



Damflask Relays

# Grand Day Out- and No News is Good News

Yet another brilliant turn-out of Rotherham members, and another superb showing in every way. To cap it all, though we have always run well, this is the first time we have won all four categories. More impressive, we fielded eight out of thirty mens and four out of eleven ladies teams. It isn't news now when we win, it will be news when we don't. A classic hiding to nothing, but we wouldn't want it any other way!

Our twelve teams out of around forty seriously impresses the organisers, who highly value our involvement at that level. So much so that they let me settle up afterwards by cheque. Our team entries, all done on the night, are always a shambles but always work more or less, with minor hiccups. This year the shambles was terminal, with unannounced runners arriving and some runners not turning up without notice. This really isn't on, it's hard enough to start with. Add to that, the entry desk a decent cross-country run from the parking area, The problems meant that a few runners were left in inappropriate teams, but everyone got a run and everyone was happy. Or if they weren't, they didn't moan, which is just as good. Newcomers to the relay racing scene say they enjoyed it enormously, which is the best we could ask. It does seem to be what RHAC is best at.

Success was by no means certain for the ladies, they have top weight on especially when Hallamshire turn out properly. However, they often don't, and on this occasion despite sharp stuff from Mmes Wingler and Fothergill, a slower third runner gave RH an opportunity which they were not slow to take, with a good 22.45 start from Gill Bunker, and Julie O'Mara's fast 20.44 just giving Hilary Garrison scope to hang in with a very useful 21.45, which saw her zip home with Channah Fothergill steaming into the home straight.

On this occasion, the solution of placing fast vets in the senior team was a double success, as we picked up the lady vets award too through Janice Streets, Pat Wells and Jenny Baker. They were well delighted, and have every right. Also well done to the trio of Sharon Burton, Paula Fisher and Claire Goldsbrough who placed 6th, and to newcomers Mary Concannon and Jane Howarth, who were joined on the night by Emma Green who has returned from her university course and is very welcome back.

Hallamshire's men have been better organised of late, which is good news for top class club supporters like Darren Teasdale and Steve Dale, but they were never in with a chance against Rob Holladay, Dave Tune, Luke Field and Paul Bennett despite Jason Ward's fast 17.28. Rob was not as his

fastest, having been taking in-depth football practice in advance of his new PE job in North Yorkshire, for which we all wish him all the best, but he saw off Dave Bond comfortably and threw Dave Tune in well ahead of real opposition. Dave, initially ruled out with the national 10k trial coming up, later decided this would fit in nicely which obviously came as good news. He gave it a blast, which effectively finished the event off and scored him a clear fastest lap, but with Luke and Paul storming about so fast there was no problem anyway. Both look deceptively laid back. But what a fine quartet to take to a relatively local relay; it would grace a national.

As would a number of the reserve strength on view. Though HH took a clear second on the day. RH certainly threatened, and came third and fourth in the process. Darren Ward took his first 'official' outing with us to set off the B team; he gave us a good start, and with the in-form running of Mark Ruddlestone to follow we lined up 3rd from stage two. We then had the great pleasure of road runners returning after absence, first Richard Harris who is looking more like his old self, then Mick Thompson who despite being a bit slower held on well to hold third place.

Having placed third in the national relay, it came as no surprise that RH vets were out of sight in their event, in fact threatening the open entry places. Fourth overall, and first vets team were Alan Chell, Paul Venables, Peter Neal and Peter Morris with Paul back from illness apparently none the worse and Peter Neal sharp again, but equally impressive Rotherham B came within a whisker of taking second vets place with Phil Roberts, John Atkinson, Jerry Spencer and Steve Gaines only 4 seconds behind Steel City.

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Jenny Baker, who with Pat Wells and Janice Streets took the lady vets and so brought us our first complete success at Damflask. Jen has had a great year and is seen here receiving the award for first vet at the Sheffield Marathon.



# SY Road League - "Mission Accomplished"

.....as they used to say.

RHAC dominated in all three team competitions as had been anticipated, the only mild surprise being the margin of the wins- almost 20 minutes the men, with the vets more than 20 and the ladies more than 30 minutes to spare. Black vests in fact counted for just about half of the leading 15 or so runners in all the categories.

Doncaster and Stainforth have kept up a lively challenge throughout with their good support, and although not currently sharp at the front Barnsley have been there or thereabouts as usual. Apart from them, only Steel City from the "big" clubs have made a showing, and this not by any means new. The series is made really by the excellent participation of the "smaller" clubs, where particular mention might be made of Askern, Totley AC who regularly have their vets turn out, and of course our neighbours Maltby and Kimberworth, whose commitment is great.

We have given all the South Yorkshire events full and hones support each year now for a long while, road, relays and cross-country, and of course our track and field colleagues. It's hard to know whether our success contributes to killing off the events, or whether it's just poor involvement elsewhere- bit either way I don't see any reason to change tactics on our part.

Our commendations are due to Robert Holladay, Lee Collingwood and Luke Field who were in the scoring team at all four fixtures, Robert storming away with the title from D&S's Simon Wright. Luke blew it on the day, slipping back to fourth overall, but he is having such a fine year that he can put this one down to experience. Lee has been off the boil a bit, but put in a good one at Armthorpe to hold fifth place.

Richard Lomas had only to complete the course to win the juniors, and tried valiantly but perhaps rashly to do so with an injury. He wisely pulled out early, leaving a delighted Iain Whitaker to pick up the award.

Amongst the ladies, Vicky Haigh duly took first place though never at the front. You have to run them to win them, and this is a great performance in Vicky's first competitive season with us. Hilary Garrison was first vet on the day but Gill Bunker's series saw her well clear as vet winner with Sharon Burton in fourth place. Jenny Baker was third in the O-45 category.

RHAC vets ruled the roost no mistake, the first four O-40 places going to Ian Temperton, Peter Neal, Alan Chell and John Atkinson. Peter took it on the day, but couldn't turn round Ian's lead. At O-45 Peter Morris strolled it on the day, winning the series easily, and Jerry Spencer was solidly in third place. Malc Palfreyman showed he is the man at O-50 by winning on the day, but without other scores. It was Terry Hawley first placed RHAC in second place and running really well, team mate Tony Turner in fourth.

Apart from those mentioned, congratulations to the following who carried our colours in all the series: John Comrie, Richard Burton, Roy Butterworth, Neil Shaw, Phil Widdowson, Steve Wraith, and Graham Benton.

## Tickhill Ten

Wednesday 8th July  
off at 6.45  
YOT Handicap



Luke Field seen at the October relays, Sutton Park (photo Steve Gaines)  
Luke found Dave Bond a handful at Swallownest but took revenge with his time at Damflask

## Damflask Relays

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At over-50 too (although there was no official class) RH are looking good. With an in-form trio of Malc Palfreyman, Terry Hawley and Tony Turner (in fact running 16th for their stages) it proved impossible for various reasons on the day to find a fast fourth member. Although I was standing by to run for them, it made more sense after "arrivals problems" to ask Steve Elvidge to run the fourth stage. Which he did, a fine 19.39 placing him between the vets A and vets B times and showing that his recent injury woe is over, and he is a strong contender for the Yorkshire team to run in July at Methley. Of course, it lost the 'over-50' tag. They only need three incidentally for the Yorkshire relays!

Similarly placed, and having to turn in a time trial performance after losing his way to the event, was newcomer Warren Vayro who anchored the Ray Howarth-Mick Concannon-Dave Hargreaves team to 18th place with a fine 18.24, a most promising run and showing he will do no harm to our relay strength. Gary Claxton is back too, taking a 20.31 leg, it is a long time since he ran the 12-stage with us. Great to see Paul Varah, Richard Burton, Mark Utley, Phil Widdowson, Don Creamer and Dave Weatherburn there, hope you all enjoyed it- I did! And the Boddington's!



## Vets Relays

Yorkshire Veterans Road Relays are at Methlery School, Mickletown, Castleford (usual venue) on Sunday 12th July at 10 am. Course 2.5 miles time four (O-40 vets) or times three (over 50, over 60, ladies). I have entered two over forty teams, one over 50 team and two ladies teams. Whilst we are confident in general at over-40, this is a sprinter's distance and makes it a bit of a lottery. Nonetheless, we intend to keep the title. At over-50 we are newcomers, but at lady vets we hope to reverse last year's situation where Jane Shields' SAC outfit placed us second. We haven't seen much of them since, but you never know. We will be denied the sight of Julia leading the event down to the main road this year!

## Selby Relays

We aim to take at least one team to the Selby Relay this year, start and finish on Charles Street, Selby 5 legs of 2.6 miles. Fast and flat. 11 am on Sunday 19th July. The entries close 13th July; if there is more interest than one team let me know in good time.

## Thurlstone Chase

Penistone Footpath Runners present their Thurlstone Chase on Saturday 11th July. The main race at 3.15 after junior races at 1.30. Sponsored by Clark's Brewery, the chase features 4.25 miles of track, road and path (events for under 12, 14 and 16 at 1.1.98). Entry is £2 in advance (juniors 50p) to Thurlstone Chase, 34 Shelley Close, Penistone, Sheffield S36 6GT or £3 on the day. Cheques to Penistone FR.

## Hardwick Hall

Cyril Leason's annual Hardwick Hall 6 is on the 9th July, Thursday, off at 7.30 after a variety of goings-on and attractions in the village of Pilsley, near Clay Cross. Get off the M1 for Alfreton, its not far from there. £3 in advance to 33 Lansbury Ave, Pilsley, Nr Chesterfield Derbyshire S45 8EH up to 4th July then £4 on the night. Medals for all, plus prizes.

## South Yorkshire Schools

Impressive Rotherham Schools or RHAC representation in the South Yorkshire Schools athletics team with Chris Anderson at 800m junior boys, Kathryn Stringer inter girls javelin, Michael Bradbury senior boys 200m, Robert Hollinger senior boys 110m hurdles and Ben Flint actually qualifying as Doncaster at senior pole vault. Where the numbers really kick in is at intermediate boys, with nine selections through Ton Callahan 200m, Martin Bradbury 400m, Stephen Bates 1500m, James Tattershall 400m hurdles, Richard Lomas 1500 S/C, Iain Whitaker 1500 S/C, Jamie Russell high jump, Nick Hamilton long jump and Daniel Broadhead pole vault. Superb effort.

## Sharon Burton

Sharon Burton would like to inform all RHAC members that she is now a fully qualified sports massage therapist. Anyone wishing to book an appointment can contact Sharon on 01246 812957.

## Swallownest 10k

Good run by Luke Field at Swallownest but Dave Bond had the better of him, this sort of up and down stuff really is Dave's strength. Luke nearly paid the price of going with him early on, as Mark Ruddleston, calling on his general and course capabilities, almost caught him at the last. They took the team prize together with Terry Hawley, who was first over-50.

Many thanks to Arthur Jeavons, Mick Field and Alan Gregory and first reserve Steve Gaines, who joined me to assist with the marshalling.

## Kimberworth 10k

No such problem at Kimberworth, Luke winning well from Mark Ruddleston and Peter Mirrlees who however entered on the night. Gill Bunker was first lady, John Atkinson first vet.

## Tickhill Ten

Wednesday 8th July sees the annual running of the Tickhill Ten to the Carpenters Arms, Tickhill. Off at 6.45, YOT handicap event mainly. (ie you guess your run time, run without a watch, nearest is winner). Traffic is heavier in general each year that passes. Please take great care when on the roads, especially in events like this which cannot be marshalled. You have to look after your own and other people's road safety.

## July/August Races

Wed 1 Jul	High Storrs Hobble 7.30pm
Wed 1 Jul	Maltby Abbey Dash 7pm
Sat 4 Jul	Burn Valley Half, Masham 2pm
Sun 5 Jul	Stawberry Fayre 4.5 Swinton 1pm
Sun 5 Jul	Mansfield Half
Wed 8 Jul	RHAC Tickhill 10 6.45pm
Thur 9 Jul	Hardwick Hall 6 Pilsley 7.30
Fri 10 Jul	Scunthorpe 10k 7pm
Sat 11 Jul	Dorma 5 Buxton 2pm
Sat 11 Jul	Thurlstone Chase 3.15pm
Sun 12 Jul	Ranby Prison 10k 6.15pm
Sun 12 Jul	Yorks Vets Relays Methlery
Fri 17 Jul	Abbey Eccup Challenge to 19th
Sun 19 Jul	Selby Relays 11am
Sun 19 Jul	Barnsley 6
Wed 22 Jul	Doncaster Town Centre 5k
Sun 9 Aug	Askern 10
Wed 12 Aug	Hickson 10k Castleford 7.15
Wed 19 Aug	Mileta 10, Spenborough
Mon 31 Aug	Armthorpe 10k
FORWARD.....	
Sat 26 Sept	Northern 6 stage relays, Sheffield
Sun 4 Oct	Great North Run



## SY Road League- Armthorpe & Final Placings

Sen	1	R.Holladay	25:09
	2	S.Wright DSAC	25:12
	3	D.Bond Ask	25:16
	4	L.Collingwood	25:19
	5	P.Bennett	25:25
	6	M.Ruddleston	25:27
	7	L.Field	25:50
	9	P.Mirrlees	26:24
	12	S.Tompkin	27:11
	15	J.Comrie	27:38
	20	S.Bates J	28:02
	28	I.Whitaker J	29:06
	36	R.Burton	30:20
	43	R.Butterworth	31:28
	45	R.Bennett	31:33
	48	N.Shaw	31:41
	63	S.Burns	33:35
	69	P.Widdowson	34:24
	81	C.Green J	39:53
V40	1	P.Neal	26:16
	2	I.Temperton	26:19
	3	A.Chell	27:13
	4	J.Atkinson	27:19
	10	P.Eddison	29:18
	13	S.Wraith	29:27
	20	P.Adams	31:06
	23	P.Varah	33:07
	32	G.Benton	35:39
V45	1	D.Weigel Ask	26:18
	2	P.Morris	26:38
	5	J.Spencer	28:06
V50	1	M.Palfreyman	28:00
	2	C.Ellis Totl	28:07
	3	T.Hawley	28:44
	5	M.Marsters	28:59
	8	T.Turner	29:43
V55	1	E.Smith DSAC	31:11
	4	P.Humphries	33:32
	12	D.Weatherburn	37:47
	13	P.Graham	39:23
Ladies	1	C.Fothergill H	28:03
	2	J.Hindley	29:48
	3	P.Leach Hall	31:43
	4	C.Goldsbrough	34:17
	6	V.Haigh	36:34
LV35	1	H.Garrison	30:07
	2	G.Bunker	31:07
	5	S.Burton	34:11
	7	P.Fisher	34:39
LV45	1	J.Westbourne Pn	34:09
	6	J.Baker	37:30

## Final Placings

Men	1	Rotherham HAC	411:07
	2	Doncaster & Stain	429:17
	3	Barnsley AC	454:43
	4	Askern DAC	460:18
	5	Steel City S	465:28
	6	Kimberworth S	500:42

## All veteran men

	1	Rotherham HAC	321:59
	2	Steel City S	343:03
	3	Doncaster & Stain	345:46
	4	Barnsley AC	347:02
	5	Maltby RC	366:03
	6	Askern DAC	366:23
	7	Totley AC	369:09
	8	Hallamshire H	381:57
	9	Penistone FR	387:53
	10	Kimberworth S	406:39
	11	Handsworth R	428:17

## SYRL Final Placing:

### All ladies

	1	Rotherham HAC	329:09
	2	Barnsley AC	424:26
	3	Totley AC	435:32
	4	Doncaster & Stain	447:27
	5	Valley Hill S	486:41

## South Yorkshire Relays Damflask

Weds 24th June 948

	1	Rotherham HAC A	70:17
	2	Hallamshire H	72:15
	3	Rotherham HAC B	75:30
	4	Rotherham HAC Vets A	76:18
	5	Sheffield AC	76:32
	6	Hallamshire B	76:38
	7	Doncaster & Stainforth	79:30
	8	Steel City Vets	80:42
	9	Rotherham HAC Vets B	80:46
	10	Barnsley AC	81:05
	15	Rotherham HAC Vets C	82:14
	18	Rotherham HAC C	86:34
	23	Rotherham HAC D	93:10
	dnf	Rotherham HAC E	dnf

	<b>Rotherham HAC A</b>	
	Rob Holladay	17:50
	Dave Tune	17:01
	Luke Field	17:49
	Paul Bennett	17:37

	<b>Hallamshire</b>	
	Dean Hinde	18:20
	Steve Dale	18:14
	Darren Teasdale	18:13
	Jason Ward	17:28

	<b>Rotherham HAC B</b>	
	Darren Ward	18:47
	Mark Ruddleston	18:20
	Richard Harris	18:21
	Mick Thompson	20:02

	<b>Rotherham HAC Vets A</b>	
	Alan Chell	19:27
	Paul Venables	18:55
	Peter Neal	18:44
	Peter Morris	19:12

	<b>Rotherham HAC Vets B</b>	
	Phil Roberts	20:02
	John Atkinson	20:04
	Jerry Spencer	20:34
	Steve Gaines	20:06

	<b>Rotherham HAC Vets C</b>	
	Malc Palfreyman	20:44
	Terry Hawley	20:33
	Tony Turner	21:18
	Steve Elvidge	19:39

	<b>Rotherham HAC C</b>	
	Ray Howarth	22:15
	Mick Concannon	23:35
	Dave Hargreaves	22:20
	Warren Vayro	18:24

	<b>Rotherham HAC D</b>	
	Paul Varah	23:32
	Richard Burton	22:14
	Mark Utley	22:42
	Phil Widdowson	24:42

	<b>Rotherham HAC E</b>	
	Dave Weatherburn	27:49
	Gary Claxton	20:31
	Don Creamer	29:25

	<b>also ran</b>	
	Peter Humphries	23:30

## Fastest Times

	1	Dave Tune	17:01
	2	Jason Ward	17:28
	3	Paul Bennett	17:37
	4	Luke Field	17:49
	5	Rob Holladay	17:50
	6=	Dave Bond	17:58
		Simon Wright	17:58
	8	Darren Teasdale	18:13
	9	Steve Dale	18:14
	10=	Dean Hinde	18:20
		Mark Ruddleston	18:20
	12	Richard Harris	18:21
	13	Wayne Vayro	18:24

## Ladies

	1	Rotherham HAC A	65:15
	2	Hallamshire	65:29
	3	Doncaster & Stainforth	72:34
	6	Rotherham HAC B	80:10
	9	Rotherham Vets A	84:21
	11	Rotherham HAC C	95:34

	<b>Rotherham HAC A</b>	
	Gill Bunker	22:45
	Julie O'Mara	20:44
	Hilary Garrison	21:46

	<b>Hallamshire</b>	
	Astrid Wingler	20:14
	Gill Wainwright	24:52
	Chanah Fothergill	20:23

	<b>Doncaster &amp; Stainforth</b>	
	Jane Ayres	22:50
	Rebecca Holdsworth	25:29
	Dawn Fletcher	24:15

	<b>Rotherham HAC B</b>	
	Sharon Burton	24:13
	Paula Fisher	24:59
	Claire Goldsbrough	30:58

	<b>Rotherham Vets A</b>	
	Janice Streets	27:01
	Pat Wells	30:12
	Jen Baker	27:08

	<b>Rotherham HAC C</b>	
	Mary Concannon	35:56
	Jane Howarth	33:36
	E.Green	26:02

## Fastest Times

	1	Astrid Wingler	20:14
	2	Chanah Fothergill	20:23
	3	Julie O'Mara	20:44
	4	Hilary Garrison	21:46
	5	Pauline Straw (TotAC)	22:12
	6	Gill Bunker	22:45
	12	Paula Fisher	24:59

Next Night Out  
Doncaster 5k  
See You There