



•Northern 12-stage Relay

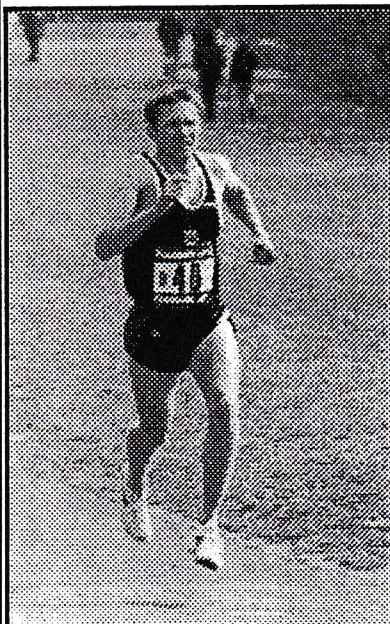
# ROWLAND RETURNS IN STYLE

Paul Rowland swept a year in the wilderness to one side with a sparkling 17 minutes performance on stage three of the northern 12-stage this week-end, an effort which contributed to one of the most assured team efforts I have seen for a while. Darren Cooney blasted Rotherham into prominence by leading some class athletes back into the stadium on the opening leg, a run which surprised no-one aware of his pedigree and recent demeanour. Most notable otherwise perhaps were a competent maiden effort from Steve Tompkin, whose job pattern now lets him turn out with us, and some very consistent times from our experienced runners.

Darren's opening 1st place rapidly became tenth on stage two, and Ian Lanceley was upset about an uncharacteristically poor run, but he shouldn't be. He had asked to be withdrawn last Monday, feeling poor form and not wanting to let us down, Peter replaced him, but we asked him to come back in after apparently good training in mid-week. He took stage two without complaint. but it wasn't there on the day. Not that disastrous a run, and of course it made little difference in the final analysis, but he is a lot faster than that. If anyone is to blame, we are.

Paul Rowland was in the opposite position, having been off form for a long time he had come in off the recommendation of his training colleagues (DT, DC et al) and got it dead right on the day, it is

good to have him back. Another highly positive aspect of our team running these days, there is no moaning about long or short stages. Lee Collingwood sussed out that we would be asking him some while ago, and turned in a very handy long stage on four. Martin Connolly, following with 18.18, is looking more like the Connolly who kept SAC close to our top runners a couple of years ago. Everything he is doing is going in the right direction, and his new veteran status is a motivation too. Steve



Welcome back for Paul Rowland, pictured here at Sutton Park last year

Tompkin's stage benefitted from all this experience in front of course, but Chris Parkes no less tipped him as a fine prospect a year or so back and it appears so.

Launching the second half with a very solid 28.59, Rob Holladay was into time-trialling territory, the gaps having developed more than usual. In a sense as often happens, it was now an anti-climax as the race is more or less settled. Such experienced runners as Rob might catch you up some places, but together with such as John Comrie and Peter Morris who followed on the short stages, are unlikely to lose much, and so it proved.. John was not quite on his pace, coming after big mileage and work, but this was all right. You could set your watch by Peter's times in relays.

So on to stage ten where Paul Venables really was time-trialling, he never saw a runner in anger, and handed his stage over with a minute in front to Derby, but more significantly no less than four minutes behind before Hallamshire came into view. Though, predicably, Paul was not delirious about his time, he none the less set up Phil Roberts, who had a lively 18.45 to reel in the ailing Derby and County side. Phil did this well, and threw Ian Temperton, on his inaugural run with us, into the last stage 20 yards behind Derby with a mile of clear water behind. Ian dogged his opponent up the long incline and buried him off the top, and with Liverpool HAC unable to field a last stage this cranked us up to ninth. / *continued page 2*

# COONEY AT THE TOP AGAIN

Darren Cooney's decision to enter the London Marathon has had the same effect on him as it does on many runners. Despite some results which most of us would be proud of, he has been fretting for a while that he was running off his true pace, picking up seconds where he has the class to be number one. Coming off big training miles, and training also with Dave and Lee, he was in good shape prior to the national cross-country and a blistering run saw him take seventh place with many top names well adrift, and only late on did Paul Roden get the better of him. After a spell away from the top flight, Darren was understandably irked by the fact of so many spectators mistaking him for Dave Tune as he ran past, but he is the first to quote Dave's big influence on his comeback. If all goes well, we could see an interesting time at London.

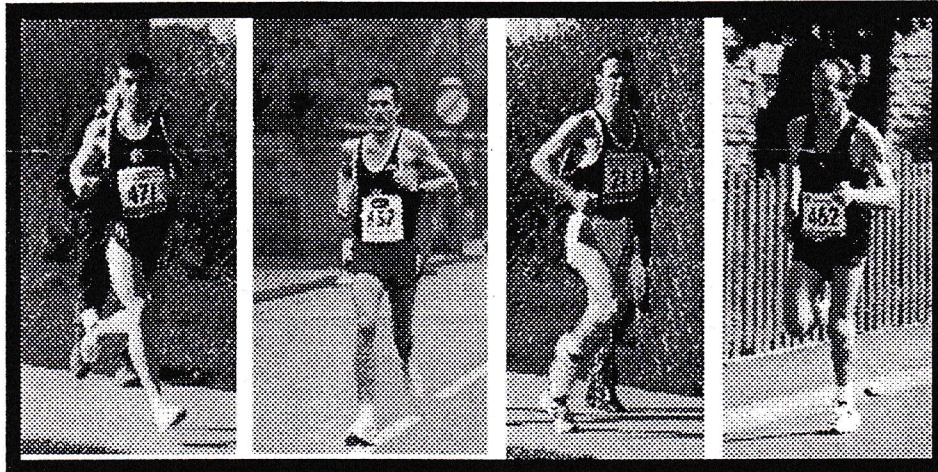
Lee Collingwood placed well at Leeds, our other representatives being John Comrie, Alan Chell and Ian Lanceley.

## NORTHERN 12-STAGE

Peter Neal stood aside from competition, perhaps with injury concern but more certainly taking a captain's role, and allowing Ian Lanceley back into the team, and ensuring that Ian Temperton in fact got a run, coming in as reserve for Dave Tune. By earlier arrangement, we left Dave's participation to a late decision, after he ran the half in Den Haag last week (65 minutes, but not happy with it!), and though he would have turned out at a pinch he asked if we could manage without him. Incredible to think that we can do that and perform well these days, add to that Paul Bennett and Mark Ruddleston away at the London Superstars final, Darren Hale in the States. Richard Harris on holiday, and injury lists of the usual dimension. Dave was there on the day encouraging however, and returns for the national in two weeks time together with enough of the others to make a big difference.

### Northern 12-Stage Road Relay South Leeds 4/4/98

D.Cooney	5.5 miles	27:51	1st
I.Lanceley	3.2 miles	19:09	10th
P.Rowland	3.2 miles	17:30	8th
L.Collingwood	5.5 miles	29:29	9th
M.Connolly	3.2 miles	18:18	9th
S.Tompkin	3.2 miles	18:21	9th
R.Holladay	5.5 miles	28:59	10th
J.Comrie	3.2 miles	18:54	11th
P.Morris	3.2 miles	18:37	11th
P.Venables	5.5 miles	30:44	11th
P.Roberts	3.2 miles	18:45	11th
I.Temperton	3.2 miles	18:46	9th



Pictured above RHAC "long" stages at Leeds, Darren Cooney, Lee Collingwood, Rob Holladay and Paul Venables

1	Salford	04:13:31
2	Morpeth	04:14:27
3	Sale	04:17:42
4	Leeds	04:17:44
5	Border	04:18:48
6	Sunderland	04:19:32
7	Gateshead	04:22:59
8	Bingley	04:24:41
9	Rotherham	04:25:24
other		
11	Hallamshire	04:31:00
21	Barnsley	04:39:08
25	Sheffield	04:40:25
30	Doncaster	04:47:51

Putting hype aside, this was a very satisfactory performance. The South Leeds course really is villainous for a start, long uphill and, worse, long downhill, and the weather was iffy into the bargain. That's same for all of course but in addition I am enormously impressed not only with how our teams actually run, but with how they appear and carry themselves. Which is, first rate. We have had a poor six months, with depressed team performances despite having half a dozen of the best cross-country individual performances we have ever had. This run is at an end; normal service has been resumed, and some of our rivals will not be as happy as they thought they were. They should be even less happy shortly all being well, there is nothing much to prevent some major performances starting with the national 12-stage in two weeks time. We owe it to ourselves.

# VENABLES HITS THE COUNTRY AGAIN

•Paul Venables followed up his winning run in the northern vets cross-country with a fine performance in the national event held in Croydon on the 28th Match. Running in 6th place, Paul was well backed up by the team comprising Phil Roberts (29th), Peter Neal (51st) and Peter Morris (56th, 13th O-45). A well-organised and attractive event, according to our representatives. There was perhaps slight disappointment felt by the squad in finishing fifth team, though Redhill, Tipton, RAF and Warrington are good opposition.

No doubt many of the same adversaries will be around for the national vets road relays at Aldershot on May 17th- the elusive address for which entry, gladly, has now been traced!

## TRACK!

All potential track athletes may expect to be contacted with calendar dates for the 1998 season, but ask for a form if we miss you. This initiative, which has been discussed before, is well overdue and now Steve Gaines has put it into effect. Listed are the dates of National, Northern League and two GRE elimination events.

Runners are asked to indicate their dates of availability and willingness for 10000, 5000, 3000 s/c, 1500 and 800 and return same to Steve Gaines, Mick Hague or Peter Humphries for collation.

## VET ROAD RUNNERS

Make sure of your date for the 8-stage relay, (and over-50 6-stage) and availability, and selection by contacting Peter Humphries or Peter Neal as soon as you can. We will make the obvious entries, but we don't want to miss anyone.

**•RHAC to the Rescue!**

More than one injured party will be thankful this week for the intervention of RH club members. Wednesday's club run (or one of them, as it is these days) veered down the footpath into Listerdale to be met by an appeal for help from a man with heart trouble whose colleague, also with heart trouble, was on the ground with a suspected broken ankle. He certainly wasn't very well and with the subsequent arrival of another group, Indira Lathia was able to confirm the broken leg. Getting him shifted was not on, but dispatch of runners to summon help resulted in the arrival of paramedics to take charge.

Even more fortunate was the runner in the national vets cross-country last week who collapsed during the over-50 race at the far side of the course. He was near to the path of the RH squad warming up for their event, and fortunately Pete Morris knew his resuscitation technique. And, according to witnesses, saved his life.

•Information from Darren Hale, in Albuquerque, indicates all going well for London. He takes on the Cherry Blossom 10 in Washington on Sunday 5th after a couple of months of quality altitude training in fine company. Darren will be back on the 11th and probably will see us at Dinnington spectating. He would very much like to run in the national 12-stage relay, the only problem being the one week rest after altitude. He will look at the option of maybe running a short stage.

**April Fixtures**

Sat 4 April	Coniston 14
Sat 4 April	Northern 12-Stage Relay Leeds
Sat 4 April	Meanwood Valley Trail Race 10.30
Sun 5 April	Scarborough Half 11.30
Sun 5 April	Barnsley 1/3 Mara Trail Run 10.30
Wed 8 April	Mansfield 5k (approx) 7pm
Sun 12 April	Bridlington 10k 11.15
Wed 15 April	<b>SY Road League 1</b> <b>Dinnington 7pm</b>
Sat 18 April	<b>National 12-Stage Relay,</b> <b>Sutton noon</b>
Sun 19 April	Wakefield 10k
Sun 26 April	Sheffield Half & Marathon
Sun 26 April	London Marathon
Sat 2 May	Tadcaster 10 noon
Wed 13 May	<b>SY Road League 2</b> <b>Worsborough 7pm</b>
Wed 20 May	Askern 10k
Wed 27 May	<b>SY Road League 3 Wombwell</b>
Some forward dates....	
Sun 7 June	Northern 10k Runcorn
Sar 26 Sept	Northern 6 stage relays. Sheffield

•Winning numbers for March, drawn at the Homestead last Wednesday 23rd were £70 no.236 Indira Lathia, £10: 196 Alan Simpson, 36 Dave Rice, 102 Don Creamer. 200 sold, thank you Brian.

•Best wishes from all of us to Doug Rufus who is again taking on the London Marathon, at the tender age of 86. Doug didn't take up running until he was in his 60's! We don't know whether he is the oldest competitor but what is fairly sure is that, age for age, he is one of the best. The cameras in the past have not picked him up; they simply don't look for "oldest runners" in the time slots where Doug is running.

•Fine distance running from in particular Adele Morris, having done her first 20 at Spenborough where she ran 2.43.50 in company with Jen Baker and John Clarke. Her colleagues tip her as a distance runner of the future. John did 2.53 at East Hull 20 last month, whilst Paul Varah weighed in with a big personal best in 2.43.56.

•From Mick Hague, on behalf of all of us, thanks and welcome to Beatson Clark Ltd who have joined the club Patron Scheme.

•Peter Mirrless' threatened appearance racing with RH has had to be put back. After moving back to us in February Peter was planning to make a come-back as soon as he recovered from the flu bug, which has troubled a good number of us. Unfortunately, running home from work he injured a foot, which after initially being disregarded

turned out to be a stress fracture, so that he now has the leg encased in plaster from the knee down. He is adamant that this is only temporary, and will ensure the flu fully gone.

•Abandon the Yorkshire team events? On the contrary, whilst it was an option for consideration, we have taken the radically opposite step and have offered to stage the Yorkshire Cross-country in December 98, probably if it goes ahead, in Valley Park. South Yorks are due to hold the event, and with Hallamshire occupied with the Northern, RHAC have been approached to help out. I was reluctant to offer mainly on the grounds that we have no suitable area to stage such an event, with changing accommodation required nearby and with us restricted to Herringthorpe, which is boring, Clifton Park which is multi-lap and now fenced and planted into the bargain- or perhaps Herringthorpe Valley, which at least is 'interesting'. But, in reality, a Rotherham venue is a 'last resort'.

•The social on the last Wednesday of the month is planned to go ahead on the 29th of April.

**MacDONALDS YOUNG  
ATHLETES ROAD  
RELAYS**

**Sutton Park April 5th**

**Under-17 (3.8k)**

Ian Whitaker	12:42	11th
Jamie Russell	13:30	20th
Richard Lomas	121:49	11th
Stephen Bates	12:14	8th

and

Cain Green	14:03	47th
TomSmith	14:32	48th
James Silk	15:19	47th
65 teams ran		

**Under-15 (2.35k)**

Simon Francos	9:13	48th
Richard Stephenson	8:40	26th
Ben Hague	9:15	28th
Rhian Haste	8:54	29th
84 teams ran		

**Blacksmith's  
Hammer**  
Same as last years, 5  
miles off road  
**Wednesday  
April 22nd  
7pm off**  
Blacksmith's Arms,  
Thorpe Hesley  
  
contact Pat Rooney at  
Kimberworth/ RHAC

**Norton 9 1/3/98**

3	L.Collingwood		46:51
5	P.Venables	V4	48:02
7	J.Comrie		48:27
11	D.Ward		49:19
12	P.Morris	V45	49:33
13	I.Temperton	V4	49:39
18	A.Parkin		50:51
19	P.Mangles	V4	50:53
22	S.Gaines	V45	51:14
32	M.Tune		52:33
52	J.O'Mara	L	55:02
59	M.Herrington	V45	55:46
60	T.Turner	V5	55:47
74	P.Adams	V4	56:52
75	P.Haigh	V4	56:52
81	J.Hindley	L	57:43
88	R.Burton		58:22
100	R.Butterworth		59:18
110	D.Beaver	V45	59:55
113	P.Makin	V45	60:11
124	M.Utley		60:57
130	S.Wright		61:11
136	W.Beardshall		61:23
139	D.Taylor	L	61:54
149	A.Charnock		62:43
162	A.Mirfin	V5	63:29
167	N.Shaw		63:37
168	P.Varah	V4	63:41
170	J.Johnson	V45	63:48
190	P.Fisher	LV4	65:11
211	J.Clarke	V5	66:55
219	M.Rhodes	V45	67:20
234	J.Streets	LV45	68:23
236	V.Haigh	L	68:33
261	P.Widdowson		70:22
287	A.Bryden	V55	73:57
310	P.Wells	LV5	76:36
311	J.Baker	LV5	76:36
345	A.Jeavons	V7	84:05

**Wombwell 5 15/3/98**

1	P.Bennett		26:06
5	P.Roberts	V4	27:14
6	I.Temperton	V4	27:26
7	M.Ruddleston		27:36
8	J.Dixon		27:43
30	R.Butterworth		31:42
35	R.Burton		31:56
51	W.Beardshall		32:53
64	N.Shaw		33:56
68	S.Marshall	L	34:02
70	M.Rhodes	V4	34:38
93	G.Benton	V4	37:06
98	A.Bryden	V5	37:23
126	S.Bagshaw	V6	41:19

**SY Road League**

•Road league numbers are now available in the kiosk on club nights. The charge this year has gone up to £2 for all four fixtures, keep your number. There is no sponsorship this year, hence the price rise which organiser Mick Hill hopes will pay for prizes in the categories. It is still the best value race entry fee you will get anywhere. State your category on purchase. Dates (all Wednesdays) and venues (same as last year) are fixed now for:

April 15th Dinnington start 7pm

May 13th Worsborough start 7.15pm

May 27th Wombwell start 7.15pm

June 10th Armthorpe start 7.30pm

Prizes planned are first U-17, first 5 men/ 3 ladies, vet men 40-44 (3), 45-49 (3), ladies 35-39 (3), 40-44 (3), 45-49 (3). If numbers in category are sufficient, also men 50-54 (3), 55-59 (3), 60+ (1), ladies 50+ (3).

# YOUNG ATHLETES RAMPANT AT DURHAM

•Brilliant results for the young Athletes from Meadowfield Stadium Durham where the under-17 men ran second to North Belfast in the Nike YA Cross-country Relays whilst the under-13 boys finished a fine third behind Derby and Stewart Melville College.

Having qualified at Nottingham in the regional event together with Derby, RH travelled up to Durham as youngsters in the U-17 age group but their performance belied their age as Richard Lomas gave us a sound start with a 6.14 leg after which the fastest stage of the day, 5.47 from Steve Bates threw us into the limelight. Jamie Russell's 6.17 held second place nicely and a strong 16.07 from Ian Whitaker brought a very impressive result.

So too at under-15. Throwing strength into the early stages set up a good position through Rhian Hastey (6.55), Richard Stephenson (7.02) and Liam Rooney (7.00) but it placed Ben Hague amongst the tigers in second place. Ben handled it brilliantly, running a fine performance in 7.16 to bring us home the medals, and much impressing his coaches into the bargain.

My apology to Stephen Bates incidentally for a typing error which described him as Mr.Lomas last month. Both fine and promising runners, but Steve Bates it was who broke the national indoor record, and also he who ran the fastest stage at Meadowfield., a fine return after disappointment due to injury at the English Schools.

**Nike Young Athletes Cross-country Relays****Durham 22/3/98****U17 Men**

R.Lomas	06:14	4th
S.Bates	05:47	2nd (fastest leg)
J.Russell	06:17	2nd
I.Whitaker	06:07	2nd

1 North Belfast	24:15
2 Rotherham HAC	24:25
3 Greenock	24:31
4 Liverpool HAC	25:06
5 Gateshead	25:16

**U15 Boys**

R.Hastey	06:55
R.Stephenson	07:02
L.Rooney	07:00
B.Hague	07:16

1 Derby & Cty	27:39
2 Stewart Melville Coll	27:45
3 Rotherham HAC	28:13

## MacDONALDS YA RELAYS

Sutton Park, April 5th

The bottom-age under-17 men turned in a high-class performance to run 8th at the annual relays, 65 clubs taking part. It is becoming a good habit for them to perform so well. What's more, they were well-backed -up by reserve runners in Cain Green, Tom Smith and James Silk who performed around 47th. Steve Bates was 6th fastest on the day, Ian Whitaker continuing his recent good form. At under-13 we were 29th out of 84, three of this four also in the bottom of the age group.

Results bottom of page 3.

### Next Club Championship Races

All four Road Leagues

Wakefield 10k 19/4

Sheffield Half/Full Marathon 26/4

Tadcaster 10 2/5

Askern 10k 20/5

final list

next month

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This publication is aimed at the improved road and cross-country running of all Rotherham Harriers members.

Contact no. 01709 549125

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