# November 2011

## Results, Reports & Fixtures



## 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 photografers. 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 sunblessed 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 ]

### Northern Relays, Round Rotherham

## **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	RHAĆ	00:35:19
9	Tony Redfern	Maltby	00:35:42
10	Peter Humphries	RHAĆ	00:36:00
11	Caroline Boyd	Maltby	00:36:44
12	Brian Harney	RHAĆ	00:37:22
13	John Dutton	RHAC	00:37:32
14	Jim Rust	Maltby	00:37:59
15	Paul Foster	RHAČ	00:38:25
16	Colin Copestake	Maltby	00:38:37
17	Ray Howarth	RHAC	00:38:48
18	lan 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	

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

### **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

### Fixtures: Autumn/Winter 2011

Sun 30 Oct 11	Canal Run	open
November		
Sat 05 Nov 11	National Cross Country Relays	clubs
Sun 06 Nov 11	South Yorks Indoors	clubs
Sun 13 Nov 11	SY Cross Country 2	open
Sat 26 Nov 11	Silkstone Shuffle 4 (Tfs)	open
Sun 27 Nov 11	SY Cross Country 3	open
December		
Sat 03 Dec 11	South Yorks Indoors 2	clubs
Sun 11 Dec 11	SY Cross Country 4	open
Sun 18 Dec 11	Santa Special	open
Mon 26 Dec 11	Boxing Day	open
Tue 27 Dec 11	Ribble Valley 10Km	open
January 2012		
Sun 01 Jan 12	Cleethorpes 10Km	open
Sun 22 Jan 12	South Yorks Indoors 3	clubs
Sat 28 Jan 12	Northern Athletics XC Championsh	nips

October

# Luke Cotter in determined mood, running the clubs fastest U17 National relay leg to gain 13 places , moving up from 34th to 21st Clifton Park 5k time trial

November start, late Saturday probably 25th

### Next South Yorks Cross-country

Sunday 13 November

Wentworth Castle Stainbrough

KMRT Cutler Westgate11am

EIS Sheffield; U11,13 & 15 start 12:30

EIS Sheffield; U11,13 & 15 start 12:30

KMRT Butchers Arms Braithwell 11am start 10:30, Northern 10Km champsentry link

EIS Sheffield; U11,13 & 15 start 12:30 clubs Pontefract Racecourse

SY Cross Country Champs; Northern Racing

Silkstone Cricket Groundentry form

Mount St Mary's College, Spinkhill

Wentworth Castle, Stainborough, Barnsley

Berry Hill Mansfield

College Doncaster

Start 11:15entry form

KMRT Droppingwell 11am

#### 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 thingsfirstly 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 I

#### 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. 'Recce-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 latesthe will require you to produce your letter.



### Round Rotherham Report

Rowbothams 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 Bfor 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.



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.

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 Rowbothams Round Rotherham.

> Next year: Saturday October 20th 2012





### Road Relays

Rotherham HAC

National Road Relays Complete RHAC Results

Sutton Park, Sutton Coldfield Saturday 15th October 2011 Sunday 16th October 2011

### SENIOR MEN

1 Rhian Hastey (64)         19:10           2 PhilipHoole (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 AldershotFarnham&D 'A'	1:44:51
2 Birchfield	1:45:22
3 NewhamAndEssexBeagles	1:45:30
4 LeedsCity 'A'	1:45:33
5 SwanseaHarriers 'A'	1:46:15
6 Bristol&West AC 'A'	1:46:48
7 TiptonHarriers	1:46:56
8 MorpethH∾	1:47:14
9 Shettleston Harriers	1:47:20
10 Salford Harriers&AC 'A'	1:47:33
11 CardiffAac 'A'	1:47:49
12 NottsAC 'A'	1:48:44
13 BedfordAndCountyAC	1:48:45
14 Belgrave Harriers	1:48:57
15 NewMarskeHarriers	1:49:01
16 HighgateHarriers	1:49:04
17 StroudAndDistrictAC	1:49:31
18 AldershotFarnham&D'B'	1:49:36
19 CoventryGodivaH 'A'	1:49:45
20 LiverpoolHarriers&AC 'A'	1:50:10
21 DerbyAC	1:50:17
22 CentralAC	1:50:29
23 WoodfordGreen&EssexL	1:50:39
24 TonbridgeAC	1:51:38
25 Serpentine	1:52:11
26 Wells City Harriers	1:52:20
27 LutonAC	1:52:28
28 KentAC	1:52:32
29 SwanseaHarriers 'B' 30 Bristol&West AC 'B' 21 Birmingham Dunping A (A)	1:52:42 1:52:52
<ul><li>31 BirminghamRunningA 'A'</li><li>32 PhoenixAC</li><li>33 GatesheadHarriers</li></ul>	1:53:04 1:53:09 1:53:22
34 CardiffAac 'B'	1:53:29
35 CityOfNorwichAC	1:53:36
36 LeedsCity 'B'	1:53:36
37 Altrincham&DistrictAC	1:53:40
38 NottsAC 'B'	1:53:54
39 ShaftesburyBarnet	1:54:36
40 HarrowAC	1:54:49
41 BidefordAac	1:54:51
42 CoventryGodivaH 'B'	1:54:57
43 HolmfirthHarriers	1:55:00
44 Salford Harriers&AC 'B'	1:55:15
45 Preston Harriers	1:55:17
<ul><li>46 BrightonAndHoveCityAC</li><li>47 BorderHarriers</li><li>48 CheltenhamHarriers</li></ul>	1:55:43 1:55:51 1:55:58
49 Charnwood	1:56:01
50 Blackheath&BromleyHac	1:56:21
51 LincolnWellingtonAC	1:56:27
52 RotherhamH&AC	<b>1:56:37</b>
53 HerculesWimbledonAC	1:56:44
54 RossendaleHarriers	1:56:57
55 Trafford	1:56:59
56 Barrow&Furness SAC	1:57:25
57 SouthamptonAthleticClub	1:57:39
58 Leigh Harriers&AC	1:57:46
59 BournvilleHarriers	1:57:49
60 SouthportWaterlooAC	1:58:04
61 Basingstke&MidHantsAC	1:58:07
<ul><li>62 HallamshireHarriers</li><li>63 LiverpoolPembroke&amp;SefH.</li></ul>	1:58:53 1:59:16
64 HalesowenA&cc	2:00:32
65 TelfordAC	2:01:27
66 CirencesterAC	2:01:53
67 BirminghamRunningA 'B'	2:02:47

70 LearningtonC&ac 2:03:04 71 HarboroughAC 2:03:06 72 LiverpoolHarriers&AC 'B' 2:04:01 73 LesCroupiersRC 2:04:48 74 GloucesterAC 2.02.03 75 LeicesterCoritanianA.C. 2:06:31 76 WorcesterAC 2:07:48 Incomplete Teams: MansfieldHarriers&A.C. WrexhamAac Sale HarriersManchester **BoltonUnitedHarriers** WindsorSloughEton&Hounslow HerneHill Harriers Cannock&StaffordAC 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 16:48 1 Robyn Lanceley (61) 2 Natasha Hatswell (41) 16:22 3 Samantha Johnson (32) 16:19 4 Janet Hindley (32) 17:53 1 Aldershot, FarnhamAndD 'A ' 57:17 2 CharnwoodAC 'A ' 58:20 3 Bristol&West AC 'A 58:50 4 Birchfield Harriers 'A ' 59:07 5 Aldershot, FarnhamAndD 'B ' 59:38 6 Leigh Harriers&AC 'A' 1:00:54 7 SwanseaHarariers 'A' 1.01.32 8 SalfordHarriers 'A' 1:02:02 9 CityOfNorwichAC 'A 1:02:18 10 ShaftesburyBarnetH 'A' 1:02:21 11 CardiffAC 'A' 1:02:51 12 NottsAC 'A' 1:02:55 13 LeedsCity 'A' 1:03:09 14 WestburyHarriers 'A' 1:03:19 15 RotherhamH&AC 'A' 1:03:35 16 CoventryGodivaH 'A' 1:03:40 17 TiptonHarriers 'A' 1:04:00 18 HighgateHarriers 1:04:12 19 TeamBathAC 1:04:15 20 ThamesValleyHarriers 'A' 1:04:20 21 Aldershot, FarnhamD 'C' 1.04.2522 LiverpoolHarriers&AC 'A' 1:04:34 23 Birchfield Harriers 'B' 1:05:33 24 Bristol&West AC 'B' 1.05.4825 Belgrave Harriers 'A' 1:06:01 26 Sale Harriers 'A' 1:06:15 27 DurhamCityHarriers 1:06:16 28 HallamshireHarriers 'A' 1:06:25 29 StroudAndDistrictAC 1:06:55 30 NeneValley Harriers 1:07:04 31 SwanseaHarariers 'B' 1.07.1332 RotherhamH&AC 'B' 1:07:22 33 NewMarskeHarriers 1:07:24 34 DerbyAC 1:07:41 35 LeicesterCoritanian 1.08.02 36 Cannock&StaffordAC 'A' 1:08:12 37 BlackburnHarriers 1:08:21 38 LeamingtonC&ac 'A' 1.08.41 39 Blackheath&BromleyH 'A' 1:08:42 40 HavantAC 1:08:45 41 CharnwoodAC 'B' 1:09:08 42 Belgrave Harriers 'B' 1.09.18 43 TraffordAthleticClub 'A' 1:09:19 44 SerpentineRC 'A' 1:09:20 45 TelfordAC 'A' 1.09.22 46 NottsAC 'B' 1:09:53 47 Brat 1:10:01 48 BournvilleHarriers 'A' 1:10:05 49 CityOfNorwichAC 'B' 1:10:26 50 Wolves&bilstonAC 'A' 1:10:38 51 BanburyHarriers 1:10:47

52 LiverpoolPembroke&SH.

1.10.52

68 DurhamCityHarriers

69 RoyalSuttonColdfieldAC

2:02:57

2:03:01

53 Birchfield Harriers 'C' 1:11:09 54 RugbyAndNorthAC 'A' 1:11:24 55 Solihull&Small Heath A'A' 1:11:28 56 HalesowenA&cc 'A' 1:11:47 57 HarboroughAC 1:12:34 58 Bristol&West AC 'C' 1:13:00 59 BournvilleHarriers 'B 1:14:12 60 HolmfirthHarriers 1:14:38 61 LiverpoolHarriers&AC 'B' 1:16:11 62 WestburyHarriers 'B' 1:16:30 63 Clc Striders 1:16:46 64 WorcesterAC 1:16:48 65 CenturionRunningClub 1:16:53 66 LesCroupiers 1:17:37 67 NottsAC 'C' 1:17:40 68 SalfordHarriers 'B' 1:18:04 69 GloucesterAC 1:19:46 70 Wolves&bilstonAC 'B' 1:20:01 71 LeamingtonC&ac 'B' 1:20:25 72 MasseyFergusonRC 1.32.03 Incomplete Teams: LincolnWellington 'A' St Albans Striders Bromsgrove&RedditchAC MansfieldHarriers&A.C. StockportHarriers LancasterAndMorecambeAC 'A' ValeRoyal BorderHarriers Jarrow&HebburnA.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 43:40 6 Leicester Coritanian 'A' 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 46:58 19 Tonbridge AC 'B' 20 Mansfield Harriers & A.C. 'A' 47:49 47:54 21 Stratford On Avon AC 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

#### Page 4

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Rotherham HACConnor Ryan (53)13:34Nicholas Myers (34)12:59Luke Cotter (21)12:31	
Connor Ryan (53) 13:34 Nicholas Myers (34) 12:59 Luke Cotter (21) 12:31 1 Bristol And West AC 'A' 2 Shaftesbury Barnet Harriers 'A' 3 Tonbridge AC 'A' 4 Aldershot, Farnham And Di 'A' 5 Sale Harriers Manchester 'A' 6 Aldershot, Farnham And Di 'A' 5 Sale Harriers Manchester 'A' 6 Aldershot, Farnham And Di 'B' 7 Coventry Godiva Harriers 'A' 8 Tonbridge AC 'B' 9 Swansea Harriers AC 'A' 10 Team Bath 11 City Of Norwich A C 'A' 12 Leicester Coritanian 'A' 13 City Of Stoke 14 Bedford And County 'A' 15 Wakefield Dh∾ 'A' 16 Ipswich Harriers 'A' 17 Wells City Harriers 18 Liverpool Harriers & AC 19 Tonbridge AC 'C' 20 Vale Royal 'A' 21 Rotherham Harriers & AC 22 Shaftesbury Barnet H 'B' 23 Stroud And District AC 24 Ealing Southall Middlesex AC 25 Tipton Harriers 26 Warrington A C 27 Notts AC 'A' 28 Coventry Godiva Harriers 'B' 29 Leicester Coritanian 'B' 30 Aldershot, Farnham 'C' 31 Chiltern Harriers AC 32 Halesowen A&cc 'A' 33 Kettering Town Harriers 34 Lincoln Wellington AC 'A' 35 Gloucester AC 36 Swansea Harriers AC 'B' 37 Bedford And County 'B' 38 Derby AC 39 Leigh Harriers AC 40 Birchfield Harriers 41 Liverpool Pembroke & S. 'A' 42 Newport Harriers 41 Liverpool Pembroke & S. 'A' 42 Newport Harriers 41 Liverpool Pembroke & S. 'A' 42 Newport Harriers 45 Banbury Harriers 46 Abingdon Aac 47 Charnwood 48 Vale Royal 'B'	35:47 36:03 36:42 36:51 37:13 37:17 37:20 37:22 37:38 37:42 37:57 38:06 38:34 37:52 37:57 38:06 38:34 38:59 39:04 39:10 39:18 39:27 39:28 39:20 39:10 39:18 39:27 39:28 39:21 39:51 39:51 39:53 39:51 39:53 39:58 40:13 40:23 40:23 40:23 40:23 40:21 40:50 40:51 40:50 40:51 40:50 40:50 40:50 40:51 40:50 40;500
49 Nene Valley Harriers 'B' 50 Tonbridge AC 'D' 51 Bedford And County 'C' 52 Coventry Godiva Harriers 'C' 53 Mansfield Harriers & A.C. 54 Notts AC 'B' 55 Liverpool Pembroke & S. 'B'	42:18 43:07 43:12 43:18 43:19 43:37 44:12
Under 15 Girls	

#### 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 44.25 5 Leicester Coritanian 'A' 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 45:57 15 Bedford And County AC 'A' 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 Trofford AC		20.15
1 Trafford AC		38:15 39:07
2 Wells City Harriers 'A' 3 Shaftesbury Barnet Har	riore 'A'	39:07
4 Chiltern Harriers AC 'A'	Hels A	39:21
5 Leicester Coritanian 'A'		39:27
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	4'	40:54
15 City Of Stoke		40:57
16 Derby AC		41:02
17 Wakefield Dh∾ 'A'		41:14
18 Mansfield Harriers & A	A.C. 'A'	41:30
19 Rotherham Harriers &		41:37
20 Kettering Town Harrie		41:42
21 Coventry Godiva Harr	iers 'A'	41:48
22 Morpeth H ∾		41:49
23 Tonbridge AC 'B'		42:09
24 Learnington Cycling A	Athl 'A'	42:17
25 City Of Norwich A C 'A		42:23
26 Stroud And District AC		42:35
27 Aldershot, Farnham E	ЛА	42:52
28 Cheltenham Harriers		42:58
29 Wells City Harriers 'B'		43:05
30 Nene Valley Harriers		43:14 43:26
31 Thames Valley Harrier 32 Royal Sutton Coldfield		43:31
33 Tipton Harriers 'B'	AC	43:38
34 E Cheshire H & Tame	AC 'A'	43:42
35 Tonbridge AC 'C'	AC A	44:04
36 Blackheath & Bromley	' H 'A'	44:19
37 Liverpool Pembroke &	Seft H	44:39
38 City Of Norwich A C 'E		45:04
so only of Normen A C L		10.04

	7:31
North of England Re Complete RHAC Results	elays
Birchwood Warrington Saturday 24th September 20	011
SENIOR MEN	
Rotherham HAC A           Aidan Johnson (51)         20:23           Rhian Hastey (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 BMark Ward (79)21:48Mark Ward (74)21:44Howard Darwin (69)21:43Kyle Craib (57)20:14Chris Maris (58)21:35David Smith (61)22:12	
2 Morpeth Harriers & AC013 Derby AC014 Liverpool Harriers & AC015 Salford Harriers & AC016 Gateshead Harriers & AC017 Altrincham & District AC018 New Marske Harriers019 Liverpool Harriers & AC 'B'0110 Salford Harriers & AC 'B'0111 Southport Waterloo AC0112 Trafford AC0113 Lincoln Wellington AC0114 Stockport Harriers0115 Border Harriers0116 Leeds City 'B'0117 Sale Harriers Manchester0118 Preston Harriers0120 Leigh Harriers & AC0121 Holmfirth Harriers0122 Rotherham Harriers0123 Liverpool Pembroke & Sefton0124 Durham City Harriers0227 Barrow & Furness Striders AC0228 Kendal Aac0229 Warrington Athletic Club0230 Rossendale Harriers0231 Bingley Harriers0234 Derby AC 'B'0235 Leeds City 'C'0236 Salford Harriers & AC 'C'0237 Airedale Athletics0238 East Cheshire H & Tameside AC03020240 Gateshead Harriers0241 Tyne Bridge Harriers0243 Lancaster & Morecambe AC0244 Blackpool Wyre & Fylde AC02	2:00:25 2:00:27 2:00:52 2:01:04 2:01:28 2:02:05 2:02:15 2:02:28 2:02:48 2:02:54

45·16

#### 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' $02 \cdot 11 \cdot 14$ 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 & FyIAC '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 Hatswell (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

23 Wigan Phoenix

01:18:09

01:18:22

### Page 5

24 Altrincham & District AC 25 City Of Hull 26 Heanor Running Club 27 Clayton Le Moors Harriers 28 Keighley & Craven AC 29 Preston Harriers 30 East Hull Harriers 31 East Cheshire H & Tame AC 32 Airedale Athletics 33 Stockport Harriers & AC 'B' 34 North York Moors AC 35 Trafford AC 'B' 36 Sale Harriers Manchester 'B' 37 Lytham St. Annes Rrc 38 Skipton AC 39 Beverley AC 40 Accrington Road Runners 'B' 41 Spectrum Striders RC 42 Keighley & Craven AC 'B' 43 Tyne Bridge Harriers 44 Salford Harriers & AC 'C' 45 Vale Royal 'B' 46 Wigan Phoenix 'B' 47 St Helens Sutton AC 48 Lytham St. Annes Rrc 'B'	01:18:29 01:18:42 01:18:48 01:19:01 01:19:08 01:19:08 01:29:17 01:19:25 01:22:18 01:22:50 01:23:41 01:23:46 01:24:14 01:25:19 01:26:00 01:26:21 01:27:22 01:27:24 01:27:22 01:27:24 01:27:22 01:27:34 01:27:52 01:28:23 01:29:49 01:30:58 01:31:32 01:35:23 01:46:15
40 Lythan St. Annes Ric D	01.40.10
Under 17 Men	
Rotherham HACConnor Ryan (24)11:06William Johnson (25)11:50Nicholas Myers (19)10:51	
<ol> <li>Sale Harriers Manchester</li> <li>Wakefield DH &amp; AC</li> <li>Lincoln Wellington AC</li> <li>Liverpool Harriers &amp; AC</li> <li>East Cheshire H &amp; TameAC</li> <li>Barrow &amp; Furness Striders AC</li> <li>Warrington Athletic Club</li> <li>Preston Harriers</li> <li>Trafford AC</li> <li>Liverpool Pembroke &amp; Sef</li> <li>Vale Royal</li> <li>Wirral AC</li> <li>Warrington Athletic Club 'B'</li> <li>Lincoln Wellington AC 'B'</li> <li>Vale Royal 'B'</li> <li>Chorley AC</li> <li>Stockport Harriers &amp; AC</li> <li>Liverpool Harriers &amp; AC</li> </ol>	00:30:47 00:31:00 00:31:10 00:31:20 00:32:09 00:32:15 00:32:20 00:32:20 00:32:20 00:32:20 00:32:24 00:32:53 00:32:54 00:33:24 00:33:44 00:33:47 00:33:47 00:32:46
21 Wakefield DH & AC 'B' 22 Chesterfield Dac 23 Liverpool Pembroke & S 'B 24 Kendal Aac 25 Bury AC 26 Sale Harriers Manchester 'B' 27 Wirrel AC 'B'	00:33:54 00:34:01 00:34:17 00:34:40 00:34:50 00:34:58 00:26:41

#### Under 17 Women

00:36:41

27 Wirral AC 'B'

Rotherham HAC	
Jessica Mangham (11) 12:40	)
Emma Dutton (11) 12:50	5
Jessica Freeman (7) 12:39	9
1 Vala Daval	00.24.17
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 Relavs

#### 16 East Cheshire H & TameAC 00:43:46 **5 HALLAMSHIRE HARRIERS** 00:38:35 12 KINGSTON UPON HULL AC 00:22:29 17 Jarrow & Hebburn AC 00:45:17 6 LEIGH HARRIERS & AC 00:39:16 Rotherham HAC A 7 HALLAMSHIRF HARRI'B' 00:39:37 Rhian Hastey (9) 10:44 Under 15 Boys **8 EAST CHESHIRE HARR** 00:40:11 Richard Harris (7) 10:35 9 LOFTUS & WHITBY 00:41:12 Chris Adams (8) 11:15 10 LEEDS CITY 'B' 00:41:16 Rotherham HAC Philip Hoole (6) 10.27 **11 BORDER HARRIERS** 00:41:21 Devon Stead (16) 10:17 **12 LINCOLN WELLINGTON** 00:42:50 Robert Bentham (13) 10:27 Rotherham HAC B 10:12 13 ROTHERHAM H & AC 'B' 00:44:16 Ryan Beale (9) Aiden Johnson (13) 10:53 14 UNIV SHEFFIELD AC 00.44.30 Kyle Craib (10) 10:54 1 Trafford AC 00:28:45 15 SHEFFIELD RUNNING C 00:44:42 11:31 Christopher Maris (9) 2 Warrington Athletic Club 16 EAST CHESHIRE HAR 'B' 00:44:43 00:28:59 David Smith (8) 11:59 00:29:07 **17 BEVERLEY AC** 00:46:44 3 Vale Royal 18 WAKEFIELD DH&AC 00:48:08 4 Preston Harriers 00:29:28 **1 LEEDS CITY** 00:41:41 5 Southport Waterloo AC 00:30:40 2 STOCKPORT HARRIERS 00:41:46 Under 17 Men 6 Holmfirth Harriers AC 00:30:47 **3 BORDER HARRIERS** 00:41:59 7 Blackburn Harriers 00:30:52 **4 HALLAMSHIRE HARRIERS** 00:42:53 8 Wirral AC 00:30:55 Rotherham HAC 5 | FEDS CITY 'B 00.42.59 07:46 9 Rotherham Harriers & AC 00:30:56 Connor Ryan (11) **6 ROTHERHAM HARRIERS** 00:43:01 William Johnson (10) 08:07 10 Wakefield DH & AC 00:30:57 **7 SALE HARRIERS** 00:43:36 11 Gateshead Harriers & AC 00:31:04 8 ROTHERHAM HARRIERS 'B' 00:45:17 Nicholas Myers (8) 07:44 12 Morpeth Harriers & AC 00:31:10 9 EAST CHESHIRE HARRIERS 00:45:33 **1 SALE HARRIERS MA** 00:21:43 13 East Cheshire H & Tame AC 00:31:14 10 VALE ROYAL 00:45:48 **2 HALIFAX HARRIERS** 00:22:03 14 Preston Harriers 'B' 00:31:19 11 BORDER HARRIERS 'B' 00:46:21 **3 EAST CHESHIRE HARRI** 00:31:38 00:22:06 15 Derby AC 12 HALLAMSHIRE HARRIER'B' 00:46:27 16 Lincoln Wellington AC 00:31:43 **4 VALE ROYAL** 00:22:12 13 UNIV SHEFFIELD AC 00:46:33 **5 WARRINGTON AC** 00:22:16 17 Hallamshire Harriers 00:31:48 14 CITY OF SHEFFIELD AC 00:46:40 18 Kingston Upon Hull AC 00:32:13 **6 PRESTON HARRIERS** 00:23:04 **15 HALIFAX HARRIERS** 00:46:52 **7 KINGSTON UPON HULL AC** 00:23:23 19 Wirral AC 'B' 00:32:24 16 BEVERLEY AC 00:47:05 **1 VALE ROYAL** 20 Manchester Harriers 00:32:37 **8 ROTHERHAM HAR& AC** 00:23:37 **17 KIMBERWORTH** 00:47:44 **9 SALE HARRIERS MA'BO** '0·24·11 21 Warrington Athletic Club 'B' 00:32:38 18 WAKEFIELD DH&AC 00:48:12 22 Preston Harriers 'C' 00:32:45 10 EAST CHESHIRE HAR 'B' 00:24:16 19 CITY OF YORK AC 00.48.20 11 VALE ROYAL 'B' 00:24:23 23 Stockport Harriers & AC 00:32:55 20 CITY OF HULL 00.49.56 12 HALIFAX HARRIERS 'B' 00:28:00 24 Vale Royal 'B' 00:33:01 21 SHEFFIELD RUNNING C 00:52:11 25 Sale Harriers Manchester 00:33:10 22 EAST CHESHIRE HAR 'B' 00:52:12 Under 17 Women 26 St Helens Sutton AC 00:33:17 23 KIMBERWORTH 'B' 00:57:50 27 Liverpool Pembroke & Seft 00:34:09 Rotherham HAC MEN VET 40 Under 15 Girls Jessica Mangham (7) 08.45Emma Dutton (8) 09:03 **Rotherham HAC** Rotherham HAC Jessica Freeman (5) 08:44 12:49 Nigel Brookes (6) Charlotte Dodds (11) 11:15 Mark Ward (6) 11:44 Emily Hutchinson (18) 12:59 Rotherham HAC B Howard Darwin (6) 12:27 Bonnie Smith (12) 09.08 12:36 Maisie Elliott (22) Mary Jenkinson (12) **1 HALLAMSHIRE HARRIERS** 09:43 00:33:16 1 Vale Royal 00:32:11 **2 BORDER HARRIERS** 00:34:21 2 Scarborough AC 00:33:14 **1 HALLAMSHIRE HARRIERS** 00:24:48 **3 BINGLEY HARRIERS & AC** 00:34:44 2 VALE ROYAL 00:25:09 3 Blackpool Wyre & Fylde AC 00:33:20 **4 HOLMFIRTH HARRIERS** 00:35:53 **3 CITY OF SHEFFIFI D AC** 00:26:08 4 Wakefield DH & AC 00:33:49 **5 KEIGHLEY & CRAVEN AC** 00:36:35 5 Warrington Athletic Club **4 CARLISLE & ASPATRIA AC** 00:26:17 00:33:53 6 ROTHERHAM H & AC 0):37:00 **5 ROTHERHAM H & AC** 00:26:32 6 Liverpool Harriers & AC 00.34.19 7 CITY OF SHEFFIELD AC 00:39:08 6 CITY OF YORK AC 00.26.36 7 Preston Harriers 00:34:46 8 HOLMFIRTH HARRIERS 'B' 00:40:15 8 Wirral AC 00:34:57 7 LEIGH HARRIERS & AC 00:26:44 9 Blackburn Harriers 00:35:14 **8 STOCKPORT HARRIERS** 00:26:46 MEN VET 50 9 KINGSTON UPON HULL AC 10 Stockport Harriers & AC 00.22.05 00:35:18 11 Liverpool Pembroke & Sefton 00:35:21 10 LIVERPOOL H & AC 00.22.03 **Rotherham HAC** 11 LIVERPOOL H & AC 'B' 00:28:14 12 Bury AC 00:35:22 David Nuttall (3) 12:33 13 Lincoln Wellington AC 12 VALE ROYAL 'B' 00:28:22 00:35:24 Peter Mirrlees (2) 12:06 00.28.57 14 East Cheshire H & TamesiAC 00:35:25 13 STOCKPORT HA 'B' Terry Eastwood (2) 13:45 14 CITY OF YORK AC 'B' 15 Vale Royal 'B' 00:35:46 00:30:52 **1 VALE ROYAL 15 EAST CHESHIRE HAR** 16 Rossendale Harriers 00:35:56 00:30:59 SHEFFIELD RUNNING CLUB 00:36:06 2 LEEDS CITY 16 CITY OF SHEFFIELD AC 'B' 00:31:57 17 Sale Harriers Manchester 00:35:56 2 ROTHERHAM H & AC 00:38:24 18 Sale Harriers Manchester 'B' 00:36:04 **3 BARNSLEY AC** 00:39:00 4 PENDLE AC Under 15 Boys 19 Vale Royal 'C' 00:36:07 **4 HOLMFIRTH HARRIERS** 00:39:26 Rotherham HAC B 20 Wakefield DH & AC 'B' 00:36:19 **5 STEEL CITY STRIDERS** 00:39:36 Devon Stead (16) 07:30 21 Warrington Athletic Club 'B' 00:36:42 6 SHEFFIELD RUNNING C 00:41:10 22 Rotherham Harriers & AC 00:36:50 Robert Bentham (13) 07:35 7 LOFTUS & WHITBY 00:42:03 Ryan Beale (11) 07:22 23 Liverpool Harriers & AC 'B' 00:36:53 Rotherham HAC B 24 Morpeth Harriers & AC 00:36:56 SENIOR WOMEN 07:25 25 Rossendale Harriers 'B' 00:36:59 Aaron Thorpe (15) Shay Walker (18) 08:11 26 Chesterfield Dac 00:37:01 Rotherham HAC A 27 Kingston Upon Hull AC Marcus Tembe (20) 08:47 00:37:41 Jade Allen (4) 12:24 28 St Helens Sutton AC 00:37:45 Natasha Hatswell (4) 12:54 00:42:09 **1 WARRINGTON AC** 00:20:58 31 Longwood Harriers AC Robyn Lanceley (4) 13:12 2 CITY OF YORK AC 00:21:09 32 St Helens Sutton AC 'B' 00:42:35 **3 PRESTON HARRIERS** 00:21:11 Rotherham HAC B North of England Cross-country Relays Stephanie Burns (6) **4 HALIFAX HARRIERS** 00:21:30 12:31 "Cutler's Relays" **5 PRESTON HARRIERS 'B'** 00:21:49 Nina Hague (13) 15:37 6 CITY OF SHEFFIELD AC 00:21:55 Results Gillian Taylor (13) 16:08 7 LEEDS CITY 00:21:59 Graves Park Sheffield 8 PENDLE AC 00:22:03 **1 LEEDS CITY** 00:36:01 Saturday 18th October 2011 9 EAST CHESHIRE HARRIERS 00:22:10 **2 HOLMFIRTH HARRIERS** 00:37:56 1 LIVERPOOL H & AC 10 WAKEFIELD DH&AC 00:22:13 **3 DURHAM CITY HARRIERS** 00:38:21 2 HALLAMSHIRE HARRIERS SENIOR MEN **4 ROTHERHAM H & AC** 11 ROTHERHAM H & AC 00:22:27 00:38:30

### Page 6

**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 00:23:44 17 MANCHESTER H & AC 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' 00.22.36 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 00:23:20 2 STOCKPORT HARRIERS 00:24:10 00.24.24 **3 WARRINGTON AC 4 SCARBOROUGH AC** 00:24:31 00:24:52 **5 WAKEFIELD DH&AC 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 00.25.34 **10 HALIFAX HARRIERS** 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 00:17:36 00:17:46 **3 PRESTON HARRIERS** 00:17:51 00:17:56 5 CITY OF YORK AC 00:18:03 **6 HOLMFIRTH HARRIERS** 00:18:09 7 FAST 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 06:45 Nicole Scarfe (17)

00:17:22

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 H'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 Harrison Kitson Kaya Walker	05:40 05:57 05:07
1 WAKEFIELD DH&AC	00:16:03
2 STOCKPORT HARRIERS	00:16:34
<b>3 ROTHERHAM HARRIERS</b>	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
Olivia Boulton (2)	05:59

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

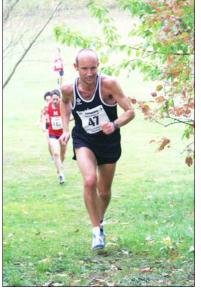
1 MANCHESTER H & AC	00:16:31
2 ROTHERHAM H & AC	00:17:22
3 HALIFAX HARRIERS	00:17:56
4 CITY OF SHEFFIELD AC	00:17:58
5 HALIFAX HARRIERS 'B'	00:18:18
6 HOLMFIRTH HARRIERS	00:18:32
7 KINGSTON UPON HULL AC	00:18:37
8 ROTHERHAM H & AC 'B'	00:18:58
9 WARRINGTON AC	00:19:00
10 CITY OF SHEFFIELD 'B'	00:20:42

Pictures from the first South Yorkshire Cross-country fixture, which I gather was a great success at Clifon Park **Above**: The U11 Rotherham girls on the start line (Almee 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 mens' 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 Halamshire 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 Blizard BSc (Hons), MCSP, HPC Chartered Physiotherapist Email: jennyblizardphysio@gmail.com Mobile: 07931897006 Clinic Number: 01909591866

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

19

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The fixture list and online scroller are updated by section secretaries or their agents and I use these directly. There is now an easy-to-use input screen on the website for YOUR own reports. Don't let us miss your performance. This input goes to newsletter editor and to Alan Coupe for Rotherham Advertiser. NB this must be a report (may be brief) not just a reference

Editor: Pete Humphries peter.humphries627@o2.co.uk Next edition: December for Christmas 2011