

Damflask Relays

HOLLADAY SPEED DECISIVE

An impressive 17.27 from Rob Holladay set RHAC off on the winning trail at Damflask and the efforts of Chris Beighton, Dave Tune and Lee Collingwood were more than good enough to hold the advantage to the tape. The senior competition was a two-horse race from just a few hundred yards out, with Holladay and Barnsley's Dean Leather opening a big gap on the rest of the field.. Leather in fact was second fastest on the night but Rob seems to be getting bigger and faster every time we see him, and he came home 15 seconds in front. In-form Chris Beighton, fresh from his Yorkshire success, ran a fine second leg, only just caught by Mark Lavender, and the final pairing of Dave Tune and Lee Collingwood won with some in reserve. Dave in fact had to pull back with a leg injury part way round the course, and Lee had no need to go flat out on leg four with so large a lead.

Barnsley were not quite at full strength, and the expected challenge from Sheffield did not materialise except for the reliable Martin Connolly who ran 17.51. RHAC were thrown a little by the unavoidable absence of all the Pauls, due to work, holiday and track commitments, and Mark Ruddlestone and Ken O'Mara were amongst the considerations for the A team. With the benefit of hindsight, Adrian Roberts would have been the choice as he ran a fine anchor leg for the B team and is in great form, but he misled us a little at Swallownest the Sunday before with a below-par 10k run.

In the event, the obvious and safe choice of Chris Beighton held sway, and his 6th fastest time on the night testifies this was the right choice. It did however leave the vets side weaker, and as a result despite the good form of Alan Gregory, Peter Morris, Steve Gaines and promoted Jerry Spencer Steel City gave us our first reverse in home territory for some time by some 28 seconds.

Rotherham strength throughout the field was impressive, and particularly noteworthy were a continued return to form of Mark Ruddlestone (18.41) a fine debut for Ian Lanceley (18.55) and a promising 20.08 for Peter Purdy in the second vets team.

Good support from Rotherham, Barnsley, Steel City and Kimberworth, but the event deserves better from some other areas.

In the ladies' race (three stage) Julia Jennings set us off with a good lead but with both Joanna Cliffe and Janet Hindley returning from injury it was too much to hope that we could retain it and Sue Endersby and Barnsley colleagues were too strong for us on this occasion.

Race times on page 2

*Cardinal Heenan 10k
Yorkshire Vets Championship*

BEIGHTON GOES ONE BETTER

Top Rotherham vet Chris Beighton is also top Yorkshire vet after his 32.35 at the challenging Cardinal Heenan race which knocked 30 seconds off his previous best there which saw him take runner-up spot last year.



Chris may be missing from the Yorkshire vets relays later this month as well as Doncaster 5k but that is not yet certain.

**Advance notice of dates:
Northern 6 stage men (4 miles)
Sheffield September 30th**

**Northern 4 stage women
Sheffield September 30th**

**Northern Young Athletes U17,15,13
Sheffield October 7th**

Wednesday 12th July

Firbeck "10"

team race
off at 6.45

Entry £1 on the night. Good beer, pie & peas
Teams of 4 selected (see p2) after entry (no
choice)

Awards: first three teams (combined finish
positions)

free meal for two on a day to be arranged for
each of first man, first woman

start: Club finish: Firbeck Black Lion

make your own way: paths or roads, own lift
back

Support your club's domestic races

John Comrie set the early pace in a determined effort to be first rather than second but met Peter Neal in a determined mood. Sam was off the front before we even reached the Homestead but Peter did not let him get away, and the two-man battle continued all the way to Tickhill with several efforts on Neal's part to drop his rival quite unsuccessful.

Finally Peter's pace held the day but Sam has come a long way in standard and it cannot be long before his reward comes. Alan Gregory impressed in third place as first veteran and there was a welcome, hopefully not brief, appearance from Mick Teather in fourth. Pete Humphries was first vet 50 in sixth place and Mick Marsters took the over-45 in eighth place.

Damflask Results

Rotherham A 1st

R.Holladay	17.27
C.Beighton	18.08
D.Tune	17.51
L.Collingwood	18.24

Rotherham B 3rd

P.Neal	18.42
K.O'Mara	18.45
M.Ruddlestone	18.41
A.Roberts	18.16

Rotherham C 5th

J.Comrie	19.09
I.Lanceley	18.55
A.Chell	19.43
T.Drake	19.01

RHAC Vets A 8th, 2nd vets

A.Gregory	19.34
J.Spencer	20.02
P.Morris	18.37
S.Gaines	19.29

Rotherham D 12th

G.Hammonds	20.02
R.McCarthy	20.12
P.Smales	20.21
P.Eddison	20.07

RHAC Vets B 13th, 3rd vets

G.Turner	20.44
T.Hawley	20.46
P.Purdy	20.08
D.Richards	21.07

Rotherham E 27th

R.Newbould	23.57
P.Humphries	21.32
D.Weatherburn	27.10
AN Other	24.30

Rotherham F 30th

D.Burke	27.39
J.Clark	26.54
T.Rooke	27.09
K.Horan	27.26

And once again the quality of Hilary Garrison's running brought her home as first lady, with Sharon Burton and Gill Bunker sharing the awards.

A fine social night followed with pie and peas and beer at the Carpenters. Thanks to David Haywood for organising this event for us, and to helpers on the night.



Winner Peter Neal.
Peter will be handling club affairs for a while until my return in september.
Good running.

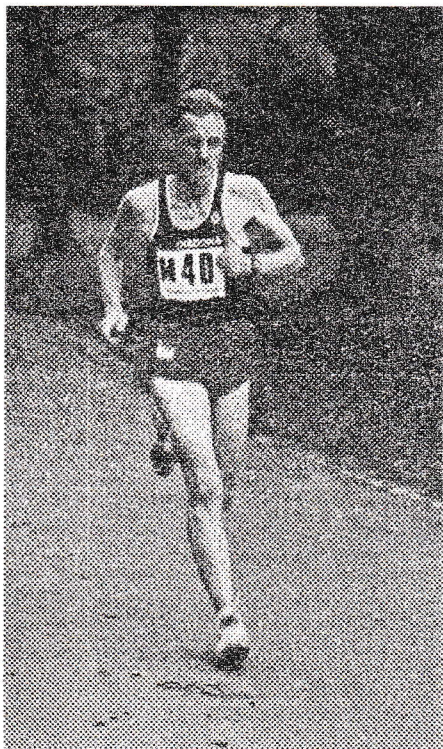


Club Tickhill 10

P.Neal		53.46
J.Comrie		53.55
A.Gregory	V40	56.15
M.Teather	V40	56.23
P.Eddison		56.33
S.Elvidge		57.20
P.Humphries	V50	58.05
P.Smales		59.10
M.Marsters	V45	59.38
L.Hayes		60.10
B.Harney	V50	61.80
K.Booth		61.25
M.Cochrane	V45	62.15
R.Butterworth		63.10
N.Wainwright		63.40
R.Houghton	V40	63.57
H.Garrison	F35	64.48
P.Haigh		65.38
R.Varo	V55	65.55
D.Draycott	V45	66.22
G.Bunker	F40	66.28
M.Rhodes	V45	68.37
A.Charnock		68.55
R.Burton		69.48
S.Burton	F	70.10
G.Benton		70.30
R.Newbould		70.46
W.Farrell	V40	71.22
E.Bywater	V50	71.38
D.Taylor	F	71.50
J.Streets	F40	72.34
A.Mirfin	V50	72.39
P.Staley	V40	73.46
J.Pike	F50	73.55
D.Race		74.51
I.Horseley	V45	74.52
D.Burke		74.52
P.Varah	V40	75.04
A.Morris	F	75.14
P.Stephenson	V45	75.34
J.Baker	F45	75.50
T.Rooke	V45	76.59
F.Wagstaffe	V60	77.08
P.Wells	F45	77.10
J.Clark	V45	78.50
C.Sharp		80.44
P.Millson		85.58
A.Jeavons	V70	88.25

FRANCE

A welcome return to form for Mark Ruddleston and Adrian Roberts currently. Mark beat him to win the Swallownest 10k last week and provided injuries stay away is looking strong again. Adrian ran a sharp leg at Damflask and hopefully will keep up to speed during the next few months when he will be working away. Both would be useful for Sheffield.



First vet in the club 10 Alan Gregory pictured above. Thanks to Steve Gaines for the good pictures which have been very helpful in producing the magazine (the dim one on the front is a computer camera image which I took- but in common with most schools we use bottom of the range cameras, computers and printers, hence, sometimes, the poor quality

July Fixtures

Sat 1 July	Horsforth 5, 11am
Sun 2 July	Swinton Strawberry Fayre 4.4 1pm
Sat 8 July	Thurlstone Chase 3.15pm
Sun 9 July	Harrogate 10k 12.30
Sun 9 July	Chase 10, Cannock 11am
Wed 12 July	Firbeck 10 (RHAC) 6.45
Thur 13 July	Hardwick Hall 6, Pilsley 7.30
Sat 15 July	Worrail Gala 5, 2pm
Sun 16 July	Barnsley 6 1pm
Sun 16 July	Yorkshire Vets Relays
Sun 16 July	Leeds Marathon & Half 9.30
Wed 19 July	Doncaster Town 5k 7pm (vets) 8pm (open)
Fri 21-23 July	Eccup (Leeds) 3 day event 7.30
Sat 22 July	Bishop Wilton Half (York) 10am
Sun 23 July	Cudworth 6 11am
Sun 30 July	Herriot Half, Hawes 11am
Sun 6 Aug	Bispham 10 11am
Wed 16 Aug	Leeds Hyde Park 5k 7.30

Vets to Be

Time passes quickly enough as it is I know- but I thought you might be interested to see the near-future veteran strength as far as the database knows. This is what it comes up with:

40-year old men

Hollinger	William	24/4/55
Jackson	John	2/10/54
Jordan	Michael E.	22/2/55
McCurrach	Harry	17/4/55
Purdy	Peter	19/2/55
Staley	Paul	1/5/55
Varah	Paul	11/9/54
Williams	John S.	5/1/55
Woodhouse	Robert	10/2/55

39-year old men

Atkin	Stephen	12/1/56
Atkinson	John	14/4/56
Benton	Graham	17/4/56
Calvert	John	5/1/56
Eddison	Phillip	28/5/56
Hayes	Liam	27/5/56
Hindmarsh	David	24/6/55
Morris	Stephen G.	16/9/55
Saddington	Steven	30/3/56
Taylor	Ian	21/6/55
Venables	Paul	28/3/56
Wraith	Stephen	21/12/55

38-year old men

Chell	Alan	13/8/56
Cooley	Ian	1/4/57
Elvidge	Steven	8/5/57
Gamble	John E.	26/6/56
Haigh	Phillip	9/11/56
Joyce	Alan P.	9/7/56
Neal	Peter L.	16/9/56
Ritchie	David	13/3/57

37-year old men

Clark	Andrew	22/12/57
Hammonds	Gary J.	6/5/58
Hill	Shaun	20/9/57
Jackson	Maurice A.	30/3/58
Padley	Michael	29/1/58
Roberts	Phillip Martin	1/2/58
Spriggs	Brian	19/12/57

Thurlstone Chase

(Club Championship Event)

Saturday 8th July at Thurlstone
Sports Field, High Bank, Thurlstone,
Nr Penistone

Track, path and road
Seniors 4.25 miles at 3.15 £1.50 (£2
on the day)
8-11s 1 mile at 1.30 (50p)
U13 2miles , U15 2.5 miles ages at
1/9/95
Contact 01226 764628
Numbers on the day.

Club Championship Report

	RACE1L	2S	3L	4L	5S	6L	7S	8S	9L	10S	11L	12S	13L	14S	total	aces
MEN																
P.Humphries	V50	90	92		97	91	96	87	91		85	94		76	899	10
J.Comrie		99			97	100	99	98		97	99			89	778	8
A.Gregory	V40	96	97		95		96	97		89	98			87	755	8
P.Neal		98			98		98	99		98	100			93	684	7
J.Clarke	V45	86		92	86	51	66	69		66	76			73	665	9
P.Smales		94			79		87	90		88	93			80	611	7
R.Newbould			81		57		70	75	97	69	78			75	602	8
M.Rhodes	V			94	59	80	73		96	72	82				556	7
G.Benton		87		91	54			74	93	68	79				546	7
R.McCarthy					90	95	93	94		91				81	544	6
R.Butterworth				94		89		82	99	78	87				529	6
L.Collingwood			100		100		100	100						96	496	5
N.Grimley	V50		86		95	69		77	83		77				487	6
D.Burke		88		93	87		74				71			69	482	6
J.Atkinson					92	98	94	95		93					472	5
P.Eddison		92					90		100		96			83	461	5
S.Gaines	V40		94		89		91			92				88	454	5
J.Spencer	V40				87		92	93		90				85	447	5
G.Turner	V40	95			85	94				87				79	440	5
A.Mirfin	V50		83		55		72	78		70	75				433	6
K.Booth				100	75		80	86			89				430	5
D.Richards	V40	93			82		89	89						77	430	5
R.Burton				95	68	92		80			80				415	5
P.Roberts			95		93		97	96							381	4
I.Lanceley			96		99					95				91	381	4
S.Elvidge					86		82	92			95				355	4
T.Hawley	V40				80	97				84				78	339	4
D.Bennett					78		84	87		83					332	4
S.Newsum					73		85	88		82					328	4
J.Beckett			89		71		79	85							324	4
B.Webster	V40		84			84	74			73					315	4
K.Horan	V			90		70		72						71	303	4
J.Crofts		100			94	99									293	3
D.Weatherburn	V50	85					67			67				71	290	4
R.Hurt	V			90		81			98						269	3
M.Herrington	V40	91			81	93									265	3
T.Rooke	V				52			71			68			72	263	4
R.Sadler				89		79			94						262	3
W.Farrell	V40		88		72						77				237	3
K.Thomas				92	67		75								234	3
S.Wraith	V				74		78	81							233	3
D.Beevers					66	88				75					229	3
G.McCarthy					64			84		76					224	3
D.Draycott	V				63		76				83				222	3
A.Charnock					60	78					81				219	3
M.Padfield					58		71	76							205	3
LADIES																
J.Pike	F50		93		93	99	93	95	98	99	95				765	8
A.Morris					94	97	92	94	96	96	94				663	7
J.Baker				99	90	98	91	93	97		93				661	7
H.Garrison	F35		98		100	100		100	100		100				598	6
R.Grimley	F50		95		99	98		99	98		100				589	6
J.Clarke	F		96			97		100	98	99	99				589	6
P.Wells				98		96		92	94		92				472	5
G.Bunker	F40		97		99				100		99				395	4
J.Fretwell					96		95	97		97					385	4
L.Padfield					95		96	96							287	3
E.Green					92		94			98					284	3

only 200 plus scores shown.

Races: 1 Ferriby 10; 2 Norton 9; 3 Spen 20; 4 Doncaster Half; 5 SYRL 1; 6 Sheffield Half; 7 SYRL 2; 8 SYRL 3; 9 Eyam Half, 10 Askern 10k; 11 Club 10; 14 Damflask relays.

Awaited: 12 SYRL 4; 13 Stainforth 10.

Remaining: Thurlstone Chase, Doncaster 5k, Armthorpe 10k, Rotherham 10k, Maltby 10, Hallicross 10k, Worksop Half, Holmfirth 15

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