



July/August
1996

Serving the Rotherham Runner
First Wednesday each Month

Manchester 10k

Tune the Cream of Manchester

Being considerably messed about by the organisers of the AAA Olympic trials, who refused his entry to the 10k then at first to the 5k, and not having run very well by his standards into the bargain, might well have been the spur to Dave Tune's performance last Sunday at the Manchester 10k. Either way, he took a swift revenge in the Old Trafford event, a flat course but in poor rainy conditions with a fine 30.05 win.

Dave's immediate response to Birmingham was clear last Wednesday when he joined us at Armthorpe and literally strolled away with the last South Yorkshire Road League event. Running at Manchester on behalf of his sponsor, Saucony, he proceeded to clear out the Salford runners on their own patch, notably putting Sale's Neil Rimmer and Morpeth's John Lisiewitz into second and third place. David runs well on the track and country, but his road ability and status are awesome, and only rarely have the nation's top runners got the better of him. Athletics Weekly ranks him (and Chris Parkes) in the top ten in the country. A probable appearance at the Doncaster 5k is in prospect, which might be a very entertaining evening.

Training partners Lee Collingwood and Paul Rowland also took on the Manchester event. Paul is suffering as a result of his relocation to Kent from lack of training and racing but Lee had a good one, coming home 11th in 31.24. He was also a very comfortable second at Armthorpe and is looking a very solid option for the big relays, which aren't too far off.

Colleagues will have read elsewhere of the exploits of Chris Parkes in South Africa. He failed gloriously in the prestigious Comrades Marathon, having taken six minutes out of the record pace at half-way. Only unlucky injury stopped him taking it. The media woke to his unique ability and he even excited the interest of a sport-minded millionaire! He has been invited back expenses-paid for a November 10k, also for extended training in January which he is considering. Always awesome as a runner, Chris must be realising he can achieve world class, and world earnings out of his ability.

Chris Parkes in
pensive mood as well
he might be

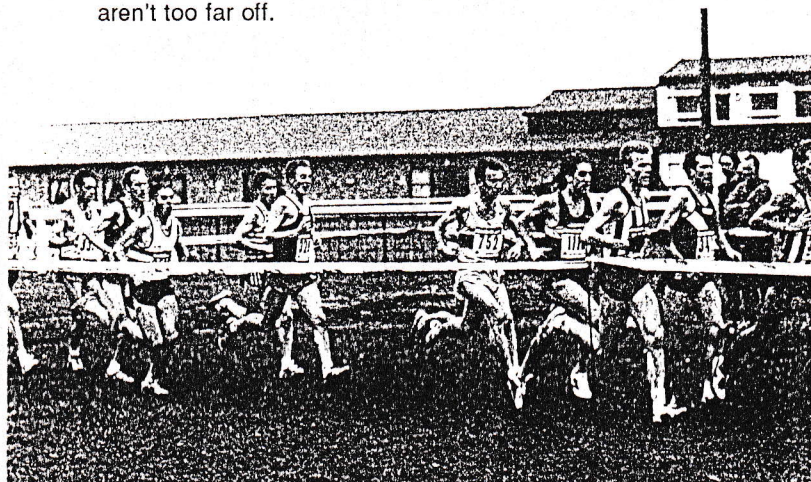


BIG NIGHT(S) OUT

Although July/August is a bit less hectic than May and June, we have two superb club nights out this month.

Firstly on Wednesday 17th there is the **Doncaster town centre 5k** with its separate vets and senior races. This is individual entry, but a big RH show with real class at the front. Rob Holladay renews acquaintance with Darren Cooney, who he last took on effectively at the Northern 6-stage last October. Darren beat him then on the first stage but Robert's close attendance set us up for a good result, and he has been getting faster. Darren, on the other hand, won't have got any slower and has been training with Dave Tune's outfit amongst others, so we could be in for an entertaining race as Dave himself is likely to be running. Other early indicated runners include Peter Neal, Lee Collingwood, Mark Ruddleston and Nigel Brookes. Chris Parkes is thinking about it, although he is carrying an injury and maybe shouldn't. But who can say what Chris will do? We are hoping that Andrew Aked and Martin Connolly will be able to join us. A venue will be found for a social meeting after, for those who indulge.

Secondly, the **Damflask Relays** are on Thursday 25th at Bradfield. RHAC will pay your entry for this event, you enter on the night and we run as many teams as we have runners for. All are welcome without exception, it is our big night out. You should try to let me know you will attend, so I can see to the Piggy Bank appropriately (and get some idea of teams-men 4x3miles, ladies 3x). We have swept all before us at this event the last two years; who knows what will happen in the future, but our intentions are clear. Afterwards, at the pub just after the start. The event is off at 7pm, you need to be there well before 6.20 so I can declare teams. Six o'clock would be a good time.



Who do you know?

Dave Tune pictured in class company at the XC National, Newark

SY Road League

ALL-BLACK AT ARMTHORPE

but Sam finds it hard to Swallow

RHAC swept up the team awards at the final meeting of the South Yorkshire Road League, held at Armthorpe last month. All three categories, men, women and veteran men, fell emphatically to the black vests. This really has been a fabulous turn-out of runners, all of you without exception who have been involved, and if the results lead you to suspect standards are getting poorer elsewhere I can only say that isn't our fault, we have written our agenda and are keeping to it.

In the individual categories also we were well to the fore, with wins for Peter Morris in the vets, Jane Clarke in the ladies and Rose Grimley in the O/45 ladies. Highlight for me on the night was the way in which Derek Clarke took the over-60 title, with a brilliant run to overturn the big lead which Hallamshire's Derek Beckett had held over him. Derek suffers sometimes from a heart problem and at the first race at Dinnington had to turn his effort right down, but in the subsequent races came back strongly to rip away Beckett's lead. He didn't really believe he could do it at the fourth race but he had a go and succeeded in wiping out 30 seconds for a

most deserved win. Jane too has had a great series, showing consistency and quality, and a fair turn of speed as well when she has a mind. Rose has never showed otherwise, but has not found it easy to get organised for training and racing with husband Norman a long-term casualty of his training, and this is a fine performance.

Peter Morris' standard of running may be judged from the fact that, had he entered as a senior rather than a vet, he would have won it. He was concerned about the attentions of SCS's John Kerr but it turned out to be no problem, Peter was well away. After a very quiet winter, he has returned with a bang in good time for the vets relays, it doesn't take him long to get back in form.

Gillian Bunker, placed 2nd in the ladies O/35, John Comrie (2nd senior) and Alan Gregory (3rd vet) completed our successes from a top class series, but it is true to say that John was not a happy man. He was thrown a lifeline when Chris Parkes, who had intended to

do all four, stayed in South Africa for a while and let go a six minute lead to John, who was 20 seconds in front of Richard Harris, a most promising young runner from Rother Valley Swallows. In retrospect, Sammy needed to have done a bit more on the hills at Wombwell and Worsbrough, as on the night he didn't get on to Richard's shoulder and struggled a good bit. Harris looks quick on the flat and what's worse, managed to latch on to a bunch including Mark Ruddleston, Peter Neal and Peter Morris for most of the race, not bad company if you need to leg it. Sick parrots were much in evidence.

The race as an individual event was dominated by Dave Tune and Lee Collingwood. Dave won in a modest time for him, with Lee taking second place, both well clear of Mark Lavender (BAC) and Darren Hale (SAC). At the four-mile mark whilst nursing my injured foot I had the pleasure of counting nine Rotherham vests in the first seventeen, and there were white stars all through the field. That's what I call a turn-out.

Listerdale 7

ELVIDGE WINS IN THE TRUE TRADITION

1	S.Elvidge	47.14
2	S.Gregory	47.20
3	P.Eddison	47.44
4	M.Masters	49.16
5	B.Harney	49.40
6	J.Jennings	53.08
7	M.Cochrane	53.14
8	H.Marston	58.00
9	A.Mirfin	58.09
10	M.Concannon	58.37
11	B.Newbould	60.22
12	P.Smales	60.12
13	S.Burton	60.46
14	G.Bunker	60.47
15	A.Browne	62.52
16	J.Harney	63.35
17	D.Burke	64.23
18	J.Clarke	64.33
19	I.Horsley	66.12
20	M.Rhodes	66.39
21	A.Hammond	66.39
22	K.Horan	67.06
23	J.Baker	67.06
24	D.Weatherburn	68.53
25	D.Butler	69.27
26	R.Tinker	71.09

The Listerdale 7 reverted to its traditional route this year- that is, a true seven (or more, depending on your route) from Valley Park to Brecks Lane, all the way to Dalton Parva, footpath down to Listerdale bottom and all the way up to Northfield Lane, out and back. Steve Elvidge is a Wickersley lad, but living as he does in Holmfirth these days it is understandable that he is not totally au fait with the footpaths and bogs to be negotiated as you make your own way through the woods. So it was he sat in behind Phil Eddison, together with visitor Simon Gregory from Killamarsch Kestrels, and only made the effort when more familiar scenery came into view on the way home. Simon could not hold the pace, Steve's 47.14 bringing him home first but all three clocking good times, Gregory's 47.20 followed by Phil's 47.44.

Phil can console himself that he is not the first and won't be the last to suffer this fate. The race started back in around 1980 when Dave Parker of Tinsley Sports joined with me to promote a series, which we held monthly in summer on the hardest route we could find. Sadly, Dave died shortly after. Many visitors from Sheffield, Hallam and Bamsley took part, and in the early days Brian Mullarkey regularly led the field back on to Valley Park but had the bitter experience of Hallam's Chris Gillott, who hadn't had a clue where he was going, springing him in the last few hundred yards. In those days runners tried all sorts of tricks to get rid of "tailing" runners and indeed it was when the toughness of the route dissuaded Rotherham's own from turning out that visitors and hence the event itself dropped off. We weren't such an impressive club in those days. The bogs were wetter then, and the undergrowth thicker. Many legends have been passed down about runners still lost in the Dale, maybe swallowed by the bog or heading for the Scottish border..... Tim Drake took an early lead last year, and hasn't been seen since....Phil Allen once 'broke' the course record by an imaginative variation on the route.....this year Phil Smales took the unusual step of getting lost at the start....

Handicap winners on the night were first Jenny Baker followed by Roy Tinker, Alan Mirfin, Ken Horan, Julia Jennings and June Harney. Brian Harney joined a small band who have run the full course in a time in minutes less than their age in years- Bram Sprakes and Peter Humphries having done it. Its hard to do unless you are 50 or so- any other claimants? The handicap system needs a bit of adjusting but in case you are interested, it was (age or 40 whichever greater)+ (0,5,10 or 15 based on your ten mile times)+(10 if lady). On the night, it was a bit too generous. We are going to run some events soon under the "Age Grading" system used inter al at the Homsea 10 which Alan Bryden was kind enough to inform me of. It looks very fair and promising, if I can get full details.

Runners, Races

Worrall Gala Chase (organised by Hallamshire H) is on Saturday 20th July, not the 14th as previously thought. This is one of those events that, increasingly, have their dates altered after the initial 'officials' list is published. Entry forms at the kiosk. The race starts at 2pm, 5 miles road and country with free entry to the Gala. Only £1.50, entries also on the day, at Sycamore Park, Towngate Road, Worrall, which is near Oughtibridge off the A616.

Monthly Numbers Draw. Drawn as usual at the social evening on the last Wednesday of each month in the Homestead: £80 no.283, Peter Mullet; £10 each: 151 Alan Gregory; 169 Derek Atkinson; 197 Terry Rooke. 220 numbers sold, thanks for your support.

The annual Strawberry Fayre race and fun run, in aid of Multiple Sclerosis, will be held at Calcot Gardens at Swinton on Sunday the 7th, starting at 1pm. There is also a variety of stalls selling second-hand etc. I understand Peter Elliott may be giving out the prizes, as he was last year when John Taylor (of Bingley Harriers) won for the second year - it's not that big a race, he has relations in the district.

The organisers of the Brinsworth Ton Run are worried that not many entries have been received and are keen for it not to fold. Entries will be taken on the day or you could contact the organiser Mrs Hughes of Brinsworth Parish Council on 01709 374500. It's a local event well worth supporting; not an easy course.

"Find the Plate"- a saga of everyday running life. Next Saturday sees the 11th running of the Burn Valley Half, a tough half-marathon at Masham. Last year Martin Connolly won it, but had to leave before the ceremony. Last week, the organisers contacted him to ask for the trophy back. This nonplussed Martin a bit as he couldn't remember getting it but he found and sent a trophy which fitted the bill. Unfortunately, this was a trophy for a different race, which he will have to return shortly, so he has to get that one back. This one was a plate of some considerable value apparently. It was handed to Chris White (or Northern Runner) to pass on, and he passed it on to Rose and Norman Grimley, Rose also being in the prizes at Burn Valley. They were sure they had passed it on in turn, at Bamsley - it since transpires that the next link in the chain was then Sheffield secretary Chris Skaife. It never reached Martin, Mr. Skaife has had it all year. He is to pass it on to RHAC, who will attempt to return it to Masham in time. A possibility is via Anne Goggin, who is a race entry apparently. I have been out of touch with Anne, under the mistaken belief that she had relocated from her Lound address to Stamford, which appears not to be the case. It is good that she is back running after working hard all year.

Gary Hammonds was the fourth man in the team which retained the Buxton High Peak Half Marathon team trophy, my apology to Gary for the omission. Moreover, he was in the team which won it the year before.

A nice 10k win for Mark Ruddleston at Swallownest where Swallows' promising Richard Harris again got amongst the Rotherham runners, having led them into the final hill at 8k. He was 25m in front at Ulley res but Mark didn't let him go and took control at the Robin Hood, decisively as it proved. A whole battery of RHAC runners showed early in the field, notably Phil Roberts getting back to form in third, with Peter Neal, Nigel Brookes and John Comrie coming close. Times not yet to hand.

We have been most remiss in not recognising the very generous support we have been receiving from Ian Horsley for the last few years. Ian (pictured at the Prince of Wales 10k, he is a regular there) has sponsored the

Tickhill Ten for the last couple of years.

Our spies are everywhere. Reports state that Adrian Roberts has been seen training in Derbyshire, still with the pot on, with the aid of ski-poles. You can't keep a good man down etc etc. He has now in fact had the pot removed from his leg and is progressing well (but is not available for next week's steeplechase).

Swallownest was much better supported this year, but I have to say we haven't supported Cyril Leason's race at Pilsley as much as we could. This year it is on Thursday 11th July over the usual course to Hardwick Hall and back, demanding terrain with cattle grids into the bargain. But a fine event, and I will try to put it in the Club Championship next season. July 4th is the closing date this year, but Cyril



In-form runners Mark Ruddleston (above) and Peter Morris (right). Mark is seen in typical pose working through the Yorkshire XC field having arrived too late to pin on his number whilst Peter is off on 12-stage number 12 or therabouts.

has taken entries on the night in past years. Off at 7.30.

The Park Sports Injuries Clinic is offering a reduced rate for RHAC members; their £20 first visit with consultation and subsequent £18 reduced to £18 and £15 on production of your membership card (£15, £15 for concessionary clients). Tel: 01709 824680

I am looking forward to a good night out with a difference on Thursday 4th at the wheelbarrow races at Braithwell. This venue was the start of Chris Parkes' running career; although I don't know if he will be there this year for certain Mick Tune will with his colleagues from Belton, they claim to be favourites. Good beer to be had at the Red Lion. Start at 7pm.

Rob Holladay informs me he is going up-distance this year, with an entry for the Geat North Run.



Yorks Vets Preview - 14/7

Good news on the injury front, sources close to Chris Beighton and Paul Venables say they are both in proper training without undue reaction. However, whether that means they will be fully fit for the upcoming relays is another matter, we will have to wait and see. Paul is likely to give tonight's Spencers Arms Dash a full blast to see how things are, whilst Chris will also be keen to get back as soon as is sensible after the brilliant form he was displaying.

The vets outfit defend the Yorkshire Relay title on Sunday 14th July at Methley, and these days since the demise of Leeds the challenge is from a strengthened Bingley team. Peter Morris and Dave Hindmarsh are both very much on form, and if Chris and Paul were to be fit and available Bingley's fate would surely be sealed. Without one of them we could well get away with it, with such quality as Alan Gregory, Steve Gaines, Peter Purdy and John Atkinson to choose from, with Chris Lindley and Mark Palfreyman also possibly available from the 8-stage team. Without both however we could be up against it if the opposition are at full strength.

The ladies squad must be the strongest for miles with the luxury of choice from for example Julia Jennings, Gill Bunker, Sharon Burton, Carline Boyd, Rose Grimley and Hilary Garrison from their three-leg team. They also defend the title, and barring a mass holiday outing coinciding I cannot see them losing it.

Timing is awkward this year with both Doncaster 5k and Damflask coming after the Yorkshires.

Winter Series Final Results

Second Series: all races

				wdn	g.b.	trav	malt	pow	total
Mirfin	A	RH	V5	98	90	87	97	97	469
Rooney	P	KS	V	98	96	76	96	97	463
Cartwright	S	KS		96	88	98	90	91	463
Brookes	A	KS	L	99	74	88	99	97	457
Cartwright	G	KS	L	97	61	100	98	98	454
Newbould	B	RH		92	95	94	80	86	447
Cochrane	M	RH	V	96	57	99	93	99	444
Purdy	P	RH	V	99	68	77	100	98	442
Eddison	P	RH		98	71	78	94	94	435
Brookes	I	KS		91	94	82	79	87	433
Bunker	G	RH	LV	100	66	58	98	100	422
Senior	M	KS	V	97	92	35	95	98	417
Draycott	D	RH	V	93	82	56	90	93	414
Whitehead	D	RH		95	91	49	84	89	408
Butterworth	R	RH		90	52	96	81	88	407

Congratulations to winner Alan Mirfin, who has supported this series brilliantly, and also to joint runners-up Steve Cartwright and Pat Rooney. In addition to them, all the above listed runners who have completed all the races will be awarded with a suitable memento at a date to be arranged. Printed shirts are favorite at the moment.

First Series- Best Four Races

Clear winner Peter Neal with 399 from 4 races, the only reverse at the hands of Chris Parkes at Kimberworth.

First vet Peter Purdy with 376.

First lady Gillian Bunker 398 (Alicia Brookes (KS) 389, Gillian Cartwright (KS) 387).

We need a suitable social venue to make the awards, do colleagues at the clubs think it suitable to make them at the first venue of the next winter series (October) or is that too late? What other possibility is there? It should be at the last event really, but I blew it.

July Races

Sat 6 July	Burn Valley Half, Masham 2pm
Sun 7 July	Massey Ferg Half, Coventry
Thu 11 July	Hardwick Hall 6 Pilsley 7.30pm
Fri 12 July	Scunthorpe 10k 7pm
Sat 13 July	Thurlstone Chase 3.15
Sat 13 July	Dorma 5 Buxton 2pm
Sun 14 July	Yorks Vets Relays Methley
Sun 14 July	Brinsworth Ton Run 11am
Wed 17 July	Doncaster 5k 7pm
Fri 19-23 Ju	Abbey Eccup Challenge
Sat 20 July	Worrall Gala Chase 2pm
Sun 21 July	Gt Ouseburn 10
Sun 21 July	Yorks Vets T & F, Leeds
Sun 21 July	Barnsley 6
Thur 25 July	S.Yorks Relays Damflask
Sun 28 July	Harrogate 10k 12.30
Sun 11 Aug	Askern 10
Sat 17 Aug	Redditch 10k
Sun 25 Aug	Glasgow Half

Club Championship Series 1996 Final List

Already gone:

1	Ferriby 10
2	Norton 9
3	Spennings 20
4	Retford Half
5	SYRL 1 Dinnington
6	Doncaster Half
7	Sheffield Marathon
8	Sheffield Half
9	Prince of Wales 10k
10	SYRL 2 Wombwell
11	Askern 10k
12	SYRL 3 Worsbrough
13	Woodhall Spa Half
14	SYRL 4 Armthorpe
15	Club Tickhill 10

Remaining:

16	Damflask Relays (Th 25 July)
17	Worrall Gala Chase (Sat 20 July)
18	Doncaster 5k (17 July)
19	Askern 10 (11 Aug)
20	Armthorpe 10k (26 Aug)
21	Maltby 10 (6 Oct)
22	Hallcross 10k (13 Oct)
23	Worksop Half (27 Oct)
24	Holmfirth 15 (?)
25	Barnsley 10k (3 Nov)
	(assuming it to be on, or if not:
26	Percy Pud 10k (?)
	(only if Barnsley is off)
27	Woodhouse 7 (22 Dec)

NB The above are not in chronological order.

Check the dates- race organisers keep changing them.

Does anyone have a results list for Sheffield Marathon and Half?

Its later than you think!

**Keep your eyes open for the
Yorkshire 6 Stage Relays-Sep
Northern 6 Stage Relays-Oct
National 6 Stage Relays-Oct**

**RHAC is achieving its ambitions
and maintaining its high
standards with the aid of support
from Yorkshire Windows. Thank
you Mr. Yarlett.**



RHAC News Briefing is aimed at improvement of the middle and long distance running of all members. Members' plans, results and news are welcome irrespective of performance but articles and letters cannot be printed without prior arrangement. Photos are especially welcome. Produced by Peter Humphries and colleagues at Wickersley Comprehensive School Computing Department by kind permission of the Head of School.