



Anne Goggin- RH No.1 at Newark

Norton 9 3/3/96

Record Goes at Norton Aked Signing a Bonus

A record RH turn-out outside Rotherham of 45 runners saw us take both mens' and womens' team awards, with Rose Grimley, Janet Pike and Hilary Garrison also in the prizes. Dave Hindmarsh was 3rd vet. Lee Collingwood came home 6th on his own patch- the Collingwood family organise this race for Askern DRC of course- on the one hand he would be pleased to beat his time of last year by some 10 seconds, but on the other hand he was on that occasion second. Any aggravation he took out the following week on the national course, having a characterful run. (Norton results back page)

Unattached runner Andrew Aked, who just pipped Lee by some 16 seconds at Norton, has since joined for RHAC. Andrew, who is 30 and lives near Ollerton, is a former member of Sutton-in-Ashfield. He has been contesting the more northern events for a while, having run among others 51.20 for 7th place at Ferriby and 1.19 for 9th place at October's Worksop Half. North of England AA will not impose the nine month period as he resigned last June, though technically they could.

A training injury ruled him out of the Sheffield 10k, but no doubt we shall see him soon. We wish Andrew a warm welcome to RHAC.

National Cross-country

Rotherham Resurrected

After numerous disappointments in recent years, RH men finally got it together at the national with a performance of quality and depth which saw us, with numerous runners missing, score the best position we have had within memory.

Dave Tune spearheaded the effort with a brilliant 15th place which saw him scalp a whole swathe of nationally-ranked runners, too many to list. Rob Holladay was up amongst it on his farewell performance with us before warm-weather training in South Africa, and we had two really fine performances in support from Lee Collingwood and Adrian Roberts. A typical determined effort from John Comrie counted number five and it was question of who would make up the scorers- a late surge from Paul Bennett just taking the honour from Mick Thompson. The quality of our support on the day was very impressive, Jeff Crofts just seeing off Alan Chell after a neck and neck run, and Chris Lindley not far after. One of our best cross-country supporters over the years, Phil Smales, came home in the top half of the field but unfortunately Dave Richards had to drop out with a leg injury.

With neither Sheffield nor Barnsley fielding a team, RH were first South Yorkshire and third Yorkshire side behind Bingley and Leeds.

Rotherham Ladies did a very sound job to finish 20th, especially considering that neither Anne Goggin nor Julia Jennings were fully race fit, and Janet Hindley was recovering from flu. As ever, Caroline Boyd put in a fine performance to complete the scorers, with Joanne Chapman making up the squad. Anne ran well to finish 106th, but the official results refer to her as Kim Bennett- Anne's name was initially stricken from the team sheet by the organisers, then reinstated after our protest (their mistake), but omitted from the programme. The race referee was informed and we decided to transfer a number, but it didn't make the official results in AW.

RH Ladies finished first South Yorkshire and second Yorkshire club. All in all, a fine day out and a performance in both races well in keeping with the standards we have set ourselves. Full results back page.

National XC Relays

Parkes/Tune duo there at last!

Rotherham maintained the form of recent years and again put out a top squad in a top event, with 18th place in the 4x5k national cross-country relay at Mansfield. At last we had the pleasure of Dave Tune and Chris Parkes in the same team, although Chris was not as sharp as he wanted after a training injury it was all the same an impressive pairing. Mick Thompson ran well but Paul Rowland unfortunately was suffering on the day. Few have escaped the bugs this winter. No other local teams completed, SAC being disqualified.

RH were 10th B team in 34th place with Mick Tune, Alan Gregory, and outstanding runs from Peter Neal and Adrian Roberts.

In the 3x3k ladies event, RHAC placed 13th. Results back page.

Pontefract 10k

Chris Beighton took 2nd place behind Mark Lavender with a superb 31.06, taking first veteran position from Askem's Don Weigel who was 6th.

East Hull 20

In his London Marathon build-up, John Comrie 4th in 1.56.16.

Retford Half

A good turn-out in the half, with many RH runners trying out for London. Peter Neal came home first not far off in fourth place. Highlight of the results was a fine 1.14 return to the fray from veteran O/45 Malcolm Palfreyman.

Sheffield 10k

A very big Rotherham presence at Woodburn Road, with in-form Paul Bennett at the front, unable to hold on to Andy Tarry, Rob Hough and Carl Thackery after a bout of stitch; 32.11 for 5th not bad, but he was disappointed. Mick Thompson maintained recent form with a 33.07 7th place and Jeff Crofts on 33.55 is coming good at the right time, just away from improving Nigel Brookes (34.06). Phil Roberts looked easy at 34.20 and had no injury problems. A rare outing for Jamie Smith in 24th place with 34.25 after which Alan Gregory (2nd vet 35.00) had a ding-dong with John Atkinson, who he bettered by some 30 seconds, and Gary Durham, who he could not quite manage, Gary taking 30th place with 34.57.

Wombwell 5

In form Pete Pleasants won the race easily but the RH trio in 3, 4, and 5th place looked very promising with Ken O'Mara running a pb 27.10 and Nigel Brookes, heading back to form at the right time doing 27.16.

Perhaps more impressive however was the 27.14 by which 16-year old Steven Inglis (pictured left at the Sheff 10k) split the pairing. Coached by Tim Drake, who 'has the time to spare' while his leg surgery recovers, Wath youngster Steven is looking a real prospect- he is at present too young to be considered for relay sides. Rose Grimley is not back to



her right form yet, but her 34.52 was good enough to take the O/45 award.

Louth 10

A Peter Purdy pb in 57.10, a fine 58.20 from Terry Hawley, and a more-like-it 61.21 from Hugh O'Mara were the highlights for RH. Maltby's Tony Stuart was first O/50 with 59.31 and KS's Derrick Green ran 61.17.

Runners

Paul Venables is making a good recovery from knee surgery, cycling but not yet running. Paul's supporters are happy to see he is not rushing back too soon, he is not known for half-measures when training. Mark Ruddleston is training again, with a bit of luck he reckons something like 4 weeks before normal service. Tim Drake will not be able to resume his running until the end of the year, though he is happily making progress.

Dinnington 5 South Yorkshire Road League Wednesday 10th April.

The help of colleagues is urgently needed for this event; around half a dozen people would be enough, to marshal the bends or take a car round the circuit. All timekeeping etc will be done by the SY officials. Injured runners could perform a very valuable service here- when they are fit again others will be helping! The same applies to the Prince of Wales 10k on May 1st. Anyone who can assist please inform PH.

5k's

Both Chris Beighton and Paul Bennett have been at the sharp end of 5k races recently. Chris set a vets course record with his 15.19 at Harrogate on March 19th whilst Paul ran 15.09 to take 6th senior place (1st Crowther, Salford 14.45).

Last week, Paul travelled to Yate Town near Bristol finishing second with a very impressive 14.51, beaten on the day only by Birmingham University's Ian Gillespie who ran a staggering 14.12 course record. Paul was in fact only one second off the previous record.

Northern 12 Stage Relay Haigh Hall, Wigan. Saturday April 6th.

Not long ago the loss of one or two top runners collapsed the house of cards, but these days the depth of the squads that we can enter for big events is something else. In the enforced absence of Chris Beighton (working), Rob Holladay (in S.Africa) and with a battery of injured runners (Paul Venables, Mark Ruddleston, Ian Lanceley, Ken O'Mara) we still turn out with confidence. In fact making the right choice from more than half a dozen runners to fill the last four places has been a serious headache for selectors PH and PN, but this is the sort of headache we need!

With Steve Gaines, Alan Gregory, Peter Morris, Chris Lindley and Dave Hindmarsh all ready to run, and some of them travelling, the following choice was made (not in order): P.Neal, A.Roberts, P.Roberts, J.Crofts, P.Bennett, D.Tune, P.Rowland, M.Thompson, L.Collingwood, J.Comrie, N.Brookes, C.Parkes.

National Vets 8 stage preview

As with the 12-stage, same here. The competition for places could be fierce, though nearer the day injuries etc often intervene. Without specifying any 'qualifying event' colleagues will of course know that if they have not run competitively for some time they need to demonstrate their state of fitness before selection time- there are plenty of races such as Prince of Wales, Road league, Kimberworth etc. The event is 8x 3.5 miles approx. at Heaton Park, Manchester on Sat May 18th.

The entry list for the men's O-40 event is as follows:

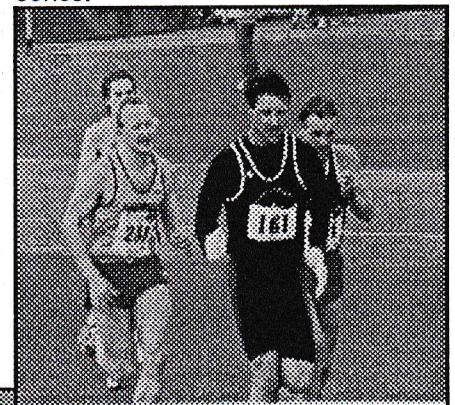
- G. Turner, D.Hindmarsh, A.Gregory, J.Atkinson, M.Palfreyman, P.Venables, P.Morris, S.Gaines, C.Beighton, D.Richards, H.O'Mara, J.Dunphy, M.Garrett, P.Humphries, P.Purdy, T.Hawley, C.Lindley, B.Hamey, J.Spencer, P.Hunter, M.Teather, S.Atkin.

Nike South Yorks Road League

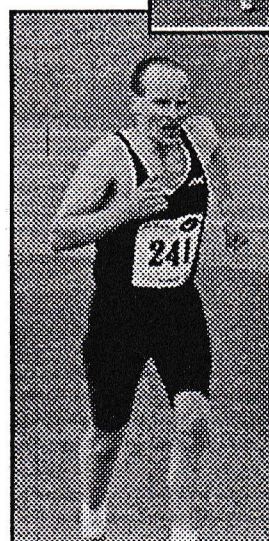
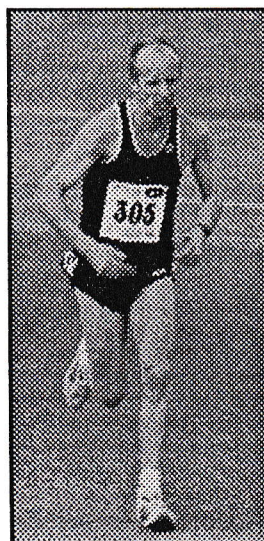
Dates are now finalised as follows, all Wednesdays at 7pm:

- April 10 Dinnington RUFC
- May 29 Wombwell AC
- June 12 Worsbrough
- June 19 Armthorpe

Men ands Women 15 and over, one race only 5 miles exact. Teams and individuals worked out on time aggregate basis. Team 4 to score. All M/F vets, and runners U-17 must state at first race what category they want to run in eg vet or open. They then must stay in it. Numbers not yet arrived from Nike at time of writing. £1, keep for the series.



Gary Durham and Alan Gregory (above) head to head at 9k in traffic at Sheffield 10k.



Jeff Crofts (near left) got back into relay form just ousting Nigel Brookes (far left) who is also heading back towards his known sort of race times.

Wednesday May 1st

7pm off at the

Prince 10k

Prince of Wales,
Potter Hill,
Greasbrough

Entry £2

on the night or at PoW or at RH

All usual prizes. 3rd Annual running. A RH race for RHAC, KS, MRC. Other visitors very welcome by arrangement.

Awards etc at the Prince, 8.45.

Last of the Winter Series.

Winter Series

Many thanks to Dave Thorpe and colleagues at Maltby RC for last month's winter race. It resulted in a hands-down win for Peter Neal who is back in lively form, but also a hands-down win for our sport in general as 57 runners turned out on a dreadful freezing night. This series really has been a triumph for running and goodwill at the three clubs and there is every intention to run something similar next year.

To the present however, with the last race being the Prince of Wales 10k on May 1st, alas not the open race that was promised but a big event none the less and open to visitors in addition to RH/KR/MR by arrangement. That it is not open is down to me, having too many things to do helping RH progress.

The points competition could not be more interesting, having been category scores at Maltby and the same to come at Prince. You can drop your poorest result, which means you have to count 4 or your best 4 and the results are hard to guess since Alan Mirfin, Steve Cartwright, and so on are leading but the ladies could easily score 100 or close at the Prince. There again, the leading contenders on 3 races cannot be discounted, Mick Cochrane, Peter Neal and so on. Count it up for yourself.

There are bound to be some errors in lists like this; essential is that you check your category and races done in good time since it will be hard to make corrections on 1stMay.

April Races

Fri 5 Apr	Salford 10k
Sat 6 Apr	Northern 12 stage relay, Haigh Hall Wigan 11am
Sun 7 Apr	Bridlington 10k
Wed 10 Apr	SY Road L1 Dinnington
Sun 14 Apr	Doncaster Half 10.30
Sun 14 Apr	Wakefield (City centre) 10k
Sat 20 Apr	Coniston 14
Sun 21 Apr	London Marathon
Sun 21 Apr	Eyam Half 10.30
Sat 27 Apr	National 12-Stage Relay
Sun 28 Apr	Sheffield Marathon & Half 10am
Wed 1 May	Prince 10k Greasborough 7pm
Sat 4 May	Tadcaster 10 noon
Sun 5 May	Humberston Half 10.30
Sun 5 May	Derby Half 10.30
Sun 5 May	Kimberworth 6 11am
Mon 6 May	Blackburn Town Centre 5k
Sat 11 May	Rother Valley 10k
Sat 18 May	National Vets Relays Heaton Pk Manchester
Wed 22 May	Askern 10k
Wed 29 May	SY Road L2 Worsborough

				wdn	g.b.	trav	malt	nr.	total
Mirfin	A	FH	V5	98	90	87	97	4	372
Cartwright	S	KS		96	88	98	90	4	372
Rooney	P	KS	V	98	96	76	96	4	366
Newbould	B	FH		92	95	94	80	4	361
Brookes	A	KS	L	99	74	88	99	4	360
Cartwright	G	KS	L	97	61	100	98	4	356
Brookes	I	KS		91	94	82	79	4	346
Purdy	P	FH	V	99	68	77	100	4	344
Weatherburn	D	FH	V5	97	85	63	95	4	340
Bunker	G	FH	LV	100	66	58	98	4	322
Draycott	D	FH	V	93	82	56	90	4	321
Whitehead	D	FH		95	91	49	84	4	319
Senior	M	KS	V	97	92	35	95	4	319
Butterworth	R	FH		90	52	96	81	4	319
Turner	T	KS	V	89	79	42	99	4	309
Whittaker	P	FH		94	53	64	86	4	297
Cochrane	M	FH	V	96		99	93	3	288
Neal	P	FH		100		85	100	3	285
France	S	KS			97	91	95	3	283
Garrison	H	FH	LV		80	92	99	3	271
Eddison	P	FH		98		78	94	3	270
Bryden	A	FH	V5		100	71	96	3	267
Gornill	S	FH		97	75		88	3	260
Roberts	P	FH		99	70	83		3	252
Garrett	M	FH	V		72	80	98	3	250
O'Mara	H	FH			63	93	91	3	247
Beaver	D	FH	V	94		57	91	3	242
Harney	B	FH	V5	100		40	99	3	239
Dunphy	J	FH	V		62	80	94	3	236
Thomas	S	KS			77	75	82	3	234
Wagstaffe	F	FH	V6	99	83	45		3	227
Bywater	E	KS	V5		89	44	94	3	227
Walker	T	KS	V5		78	48	98	3	224
Burton	S	FH	L	100			100	2	200
Creamer	D	FH	V6	100		90		2	190
Haigh	P	FH		93		92		2	185
Lockley	B	KS	V		99		83	2	182
Horsley	I	FH	V	88	93			2	181
Godfrey	D	FH	V	92			89	2	181
Lanceley	I	FH			84	96		2	180
O'Mara	K	FH			86	88		2	174
Cl	D	FH	V	95	76			2	171
Stuart	T	MR	V5			67	100	2	167
Lathia	I	FH	LV5		67		97	2	164
Elliott	B	KS				84	76	2	160
Morris	D	FH				66	92	2	158
Adams	P	FH			73		85	2	158
Comrie	J	FH			58		99	2	157
Staley	P	FH	V	91		65		2	156
Ruddleston	P	FH	V6		54		100	2	154
Thomas	R	KS			87	61		2	148

Durham	G	MR					51	97	2	148
Elliot	S	KS			98		38		2	136
Marston	H	FH	V	90			37		2	127
Parke	C	FH				81	32		2	113
Humphries	P	FH	V5				56	53	2	109
Rhodes	M	FH	V				60	46	2	106
Masters	M	FH	V	100					1	100
Boyd	C	FH	LV					100	1	100
Green	D	KS	V5	99					1	99
Oxley	R	MRC	L	98					1	98
Elridge	S	FH					98		1	98
Clarke	J	FH	V	59	39				2	98
Rust	J	MR	V					97	1	97
Butler	D	FH	V5	96					1	96
Brookes	N	FH					96		1	96
Ward	K	KS					95		1	95
Smith	C	FH	V5	95					1	95
O'Neil	F	FH	V5	94					1	94
Tompkin	S	FH						93	1	93
Doherty	P	KS		89					1	89
Barber	M	MR						89	1	89
Siddall	B	FH	V					88	1	88
Spencer	J	FH	V				87		1	87
Browne	A	FH	V	87					1	87
Booth	K	FH						87	1	87
Smith	M	MR					81		1	81
Varah	P	FH						78	1	78
Bailey	M	FH						77	1	77
Bywater	C	KS						75	1	75
Ford	A	KS						74	1	74
Nunn	M	KS					73		1	73
Poole	S	KS					70		1	70
Gregory	A	FH	V				70		1	70
Hargreaves	D	V	V	69					1	69
Hawley	T	FH	V				68		1	68
Booth	D	KS	V				65		1	65
Concannon	M	FH	V				64		1	64
Antcliffe	H						62		1	62
Latham	M	KS					60		1	60
Clohessey	M	KS	V				60		1	60
Bennett	D	FH					57		1	57
Teather	M	FH	V				55		1	55
Rowe	A	KS		55					1	55
Carr	M	FH	V5				54		1	54
Tinker	R	FH	V6				52		1	52
Baker	K	FH	V				49		1	49
Green	R	KS					46		1	46
Houghton	B	MR	V				43		1	43
Lockley	B	KS					41		1	41
Bagshaw	S	FH	V6				36		1	36
Burke	D	FH					34		1	34
Saif	D	KS					33		1	33

National Cross-country Newark 9/3/96

Men-RHAC 23rd out of 176			Women-20th out of 71		
15	D.Tune	41.45	106	A.Goggin	25.40
150	R.Holldaday	44.45	133	J.Hindley	26.07
225	L.Collingwood	45.46	159	J.Jennings	26.34
326	A.Roberts	46.54	189	C.Boyd	26.59
385	J.Comrie	47.25	493	J.Chapman	33.48
419	P.Bennett	47.44	566	finishers	
432	M.Thompson	47.53			
513	J.Crofts	48.38			
514	A.Chell	48.39			
551	C.Lindley	48.58			
956	P.Smales	52.13			
1948	finishers				

Result- six to count

1	Bingley	105
2	Tipton	231
3	Blackheath	361
4	Morpeth	381
5	Shaftsbury	441
6	Salford	457
7	Leeds	522
other selected		
12	Sale	984
20	Stockport	1475
22	Derby	1509
23	Rotherham	1520
27	Notts AC	1691
29	Gateshead	1727
31	Longwood	1884
32	Redhill	1895
52	Hallamshire	3115
60	Mansfield	3823
80	Steel City	4686

Result- four to count

1	Parkside	52
2	Leeds City	71
3	Aldershot F&D	108
4	Charnwood	113
5	Westbury	121
6	Wolves & B'ton	292
other selected		
8	Trafford	374
10	Notts AC	420
12	Sale H	440
16	Wigan Phoenix	545
17	Liverpool HAC	576
18	Derby Ladies	585
20	Rotherham	587
25	Bingley	819
32	Hallamshire	1029
41	Barnsley	1155

National XC Relays 16/3/96

C.Parkes	15.33	P.Neal	16.25
D.Tune	15.08	M.Tune	17.29
P.Rowland	16.55	A.Gregory	18.10
M.Thompson	16.34	A.Roberts	16.44

1	Bingley	59.56
2	Coventry G	59.56
3	Border H	60.15
4	Tipton H	60.28

selected

16	Leeds C	63.48
17	Norfolk O	64.00
18	Rotherham A	64.10
34	Rotherham B	68.48

58 completed**LADIES:**

G.Bunker	12.25
J.Roberts	11.42
J.Chapman	14.08

1	Sale H	31.50
2	B. Hounslow	32.50
3	Charnwood	33.13

selected

13	Rotherham	38.15
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Nike Young Athletes National XC Relays**Young RH in National top ten**

Rotherham brought home three fine results from the Nike sponsored event at Durham, with the U13 girls 9th and both boys sides placing 7th. Having qualified at Nottingham we were up against the country's 14 best sides, and it is tremendous to see the hard work of the youngsters and their coaches Malc Whittaker and Dennis Russell paying off. If this is Rotherham's future, it looks good.

Results**U13 Girls**

Lyndsley Farnell	7.41	7th
Heidi Cooper	7.45	8th
Nicola Chell	8.02	7th
Charlotte Birch	8.26	9th result

U13 Boys

Kirsten Cawthorne	6.50	4th
Damien Russell	7.36	6th
Martin Bradbury	7.16	6th
James Gallacher	8.04	7th result

U15 Boys

Richard Lomas	6.12	5th
Jamie Russell	6.21	6th
Ian Whittaker	6.39	6th
Andrew Hudson	7.00	7th result

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6	L.Collingwood	47.16	146	P.Staley	60.22
15	J.Comrie	49.51	176	G.Bunker	61.59
17	D.Hindmarsh	49.54	184	R.Sadler	62.28
18	I.Lanceley	50.19	213	A.Charnock	63.30
24	J.Crofts	51.24	221	P.Varah	63.57
25	M.Tune	51.32	223	R.Grimley	64.00
33	S.Gaines	52.12	233	J.Pike	64.18
39	P.Purdy	52.42	246	D.Taylor	65.01
53	P.Eddison	54.22	303	D.Wainwright	68.06
66	S.Phillips	55.05	323	A.Bryden	69.08
67	J.Beckett	55.07	325	D.Burke	69.15
78	J.Spencer	56.05	331	K.Horan	69.27
80	P.Adams	56.12	339	J.Clarke	70.00
83	D.Morris	56.18	340	S.Bagshaw	70.16
84	R.McCarthy	56.21	347	A.Browne	70.43
89	R.Butterworth	56.56	362	M.Rhodes	71.48
96	W.Bearshall	57.19	363	G.Benton	71.49
102	S.Gorrill	57.37	388	P.Wells	74.19
113	P.Whittaker	58.36	416	J.Dobson	79.11
114	P.Haigh	58.41	423	M.Serjeant	81.18
124	R.Burton	59.13	429	A.Taylor	83.29
139	H.Garrison	59.47	445	finishers	
144	B.Webster	60.17			