



Schools & Community Athletics Newsletter

SCAN 1

Autumn/Winter 2008

presented by Rotherham Harriers & AC for the youth
and people of Rotherham and district

with the support and cooperation of Access Sport and Rotherham Athletics Development Group





Cover photos clockwise from top left:

ABOVE: RHAC medal-winning team at the National Cross-country Relays, Berry Hill Mansfield; Sam Fisher at the National Young Athletes Road Relays, Sutton Coldfield; RHAC Under-11 teams at the South Yorkshire Cross-country Relays, Graves Park, Sheffield.

FRONT COVER: Kelly Pagdin in the National League at Costello Stadium, Hull; Clifton Park in autumn; Rotherham Schools Cross-country Junior Boys start.

BACK COVER: Jenny Blizard at the Doncaster 5k; winter scene on the Round Rotherham Run at Maltby; RHAC Junior Ladies at the National Cross-country; Rotherham Schools Cross-country Year 3/4 Girls start; Sharon Burton and Gill Taylor on the Round Rotherham; RHAC track team members with Colin Jackson at National Junior League, Wakefield; Mick Marslers and Brian Harney finish the 'Grand Randonnee No.5' long distance run.

Rotherham Harriers & Athletics Club



At present we have around 300 members, ranging in age from 8 years upwards to 80+. The club nights are Monday and Wednesday each week from 6.00 pm to 8.00 pm (later in summer) and we meet at Herringthorpe Stadium, Rotherham. Training usually takes place outdoors but in the winter months indoor facilities are sometimes used. Other training times and locations are arranged within groups.

Qualified coaches are present on all club nights to instruct and guide athletes and the club has a number of qualified Graded Officials. We have Clubmark and Community Amateur Sports Club Status

Prospective members are offered free temporary membership for one month, to enable them to decide whether the club, the training, the activities, and the subsequent competitive appearances are for them. After one month we ask you to take out membership.

NEW MEMBERS £30.00 for all. This includes a club vest and your annual registration fee (£5) to England Athletics..... **come and join us; we cater for all age groups and abilities.**

.....at a club night or details from the secretary:

Steve Gaines, 92 Bawtry Road, Bessacarr, Doncaster, DN4 7BQ Tel: 01302 538408

visit www.rotherhamharriers.org

Foreword

We have all just witnessed success way beyond expectations at the Beijing Olympic and Paralympic Games, success that raised a nation and brought heroes into our living rooms through television exposure. All those athletes who performed great feats in Beijing had to start somewhere and for many it will have been in a running club such as Rotherham Harriers. I speak from experience as I competed in the Olympic Games and even managed to win a medal and although I wore a GB vest in the Seoul Olympics I was very much representing my club who had supported me on my journey from a very young age as it has with several others from Rotherham.

Not all athletes will have the kind of athletic career I had however; joining Rotherham Harriers brings its own rewards and through the sport of athletics you will make many friends, clearly become a lot fitter, you will have the opportunity to set yourself new goals in life, be part of a team and possibly be an inspiration to others.

Through this newsletter you will be able to see at first hand what an excellent club Rotherham Harriers is and how it embraces all athletic abilities by providing the necessary coaching skills to suit. Club athletics is a fantastic way of enjoying the sport and young and old can all benefit from exercise in its purest form appealing to the very young in schools to our more senior citizens. Athletics is a great sport and at Rotherham Harriers run by great people and I should know as I have personally benefited from them.

Peter Elliott MBE
Olympic Silver Medallist



Our Contributors

Many thanks to all of our contributors to SCAN 1, who are acknowledged in the articles.

For kindly supplying photographs or permission to print them, we would like to thank:

Rotherham Advertiser, Steve Gaines, Sue Matthews, Peter Humphries, Gayle Lebond, Martin Spence, Alison Fawcett, Sharon Burton and Nigel Brookes.

If we have inadvertently missed any, please accept our apology and assurance that we will correct it on notification

Editorial

Welcome to SCAN 1. Our aim is simple. It's to try to persuade you to live an active, healthy life. On average, fit people live longer and enjoy life more. Rotherham has been given a poor image recently in some ways, but we don't have to accept that our fate is to sit overweight in front of a TV and then die young. There are plenty of ways of getting and keeping fit- but we find that running and other athletic sports are probably the finest. Rotherham's athletics clubs present a much better advert for the town.

'But it's winter' I hear you say! True enough, but bear in mind that although you can benefit almost straight away from a new regime of exercise it takes some time to underline that with improved fitness and performance. If you start when the warm weather comes again, you will have wasted six months of opportunity. You could start now, work as hard as you want to, and enjoy being out and about in the spring countryside!

Most people who take up athletics take up running. But you don't have to, there are opportunities also for field events athletes (some of whom are runners as well). Nor do you need to join a club. But club membership has many advantages in terms of mutual support, advice, assistance, improvement and respect. And, of course, competition for those that want it.

You will find plenty of evidence, encouragement I hope, and guidance in this magazine. But at the end of the day, whether you join with us in a club or not- join with us in this way:

Get fit. Keep fit. Live well.

Pete Humphries, President, Rotherham Harriers & AC

What's In SCAN 1

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visit our website at

www.rotherhamharriers.org

Statements and views expressed by contributors are not necessarily those of Rotherham Harriers & Athletics Club

Contributions to SCAN are welcome from readers. Photographs, articles, reports and views will all be considered- send by post to the address below or to the email address.

It is wise to check acceptability before any extensive work.

All things submitted must have a name, address and preferably telephone number attached.

The next edition is intended to be in the spring- round about March.

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Rotherham Schools Cross-country—Roll of Honour



INDIVIDUAL

year 3/4 girls

- 1 Grace Maxwell (Sitwell J)
- 2 Alice Moore (St Helens)
- 3 Carly Acton (Wath Central)

year 3/4 boys

- 1 Keelan Wilson (Wath Central)
- 2 Thomas Napper (Aston C of E)
- 3 Morgan James (Brampton Ellis)

year 5/6 girls

- 1 Maisie Elliott (Blackburn)
- 2 Tara Cooke (St Bede's)
- 3 Hannah Saville (Fence)

year 5/6 boys

- 1 Ben Drive (Brampton Ellis)
- 2 Devon Stead (Lily Hall)
- 3 Joel Kirk (Brinsworth Manor)

year 7 girls

- 1 Sophie Taylor (St Bernard's)
- 2 Molly Johnson (Aston)
- 3 Chelsea-Jade Smith (Dinnington)

year 7 boys

- 1 George Johnson (Wickersley)
- 2 Caine Frost (Wingfield)
- 3 Robert Bentham (Swinton)

junior girls

- 1 Megan Bailey (Maltby)
- 2 Rebecca Moran (Wales)
- 3 Mary Jenkinson (St Bernard's)

junior boys

- 1 Luke Cotter (Wales)
- 2 Dominic Hart (Maltby)
- 3 Chris Page (Aston)

intermediate girls

- 1 Natasha Hatswell (Winterhill)
- 2 Katy Hardwick (Wickersley)
- 3 Lauren Clark (Wickersley)

intermediate boys

- 1 Jack Smith (Dinnington)
- 2 Luke Gregg (Rawmarsh)
- 3 Callum Fox (Wickersley)

senior girls

- 1 Robyn Lanceley (Wath) no team
- 2 Laura Barnes (Thomas Rotherham)
- 3 Emma Gill (Wath)

senior boys

- 1 Adam Newton (Wales) 1 Thomas Rotherham
- 2 Sam Chambers (Dinnington)
- 3 Alex Broscombe-Walker (Thomas Rotherham)

TEAM

- 1 Wath
- 2 Wingfield
- 3 Wales

- 1 Wath
- 2 Wickersley
- 3 St Bernard's

- 1 Wales
- 2 Wath
- 3 Wickersley

- 1 Wales
- 2 Maltby
- 3 Wath

- 1 Clifton
- 2 Dinnington
- 3 Aston

- 1 Wath
- 2 Aston
- 3 Wales

- 1 Wales
- 2 Aston
- 3 Winterhill

- 1 Maltby
- 2 Clifton
- 3 Wath

- 1 Wickersley
- 2 Rawmarsh
- 3 Clifton

- 1 Rawmarsh
- 2 Wickersley
- 3 Winterhill

- 1 Thomas Rotherham



Right of page, top to bottom:

winning teams in year 3/4 girls, and year 3/4 boys (both Wath), then year 5/6 girls and year 5/6 boys (both Wales)

Wath and Wales school and cluster were perhaps the strongest throughout

Left of page, top to bottom:

medal winners in year 3/4 girls, year 3/4 boys, year 5/6 girls and year 5/6 boys

Photos by Sue Matthews, Dinnington Comprehensive School

INTERMEDIATE AND SENIOR RESULTS : OTHER RESULTS ON PAGES 15-16

Year Inter Girls

1	152	Nathasha Hatswell	Winterhill
2	131	Katie Hardwick	Wickersley
3	132	Lorren Clark	Wickersley
4	133	Holly Thornton	Wickersley
5	64	Aimme Jepson	Rawmarsh
6	11	Gemma Williamson	Brinsworth
7	156	Jessica Stevenson	Winterhill
8	123	Nia Evans	Wath
9	134	Olivia Neal	Wickersley
10	135	Danielle Pearson	Wickersley
11	61	Debra Lythall	Rawmarsh
12	63	Paige Jepson	Rawmarsh
13	151	Melissa Helliwell	Winterhill
14	65	Olivia Battersby	Rawmarsh
15	66	Amy Morton	Rawmarsh
16	154	Erica Redmond	Winterhill
17	62	Simone Millington	Rawmarsh
18	3	Carly Rowlands	Aston
19	22	Nicole Whittle	Clifton

Year Inter Boys

1	31	Jack Smith	Dinnington
2	68	Luke Gregg	Rawmarsh
3	134	Callum Fox	Wickersley
4	141	Jack Westley	Wingfield
5	131	Liam Sides	Wickersley
6	61	Jordan Battersby	Rawmarsh
7	155	Lewis Kemp	Winterhill
8	1	Andrew Knighton	Aston
9	11	Aiden Tollerfield	Brinsworth
10	41	Joe Trueman	Maltby
11	45	Jake Westlake	Maltby
12	127	Jordan Hadwin	Wath
13	153	Elliott Chaim	Winterhill
14	32	Jack Poad	Dinnington

15	42	Aaron Waterhouse	Maltby
16	126	Alex Rowe	Wath
17	132	Jason O'Neill	Wickersley
18	12	Jordan Duckmanton	Brinsworth
19	133	Callum Ogden	Wickersley
20	13	Joe Oxley	Brinsworth
21	124	Josh Bartle	Wath
22	2	David Anthony	Aston
23	66	James Durnill	Rawmarsh
24	152	Cian Scothern	Winterhill
25	151	Adam Mason	Winterhill
26	4	Brandon Mitchell	Aston
27	27	Sean Garbutt	Clifton
28	6	Sam Fitzakerley	Aston
29	47	Ashley Gent	Maltby
30	156	Joe Randell	Winterhill
31	64	Ryan Doxy	Rawmarsh
32	122	Steven Johnson	Wath
33	101	David Johnson	Thrybergh
34	62	Lewis Clarke	Rawmarsh
35	67	Cameron Mitchell	Rawmarsh
36	123	Archie Ogden	Wath
37	65	Ashley Baker	Rawmarsh
38	125	Matthew Brammer	Wath
39	5	Lewis Stewart	Aston
40	154	Ryan Hayes	Winterhill
41	3	Mitch Brown	Aston
42	25	Gary Longden	Clifton

43	137	Chris Hemming	Wickersley
44	91	Chris Bailey	Swinton
45	63	Zack Hinch	Rawmarsh
46	102	Aaron Atherton	Thrybergh
47	48	Jamil Burgin	Maltby
48	43	Nathan Jenkins	Maltby
49	46	Craig Beharall	Wath
50	136	Max Nicholson	Wickersley
51	71	Robert Gregory	St Bernards

Year Senior Girls

1	233	Robyn Lanceley	Wath
2	257	Laura Barnes	Thomas Rotherham
3	234	Emma Gill	Wath

Year Senior Boys

1	227	Adam Newton	Wales
2	179	Sam Chambers	Dinnington
3	257	Alex Broscombe-Walker	Thomas Rotherham
4	239	Stuart Wilson	Wickersley
5	240	James Moore	Wickersley
6	228	James Marsh	Wales
7	259	Adam Bradbury	Thomas Rotherham
8	258	Adam Marsden	Thomas Rotherham



Emily Hutchinson is 12 and attends Edlington Comprehensive School

Young Athletes

Emily, Chelsea and Jordan explain how they started

I got recommended to come down to Rotherham Harriers by coaches who came to my school, and I have been training there for the last two years. The first time I came down was very daunting as I did not know anyone. But after I had been coming down for a few weeks I made lots of new friends who made me feel very welcome and part of the group. The coaches are very helpful with the encouragement they give towards your training performance. I then started to enter competitions for the club which I still really enjoy doing at the weekends which help my fitness as I meet lots of friends from local clubs some from quite a long way. In the winter I do a lot of hill training for the cross country season. Over two years my medals/trophies totalled up to 41 so far.

I have also been picked by the club coaches to represent Rotherham Harriers in: Yorkshire, Northern, and National events; these include cross country, track/field, and road relays.



Jordan Small is 12 and is at Wales High School

I got into running because of school sports days, and I wanted to train and compete more often. So I joined Rotherham Harriers at the beginning of the track season in 2007, I had never run on a track before so I was very nervous, although everyone was friendly and the coaches helped me to improve my technique and stamina. As well as running in track and field you also have got to learn jumping, long or high, and throwing either the javelin, shot putt or discus. I enjoy throwing the discus because I find it easier than the other throws. In the winter I train and compete in cross country races, this is where you do one long run which is over hills and is very wet and muddy. I enjoy cross country more than track, because you run over different courses, rather than around the same track. I competed at the Cross Country National at Alton towers to race as a under 13, and I was amazed at how many people were there, the start was like a cavalry charge. I have also run indoors at the English Institute of Sport which is great fun as the surroundings are very impressive and make you feel like an Olympian. I enjoy running against people I have never raced before, and have made many friends at Rotherham and other clubs.



Chelsea Johnson is 16 and attends Dearne Valley College

I first became involved in Athletics when I was at Junior School. A teacher started doing mini cross country races around the school yard and field! Nothing spectacular, but I really enjoyed doing something with friends. I invited my granddad to come along and watch one of the races after school, obviously feeling very proud of myself - even though I was at the back!

After this I went along to Rotherham Harriers and Athletics Club on a Monday and Wednesday evening.

Here I had the opportunity to meet new people, have professional coaching and enjoy progressing further in the sport. What surprised me was that the club was not just about running; with many sport available such as field events - shot, javelin, hammer, high jump, long jump, along with all the track events from 100 metre sprints to the steeplechase. I have taken part in many events at the club and away at the meetings so yes, you get to travel the country.

Further more, I realised that being part of a sports club is not just about taking part in the actual sport or keeping fit. When I became ill, I could not run for quite a long while. However, there were still many things I could do at the club; such as helping in the kiosk, assisting the coaches and helping out at league meetings.

At the league meetings I would help officiate the different events, from measuring the long jump to collecting time data on the track - not to forget to tell you about the free lunch!

Now I am looking towards doing a Level One Certificate which means I will be an official assistant coach and can help other children and young adults enjoy many aspects of sport.

Rotherham Athletics Development Group

At Rotherham Harriers & AC we not only run a competitive athletics club- we are committed to helping and developing the sport- whether that means adult beginners or young people in schools and colleges.

To that end, we are proud whenever we can to assist the Athletics Associations of South Yorkshire County and Rotherham Schools, for example by providing event handling expertise.

And by participating in and supporting the initiatives of England Athletics, Access Sport and the Rotherham Athletics Development Group (which brings us together with schools and RMBC)

Access Sport's mission is to encourage youth participation in sport.

England Athletics have 3 core objectives:-

- to increase participation across a wider cross-section of the community**
- to improve the quality of experience of every participant**
- to support the development of the next generation of champions.**

We share those aims

Get Out !

In the late 1960s I was living in student flat. Proud new owner of a tatty car, for over a year I drove every day from Moseley to the university at Birmingham or sometimes took a bus. My eyes were usually drawn towards Edgbaston cricket ground- I was a keen cricketer. A few years later I found that I had been avoiding one of the most beautiful parks in Birmingham, only about a mile from where I lived. I have not seen it, to this day.

Later in 1969 I worked for 6 months of a stay in Stockholm before I saw the Baltic coast. It seems that the coast was 3k from where I lived and worked and played rugby. The point of all this is not just reminiscence: if you are a runner, you see and enjoy more of your environment than anyone else. Even if you can only do a few miles, you are out and about amidst the fields, woods and flowers even if you live in town. And in the winter or the bad weather, you are out enjoying the fresh air when others are huddled at home trying to keep warm.

Now when I want to irritate myself I get the maps out and look at all the things I could have seen and enjoyed in the past, if only I had started running before the age of 35. But since then, I have made up for it. On this page there's a number of events and locations where you can just enjoy being out in the environment. And there's competition if you want it.

Long treasured as the most beautiful area, or park in Rotherham, neglected and fallen into disrepair; now being refurbished at a cost of £4.5 million thanks to the untiring efforts of supporters. The Council and the Friends of Clifton Park have successfully raised this much from the Heritage Lottery and work is ongoing at the site.

Whilst the general public will welcome the improved amenities, which are calculated to be a balance of new entertainments and traditional park facilities, the athletics population of the town will find a warm welcome here also. In the pipeline for the future are a race either in or through the park- if Rotherham Harriers and Friends of Clifton Park and RMBC can get their act together, and even as early as spring 2009 it is likely that the Harriers will offer Rotherham Schools the opportunity to take part in a road relay event such as a four times 2k race. Exciting stuff; road relays are absolutely riveting entertainment- you'll be surprised if you have never seen one. This event is still under discussion.

What is certain however is that use of Clifton Park kicks off with a monthly series of Park Runs- Rotherham HAC are organising, and park manager Alistair Farr has put his weight behind the scheme. What's more, UK Athletics are 100% behind the venture- mass public participation is what they hope for.

Some people will treat these meetings as time trials- seeking improvement month on month. Harriers members especially will be on that message, their previous time trial route at Ulley now being increas-

This is a staggering event. 50 miles or thereabouts round the boundary of Rotherham Metropolitan Borough, originally the brainchild of Harriers stalwart Ralph Rowbotham. If you think you can't do that, I have only one thing to say. You are not on your own.

But plenty of people do part of it-

half, a third, running or walking. And you can do your version of it on any day you like, thanks to a totally brilliant schematic map of the route (available on www.rotherhamharriers.org or from the club) prepared by my colleague Henry Marston (extract shown left, by permission).

What better challenge for a series of winter weekends than to join up with colleagues and try to get round the entire route in stages?

ingly a traffic nightmare. But the meetings are not competitive (no fees and no prizes), we hope that beginners and established runners will come out just to take part.

Run yourself, run with your partner, run with your family. You are welcome to walk if you cannot run it. The first meeting is 10.30 onwards on Saturday November 29th. You decide what time you want to start- you can therefore join in a bunch with others or do it on your own without pressure. It is not certain what the subsequent dates will be but there could well be a mixture of Saturdays and Sundays- to cope with the clash of interests when other events are on in the park or in the athletics world. Information will be on Rotherham Harriers website at www.rotherhamharriers.org and in local press.



Run in the Park 29/11/08

If you want to get a flavour of what this is all about, and if you use the internet, look at www.parkrun.com. We are not a part of that organisation, but the set-up will be very similar. We (RHAC) have prepared a number of information leaflets detailing interesting local runs, the Clifton Park one will be available for you (and others soon) free of charge on the day- or from Information Centres.

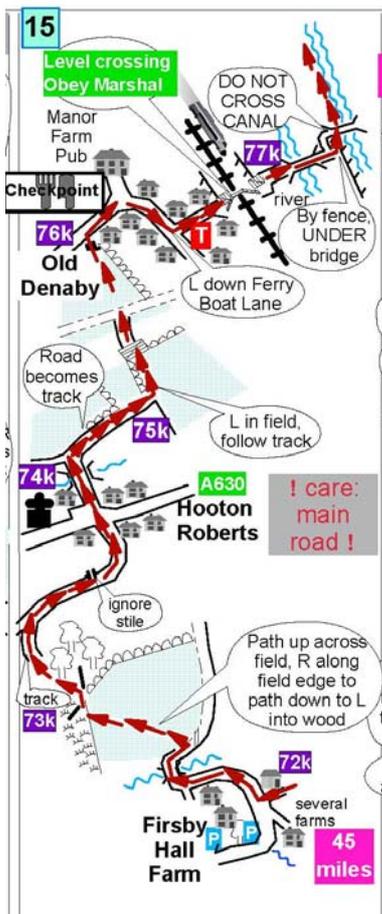
There are 8 stages in all, varying from about 4 miles to 11. On the day, which this year is December 13th, there is (as well as the big challenge) a relay race where teams of up to eight people take turns around the entire course.

It is a brilliant experience-

Round Rotherham Run 13/12/08

even if you are not in the hunt for a win and I can vouch for the fact that it is totally absorbing and a very gratifying experience. There used to be a lot of events like this- now there aren't many. Even the logistics of getting people where they need to be is great- you see a lot of your environment that you never saw before.

The event starts at 6.00, 7.00 or 8.00 am depending on what you are doing, from Dearne Valley College at Manvers.



So have you ever said to yourself "I wouldn't mind having a crack at jogging, I need the exercise, but I don't know where to begin"? Well, the joint Rotherham Harriers/Herringthorpe Sports Village initiative could be just the thing for you.

In 2006 the council-sponsored Herringthorpe Sports Village project began, with the aim of encouraging more use of Herringthorpe Playing Fields for healthy activities. One of the major successes of the project was the advent of the Beginners Jogging Club, run by coaches from Rotherham Harriers. In the spring of 2007 the jogging sessions commenced, and have continued on a weekly a basis since then.

Endurance Coach Jim Brogan with an introduction to the Beginners' Jogging Club

A misconception people often have is that if you come to organised running or jogging sessions you are likely to end up being tortured and hate every minute of it. Nothing could be further from the truth! At the Beginners Jogging Group everyone starts off in a gentle manner. Your first session will be within the confines of Herringthorpe Athletics Stadium, so those first tentative steps are away from the public gaze, and under the expert guidance of one of Rotherham Harriers qualified Endurance Coaches or Endurance Leaders. That first session in the most important one you will ever do, because this is where you find out that jogging to get fit ISN'T about being tortured!

...those first tentative steps are away from the public gaze, and under the expert guidance

The sessions are such that you combine jogging and walking and feel challenged without being exhausted. After this session you will be told how much of the session (lasting up to 20 minutes in total) you have just completed was jogging and how much was walking. This means that on your subsequent visits to the group the coach will be able to advise you on your target amount of jogging for that session, which will be a little more than you managed on your previous session. And so, as the weeks go by you will find your fitness level growing until you can jog for the entire session without needing to walk. Imagine the feeling of achievement!

And, having reached THIS level, you are now ready for the NEXT step in the programme, which is to join one of the supervised sessions which leave the confines of the stadium to venture out on to the roads for a group run. Again, the aim is in steady progression, with subsequent sessions being increased in length as your fitness progresses.

So, you may say, this sounds like a great scheme, but does it really work? Do people really gain fitness and make progress from joining this

FIRST STEPS with Rotherham Harriers and Herringthorpe Sports Village



group? The answer is a resounding YES! Many of those interested in joining the group are ladies who wish to take part in mass participation events such as the Race for Life.

Many are worried that they will not be able to cope with the demands of the event, and certainly do not feel able to jog for the entire 5Km distance without stopping. Our evidence shows that, after active participation in our group, not only are they fit enough to take part, they end up being fit enough to jog/run the entire distance without stopping, and usually finish very close the front of the field. Many of the ladies who have joined our group have proved this very point.

...as the weeks go by you will find your fitness level growing until you can jog for the entire session without needing to walk.

Indeed, after such a success, many participants feel they need even more of a challenge and enter 10km events and even half marathons. Of course, taking part in events is entirely up to the individual, and participants in the group who are there just to improve their basic fitness are more than welcome.

And, of course, EVERYONE is welcome to join the group, and it is pleasing to see the number of husband-wife combinations now participating. We have also had numerous ladies from the Asian community come to our group and enjoyed the challenge of building their fitness in this gradual and controlled manner.

So who are the people who coach these sessions?

Do they know what they are doing? Are they qualified? The answer is yes! The group is led by Jim Brogan, a UK athletics level 3 Endurance Coach, and Jim is assisted by 3 qualified UK Athletics Endurance Leaders in Jenny Horan, Ruth Wildman and Pat Wells.

..And, of course, EVERYONE is welcome to join

So how do you get involved with the sessions? It couldn't be easier. Sessions are run every Thursday evening at 6.00pm from Herringthorpe Athletics Stadium. Everyone is welcome, no matter their age or state of fitness. EVERYONE can improve if they follow the golden rules of gradual progression.

And for those who feel they have progressed to such an extent they need even more training, there is an additional session on Monday evenings, again at 6.00pm at Herringthorpe Athletics Stadium, supervised by Ruth, Jenny and Pat. These are runs of approximately 3 – 5 miles around the roads in the vicinity of the stadium, for those who have developed from the beginners group. This group forms an introduction to the various running groups at Rotherham Harriers.

So there you have it! If you want to commence jogging in a gentle and controlled manner then the Beginners Jogging Group is for you! You never know where it may lead. All you have to do is take those **FIRST STEPS**.

..Sessions are run every Thursday evening at 6.00pm from Herringthorpe Athletics Stadium.....

FAMILIES IN ATHLETICS: THE ARIFS

As a 9 year old, year 5 pupil, Georgina was first introduced to athletics when she was a member of her school's sports hall athletic team. The team progressed to the regional final for two consecutive years and Georgina was hooked. Encouraged by representatives from Rotherham Harriers at the event, and her school friend, Olivia, who was already a member at Rotherham Harriers, she began to attend the club, soon becoming part of the U13 team. This marked the beginning of a whole new regime for our family.

All members are expected to take part in events and represent the club at various levels, whether in cross country during the winter or track and field in the summer

and our calendar was soon full of various events at which Georgina would be competing. As parents we feel that it is important to encourage our children and support them in their interests and so our days as spectators began.

Traveling all over the north of the country from Middlesbrough to Macclesfield, we have stood ankle deep in mud, had the wind whistling around our heads and even found

ourselves trapped in a gazebo as a moat quickly formed around us while the torrential rain beat down. But it's worth putting up with some discomfort, just to see the euphoria of a team who



get promoted to the premier league, or the

delight shared amongst the competitors when a member of the team achieves a personal best in their event.

As time passed, Ray and myself became more and more involved at the club, we have both started to officiate at some events and have completed the first part of the official's course. Also our younger daughter, Mollie, who longingly watched her big sister for 2 years before she was finally old enough to join, has now also become a member and takes part in the South Yorkshire athletics league and cross country events.

But the most unexpected aspect of becoming involved with the club, is that Ray and I have

both started running ourselves, something that would never have happened had it not been for Jim Brogan, Jenny Horan and the beginners joggers group. I was the first to take the plunge and within four months, progressed from not being able to run 50 metres, to running 3 to 4 miles and can now run up to 8 miles. Ray decided he needed to be able to keep up with me and soon followed suit. He ran his first half marathon on Sunday 26th October 2008, just over a year after taking his first running steps.



As a family, our lives have changed considerably since becoming involved with the club, not just physically but socially. We have made some great friends who share our passion for the sport and whose children train together, celebrate together in their successes and support each other through injury or defeat.

It can be time consuming and there are times, when staying indoors is a more attractive option. But nothing can beat the feeling of satisfaction you have when your children are fit and happy doing what they love. The club offers training to anyone, young and old, beginners or advanced athletes and we, as a family, encourage you to get involved. It changed our lives – let it change yours too.

These boots were made for walking.

says Ralph Rowbotham

Hurry Up Rowbotham, said the teacher. The reason being, was that this was the junior school athletic team trials for the forthcoming Rotherham Schools Championships. I had never been to this event, and the reason for the "hurry up" was that I had been to the Ferham clinic for some treatment for a minor ailment. But the brisk half mile walk each way served as an adequate warm up. You have 18 feet to beat he said.

I knew what to do, as I had been practising in the school yard, this strange hop, step and jump event. I gazed down the worn grass runway, "hurry up he said again" and propelled myself with all of my might just as Alf Tupper, The Tough of the Track, did in the comics. I landed head over heels in the new pile of sand and the teacher promptly measured it. "29 feet 2 inches" he said with disbelief. Have another go, and hurry up. Same routine flat out down the runway, finishing in a heap in the sand. Tape measure out "28 feet 2 inches", he said. That'll do he said fearful that the next attempt would be even less, "you're in the team" .

As the big day approached the instruction was that we would be walking in a crocodile from Park Street School and we were to carry our plimsolls and walk in our normal footwear, and to carry a bottle of tap water, huge heavy

glass Tizer bottles of course! Our normal footwear was heavy boots and about a quarter of the team wore clogs. So on this hot day we set off, quite easy downhill for a mile, then through town, our feet getting warmer and the bottle heavier, then the climb up Wellgate to Clifton Lane cricket ground. What a sight hundreds of children there and their families and the newly cut grass nicely marked out in white, for the sports.

We were allocated a sitting area and then we could take off our boots and put on our plimsolls. What a relief for the feet in the cool air. Two minutes later after our rest, we all felt like Spring Heeled Jack, and were warmed up as well, after our long walk.

Eventually the hop step and jump was called, and I noted some mediocre attempts. It was my turn, even though nobody called "hurry up"!

My usual style. flat out down the runway, a huge hop, a desperate stride and a final jump into the sandpit. Out came the measure, 30 feet 2 inches, Glory

I was the winner, the finest hour in my young life, the Rotherham Junior Schools

Hop, step and Jump Champion for 1946.

SO FOR THE ROWBOTHAM FAMILY, THIS IS HOW IT BEGAN.... !

There are many ways you can get into athletics. My youngest daughter

Claire began at the age of 8. Through her involvement with Rotherham Harriers & AC my eldest daughter also got involved along with her mother and then myself.

Claire began as a runner but this changed in time to long jump this is where my wife joined in as a coach then after a couple of years Claire changed to throwing the Javelin. This is where her sister Stacey started. But Stacey changed to throwing the Hammer this is where I join the story as a coach. My name is Stephen and I only got involved due to the lack of throw coaches specializing in the Hammer.

I had to take Stacey to a coach in Sheffield who coaches most events but had never coached the Hammer seriously. As Stacey progressed I traveled all over the country learning about the hammer and how to coach. I coached Stacey to The English Schools Championships 3 years



FAMILIES IN ATHLETICS: THE LEBONDS

running where at her second attempt she won a Silver medal. About this time Claire changed her event again to the Hammer she too has qualified twice for The English Schools Championships with a possible 2 more years to go. Claire has also represented Yorkshire and Humberside for the last 2 years at The UK School Games the first time for the Javelin and this year for the Hammer.

So as you can see Athletics can suit almost any-

one. You may start in one event but with guidance and coaching you may find you are better suited to a different event where you may shine.

The Olympics are here in 2012 don't be left behind in the shadows come out and shine your own light in Athletics you never know you too may be training to compete in the 2012 spectacular in London.

Claire and Stacey are training hard why not come along and join? We cater for all ages from 8 years to seniors and veterans.

The Hammer is arguably one of the hardest events to master. One reason for this is that it is the only event where the implement you are throwing is trying to stop you doing what you are trying to do.

The Hammer is a metal ball on a length of wire with a handle. The weights change as you get older. Women stop at 4kg while men go up 7.26kg.

The Hammer is thrown in a circle that measures 7 feet in diameter. With a cage around it for safety.

Most if not all top throwers do 4 turns within the circle before releasing the hammer.

The basic throw starts with the hammer being spun around the athlete's head 2 or 3 times before they start to turn, this is done only to get the hammer moving. As the athlete starts to turn the hammer should be in front of the athlete. A beginner will only do 1 turn before throwing the progression onto multiple turns comes with experience and aptitude.

All throwers have to be fast. They are possibly faster than sprinters over short distances. Throwers also have to be powerful. This power has to be delivered fast. This is called ballistic strength. This is developed using plyometric* exercises.

Throwers need core strength. This controls balance and movement. There are special exercises to develop core strength.

Winter training starts in October with 2 strength and conditioning sessions a week and 1 or 2 throwing sessions.

Spring training starts in February, still doing 2 conditioning sessions but moving away from strength towards speed. The throwing sessions become longer with more work on speeding up the turns.

Summer and competition training 1 or 2 plyometric* sessions a month with 3 or 4 throwing sessions per week. On run up to major competitions enforced rest for 3 or 4 days before competition.

2 weeks total rest at the end of September before winter training starts.

* they involve short, sudden muscle movementsEd

Stacey is pictured right winding up her hammer throw-it's no easy matter getting a clear photo of the hammer- you either use a long telephoto lens or have a short career!

AN INSIGHT INTO ATHLETICS: THE HAMMER



Stepping Up.....

Rotherham Coaching Coordinator Jim Brogan reports how club members have progressed....

Most people will have watched athletics at the Olympic Games on TV. You may also have watched other big events on the TV such as the Commonwealth Games or even big athletics meetings from Don Valley Stadium in Sheffield. Ever wondered how the athletes became so good at their sport? How can a javelin thrower throw so far? How can a sprinter run so fast? How can an athlete jump so far or so high?

The one thing all of those outstanding athletes have in common is that they will have received first class COACHING. The coach is responsible for teaching the athlete how to do their event properly and how to train properly for it. Coaches are highly trained people and must attend many courses before they are able to coach. When they have completed their training they are issued with a

license by UK Athletics, which guarantees they know what they are talking about! So it follows, if you want to do athletics you will need to be coached. And this is where Rotherham Harriers comes in!

At Rotherham Harriers we have coaches trained in most of the athletic disciplines. If you are in the age range 8-15 and you come to Rotherham Harriers you would be assigned to one of our specialist young athlete's coaches. They are able to teach you the basics of athletics events, watch out for any special talent you may have, and help you to develop that talent so that you can achieve your full potential.

Interested beginners often become keen improvers. And they can become high-performers too—with the right sort of help

Even if you show no outstanding abilities at an event, the coach will be able to improve you so that you are able to compete at a

good level for the club. And even if you are not an especially young athlete (you can be any age to be honest) our coaches will still be able to help you improve what abilities you have, and help you become a healthier and fitter person.

The best way to look at this is to provide some examples. One current athlete at the club is 18 year old David Smith. When David came to us as a 16 year old from Wickersley School, he was interested in distance running but wasn't sure of the best way to train. Now, two years on and having been coached by Rotherham Harriers endurance coaches Pete Shaw and Jim Brogan, David is now competing for the club regularly at track, road and cross country events.

And you don't have to be as young as 16 either to make big improvements. Philip Hoole is 28, and joined the club at the age of 23. In that time Philip has developed into Yorkshire Champion on the track at 5000m, and recently placed 30th



Philip Hoole....has developed into Yorkshire Champion on the track at 5000m



David Smith.....is now competing for the club regularly at track, road and cross country events

in the popular Great North Run half marathon, out of 30,000 plus competitors. Mathew Asbridge is 39 and suffers from Cerebral Palsy, but 8 years on from joining Rotherham Harriers, Mathew is competing with distinction in track and road events, having won two races this year alone.

And still on the theme of running, Rotherham Harriers has produced outstanding teams of young female distance runners in the last few years, thanks to the coaching of Dennis Russell. National team medals have been won at cross-country with athletes such as Natalie Grant, and Jade Allen to name but two. Dennis has a large squad and his athletes are well known throughout the country for developing into top class distance runners.

Away from the running side of things, Rotherham Harriers have produced excellent throwers. Kelly Pagdin, aged 17, has become one of the best javelin throwers in the UK for her age group, thanks to the coach-

ing of Brian Parkes and Greg Markham. Kelly is currently ranked second in the UK for under 20's, and has been selected to compete in the Commonwealth Youth Games in Pune, India in October this year. Another example of an athlete who is developing his potential as a thrower is 16 year old Kane Humphrey from Wickersley School. Kane only joined Rotherham Harriers in June 2007, but having been extensively coached and developed by our throws team at Rotherham Harriers, he is now regularly competing for our track and field team and is ranked 6th in the UK and 1st in Yorkshire for his age group at the discus, and 4th in Yorkshire at the shot put.

And of course, Rotherham Harriers has produced its share of Olympic athletes in the past. Twenty years ago Peter Elliott was winning an Olympic silver medal at 1500m in the Seoul Olympics. Before Peter, Rotherham Harriers had Angela Creamer competing at the Montreal Olympics in 1976, and Alan Simpson, in the 1964 Olympics in Tokyo. All were products of successful coaching at Rotherham Harriers and the club is justifiably



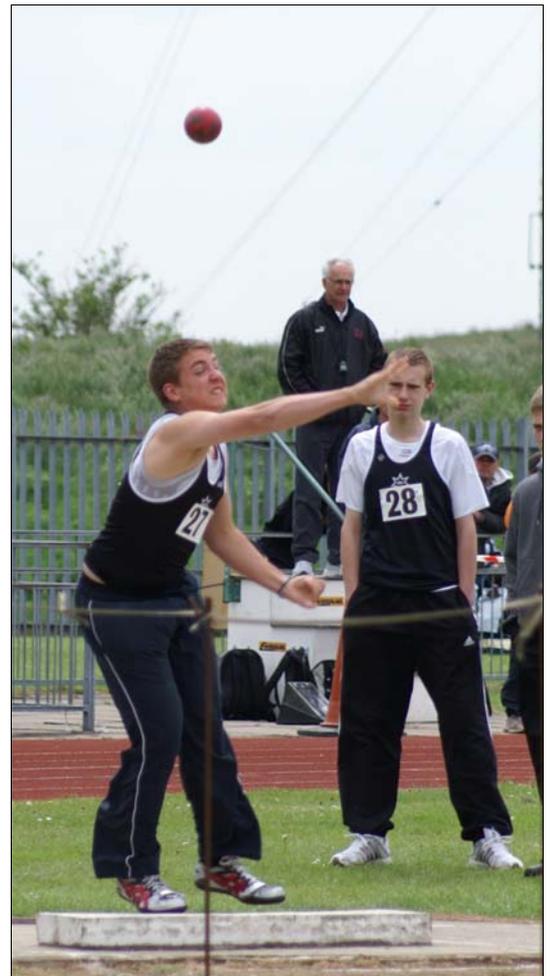
Kelly Pagdin.. is currently ranked second in the UK for under 20's

proud in having helped in the development of their outstanding talents.

So, as you can see, Rotherham Harriers can certainly help in developing your athletics talent. Maybe you have always known you can run fast? We can make you FASTER! Can you jump? It could be that the high or long jumps are for you? Are you big and strong? You could make an ideal hammer thrower or shot putter. Or maybe you are of more senior years and really fancy getting yourself a bit fitter? Well, we can certainly cater for you at Rotherham Harriers.

We currently run a thriving Beginners Jogging Group at the club. Some of those taking part are actually the parents of children who come down on club nights. So mums and dads, while the youngsters are being coached, YOU can be improving your fitness as well.

We have athletes from 8 to 80 and we are able to cater for you. Our team of coaches like nothing better than good challenge. Who knows what you can achieve with some coaching? Come along and give our coaches a try, every Monday and Wednesday from 6:00pm at Herringthorpe Stadium. We look forward to meeting you.



Kane Humphreyis ranked 6th in the UK and 1st in Yorkshire for his age group



Mathew Asbridge....is competing with distinction in track and road events, having won two races this year alone

**.....Peter Cullen, Alan Simpson, Angela Creamer, Peter Elliott, Paul Williams, Chris Rawlinson.....
Olympians who are or were formerly RHAC members.....**

Doing What It Takes

by Dennis Russell with
Abbie Vernon, Robyn Lanceley and Rosie Edwards

Dennis Russell cheerfully agreed to a short interview along with a randomly-chosen three of his protegees- and what an absorbing and entertaining half hour it proved. Abbie Vernon, Robyn Lanceley and Rosie Edwards were fresh from a hill training session. Abbie is studying at St Mary's College in Chesterfield, Robyn in Wath 1st year sixth form, and Rosie is part way through a sport science course at Sheffield Hallam.

I began by asking Dennis what brought him into coaching.

DR: "I couldn't get anyone to coach my own son (Jamie)! They said he wasn't good enough"

Amazingly Dennis coached him to best in Rotherham a year after and inside another year he was best in the North of England. "After that, I wouldn't let him go." Starting in the first year with just two athletes, the group built up to 30 and a fruitful amalgamation with Malc Whitaker's group came next. "It was all boys in those days, only the occasional girl. Now the reverse is true. It's how the sport has moved."



I asked if he was an athlete himself:

DR: "Yorkshire half-mile champion in 1966-7 and vet 800/400 champion in 1992". "Back in the days you had some hair..." from the ladies. They are clearly at ease with their coach. Thinking I knew what he would say, I asked if the success Jamie had was his own most satisfying achievement. Surely enough, it was.

DR: "But it was hard- a 6 days a week job. He was in the top ten at 800 metres as an under 15/17, and later represented GB at High Jump and Decathlon. I took him as far as I could, then had to pass him on". (He was a specialist high-jumper, won the AAA championship and subsequently American National Junior Indoor). But later Dennis reflected that coaching the outstanding young ladies at RHAC to first national medals was up there as well- Natalie Grant, Jade Allen, Jess Fawcett, Laura Spence.....this list goes on.

PH: "You have a squad which is the envy of a lot of people. There must be a lot of budding athletes who fancy getting on board- what does a young athlete have to bring to your group in order to last the course?" Dennis had no chance to answer- "Attitude" from Abbie first but almost in unison "... and you have to get on with people"

Dennis confirmed that athletes have to really want their success, which means they really want to train hard, and will make sacrifices.

For example, leaving out drinking, and training often at inconvenient times (it was bonfire night as we spoke and the fireworks were all around us). I asked Rosie if there was a social dimension:

RE: "Very much so, we're always chatting to each other..." . Robyn and Abbie agreed there is a very healthy exchange on training nights.

DR: "Can't stop them! Rob (Creasey) was asking 'How can they talk when they're running that fast?' It shows how good they are" I offered it is what you would expect from ladies but Dennis kept his head down on that one.

I asked Abbie what first attracted her to Dennis' group, and the answer "Results" was no big surprise. But clearly, from the demeanour and answers of these young ladies, it is the atmosphere and means by

which the results are planned, worked-for and achieved which makes all the difference. Robyn confirmed the part it had played in her spectacular climb from near the back of the cross-country field (to join Steph Burns at the very front) in less than a year.

When interests outside running were mentioned, other sports figured large on the list. I was amazed to hear that Abbie is a fine tennis player, having played for Derbyshire Schools and apparently without practicing contrived to beat the Greater Manchester Champion. Robyn has played rounders and netball and- quite a surprise, I don't know why- Rosie apparently took up

running to get fitter for football!

PH: "Dennis, what is your greatest fear for the future of athletics in this country?"

DR: "It's drying up"

A sudden and unanimous view from the ladies that they can see this happening [*and this is alarming, in such a short time-span Ed*].

They went on "...standards are down even over the last two years..... competition is down in the leagues....there is now a north-south divide.....now lapping people in track eventscompetition poor this year even in major championships..."

PH: "Any positives?"

AV: "The build-up to 2012...." But then, none of them was under any illusion about it. There may be positive signs, as we are supposed to believe, but there are also negative aspects. None was convinced that money was going to the right targets. Which is to say, it's not getting to the grass roots. Not helping people who stand out in the cold and rain holding track-suits and stop-watches. Not helping clubs with poor facilities (which, sadly, includes Rotherham as soon as you step off the track).

Rosie referred to the heavy costs at Don Valley for training (Dennis' group shares time between DV and Herringthorpe) and Dennis weighed in to mention the high cost in general to parents of young athletes, not only by any means in transport. We were all quite down about new schemes, new structures, alteration to established squad sessions..... there was a danger of going on and on.

PH: "I'd better let you get away to wherever you are going..." Then I remembered the earlier discussion.

"Home, of course"

[Editor's note: these notes are for guidance and we remind you of the need for medical advice if you have any pre-existing medical condition]

Tips from the top with Jenny Blizard

I wanted a few key points to help guide newer athletes into the sport without undue stress and injury. Who better to ask than top runner Jenny Blizard- she's a physiotherapist by profession and specialises in sports injury diagnosis!

I started off by asking her if she had any immediate to mid-term plans.

JB: "I will be targeting cross-country for the next few months- a variety of events both local and more national. It's mainly in the way of fitness training"

Quizzed as to her proudest of many achievements, the answer was not surprising:

JB "Running the Ekkiden Relays for Great Britain in Chiba, Japan in 2006.....- but also running the London 10k this year with my sister" (Jenny was fourth lady 35.31)

PH: "I know you were a cyclist before taking up running:- were you as good at cycling?"

JB: " Well, potentially as good. I never spent the time in focussed improvement work that we have spent on running. But I did compete in triathlon for GB"

When Jenny says "we" she means herself and coach Dave Tune. With commendable modesty, she ascribes the major credit for her improvement in standards to Dave's guidance and influence. She thinks her current training is hardly any harder than before, but is more directed and productive. David's training group of around half a dozen is steadily growing.

I was mindful that many recruits into athletics come from another sport:

PH: "Does the one sport (cycling) support the other?"

JB: "They probably do at lower level, but up at international level it may be necessary to stick to just the one. I still go out on the bike; I'm quite fit enough for the demands of club outings every month or so"

Together with a good number of colleagues, I can vouch for Jenny's skill at diagnosing and subsequently treating sports injuries. I asked if there were any very typical injuries more common than others. She was hesitant- there appears to be a spread of injuries, but she certainly had a word of caution



for newcomers:

JB: "...it is expected to get lots of different niggles which are variable and only normally last a few days when you first start because of the stress of 9 times body weight compared to walking but these should disappear within a few sessions. The key is not to give up and seek help if they do last more than a few runs. It's easy to overdo it in the early stages. The best approach would be 'little and often' at first. "

PH: "I see a lot of people extensively warming up and stretching- is it useful? Is it overdone?"

JB: "Useful, yes- but it is pointless warming up then letting yourself cool down again before activity.... keeping the warm up going with gentle strides at the end of a warm up jog is more beneficial than stretching as this just cools your body too much. Leave stretches for afterwards."

PH: "Any particular problems for young new athletes which parents should know?"

JB: "The most obvious is that whilst they are essentially in the same situation as adults, they may well be more enthusiastic* and will go 100% right from the start- even in training. It's not a good idea. And they are more susceptible because they are growing and developing. Parents need to monitor niggles, as good coaches will, and keep an eye on problems. And we have to bear in mind that kids are not very fit generally these days when they start"

At which we fell into a brief reverie about 'playing out of doors' a few years ago (in Jenny's case; a lot of years ago in mine).

**see, for example, the start of an U11 cross-country race! Ed*

Jenny Blizard is currently ranked 5th UK at 5 miles from 27.28 in Sale 5, May 08, ranked in top 45 for 10k (34.57) Birchwood August and 24th at Half Marathon by winning the Liverpool event in March in 1.15.53

Name & Age	Home Area	Event / Specialism	Achievements
Abdi Ahmed 17	Sheffield	Cross Country /Track	Inter Counties champion, Youth Commonwealth games athlete, England U20 champion 5000m, English Schools Champion, County medallist.
Jade Allen 18	Dinnington	Cross Country/Track	Northern champions team member, Northern Inter Counties Champion, Northern medallist, National team medallist, County Champion
Steph Burns 16	Sheffield	Cross Country/Track	County Cross Country Champion, Northern champions team member, National team medallist
Klachen Cheshire 19	Driffild	Cross Country/Track	County Cross Country Champion, National team medallist, Northern champions team member,
Rosie Edwards 20	Ripponden/Sheffield	Cross Country / Track	Home Countries International, Edinburgh. Northern medallist, County medallist 1500m. National Cross country team medallist. England U23 medallist 5000m
Jess Fawcett 19	Sheffield	Cross Country/ Track	County Junior Champion 1500m
Emily Fisher 15	Chesterfield	Cross Country	County Cross Country Champion, County Champion 3000m
Natalie Grant 18	Rawmarsh	Cross Country	Junior International (Belgium), National team medallist. Northern medallist, County Champion
Phillip Hoole 29	Orgreave	Track/ Road	County Champion 5000m
Kane Humphrey 16	Broom	Discus / Shot/ Javelin	County Champion, County medallist, Northern Inter counties Champion
Robyn Lanceley 16	Wath	Cross Country / Track	Northern champions team member, National team medallist, County medallist 1500m
Claire Lebond 17	Dinnington	Hammer/Discus	County champion, County Medallist, Northern medallist
Amber Merrills 16	Swinton	Shot Put	Northern Indoor medallist, County Champion, English Schools medallist,
Codie Marsh 13	Worksop	Cross Country	County Cross Country Champion
Mukhtar Mohammed 17	Sheffield	Cross Country /Track	County Champion
Yasin Mohammed 16	Sheffield	Cross Country / Track	County Champion
Liam O Malley 17	Dinnington	Triple / Long Jump	County Champion
Bob Tintinger 61	Harlington	Cross Country /Road	National O60 champion.
Kelly Pagdin 18	Thurcroft	Javelin & discus	5th Youth Commonwealth games . England U20 champion, English Schools silver medal. County Champion.
Laura Spence 17	Sheffield	Cross Country/ Track	County Cross Country medallist, Northern champion team member, County Champion
Abbie Vernon 16	Chesterfield	Cross Country/ Track	County Cross Country medallist, Northern champion team member, National team medallist, County Champion 800m. Northern medallist 800m
Chris Wright 22	Swinton	Track -110m hurdles	County Champion

List of RHAC members who have succeeded at county or higher levels 2008

RESULTS LIST

Rotherham Schools Cross-country Championships, Herringthorpe Playing Fields, Thursday 16th October

Not so strong at intermediate or senior level, but juniors and primary schools were there in force. It was a great day out ! Cold, but the sun shone !

Year 3/4 Girls

1	65	Grace Maxwell	Sitwell Jnr	100	17	Robyn Harris	Fence	48	22	James Thrall	Whiston J and I	5	114	Olivia Watts	Thrybergh Primary
2	97	Alice Moore	St Helens	101	36	Chelsea Dydhill	Badsley Moor Jnr Sch	49	87	Maxlea Allen	St Marys Maltby	6	130	Abbie Horscroffe	Brampton Ellis Jnr
3	132	Carly Acton	Wath Central	102	166	Tayba Javed	Thornhill	50	17	Jacob Walker-Kelsall	Aughton	7	50	Libby Challinor	Lily Hall
4	155	Paris Shakleton	Redscope	103	35	Emma Hewkin	Badsley Moor Jnr Sch	51	49	Luke Bulmer	Woodsetts	8	159	Lucy Goodwin	Roughwood Primary
5	10	Jordan Stevens	Lodge	105	93	Debbie Cocking	Our Lady & St Josephs	52	52	Harry Balazs	Redwood	9	134	Lacey Wilson	Wath Central
6	135	Zhane Knight	Wath Central	106	145	Sian Fieldsend	Listerdale	53	72	Dylan Angel	St Josephs	10	161	Maddie Bennett-Krol	Blackburn Primary
7	14	Katie Jacobs	C Of E	107	149	Charlotte Duke	Listerdale	54	144	Jack Roberts	Northfield	11	121	Abbie Hull	Thurcroft Jnr
8	118	not known	(Thrybergh)	108	51	Marli White	Ravenfield	55	92	Thomas Boddy	Our Lady & St Josephs	12	123	Carrie Smith	Anston Hillcrest
9	121	Louise Oak	Anston Hillcrest	109	39	Charlotte Potts	Herringthorpe Jnr Sch	56	19	Harry Proudfoot	Treeton	13	140	Emily Thornton	Flanderwell
10	131	Olivia Farks	Brampton Ellis Jnr	110	104	Lauren Otley	Swinton Brookfield	57	56	Ryan Terry	Redwood	14	118	Chloe Hollings	High Greave Jnr
11	99	Olivia Rowbotham	St Helens	111	162	Lucy Arroyo	Blackburn	58	115	Brandon Stubbins	Dalton Foljambe	15	141	Amy Thornton	Flanderwell
12	68	Laura Concannon	Sitwell Jnr	112	90	Alisha Jobe	Our Lady & St Josephs	59	63	Elliot O'Gram	Sitwell Jnr	16	81	Rebecca Finnie	St Bedes
13	46	Jayde Gibson	Dinnington	113	100	Bethany Fudge	Swinton Brookfield	60	96	Cameron Butterworth	Our Lady & St Josephs	17	122	Jessica Harvey	Harthill Primary
14	79	Hannah Whiting	Thorogate	114	102	Jordan Chunn	Swinton Brookfield	61	111	Jordan Wooton	Fullerton	18	53	Molly	Crabtree Lily Hall
15	134	Ellie Mcarthy	Wath Central	115	47	Georgia Hill	Laughton	62	53	Bradley Foxwell	Redwood	19	124	Courtney Clayton	Thurcroft Jnr
16	141	Claudia Woodward	Northfield	116	108	Niamh Riley	Swinton Brookfield	63	119	not known	(Thrybergh)	20	52	Natalie Stanstall	Redwood
17	139	Saffron Harrison	West Melton	117	57	Summah Spurr Rodge	Ravenfield	64	73	Joe Hill	Thorogate	21	120	Elena Freeman	Wales Primary
18	123	Sophie Oak	Anston Hillcrest	118	27	Halimah Nazir	Whiston Worrygoose	65	11	Benjamin Williams	Lodge	22	74	Rebecca Hill	Thorogate
19	83	Annabelle Johnson	St Marys Herringthorpe	119	26	Anna Parkes	Whiston Worrygoose	66	62	Thomas Slattery	Sitwell Jnr	23	19	Chloe Luchham	Treeton
20	60	Abby Lockwood	Sitwell Jnr	120	160	Amy Harrison	Blackburn	67	118	Corey Vernon	High Greave Jnr	24	125	Chelsey Tyler	Thurcroft Jnr
21	74	Niamh West	St Josephs	121	70	Bethany Jarvis	Rosehill	68	65	Jack Webb	Sitwell Jnr	25	136	Lauren Bell	Wath CoFE
22	142	Tala Hepburn	Northfield	122	32	Nicole Hutton	Coleridge Primary	69	124	Matthew Greasley	Thurcroft Jnr	26	103	Emily Sanderson	St Albans
23	151	Holly McVeigh	Greasbrough	123	140	Megan Lyons	St Albans	70	140	William Geldart	Northfield	27	141	Sarah Hartley	Swinton Brookfield
24	73	Abby Watkinson	Rosehill	124	144	Lucy Hunt	Northfield	71	103	Lucas Bury	Swinton Brookfield	28	20	Alish Parlett	Brimsworth Manor Jnrs
25	133	Ellie Malcon	Wath Central	125	33	Paige Gray	Coleridge Primary	72	114	Alex Parkinson	Thrybergh Primary	29	100	Georgina De-Ath	Swinton Brookfield
26	120	Elizabeth Plummer	Thurcroft Jnr	126	171	Keeley Allen	Swinton Fitzwilliam	73	170	Bradley Busby	Swinton Fitzwilliam	30	60	Emily Sneath	Sitwell Jnr
27	62	Ava Jones	Sitwell Jnr	127	49	Evie Littlewood	Woodsetts	74	12	Sam King	Swallownest	31	162	Leanne Middleton	Blackburn Primary
28	129	Abby McDonald	Harthill Primary	128	19	Sophie Park	Treeton	75	166	Elliott Stephenson	Thornhill Primary	32	145	Mollie Arif	Sunnyside
29	24	Sharni Howis	Whiston J&I	129	109	not known	not known	76	125	Finley Mitchell	Anston Hillcrest	33	94	Francesca Shaw	St Helens
30	156	Sadie Watts	Redscope	130	21	Hannah Power	Whiston J&I	77	74	Joe Litchfield	Thorogate	34	147	Ally Kyle	Listerdale
31	34	Jade Talbot	Badsley Moor Jnr Sch	131	101	Felicity Walsh-Mangham	Swinton Brookfield	78	21	Patryk Mikluch	Whiston J and I	35	150	Emma Smith	Greasbrough
32	153	Isla Doneo	Greasbrough	132	107	Morgan Chunn	Swinton Brookfield	79	147	Joe Hodgson	St Albans	36	135	Carly Armishore	Wath CoFE
33	150	Bridey Dutton	Greasbrough	133	23	Megan Robinson	Whiston J&I	80	30	Jack Courts	Badsley Moor Jnr Sch	37	146	Sophie Kidder	Listerdale
34	157	Amie Lee	Rockingham	134	20	Chelsea Gilbank	Whiston J&I	81	31	Conner Sanderson	Badsley Moor Jnr Sch	38	126	Nicole Scarfe	Thurcroft Jnr
35	130	Libby Daniel	Brampton Ellis Jnr	135	22	Jasmine Towriss	Whiston J&I	82	10	Kyle Emery	Lodge	39	139	Gemma Doyal	West Melton
36	113	Courtney Watts	Thrybergh Primary	136	58	Amy Payling	Ravenfield	83	85	John-Paul Waterhouse	St Marys Maltby	40	62	Emma Brocklebank	Sitwell Jnr
37	77	Eve Battersby	Thorogate	137	12	Talea Sadler	Swallownest	84	157	Bradley Jones	Rockingham Primary	41	61	Lauren Brookes	Sitwell Jnr
38	137	Bathan Wallsue	Wath Victoria	138	13	Olivia Barnsley	Swallownest	85	67	Bradley Freedman	Sitwell Jnr	42	137	Samantha Nobel	Wath Victoria
39	30	Steffanny Mewes	Coleridge Primary	139	114	Elle Clarke-Green	Dalton Foljambe	86	97	Lucas Birmingham	St Helens	43	142	Holly Fenwick	St Albans
40	158	Ellis Jackson	Roughwood	140	115	Shauna Patterson	Dalton Foljambe	87	93	Luke Shakleton	Our Lady & St Josephs	44	45	Hollie Tomney	Anston Park
41	89	Niamh Mullins	St Marys Maltby	141	67	Iram Hussain	Sitwell Jnr	88	78	Jack Stokes	Thorogate	45	138	Alice Elmhurst	Wentworth CoFE
42	112	Isia Westbrook	Thrybergh Primary	142	15	Cody Leigh Gabbitas	Treeton	89	77	Isaac Woth	Thorogate	46	14	Rebecca Needham	C Of E
43	78	Georgia Bradford	Thorogate	143	116	Lauren Stewart	High Greave Jnr	90	129	Jake Miller	Anston Hillcrest	47	54	Emma Hancock	Lily Hall
44	124	Abbie Ackroyd	Thurcroft Jnr	144	56	Eva Sbardella	Ravenfield	91	165	Adris Ichbal	Thornhill Primary	48	127	Beth Eyre	Wales Primary
45	82	Paige Cook	St Bedes	145	117	Lydia Ratcliffe	High Greave Jnr	92	64	Jack Huttley	Sitwell Jnr	49	55	Sophie Bessie	Lily Hall
46	146	Laurien Winter	Flanderwell	146	41	Lauren O'Brien	Anston Brook	93	54	Jacob Smout	Ravenfield	50	57	Christie Wilmot	Redwood
47	84	Esther Jones	St Marys Herringthorpe	147	43	Georgia Ackroyd	Anston Greenlands	94	24	Daniel Hunter	Whiston J and I	51	48	Ava Szekeres	St Josephs
48	85	Frances Barber	St Marys Herringthorpe	148	54	Scarlet Buckland	Ravenfield	95	145	Matthew Goddard	Sunnyside	52	87	Izabella Lile	St Marys Herringthorpe
49	173	Stephanie Adey	Swinton Fitzwilliam	149	59	Chloe Woodland	Ravenfield	96	105	Owen Caunt	Swinton Brookfield	53	102	Meghan Late	Swinton Brookfield
50	81	Ellie Swift	St Bedes	150	48	Robyn Iodice	St Josephs	97	58	Sam Cray	Ravenfield	54	72	Anna Lincoln	St Josephs
51	31	Saffron Ahmed	Coleridge Primary	151	92	Chloe Mylett-Hodgson	Our Lady & St Josephs	98	47	William Ellis	Laughton	55	91	Elysia Palmer	Our Lady & St Josephs
52	170	Hannah White	Swinton Fitzwilliam	152	94	Elycia Yeardeley	Our Lady & St Josephs	99	34	Scott Sewter	Coleridge Primary	56	86	Lauren Stanley	St Marys Herringthorpe
53	76	Emily Thompson	Thorogate	1	132	Keelan Wilson	Wath Central	100	113	Gareth Morton	Thrybergh Primary	57	63	Emma Thackrey	Sitwell Jnr
54	103	Khalisah Smith	Swinton Brookfield	2	14	Thomas Napper	C Of E	101	160	Joseph Fisher	Blackburn Primary	58	82	Chloe Cooke	St Bedes
55	125	Charlie McKay	Harthill Primary	3	131	Morgan James	Brampton Ellis Jnr	102	161	Callum Kitchen	Blackburn Primary	59	75	Kensley Williams	Thorogate
56	122	Jasmine Davison	Harthill Primary	4	151	Declan Walker-Smith	Greasbrough	103	100	Jay Harris	St Thomas' Primary	60	83	Charlotte Farrer	St Bedes
57	75	Chloe Gerrard	Thorogate	5	82	James Johnson	St Marys Herringthorpe	104	112	Charlie Keltton	Fullerton	61	111	Lydia Demari	Fullerton
58	71	Courtney Spencer	Rosehill	6	153	Sam Carter	Redscope Primary	105	23	Jonathan Hadfield	Whiston J and I	62	64	Georgie Cook	Sitwell Jnr
59	128	Lois Blanchard	Thurcroft Jnr	7	120	Jack Davies	Todwick J and I	106	68	Benjamin Martin	Sitwell Jnr	63	77	Amy Sharp	Thorogate
60	98	Jasmine Fearn	St Helens	8	141	Henry Wallis	Listerdale	107	15	Joseph Hemstock	Fence	64	88	Beth Moby	St Marys Maltby
61	136	Ruth Bradby	Wath CoFE	9	81	Patrick Cooke	St Bedes	108	37	Luke Nicholson	Herringthorpe Jnr Sch	65	144	Morgan Hunter	Listerdale
62	138	Katie Summer-Hays	Wentworth Cof E	10	70	Ben Hornby	Rosehill	109	48	Georgio Gilardone	St Josephs	66	157	Che Elvin	Rockingham Primary
63	147	Lucy Fenwick	St Albans	11	60	Daniel Rose	Sitwell Jnr	110	13	Joshua Cox	Swallownest	67	163	Lucy May	Blackburn Primary
64	52	Macy Place	Ravenfield	12	155	Connor Carpenter	Rockingham Primary	111	69	Matthew Peet	Sitwell Jnr	68	31	Eleanor Phillips	Badsley Moor Jnr Sch
65	50	Brooke Spencer	Ravenfield	13	50	Matthew Stevens	Ravenfield	112	98	James Hector	St Helens	69	153	Charlie Cooper	Redscope Primary
66	143	Ruby-Mae Brookes	St Albans	14	154	Kai Ross	Redscope Primary	113	99	Joshua Laughton	St Helens	70	92	Cerris Robinson	Our Lady & St Josephs
67	96	Tayla Moiser	Our Lady & St Josephs	15	139	Dylan Hill	West Melton	114	32	Jordi Williams	Badsley Moor Jnr Sch	71	155	Lauren Coyslon	Rockingham Primary
68	127	Martine Croxton	Wales Primary	16	35	Michael Fox	Herringthorpe Jnr Sch	115	66	Tyler Nixon	Sitwell Jnr	72	158	Louise Nelson	Roughwood Primary
69	154	Lucie Carr	Greasbrough	17	137	Ryan Hodgson	Wath Victoria	116	94	Luke Webster	Our Lady & St Josephs	73	104	Kate Licence	Swinton Brookfield
70	53	Megan Jones	Ravenfield	18	138	Tahir Hunter-Mughal	Wath Victoria	117	163	Cory Lewis	Blackburn Primary	74	115	Zoe France	Thrybergh Primary
71	165	Amy Blain	Thornhill	19	133	Cory Thompson	Wath Central	118	121	Elliot Barnard	Todwick J and I	75	152	Grace Lindley	Greasbrough
72	69	Rebecca Ward	Sitwell Jnr	20	90	James Law	Our Lady & St Josephs	119	162	Luke Meakin	Blackburn Primary	76	69	Megan Hughes	Sitwell Jnr
73	163	Melissa Foster	Blackburn	21	134	Lewis Hadwin	Wath Central	120	51	Liam Kirk	Redwood	77	154	Victoria Taylor	Redscope Primary
74	66	Harris Bona	Sitwell Jnr	22	75	Lewis Brookes	Thorogate	121	104	Jamie Licence	Swinton Brookfield	78	85	Jessica France	St Bedes
75	111	Georgia Cawton	Fullerton	23	80	Sam Rain	St Bedes	122	16	Jack Wales	Fence	79	103	Lucy Cooke	Swinton Brookfield
76	63	Charlotte Yeardeley	Sitwell Jnr	24	71	Daniel Burk	St Josephs	123	158	Leighton Corsar	Roughwood Primary	80	105	Natalie Higgins	Swinton Brookfield
77	161	Gracie Kilbey	Blackburn	25	45	Thomas Codling	Anston Park	124	146	Sam Fenn	Sunnyside	81	129	Keely Ward	Kiveton Park Meadows
78	16	Dione Palmer	Fence	26	130	Darren Firth	Brampton Ellis Jnr	125	101	Lewis Mitchell	St Thomas' Primary	82	11	Daria Palkowska	Lodge
79	72	Tyler Pierson	Rosehill	27	44	Dylan Cox	Anston Park	126	88	Luke Connole	St Marys Maltby	83	34	Kirstyn Fox	Coleridge Primary
80	91	Amelia Pashley	Our Lady & St Josephs	28	136	Sam White	Wath CoFE	127	38	Owen Harrison	Herringthorpe Jnr Sch	84	33	Chloe Davis	Coleridge Primary
81	64	Estelle Haigh	Sitwell Jnr	29	142	Charlie Jones	Northfield	128	27	Hassan Nazir	Whiston Worrygoose	85	106	Gemma Warburton	Swinton Brookfield
82	61	Amelia Fisher	Sitwell Jnr	30	18	Daniel Tait	Treeton	129	116	Liam Walsh	Dalton Foljambe	86	79	Robyn Scholby	Thorogate
83	95	Luy Travis	Our Lady & St Josephs	31	25	James Harrison	Swinton Worrygoose	130	57	Joel Lascelles	Ravenfield	87	51	Laura Davies	Redwood
84	40	Olivia Smith	All Saints	32	148	Luke Broadhead	St Albans	131	59	Christopher Haywood	Ravenfield	88	30	Lucy Machin	Badsley Moor Jnr Sch
85	105	Lucy Salkferd	Swinton Brookfield	33	61	Matt Brookes	Sitwell Jnr	132	29	William Bunting	Whiston J and I	89	59	Hannah Edgar	Lily Hall
86	106	Millie Hopkins	Swinton Brookfield	34	123	Matthew Fell	Wales Primary	133	43	Thomas Watson	Anston Greenlands	90	56	Mia Riley	Redwood
87	25	Akshata Ammembal	Whiston Worrygoose	35	143	Charlie Wild	Northfield	134	39	Ranan Wood	Herringthorpe Jnr Sch	91	128	Harriet Lythell	Todwick J and I
88	110	Teri Bailey	Fullerton	36	55	Liam Marriott	Ravenfield	135	95	Alex Walters	Our Lady & St Josephs	92	164	Abigail Hives	Blackburn Primary
89	172	Maisie Allen	Swinton Fitzwilliam	37	127	Dominic Wynn	Harthill Primary	136	167	Jack Shaw	Thornhill Primary	93	131	Chloe Cronley	Wath Central
90	126	Danielle Bilton	Todwick J and I	38	135	Fraser Hartley	Wath Central	137	128	Jake Howis	Thurcroft Jnr	94	73	Poppy Carter	St Josephs
91	55	Jude Lambert	Ravenfield	39	159	Ryan Pearce	Roughwood Primary	138	41	Charlie Crutchley	Anston Brook	95	12	Jade Thompson	Swallownest
92	11	Jodie Mae Leather	Lodge	40	20	Josh Burns	Whiston J and I	139	42	Kian Robertson	Anston Greenlands	96	97	Laura Bailey	(St Pius)
93	148	Jessica Stables	St Albans	41	122	Daniel Rookes	Anston Hill								

117	22	Beth Hellwell	Whiston J&I	80	85	Bradley Smith	St Marys Herringthorpe	34	124	Lauren Fleet	Wath	29	36	Jade Bower	Dinnington
118	98	Alexandra Beal	(St Pius)	81	168	Brandon Hopewell	Thornhill Primary	35	127	Aex Longley	Wath	30	64	Heather Craddock	Rawmarsh
119	116	Lucy Leng	Dalton Foljambe	82	28	Luke Watson	Whiston J&I	36	143	Sophie Brown	Wingfield	31	42	Charlotte Hosier	Malby
120	119	Chloe Wild	High Greave Jnr	83	108	Declan Harper	Swinton Brookfield	37	37	Emily Coleman	Dinnington	32	23	Jade Tune	Clifton
121	35	Rebecca Jeffs	Herringthorpe Jnr Sch	84	172	Adam Booth	Swinton Fitzwilliam	38	35	Carla Holt	Dinnington	33	152	Francis Abell	Winterhill
122	95	Heather Crossland	St Helens	85	173	Harry Johnson	Swinton Fitzwilliam	39	28	Geneva Mate	Clifton	34	71	Amber Smith	St Bernards
123	165	Jordan Rowbottom	Blackburn Primary	86	67	Ronan Howsley	Sitwell Jnr	40	128	Lyndsey Jerrard	Wath	35	38	Holly Clarke	Dinnington
124	23	Lauren Carlin	Whiston J&I	87	144	Patrick Barrett	St Albans	41	8	Robyn Smith	Aston	36	32	Lizzy Wood	Dinnington
125	39	Tara Fenton	Herringthorpe Jnr Sch	88	59	Sol William	Redwood	42	122	Amy Birks	Wath	37	45	Hayley Flintham	Malby
126	117	Shorna Fisher	Dalton Foljambe	89	33	Sam Hyde	Herringthorpe Jnr Sch	43	27	Keeley Gregory	Clifton	38	103	Kirsty Vernon	Thrybergh
127	109	Louise Cole	St Thomas	90	101	Tyler Friend	St Thomas'	44	12	Danielle Payne	Brinsworth	39	5	Lucy Hodgson	Aston
128	90	Eden Parkinson	Our Lady & St Josephs	91	161	Joel Booth	Blackburn Primary	45	25	Zee Alam	Clifton	40	72	Keona Smith	St Bernards
129	46	Amy Russell	Dinnington	92	18	Oliver Lawrence	Treeton	46	133	Laura Foster	Wickersley	41	115	Jessica Lonsdale	Wales
130	17	Cerise Elmer	Aughton	93	129	Jacob Holmes	Todwick J and I	47	41	Chelsea Gravil	Malby	42	156	Charli Waddington	Winterhill
131	13	Chelsae Greysom	Swallownest	94	133	Sam Johnson	Wath Central	48	7	Katie Payne	Aston	43	63	Francesca Naylor	Rawmarsh
132	149	Nula Fell-Andrews	Listerdale	95	94	Bradley Taylor	Our Lady & St Josephs	49	6	Taylor Armstrong	Aston	44	34	Elizabeth Widdoson	Dinnington
133	58	Sophie Harrison	Lily Hall	96	143	James Hatton	Listerdale	50	125	Alex Boyle	Wath	45	155	Eleanor Abell	Winterhill
134	16	Megan Wilson-Morley	Fence	97	22	Jon Beck	Brinsworth Manor Jnrs	51	126	Emily Gill	Wath	46	25	Emma Salthouse	Clifton
135	25	Jemma Heathcote	Whiston Worrygoose	98	102	Dylan Friend	St Thomas'	52	152	Becky Nuttall	Winterhill	47	44	May Noiwngin	Malby
136	47	Helena Martin	Laughton	99	95	Bradley Hunt	Our Lady & St Josephs					48	22	Rebecca Rodgers	Clifton
137	26	Emmie Johnson	Whiston Worrygoose	100	149	Jordan Baker	St Albans					49	24	Rebecca Wright	Clifton
138	167	Molly Hague	Blackburn Primary	101	148	Gabriel Weldon	St Albans					50	6	Shaun Brewster	Aston
139	170	Chloe Broomhead	Blackburn Primary	102	31	Sam Thompson	Badsley Moor Jnr Sch					51	28	Samantha Myers	Clifton
140	168	Alex Marshall-Elliott	Blackburn Primary	103	23	Lewis Szanto	Brinsworth Manor Jnrs	1	294	George Johnson	Wickersley	52	92	Emma Carr	Swinton
141	43	Sophie Griffiths	Anston Greenlands	104	147	Matthew Frost	Sunnyside	2	303	Caine Frost	Wingfield	53	132	Amy Thackery	Wickersley
142	42	Millie Plant	Anston Greenlands	105	163	Charley Luckett	Blackburn Primary	3	251	Robert Bentham	Swinton	54	117	Emelia Smith	Wales
143	93	Brooke Goddard	Our Lady & St Josephs	106	78	Daniel Bradford	Thorogate	4	293	George Pitchford	Wickersley	55	27	Ella Sheard	Clifton
144	37	Nikki Furlong	Herringthorpe Jnr Sch	107	29	Ned Bates	Whiston Worrygoose	5	291	Chay Searston	Wickersley	56	104	Dion Thomas	Thrybergh
145	38	Samantha Bason	Herringthorpe Jnr Sch	108	110	Daniel Cook	Fullerton	6	281	Ioan Evans	Wath	57	93	Stacey Carr	Swinton
146	40	Kennedy Woodland	All Saints	109	159	Aaron Woodland	Roughwood Primary	7	282	Joe Haywood	Wath	58	46	Ruth Bailey	Malby
				110	107	Mark Cheetham	Swinton Brookfield	8	285	Ben Cairns	Wath	59	43	Rhiannon Marshall	Malby
				111	98	Ellis Fieldsend	St Helens	9	208	Luke Gibson	Malby				
				112	77	Bradley Ellis	Thorogate	10	162	Sam Terry	Aston				
				113	109	Liam Crouther	Swinton Brookfield	11	222	Ryan Balterson	Rawmarsh				
				114	39	Jordan Russell	Coleridge Primary	12	221	Gary Balterson	Rawmarsh				
				115	151	Daniel Fenwick	Greasbrough	13	283	Callum Thompson	Wath				
				116	150	Sam Mason	Greasbrough	14	286	Lewis White	Wath				
				117	99	Aaron Smith	St Helens	15	194	Oliver Gavins	Dinnington				
				118	66	Matthew Lewis	Sitwell Jnr	16	284	Jack Heenan	Wath				
				119	68	Jacob Victory	Sitwell Jnr	17	311	Korron Kong	Winterhill				
				120	16	Jake Mephram	Fence	18	166	Daniel Naylor	Aston				
				121	125	Ivan Nugent	Anston Hillcrest	19	276	Regan Musgrave	Wales				
				122	118	Dalton Sikhosana	High Greave Jnr	20	271	Danny Egerton	Wales				
				123	37	Tom Davis	Herringthorpe Jnr Sch	21	232	James Rustling	St Bernards				
				124	103	Jordan Friend	St Thomas'	22	273	Jack Trench	Wales				
				125	12	Aaron Robinson	Swallownest	23	312	Brad Nelson	Winterhill				
				126	36	William Laithwaite	Herringthorpe Jnr Sch	24	292	Jonathan Jacks	Wickersley				
				127	65	Niall Cunningham	Sitwell Jnr	25	182	Tom Rigby	Clifton				
				128	71	Ellis Gillespie	Rosehill	26	192	Josh Sabin	Dinnington				
				129	164	William Smith	Blackburn Primary	27	167	Sam Drury	Aston				
				130	46	Cody Baxter	Dinnington	28	181	Michael Collins	Clifton				
				131	49	Dominic Fielding	Woodsetts	29	288	Billy Blunt	Wath				
				132	26	Ryan Earp	Brinsworth Manor Jnrs	30	164	Jordan D'Arras	Aston				
				133	45	Jordan Wells	Anston Park	31	295	Haris Iqbal	Wickersley				
				134	41	Dane Lomas	Anston Brook	32	191	Jordan White	Dinnington				
				135	38	James Wood	Herringthorpe Jnr Sch	33	320	Jaen Anderson	Wath ns				
				136	48	William Gibbs	St Josephs	34	186	Liam Halford	Clifton				
				137	32	Fuaad Salam	Badsley Moor Jnr Sch	35	184	Sam Caddy	Clifton				
				138	10	Jordan Emery	Lodge	36	322	Connor Smith	Wath ns				
				139	73	Luke Palmowski	St Josephs	37	287	Tyler Harrison	Wath				
				140	24	William Shillito	Brinsworth Manor Jnrs	38	176	not known	(Brinsworth)				
				141	117	Bradley Wileman	High Greave Jnr	39	231	Sam Allen	St Bernards				
				142	43	Jack Mellor	Anston Greenlands	40	193	Jack McCarthy	Dinnington				
				143	112	Jamie Brelsford	Fullerton	41	272	Alex Winfield	Wales				
				144	104	Joshua Anderson	St Thomas'	42	275	Liam Howard	Wales				
				145	57	Sam Higgins	Manor	43	183	Kyle Hammill	Clifton				
				146	70	Aaron Schofield	Rosehill	44	161	Daniel Reynolds	Aston				
				147	42	Zac Harding	Anston Greenlands	45	172	Joe Marriott	Brinsworth				
				148	47	Charlie Sadler	Laughton	46	203	Ben Rodgers	Malby				
				149	92	Ali Jobe	Our Lady & St Josephs	47	187	Jordan Christie	Clifton				
				150	116	Jordan Dobson	Dalton Foljambe	48	274	Kyle Ward	Wales				
				151	136	Joel Hughes	Wath Central	49	204	Jake Hughes	Malby				
				152	55	Jordan Smith	Lily Hall	50	302	Keiran Hodson	Wingfield				
				153	100	Lawrence Saville	St Thomas'	51	301	Gavin Brammer	Wingfield				
				154	40	Corey Charlesworth	All Saints	52	185	Kyle Yates	Clifton				
				155	11	Connor Hunt	Lodge	53	201	Ross Hershaw	Malby				
				156	115	Jordan Brown	Dalton Foljambe	54	165	Tom Bentley	Aston				
								55	168	James Ramsden	Aston				
								56	188	Liam Wharin	Clifton				
								57	313	Sam Stavely	Winterhill				
								58	205	Daniel Knight	Malby				

Year 7 Boys

Year Jnr Boys

Year 5/6 Boys

1	130	Ben Drive	Brampton Ellis Jnr	113	109	Liam Crouther	Swinton Brookfield	11	222	Ryan Balterson	Rawmarsh	1	271	Luke Cotter	Wales
2	50	Devon Stead	Lily Hall	114	39	Jordan Russell	Coleridge Primary	12	221	Gary Balterson	Rawmarsh	2	201	Dominic Hart	Malby
3	20	Joel Kirk	Brinsworth Manor Jnrs	115	151	Daniel Fenwick	Greasbrough	13	283	Callum Thompson	Wath	3	164	Chris Page	Aston
4	21	Hamzah Hussain	Brinsworth Manor Jnrs	116	150	Sam Mason	Greasbrough	14	286	Lewis White	Wath	4	202	Matthew Hancock	Malby
5	140	Sam Thornton	Sunnyside	117	99	Aaron Smith	St Helens	15	194	Oliver Gavins	Dinnington	5	203	Callum Hattersley	Malby
6	155	Luke Richardson	Rockingham Primary	118	66	Matthew Lewis	Sitwell Jnr	16	284	Jack Heenan	Wath	6	291	Ben Trueman	Wickersley
7	154	Connor Neil	Redescope Primary	119	68	Jacob Victory	Sitwell Jnr	17	311	Korron Kong	Winterhill	7	254	Michael Eccles	Swinton
8	120	James Lonsdale	Harthill Primary	120	16	Jake Mephram	Fence	18	166	Daniel Naylor	Aston	8	221	Kallum Taylor	Rawmarsh
9	97	Harry Moore	St Helens	121	125	Ivan Nugent	Anston Hillcrest	19	276	Regan Musgrave	Wales	9	292	Scott Smith	Wickersley
10	132	Rory Anderson	Wath Central	122	118	Dalton Sikhosana	High Greave Jnr	20	271	Danny Egerton	Wales	10	204	Luke Davis	Malby
11	105	Ben Saunders	Swinton Brookfield	123	37	Tom Davis	Herringthorpe Jnr Sch	21	232	James Rustling	St Bernards	11	318	Luke Hammill	Winterhill
12	113	Ryan Morton	Thrybergh Primary	124	103	Jordan Friend	St Thomas'	22	273	Jack Trench	Wales	12	222	Thomas Doherty	Rawmarsh
13	121	Jack Sanders	Harthill Primary	125	12	Aaron Robinson	Swallownest	23	312	Brad Nelson	Winterhill	13	281	Sean Hearne	Wath
14	30	Connor Brunt	Badsley Moor Jnr Sch	126	36	William Laithwaite	Herringthorpe Jnr Sch	24	292	Jonathan Jacks	Wickersley	14	282	Dale Hulse	Wath
15	14	Joey Walker	C Of E	127	65	Niall Cunningham	Sitwell Jnr	25	182	Tom Rigby	Clifton	15	186	Lewis Faley	Clifton
16	51	Shay Holden	Lily Hall	128	71	Ellis Gillespie	Rosehill	26	192	Josh Sabin	Dinnington	16	163	Dylan Wilson	Aston
17	156	Keenan Rhodes	Rockingham Primary	129	164	William Smith	Blackburn Primary	27	167	Sam Drury	Aston	17	139	Joe Bland	Aston ns
18	126	Brandon Harris	Wales Primary	130	46	Cody Baxter	Dinnington	28	181	Michael Collins	Clifton	18	183	Luke Carter	Clifton
19	96	Harry Steeple	St Helens	131	49	Dominic Fielding	Woodsetts	29	288	Billy Blunt	Wath	19	174	Teale Taylor	Brinsworth
20	13	Adam Johnson	Swallownest	132	26	Ryan Earp	Brinsworth Manor Jnrs	30	164	Jordan D'Arras	Aston	20	195	Josh Ward	Malby
21	60	Daniel Turner	Sitwell Jnr	133	45	Jordan Wells	Anston Park	31	295	Haris Iqbal	Wickersley	21	206	Brad Perker	Dinnington
22	166	Akib Javed	Thornhill Primary	134	41	Dane Lomas	Anston Brook	32	191	Jordan White	Dinnington	22	301	Tom France	Wingfield
23	80	Thomas Jenkinson	St Bedes	135	38	James Wood	Herringthorpe Jnr Sch	33	320	Jaen Anderson	Wath ns	23	293	Luke Gelder	Wickersley
24	53	Jed Winfindale	Lily Hall	136	48	William Gibbs	St Josephs	34	186	Liam Halford	Clifton	24	184	Elvis Tshuna	Clifton
25	135	Elliot Pigney	Wath Central	137	32	Fuaad Salam	Badsley Moor Jnr Sch	35	184	Sam Caddy	Clifton	25	262	Connor Dering	Thrybergh
26	44	Shae Walker	Anston Park	138	10	Jordan Emery	Lodge	36	322	Connor Smith	Wath ns	26	283	Steven Gill	Wath
27	123	Scott Bennett	Harthill Primary	139	73	Luke Palmowski	St Josephs</								

