers 'B'	43:05
30 Nene Valley Harriers	43:14
31 Thames Valley Harriers	43:26
32 Royal Sutton Coldfield AC	43:31
33 Tipton Harriers 'B'	43:38
34 E Cheshire H & Tame AC 'A'	43:42
35 Tonbridge AC 'C'	44:04
36 Blackheath & Bromley H 'A'	44:19
37 Liverpool Pembroke & Seft H.	44:39
38 City Of Norwich A C 'B'	45:04

39 Tonbridge AC 'D'	45:16
40 Liverpool Harriers & AC 'A'	45:19
41 Ealing Southall Middlesex AC	45:25
42 Tipton Harriers 'A'	45:42
43 Bedford And County 'B'	45:58
44 Leamington Cycling Athl 'B'	47:09
45 Solihull & Small Heath AC	47:13
46 Wakefield Dh&ac 'B'	47:31

North of England Relays

Complete RHAC Results

Birchwood Warrington
Saturday 24th September 2011

SENIOR MEN

Rotherham HAC A

Aidan Johnson (51)	20:23
Rhian Hastley (45)	20:05
Richard Harris (32)	19:13
Philip Hoole (23)	18:44
Gary Claxton (21)	20:32
Chris Adams (22)	20:11

Rotherham HAC B

Mark Ward (79)	21:48
Mark Ward (74)	21:44
Howard Darwin (69)	21:43
Kyle Craib (57)	20:14
Chris Maris (58)	21:35
David Smith (61)	22:12

1 Leeds City	01:48:39
2 Morpeth Harriers & AC	01:48:48
3 Derby AC	01:49:45
4 Liverpool Harriers & AC	01:50:21
5 Salford Harriers & AC	01:50:33
6 Gateshead Harriers & AC	01:54:23
7 Altrincham & District AC	01:54:47
8 New Marske Harriers	01:55:45
9 Liverpool Harriers & AC 'B'	01:55:52
10 Salford Harriers & AC 'B'	01:55:52
11 Southport Waterloo AC	01:56:15
12 Trafford AC	01:56:16
13 Lincoln Wellington AC	01:56:28
14 Stockport Harriers & AC	01:57:23
15 Border Harriers	01:57:38
16 Leeds City 'B'	01:57:41
17 Sale Harriers Manchester	01:57:49
18 Preston Harriers	01:58:00
19 Bolton United Harriers	01:58:15
20 Leigh Harriers & AC	01:58:44
21 Holmfirth Harriers	01:58:47
22 Rotherham Harriers & AC	01:59:08
23 Liverpool Pembroke & Sefton	01:59:37
24 Durham City Harriers	01:59:57
25 Hallamshire Harriers	02:00:02
26 Horwich Rmi Harriers	02:00:14
27 Barrow & Furness Striders AC	02:00:20
28 Kendal Aac	02:00:25
29 Warrington Athletic Club	02:00:27
30 Rossendale Harriers	02:00:52
31 Bingley Harriers	02:01:04
32 Blackburn Harriers	02:01:28
33 Wigan Phoenix	02:02:05
34 Derby AC 'B'	02:02:15
35 Leeds City 'C'	02:02:28
36 Salford Harriers & AC 'C'	02:02:48
37 Airedale Athletics	02:02:54
38 East Cheshire H & Tameside AC	02:02:58
39 Vale Royal	02:03:05
40 Gateshead Harriers & AC 'B'	02:03:28
41 Tyne Bridge Harriers	02:04:18
42 East Hull Harriers	02:04:31
43 Lancaster & Morecambe AC	02:04:42
44 Blackpool Wyre & Fylde AC	02:05:18
45 North Derbyshire RC	02:05:37
46 Keighley & Craven AC	02:05:44
47 Heanor Running Club	02:05:56
48 Penny Lane Striders	02:06:04

49 Gateshead Harriers & AC 'C'	02:06:41
50 Wirral AC	02:06:52
51 St Helens Sutton AC	02:07:05
52 Salford Harriers & AC 'D'	02:07:13
53 Beverley AC	02:07:18
54 Sale Harriers Manchester 'B'	02:07:19
55 Border Harriers 'B'	02:07:34
56 City Of Hull	02:07:45
57 Clayton Le Moors Harriers	02:08:03
58 Barnsley Harriers	02:08:37
59 Wakefield DH & AC	02:08:42
60 North York Moors AC	02:09:04
61 Rotherham Harriers & AC 'B'	02:09:16
62 Spectrum Striders RC	02:10:07
63 Accrington Road Runners	02:10:23
64 Altrincham & District AC 'B'	02:11:00
65 Wallasey AC	02:11:06
66 Liverpool Harriers & AC 'C'	02:11:14
67 Gateshead Harriers & AC 'D'	02:12:30
68 Otley AC	02:12:38
69 Wigan Phoenix 'B'	02:13:44
70 Leigh Harriers & AC 'B'	02:14:53
71 Clayton Le Moors Harriers 'B'	02:15:08
72 Blackburn Harriers 'B'	02:15:40
73 Rossendale Harriers 'B'	02:15:47
74 Salford Harriers & AC 'E'	02:16:33
75 North Derbyshire RC 'B'	02:16:50
76 Airedale Athletics 'B'	02:17:06
77 Manchester Harriers	02:18:25
78 City Of Hull 'B'	02:19:01
79 Penny Lane Striders 'B'	02:19:16
80 Heanor Running Club 'B'	02:19:23
81 Accrington Road Runners 'B'	02:21:10
82 East Hull Harriers 'B'	02:21:53
83 Sale Harriers Manchester 'C'	02:22:07
84 Tyne Bridge Harriers 'B'	02:24:13
85 Beverley AC 'B'	02:25:11
86 Chorley AC	02:25:39
87 Macclesfield Harriers	02:26:52
88 Lytham St Annes Rrc	02:28:18
89 St Helens Sutton AC 'B'	02:29:36
90 Spectrum Striders RC 'B'	02:32:02
91 Altrincham & District AC 'C'	02:34:01
92 Blackpool Wyre & Fyl AC 'C'	02:34:51
93 Gateshead Harriers & AC 'E'	02:37:35
94 Blackpool Wyre & Fyl AC 'B'	02:37:42
9 Liverpool Harriers & AC 'B'	01:55:52
90 Spectrum Striders RC 'B'	02:32:02
91 Altrincham & District AC 'C'	02:34:01
92 Blackpool Wyre & FylAC 'C'	02:34:51
93 Gateshead Harriers & AC 'E'	02:37:35
94 Blackpool Wyre & Fyl AC 'B'	02:37:42

SENIOR WOMEN

Rotherham HAC

Jade Allen (16)	17:53
A Grady (9)	17:57
Robyn Lanceley (8)	18:47
N Hatwell (9)	19:05

1 Morpeth Harriers & AC	01:07:46
2 Stockport Harriers & AC	01:08:15
3 Leigh Harriers & AC	01:09:28
4 Salford Harriers & AC	01:09:45
5 Bingley H & AC	01:12:08
6 Liverpool Harriers & AC	01:12:53
7 Trafford AC	01:12:56
8 Lancaster And Morecambe AC	01:13:42
9 Rotherham Harriers & AC	01:13:42
10 Sale Harriers Manchester	01:13:44
11 Leeds City	01:14:57
12 New Marske Harriers	01:15:05
13 Holmfirth Harriers	01:15:19
14 Blackpool Wyre & Fylde	01:15:27
15 Durham City Harriers	01:15:36
16 Vale Royal	01:16:05
17 Blackburn Harriers	01:16:20
18 Salford Harriers & AC 'B'	01:16:41
19 Rossendale Harriers	01:17:39
20 Kingston Upon Hull AC	01:17:43
21 Accrington Road Runners	01:17:53
22 Wakefield DH & AC	01:18:09
23 Wigan Phoenix	01:18:22

24 Altrincham & District AC	01:18:29
25 City Of Hull	01:18:42
26 Heanor Running Club	01:18:48
27 Clayton Le Moors Harriers	01:19:01
28 Keighley & Craven AC	01:19:08
29 Preston Harriers	01:19:15
30 East Hull Harriers	01:19:17
31 East Cheshire H & Tame AC	01:19:25
32 Airedale Athletics	01:22:18
33 Stockport Harriers & AC 'B'	01:22:50
34 North York Moors AC	01:23:41
35 Trafford AC 'B'	01:23:46
36 Sale Harriers Manchester 'B'	01:24:14
37 Lytham St. Annes Rrc	01:25:19
38 Skipton AC	01:26:00
39 Beverley AC	01:26:21
40 Accrington Road Runners 'B'	01:27:22
41 Spectrum Striders RC	01:27:34
42 Keighley & Craven AC 'B'	01:27:52
43 Tyne Bridge Harriers	01:28:23
44 Salford Harriers & AC 'C'	01:29:49
45 Vale Royal 'B'	01:30:58
46 Wigan Phoenix 'B'	01:31:32
47 St Helens Sutton AC	01:35:23
48 Lytham St. Annes Rrc 'B'	01:46:15

Under 17 Men

Rotherham HAC

Connor Ryan (24)	11:06
William Johnson (25)	11:50
Nicholas Myers (19)	10:51

1 Sale Harriers Manchester	00:30:47
2 Wakefield DH & AC	00:31:00
3 Lincoln Wellington AC	00:31:10
4 Liverpool Harriers & AC	00:31:20
5 East Cheshire H & TameAC	00:31:49
6 Barrow & Furness Striders AC	00:32:09
7 Warrington Athletic Club	00:32:15
8 Preston Harriers	00:32:20
9 Trafford AC	00:32:20
10 Liverpool Pembroke & Sef	00:32:21
11 Vale Royal	00:32:22
12 Wirral AC	00:32:36
13 Warrington Athletic Club 'B'	00:32:44
14 Lincoln Wellington AC 'B'	00:32:53
15 Vale Royal 'B'	00:32:56
16 Chorley AC	00:33:24
17 Stockport Harriers & AC	00:33:37
18 Liverpool Harriers & AC 'B'	00:33:44
19 Rotherham Harriers & AC	00:33:47
20 Leigh Harriers & AC	00:33:49
21 Wakefield DH & AC 'B'	00:33:54
22 Chesterfield Dac	00:34:01
23 Liverpool Pembroke & S 'B'	00:34:17
24 Kendal Aac	00:34:40
25 Bury AC	00:34:50
26 Sale Harriers Manchester 'B'	00:34:58
27 Wirral AC 'B'	00:36:41

Under 17 Women

Rotherham HAC

Jessica Mangham (11)	12:40
Emma Dutton (11)	12:56
Jessica Freeman (7)	12:39

1 Vale Royal	00:36:17
2 Blackpool Fylde And Wyre	00:37:20
3 Derby AC	00:37:25
4 Leigh Harriers & AC	00:37:32
5 Liverpool Harriers & AC	00:37:50
6 Preston Harriers	00:38:11
7 Rotherham Harriers & AC	00:38:15
8 Wirral AC	00:38:19
9 Stockport Harriers & AC	00:38:54
10 Vale Royal 'B'	00:39:17
11 Blackburn Harriers	00:40:09
12 Liverpool Harrier 'B'	00:40:26
13 Barrow & Furness Striders AC	00:40:55
14 Liverpool Harriers & AC 'B'	00:40:58
15 Rossendale Harriers	00:41:50

Road Relays

16 East Cheshire H & TameAC 00:43:46
17 Jarrow & Hebburn AC 00:45:17

Under 15 Boys

Rotherham HAC

Devon Stead (16) 10:17
Robert Bentham (13) 10:27
Ryan Beale (9) 10:12

1 Trafford AC 00:28:45
2 Warrington Athletic Club 00:28:59
3 Vale Royal 00:29:07
4 Preston Harriers 00:29:28
5 Southport Waterloo AC 00:30:40
6 Holmfirth Harriers AC 00:30:47
7 Blackburn Harriers 00:30:52
8 Wirral AC 00:30:55
9 Rotherham Harriers & AC 00:30:56
10 Wakefield DH & AC 00:30:57
11 Gateshead Harriers & AC 00:31:04
12 Morpeth Harriers & AC 00:31:10
13 East Cheshire H & Tame AC 00:31:14
14 Preston Harriers 'B' 00:31:19
15 Derby AC 00:31:38
16 Lincoln Wellington AC 00:31:43
17 Hallamshire Harriers 00:31:48
18 Kingston Upon Hull AC 00:32:13
19 Wirral AC 'B' 00:32:24
20 Manchester Harriers 00:32:37
21 Warrington Athletic Club 'B' 00:32:38
22 Preston Harriers 'C' 00:32:45
23 Stockport Harriers & AC 00:32:55
24 Vale Royal 'B' 00:33:01
25 Sale Harriers Manchester 00:33:10
26 St Helens Sutton AC 00:33:17
27 Liverpool Pembroke & Seft 00:34:09

Under 15 Girls

Rotherham HAC

Charlotte Dodds (11) 11:15
Emily Hutchinson (18) 12:59
Maisie Elliott (22) 12:36

1 Vale Royal 00:32:11
2 Scarborough AC 00:33:14
3 Blackpool Wyre & Fylde AC 00:33:20
4 Wakefield DH & AC 00:33:49
5 Warrington Athletic Club 00:33:53
6 Liverpool Harriers & AC 00:34:19
7 Preston Harriers 00:34:46
8 Wirral AC 00:34:57
9 Blackburn Harriers 00:35:14
10 Stockport Harriers & AC 00:35:18
11 Liverpool Pembroke & Sefton 00:35:21
12 Bury AC 00:35:22
13 Lincoln Wellington AC 00:35:24
14 East Cheshire H & TamesiAC 00:35:25
15 Vale Royal 'B' 00:35:46
16 Rossendale Harriers 00:35:56
17 Sale Harriers Manchester 00:35:56
18 Sale Harriers Manchester 'B' 00:36:04
19 Vale Royal 'C' 00:36:07
20 Wakefield DH & AC 'B' 00:36:19
21 Warrington Athletic Club 'B' 00:36:42
22 Rotherham Harriers & AC 00:36:50
23 Liverpool Harriers & AC 'B' 00:36:53
24 Morpeth Harriers & AC 00:36:56
25 Rossendale Harriers 'B' 00:36:59
26 Chesterfield Dac 00:37:01
27 Kingston Upon Hull AC 00:37:41
28 St Helens Sutton AC 00:37:45
31 Longwood Harriers AC 00:42:09
32 St Helens Sutton AC 'B' 00:42:35

North of England Cross-country Relays
"Cutler's Relays"
Results

Graves Park Sheffield
Saturday 18th October 2011

SENIOR MEN

Rotherham HAC A

Rhian Hasteley (9) 10:44
Richard Harris (7) 10:35
Chris Adams (8) 11:15
Philip Hoole (6) 10:27

Rotherham HAC B

Aiden Johnson (13) 10:53
Kyle Craib (10) 10:54
Christopher Maris (9) 11:31
David Smith (8) 11:59

1 LEEDS CITY 00:41:41
2 STOCKPORT HARRIERS 00:41:46
3 BORDER HARRIERS 00:41:59
4 HALLAMSHIRE HARRIERS 00:42:53
5 LEEDS CITY 'B' 00:42:59
6 ROTHERHAM HARRIERS 00:43:01
7 SALE HARRIERS 00:43:36
8 ROTHERHAM HARRIERS 'B' 00:45:17
9 EAST CHESHIRE HARRIERS 00:45:33
10 VALE ROYAL 00:45:48
11 BORDER HARRIERS 'B' 00:46:21
12 HALLAMSHIRE HARRIER'B' 00:46:27
13 UNIV SHEFFIELD AC 00:46:33
14 CITY OF SHEFFIELD AC 00:46:40
15 HALIFAX HARRIERS 00:46:52
16 BEVERLEY AC 00:47:05
17 KIMBERWORTH 00:47:44
18 WAKEFIELD DH&AC 00:48:12
19 CITY OF YORK AC 00:48:20
20 CITY OF HULL 00:49:56
21 SHEFFIELD RUNNING C 00:52:11
22 EAST CHESHIRE HAR 'B' 00:52:12
23 KIMBERWORTH 'B' 00:57:50

MEN VET 40

Rotherham HAC

Nigel Brookes (6) 12:49
Mark Ward (6) 11:44
Howard Darwin (6) 12:27

1 HALLAMSHIRE HARRIERS 00:33:16
2 BORDER HARRIERS 00:34:21
3 BINGLEY HARRIERS & AC 00:34:44
4 HOLMFIRTH HARRIERS 00:35:53
5 KEIGHLEY & CRAVEN AC 00:36:35
6 ROTHERHAM H & AC 00:37:00
7 CITY OF SHEFFIELD AC 00:39:08
8 HOLMFIRTH HARRIERS 'B' 00:40:15

MEN VET 50

Rotherham HAC

David Nuttall (3) 12:33
Peter Mirreles (2) 12:06
Terry Eastwood (2) 13:45

SHEFFIELD RUNNING CLUB 00:36:06
2 ROTHERHAM H & AC 00:38:24
3 BARNSELY AC 00:39:00
4 HOLMFIRTH HARRIERS 00:39:26
5 STEEL CITY STRIDERS 00:39:36
6 SHEFFIELD RUNNING C 00:41:10
7 LOFTUS & WHITBY 00:42:03

SENIOR WOMEN

Rotherham HAC A

Jade Allen (4) 12:24
Natasha Hatwell (4) 12:54
Robyn Lanceley (4) 13:12

Rotherham HAC B

Stephanie Burns (6) 12:31
Nina Hague (13) 15:37
Gillian Taylor (13) 16:08

1 LEEDS CITY 00:36:01
2 HOLMFIRTH HARRIERS 00:37:56
3 DURHAM CITY HARRIERS 00:38:21
4 ROTHERHAM H & AC 00:38:30

5 HALLAMSHIRE HARRIERS 00:38:35
6 LEIGH HARRIERS & AC 00:39:16
7 HALLAMSHIRE HARRI'B' 00:39:37
8 EAST CHESHIRE HARR 00:40:11
9 LOFTUS & WHITBY 00:41:12
10 LEEDS CITY 'B' 00:41:16
11 BORDER HARRIERS 00:41:21
12 LINCOLN WELLINGTON 00:42:50
13 ROTHERHAM H & AC 'B' 00:44:16
14 UNIV SHEFFIELD AC 00:44:30
15 SHEFFIELD RUNNING C 00:44:42
16 EAST CHESHIRE HAR 'B' 00:44:43
17 BEVERLEY AC 00:46:44
18 WAKEFIELD DH&AC 00:48:08

Under 17 Men

Rotherham HAC

Connor Ryan (11) 07:46
William Johnson (10) 08:07
Nicholas Myers (8) 07:44

1 SALE HARRIERS MA 00:21:43
2 HALIFAX HARRIERS 00:22:03
3 EAST CHESHIRE HARRI 00:22:06
4 VALE ROYAL 00:22:12
5 WARRINGTON AC 00:22:16
6 PRESTON HARRIERS 00:23:04
7 KINGSTON UPON HULL AC 00:23:23
8 ROTHERHAM HAR& AC 00:23:37
9 SALE HARRIERS MA'BO '0:24:11
10 EAST CHESHIRE HAR 'B' 00:24:16
11 VALE ROYAL 'B' 00:24:23
12 HALIFAX HARRIERS 'B' 00:28:00

Under 17 Women

Rotherham HAC

Jessica Mangham (7) 08:45
Emma Dulton (8) 09:03
Jessica Freeman (5) 08:44

Rotherham HAC B

Bonnie Smith (12) 09:08
Mary Jenkinson (12) 09:43

1 HALLAMSHIRE HARRIERS 00:24:48
2 VALE ROYAL 00:25:09
3 CITY OF SHEFFIELD AC 00:26:08
4 CARLISLE & ASPATRIA AC 00:26:17
5 ROTHERHAM H & AC 00:26:32
6 CITY OF YORK AC 00:26:36
7 LEIGH HARRIERS & AC 00:26:44
8 STOCKPORT HARRIERS 00:26:46
9 KINGSTON UPON HULL AC 00:27:02
10 LIVERPOOL H & AC 00:27:09
11 LIVERPOOL H & AC 'B' 00:28:14
12 VALE ROYAL 'B' 00:28:22
13 STOCKPORT HA 'B' 00:28:57
14 CITY OF YORK AC 'B' 00:30:52
15 EAST CHESHIRE HAR 00:30:59
16 CITY OF SHEFFIELD AC 'B' 00:31:57

Under 15 Boys

Rotherham HAC B

Devon Stead (16) 07:30
Robert Bentham (13) 07:35
Ryan Beale (11) 07:22
Rotherham HAC B
Aaron Thorpe (15) 07:25
Shay Walker (18) 08:11
Marcus Tembe (20) 08:47

1 WARRINGTON AC 00:20:58
2 CITY OF YORK AC 00:21:09
3 PRESTON HARRIERS 00:21:11
4 HALIFAX HARRIERS 00:21:30
5 PRESTON HARRIERS 'B' 00:21:49
6 CITY OF SHEFFIELD AC 00:21:55
7 LEEDS CITY 00:21:59
8 PENDLE AC 00:22:03
9 EAST CHESHIRE HARRIERS 00:22:10
10 WAKEFIELD DH&AC 00:22:13
11 ROTHERHAM H & AC 00:22:27

12 KINGSTON UPON HULL AC 00:22:29
13 HOLMFIRTH HARRIERS 00:23:13
14 PRESTON HARRIERS 'C' 00:23:31
15 DONCASTER AC 00:23:36
16 HALLAMSHIRE HARRIERS 00:23:39
17 MANCHESTER H & AC 00:23:44
18 WARRINGTON AC 'B' 00:24:00
19 WAKEFIELD DH&AC 'B' 00:24:06
20 ROTHERHAM H & AC 'B' 00:24:23
21 HALIFAX HARRIERS 'B' 00:24:26
22 LONGWOOD HARRIERS AC 00:24:27
23 CITY OF SHEFFIELD AC 'B' 00:24:37
24 CITY OF YORK AC 'B' 00:25:30
25 KINGSTON UPON HULL 'B' 00:25:36
26 HALLAMSHIRE HAR 'B' 00:26:37

Under 15 Girls

Rotherham HAC A

Charlotte Dodds (2) 07:54
Maisie Elliott (9) 08:52
Beth Taylor (13) 09:20

Rotherham HAC B

Emily Hutchinson (22) 09:15
Grace Tomlinson (22) 09:27
Holly Rodgers (20) 09:20

1 VALE ROYAL 00:23:20
2 STOCKPORT HARRIERS 00:24:10
3 WARRINGTON AC 00:24:24
4 SCARBOROUGH AC 00:24:31
5 WAKEFIELD DH&AC 00:24:52
6 PRESTON HARRIERS 00:25:04
7 LIVERPOOL HARRIERS & AC 00:25:10
8 CITY OF SHEFFIELD AC 00:25:11
9 EAST CHESHIRE HARR 00:25:24
10 HALIFAX HARRIERS 00:25:34
11 WAKEFIELD DH&AC 'B' 00:25:34
12 HALLAMSHIRE HARRIERS 00:26:03
13 ROTHERHAM H & AC 00:26:06
14 HOLMFIRTH HARRIERS 00:26:23
15 WARRINGTON AC 'B' 00:26:43
16 VALE ROYAL 'B' 00:26:51
17 LIVERPOOL H & AC 'B' 00:27:02
18 PRESTON HARRIERS 'B' 00:27:33
19 STOCKPORT HARRIERS 'B' 00:27:52
20 ROTHERHAM H & AC 'B' 00:28:02
21 ST HELENS SUTTON AC 00:28:06
22 HALIFAX HARRIERS 'B' 00:29:44
23 LONGWOOD HAC 00:31:20

Under 13 Boys

Rotherham HAC

James Johnson (15) 06:20
Samuel Mason (12) 06:19
Alex Kitson (12) 06:33

1 VALE ROYAL 00:17:36
2 LEEDS CITY 00:17:46
3 PRESTON HARRIERS 00:17:51
4 PENDLE AC 00:17:56
5 CITY OF YORK AC 00:18:03
6 HOLMFIRTH HARRIERS 00:18:09
7 EAST CHESHIRE HA 00:18:15
8 KINGSTON UPON HULL AC 00:18:37
9 HALIFAX HARRIERS 00:18:38
10 CITY OF SHEFFIELD AC 00:18:48
11 ST HELENS SUTTON AC 00:18:59
12 ROTHERHAM HARRIERS 00:19:12
13 DONCASTER AC 00:19:20
14 HOLMFIRTH H 'B' 00:19:23

Under 13 Girls

Rotherham HAC

Rebecca Bentham (26) 07:31
Grace Maxwell (21) 06:27
Nicole Scarfe (17) 06:45

1 LIVERPOOL H & AC 00:17:22
2 HALLAMSHIRE HARRIERS 00:17:36

Cross-country

3 HOLMFIRTH HARRIERS	00:17:59
4 STOCKPORT HARRIERS	00:18:03
5 PRESTON HARRIERS	00:18:16
6 KINGSTON UPON HULL AC	00:18:31
7 EAST CHESHIRE H	00:18:47
8 WARRINGTON AC	00:18:52
9 STOCKPORT HARRIERS 'C'	00:19:11
10 STOCKPORT 'B'	00:19:24
11 WAKEFIELD DH&AC	00:19:26
12 LIVERPOOL H & AC 'B'	00:19:41
13 DONCASTER AC	00:19:44
14 CITY OF SHEFFIELD AC	00:20:03
15 CITY OF YORK AC	00:20:30
16 PRESTON HARRIERS 'B'	00:20:39
17 ROTHERHAM H & AC	00:20:43
18 KINGSTON UPON HULL 'B'	00:20:50
19 ST HELENS SUTTON AC	00:21:02
20 CITY OF SHEFFIELD AC 'B'	00:21:36
21 STOCKPORT HA 'D'	00:21:39
22 CITY OF SHEFFIELD 'C'	00:22:15
23 HOLMFIRTH HARRIERS 'B'	00:22:19
24 DONCASTER AC 'B'	00:23:38
25 DONCASTER AC 'C'	00:24:14

Under 11 Boys

Rotherham HAC	
Darnell Joseph	05:40
Harrison Kitson	05:57
Kaya Walker	05:07

1 WAKEFIELD DH&AC	00:16:03
2 STOCKPORT HARRIERS	00:16:34
3 ROTHERHAM HARRIERS	00:16:44
4 LEIGH HARRIERS & AC	00:16:55
5 CITY OF YORK AC	00:17:05
6 WARRINGTON AC	00:17:05
7 KEIGHLEY AND CRAVEN	00:17:08
8 CITY OF SHEFFIELD AC	00:17:59

Under 11 Girls

Rotherham HAC A	
Annabelle Johnson (2)	05:37
Mia Taylor (2)	05:46
Olivia Boulton (2)	05:59

Rotherham HAC B	
Grace Harris (3)	05:46
Ebony Caine (9)	06:43
Charlotte Kerr (8)	06:29

1 MANCHESTER H & AC	00:16:31
2 ROTHERHAM H & AC	00:17:22
3 HALIFAX HARRIERS	00:17:56
4 CITY OF SHEFFIELD AC	00:17:58
5 HALIFAX HARRIERS 'B'	00:18:18
6 HOLMFIRTH HARRIERS	00:18:32
7 KINGSTON UPON HULL AC	00:18:37
8 ROTHERHAM H & AC 'B'	00:18:58
9 WARRINGTON AC	00:19:00
10 CITY OF SHEFFIELD 'B'	00:20:42



Pictures from the first South Yorkshire Cross-country fixture, which I gather was a great success at Clifton Park. Above: The U11 Rotherham girls on the start line (Aimee Hall no 19 had forgot her vest!) Whilst our seniors, ladies in particular, have been doing some great things, the junior end of the club has not been left behind- some very strong performances, and the U11 girls have been a strong presence.

Lower left: Mick Cochrane on his way to winning the 5K O65 men's race. This is run with the women's race, and Mick ran straight through the finish to join in and complete the 8K men's race also.

Lower right: Richard Harris RHACs highest finisher in the senior men's race (finishing 4th and splitting the first 6 Hallamshire runners) and winner of the O40 race. Summary results are on the SYCAA web site, Full results later



How's your breathing?



Part 3: Putting it all together for faster times in no time

If you've been following Jenny's articles on sports physiotherapy you'll know the background to this conclusion. If not, I hope to publish all three articles again next month (space allowing) as they are so interesting. I was amazed by the results when I tried these techniques- both for running and singing! Ed

If you have been practicing your breathing then by now you should be able to feel your belly expanding on the breath in and dropping on the breath out. The upper chest should rise and fall slightly on the inward/outward breath cycle.

Now its time to practice out running. I recommend you walk for 5 minutes and in this time practice taking deep breaths in and out. When ready begin a steady jog and continue with the correct breath action. What you should notice is that attempting to breathe in this way allows your arms to drop by your side and an automatic slight forward lean. Continue to practice this breathing for 1 minute in every 5 during your easy runs.

Now for the fast bit! I would recommend once per week practicing 10 x 150 m strides at the end of a steady run. In these strides practice overcompensating by leaning further forward, breathing correctly and feel the ground being pushed away by the work of your hamstrings and gluts. The pace should increase dramatically and you feel like you are almost falling forward.

Over time by repeated practice these drills will become your normal running style. During hard workouts or races when focus is lost you can automatically get back on track by going back to your breathing, and you will almost definitely find that your breathing pattern has gone wrong.

Would love to hear your feedback about these breathing articles so please email me. Next time we will look at efficient running styles and the breathing awareness will fit into place perfectly.

Jenny has asked me to mention.....about my free newsletter which is starting soon. It will be filled with lots of useful running tips including stretches and strength exercises.

If members want to access it they need to send me an email and i can add them to the list at jennyblizardphysio@gmail.com. If its a problem i understand but it is free.

Happy to oblige- and looking forward to more of similar.

Ed

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Posn	Sym	Club	Time	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264
1	Symington, Ian	Macclesfield H	06:47:14	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264

TEAM RESULTS

1	Macclesfield Harriers	Symington	06:47:14	Litherland	08:27:10
2	Kimberworth Striders	Doyle	06:53:05	Rooney	08:46:25
3	Rotherham Harriers A	Howcroft	08:51:56	Kirk	10:14:09
4	Dark Peak Fell Runners A	Fauset	09:35:35	Elliott	09:52:07
5	Stone Master Marathoners	Taylor	08:10:51	Uzzell	10:37:47
6	Dark Peak Fell Runners B	Payne	10:13:56	Fulton	11:15:09
7	Holme Pierrepont R Club	Jarvis	10:39:48	Wells	11:40:48
8	Valley Hill Runners A	Sutton	09:20:16	Gall	09:25:19
9	Rotherham Harriers B	Shaw	11:07:05	Bolton	11:39:10
10	Peel Road Runners	Baker	09:26:24	Robinson	09:26:24
11	Totley A.C.	Egan	09:45:50	Shepherd	13:22:24
12	Valley Hill Runners B	Westby	15:24:30	Skinn	15:24:30

RELAY RESULTS

1	Kimberworth Striders (a)	Open	05:23:31
2	Clown RR	Open	05:53:57
3	Sheffield Running Club	Open	06:10:30
4	Kimberworth Striders	Female	06:21:33
5	Kimberworth Striders (b)	Open	06:26:48
6	Wildhogs	Mixed	06:32:37
7	RHAC ex-Snails	Open	06:42:15
8	Rother Valley Swallows (a)	Mixed	06:44:52
9	Team Kestrel	Open	06:47:09
10	Maltby Marauders	Mixed	06:48:49
11	Team Manvers Run	Open	06:53:55
12	Kimberworth Striders	Mixed	07:04:38
13	Women in Black (RHAC)	Female	07:10:23
14	Team Manvers Run	Mixed	07:24:49
15	Rother Valley Swallows (b)	Mixed	07:27:45
16	Wildhogs	Open	08:02:27
17	Arifs Ageless	Open	08:02:45
18	Malteezers	Mixed	08:03:13
19	Something Old Something New	Mixed	08:15:10
20	Team Rowbotham	Mixed	08:56:40

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

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