

RHAC ROAD & CROSS-COUNTRY BRIEFING

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Targets

As our strength and confidence grows, so should our targets get higher!

There is no reason we should not achieve the top 10 in northern events and the top 25 nationally in men's competition.

The stage is set for that to happen initially at Wigan on Saturday with the best team we have put out for a while.

Production problems have caused this to be a rushed issue of the Briefing. Members please be understanding.



Sharon Nixon (above)

First Lady in the Thornbridge 20 off-road race in White Peak nr Bakewell.

Sharon's time of 2 hr 47 min which was an eight minute improvement over last year brought her 19th place overall.

Out of the 600 or so runners, Harriers vet Roy Varo was 17th overall in 2 hrs 46 minutes.

National Cross-country 11/3 Luton

Rotherham finished a very creditable 44th out of 183 teams thanks to the efforts of

Paul Venables	175	50.08
John Comrie	310	51.51
Adrian Roberts	328	52.04
Steve Gaines	511	54.11
Jeff Crofts	585	54.44
Geoff Turner	682	55.32
Gary Claxton	1016	59.03

Ladies result will be reported next month

It is a sign of great strength that with numerous runners not being available for this event we can still turn out good sides. In consecutive weeks we have been represented in a variety of important events by teams and runners of quality

National Cross-country Relay 18/3 Mansfield

A good performance again this year, the result slightly disappointing. Rotherham finished in 16th position in an event won by Australia with Bingley first club in second place. One of the joys of being a team manager is that you get to run the last stage of the second team if there is a major flu epidemic etc. Man in hat disclaims responsibility for his run in borrowed kit with a bad leg etc etc.

L. Collingwood	16.14	22 posn.
D. Tune	15.39	9
P. Rowland	16.53	16
P. Bennett	17.05	16

M. Thompson	17.31	52
P. Neal	17.40	40
J. Comrie	17.46	40
P. Humphries	19.40	45



Hilary Garrison (above)

First lady at the Wombwell 5 the day after running a relay leg in the National Cross-country Relays.

The ladies finished a respectable team thanks to Hilary, Julia Jennings and Joanne Chapman despite the enforced absence of some top runners.

Kimberworth Challenge

I have offered a club challenge to Kimberworth Striders and Pat Roney and colleagues have sportingly agreed. KS will field any number of their runners (6 to count) and Rotherham will nominate a team of twelve (6 to count). The result will be by aggregate times over a three-race series which is: Kimberworth 6 (Sun April 23rd), Prince of Wales 10k (Wed May 3rd), and SY Road League 3 at Wombwell Wed May 17th). Although it is to be hoped and expected that they will compete in the events, 25 or so of our top runners are barred from scoring in this event. In a sense we are putting out a 'second team' but from RH point of view my aim is to get younger runners to come through to race with us and to bring back good competitive runners who are reluctant to get involved again at top level. There is also opportunity for team competition for those who are returning from injury, or suspended by changing club, or even simply not as fast as they were!

So far, the list of runners to score for RHAC is: Peter Purdy, Wayne Farrell, Steve Elvidge, Ian Newsome, Steve Newsum, Terry Hawley, John Atkinson, Garry Hammonds--numerous others have been asked but without final result. Interested runners should ask PH.

South Yorkshire Road League

The four-race Wednesday series starts on 19th April (7pm) and the first is our own event, at Dinnington RUFC. For those who have not tried this series before, it is an excellent competition over four 5-mile races (all standards, all club runners). Dinnington was chosen to replace the Rotherham town event which has traffic problems, and the course is undulating. The second event, at Worsborough Dam (Barnsley AC) on May 10th (7pm) incorporates a swine of a hill, the third is at Wombwell (Wombwell SAC) on May 17th (7pm) (up then down) and the last at Armthorpe (Stainforth DAC) on 14th June (7.15pm) is totally flat.

We cannot really target these races as priorities because the danger of having too many priority targets is ever present. However, it is very important that RH turns out in strength and in depth in the road league, as events like this are always in the public eye locally; many runners or potential runners see what happens in their own backyard but not what happens on the national scene.

It should be relatively easy to find some good runners at each of the four events, and some top runners target this series anyway. It is the sort of event series which we ought to win, almost as a matter of course being such a big, and improved club. The performance of runners further down the field has a critical effect on the running of those at the front, so apart from achieving your own aims by taking part you will be improving our club results. All categories, number (keep it for all four) from PH for £1. All four are in the club championship. NB. This year there are no junior races so the start time is the main race. Don't be late. Any injured or otherwise non-running colleagues could improve the Dinnington event no end by marshalling on the night. Tell PH.

Northern 12 Stage Relay

The 12-stage relay on Saturday at Aspull, near Wigan, will see Rotherham field almost the strongest side we can put out. The 12-stage relay is the premier team event of the calendar and the Rotherham response this year has been tremendous, with many colleagues targeting this event rather than alternative

races. The only regret has been that Chris Beighton is called on to work mornings on Saturday, but Alan Gregory has made a return to form and will be a fine replacement. Mark Ruddleston is happily fit to race again and travels as reserve with Steve Gaines and Mick Tune. The stages are long (5.5 miles) short-short (3.5 miles) throughout and the likely RH format is:

1 (long)	Rob Holladay
2 (short)	Paul Rowland
3 (short)	Ken O'Mara
4 (long)	Dave Tune
5 (short)	Paul Bennett
6 (short)	Mick Thompson
7 (long)	Lee Collingwood
8 (short)	Tim Drake
9 (short)	Peter Neal
10 (long)	Paul Venables
11 (short)	Peter Morris
12 (short)	Alan Gregory

Prince of Wales 10k

The second running of the 10k at the Prince of Wales, Greasbrough, will be held on Wednesday 3rd May, off at 7pm. This is a Rotherham club event, but visitors will be welcome to run if they contact PH. Kimberworth Striders have been invited, and this will be the second event of the three-match inter-club challenge. The usual awards will be made in categories in the Prince of Wales by courtesy of landlord and landlady Dennis and Chris Folks. The route of the race is by road through Nether Haugh left on Cortworth Lane to Wentworth with return through Wentworth Park on the public paths. Owing to slight control problems last year there will be a modified start and finish area but it's basically the same. Watch out for adverts.

Peter Elliott

The news about Peter's likely return to competition is tremendous, and is top-class news for our club as well as for Peter himself. Though he is concerned about the possible damaging effect of road running and unable to run with our race team, there can be no doubt at all just how charismatic a figure Peter is, and his return would have an enormous effect both on morale and on recruitment amongst the young people of the district who are so important to us (and us to them). On behalf of the racing team, speedy and successful return Peter.

Wombwell 5

A top class Rotherham turn-out saw Ken O'Mara win but as on on-the-day entrant he was not allowed the prize. The team went to Rotherham also with John Beckett, Darren Whitehead and Chris Green.

Hilary Garrison won the ladies and Alan Gregory was second vet.

NORTON 9 5/3/95

2	L.Collingwood	47.26
10	P.Rowland	50.00
11	D.Hindmarsh	50.37
16	A.Gregory	51.17
25	I.Lanceley	52.52
33	P.Roberts	53.14
39	S.Gaines	53.42
43	M.Tune	54.15
64	P.Humphries	56.20
96	D.Gill	58.21
99	P.Adams	58.33
103	M.Smith**	58.52
106	J.Beckett	59.05
118	W.Farrell	59.53
120	D.Russell	60.03
139	N.Grimley	61.09
147	D.Khan	61.26
166	B.Webster	62.58
233	A.Mirfin	67.51
271	A.Bryden	70.00
273	R.Newbould	70.14

LADIES

2	J.Jennings	57.44
3	J.Oxley	57.55
10	H.Garrison	61.54
11	G.Bunker	63.06
14	J.Clarke	64.35
15	R.Grimley	65.1
19	C.Dauris	68.21
27	J.Pike	72.24

367 finishers

The usual good organisation at Norton courtesy of Askern DAC's Collingwood family and colleagues so nearly resulted in a win for RHAC's Lee Collingwood, however City of Hull's Dave Bilton was just too strong on the day. Nonetheless a fine result for Lee who has been threatening to break into the

top rankings for a while. It is even more impressive in these circumstances that he has cancelled plans to race at the Doncaster Half in order to run a 12-stage relay long stage for us at Wigan the day before, a gesture which typifies the whole of the racing team this season.

At Norton our second representative was a not-too-serious Paul Rowland, but Dave Hindmarsh's fine run promises very well for both Dave and RH, more especially as he is a vet soon and together with John Atkinson qualifies for us on 1/5/95.

Rotherham Ladies were very prominent, taking 2nd and 3rd through Julia Jennings and Janet Oxley, also the team prize. It was fine to welcome Rose Grimley back, off her best form of course but still taking the V50 prize.

Help!

The club championship reports and score lists are being held up due to lack of results lists.

Does anyone have Ferriby results or Spenborough results please?

Notts University Relays 4/3

Not quite the placement of last year but RHs fifth place in 67.01 was only marginally behind the leaders Derby (65.01) and Notts AC (65.53)
Results:

T.Drake	13.40
R.Holladay	12.58
P.Rowland	13.17
P.Bennett	13.36
A.Roberts	13.30

B team

M.Tune	14.29
K.O'Mara	14.07
M.Thompson	13.48
P.Morris	14.10
P.Humphries	15.24

man in hat features once again

FIXTURES APRIL-MAY

Sun 2 Apl	London Marathon
Sat 8 Apl	Northern 12 Stage, Wigan
Sun 9 Apl	Doncaster Half
Sun 9 Apl	Mining Museum 6, Caphouse
Fri 14 Apl	Salford 10k
Sun 16 Apl	Bridlington 10k
Wed 19 Apl	SY Road League 1 Dinnington
Sun 23 Apl	Scarborough Half
Sun 23 Apl	Baildon Boundary Way
Sun 23 Apl	Kimberworth 6
Sat 29 Apl	National 12 Stage Sutton Pk
Sun 30 Apl	Sheffield Marathon & Half
Sun 30 Apl	Humberston Half
Wed 3 May	Prince of Wales 10k Greasbrough
Sat 6 May	Tadcaster 10
Sat 6 May	T&F Men Div I Rotherham, Div III Sheffield
Sun 7 May	Longwood 10 Huddersfield
Sun 7 May	T&F Ladies Nat Div IV Cannock
Mon 8 May	National Vets Relays, Sutton Park
Wed 10 May	SY Road League 2 Worsborough
Sun 21 May	Eyam Half
Weds 24 May	Askern 10k



Judith Dobson and colleagues at the Tough Guy 10 last month.

Results wanted to feature next issue for this and all other events you have done lately.

Good to see

Rose Grimley back in competition. Rose asks me to thank all of you who sponsored our marathon runners Peter Purdy and Paul Whittaker at London (also Paul Doherty) for the Fitzwilliam Young Disabled Unit. Well done all.



B&B Press

The costs and travel expenses for our U-13 athletes' recent (and we hope continued) success is being met from the RHAC Road & Cross-country slice of the generous sponsorship of B&B Press (Parkgate). I can think of no finer way to use it. A bit of business from you could help repay their generosity: anything in the printing and stationery line.

Club Championship List 1995

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|-------------|---------------------------------------|
| Sun 5 Feb | Ferriby 10 |
| Sun 5 Mar | Spenneth 20 |
| Sun 5 Mar | Norton 9 |
| Sun 9 Apr | Doncaster Half Marathon |
| Wed 19 Apr | SOUTH YORKSIRE Road League Dinnington |
| Sun 30 Apr | Sheffield Marathon or Half Marathon |
| Wed 10 May | SOUTH YORKS Road League Worsbrough |
| Wed 17 May | SOUTH YORKSIRE Road League Wombwell |
| Sun 21 May | Eyam Half Marathon |
| Wed 24 May | Askern 10k |
| Wed 7 June | Club 10 (Tickhill 10) |
| Wed 14 June | SOUTH YORKSHIRE Road League Armthorpe |
| Sun 18 Jun | Stainforth 10 |
| Wed 28 Jun | Damflask Relays (leg time) |
| Sat 8 Jul | Thurlstone Chase |
| Wed 19 Jul | Doncaster Town Centre 5K |
| Mon 28 Aug | Armthorpe IOK |
| Wed 13 Sep | Rotherham IOK |
| Sun 8 Oct | Maltby 10 (inc. S.Y. Champ) |
| Sun 15 Oct | Hall Cross IOK |
| ? | Worksop Half Marathon |
| ? | Holmfirth 15 |

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