



Still Improving Against the Odds

Problems in the background, before and during the north of England 12-stage relay all conspired against us this year but despite all this, we moved up the rankings to eighth place. We came desperately close to sixth in fact but couldn't quite hold it, nonetheless this is our highest ever placing in the 'twelve'. I say it quietly because after all eighth isn't as high as we are going to be all being well.

Since last season we have lost runners such as Rob Holladay, Paul Bennett and Paul Rowlands, then injuries keeping out Andrew Aked and Luke Field, and the unavailability of a batch of sharp vets including the in-form Paul Venables and Steve Elvidge meant this was always going to be difficult. Fortunately better news injury-wise was forthcoming from Lee Collingwood and John Comrie, and top support was in evidence for example from Martin Connolly who had planned a comeback at Sheffield 10k; Steve Gaines stood by on the day, Jeff Crofts despite injury made himself available as cover and Peter Morris travelled to Wigan in case needed.

Such support and generosity are irreplaceable when team managers are put under pressure and on this occasion it was felt seriously. Even on the day it went a bit oblong, with intended first stage Darren Hale not on the line, but Richard Harris who had been lined up for short stage six was asked to deputise at short notice (which developed into very short notice) and he did a great job getting us out of jail with a very sound run. It could easily have gone wrong in the circumstances but he is on good form, made no moan at all and kept his head. I am proud of him.

Equally worrying was Darren himself: arriving shortly after the start we knew he had to run at once or not at all because he had to work the afternoon shift in Blackpool. In such circumstances it would be easy to get it wrong, but he had a blinder on short stage two with the referee's permission, so that in fact though not as planned we were away to a good start.

Darren Ward continued this with a very tidy short stage, he is getting to be a keen relay runner and threw Dave Tune in with sufficient view of the lead for him to take a lot of interest in pulling a good few back, which he did impressively on the long fourth stage. Darren Cooney looked in fine fettle too doing a top job on long stage seven after Lee Collingwood and Mark Ruddleston had maintained the progress. It is good to have Lee back after injury whilst Mark, though always injured, has been running almost as well as ever.

Julian Davey's debut with us looked quick and assured; he may have misread the nasty late uphill on the last long stage (ten) but if so he held on to it and together with our late short-stage quartet gave us a fine outcome. John Comrie, Mick Tune, John Atkinson and Martin Connolly are too well practiced at this game to get it wrong.

Organisation was reasonable enough, but the choice of a Sunday for use of narrow lanes in a public park has to be questioned. A lot of runners got nasty with unthinking public and a lot of walkers got nasty with runners, and you can see all the points of view. Also the idiot cyclists were a constant danger. It worked in '95 and '96 but they were Saturday events. I can't see this venture being repeated.

Richard Harris pictured above



Tune Undeniable at Doncaster

But ill wind blows fast time away

Dave Tune, back with us for a quick stage at Wigan last week, was off like a rocket at the Doncaster Half but combination of a cold day and strong wind left him without pacing runners so that, whilst fast by any standards, he took it easy later on for an emphatic win in 1.08.10.

Results page 2.

Wednesday 28th April Off at 7pm
Dinnington Rugby Club
South Yorkshire Road League
First Race Of Four

£2 per number, keep for four races
Brilliant Value

For the first event, we need five marshalls, a lead car driver and a trail car driver. Can you help? I have nearly always driven the lead or trail car but am desperate to revive my dead running career!

Even more to the point, we need some serious competitors, at the front and all levels and categories. Undeniably the sport has the skids under it, as have many others. If the RHAC road status goes on the slide as well maybe it's time for stamp collecting.

Vets Come Close

RHAC veteran cross-country squad had the bitter disappointment of coming fourth in the national cross-country last month at Norwich in the most trying way, when an equal points result with Tipton for third place saw us placed fourth on countback, the Tipton runner finishing just one second clear of Rotherham's.

Nonetheless, when you remember that RHAC won back the county cross-country trophy this year to add to the road relay trophy we have held for over 6 years, and that we took bronze medal position in the national road relay in 1998 you have to seriously consider that we might have overall the best veteran outfit in the country. This time we were behind Wallsend, Warrington and Tipton, whilst at Aldershot last May it was Brighton and Sunderland who headed us.

This venture at Norwich arose really from Paul Venables' northern success as winner, though on the day in the national Paul did not run so well as he can and was somewhat disappointed. Second RHAC placed Steve Elvidge was not delirious either, being a bit off-song lately perhaps through bugs, and with Peter Neal as expected not competitive on the day it was down to Phil Roberts and Alan Chell to complete the four.

Paul has bounced back this week with a win at the first of this season's Spencers Arms Dash races.

Yorkshire Vets Championship Races 1999

what	where	when
Half Marathon	Ackworth	gone 28/3
5k	Aire 5k Esholt	Tue 18 May
10 mile	Thirsk	Sun 6 Jun
5 mile	Haworth Moor	Thu 17 Jun
Fell	Baildon	Wed 7 Jul
Road relay	Mickleton	Sun 11 Jul
Track & Field	Beckett Pk. Leeds	Sun 29 Aug
10k	Bradford	Sun 12 Sep
15 mile	Holmfirth	Sun 31 Oct

Norton 9 7/3/99

1	S.Mitchell (Leeds)	47:10
5	P.Venables 1st V4	48:16
9	P.Roberts 2nd V4	51:03
31	T.Turner V5	54:40
37	P.Eddison V4	55:26
50	K.Booth	57:19
65	P.Bunker V45	58:23
67	R.Butterworth	58:30
68	H.Garrison F35	58:32
76	S.Wright	59:32
79	N.Shaw	59:37
85	P.Neal V4	60:06
86	G.Bunker F4	60:06
105	M.Utley	62:15
109	S.Burton F35	62:33
123	L.Day F35	63:55
124	P.Staley V4	63:55
127	P.Haigh V4	64:08
128	P.Fisher F4	64:09
130	S.Wraith V45	64:12
156	M.Rhodes V5	66:08
168	A.Bryden V55	67:37
223	G.Benton V4	74:11
249	S.Bagshaw V7	77:27
258	J.Sanderson F4	79:59
259	R.Howarth V45	79:59

Doncaster Half 21/3/99

1	D.Tune	01:08:10
12	S.Elvidge 2nd V4	01:15:54
14	S.Gaines 1st V45	01:17:00
39	T.Hawley V5	01:20:56
40	J.Spencer V5	01:20:57
41	P.Bussey V5	01:20:58
48	T.Turner V5	01:21:43
70	P.Bunker V45	01:24:38
120	P.Haigh V4	01:30:17
128	S.Philips V4	01:31:57
145	A.Joyce V4	01:31:57
153	P.Neal V4	01:32:18
154	A.Eshelby V4	01:32:23
193	P.Staley V4	01:35:33
220	R.Butterworth	01:37:27
268	V.Haigh F	01:39:54
279	J.Lynch V6	01:40:59
318	A.Bryden V55	01:44:26
406	G.Benton V4	01:53:48
438	J.Hind V5	01:57:39
441	J.Gallagher V4	01:57:56
499	K.Thornill	02:12:29
500	C.Clarke F	02:12:38

North of England 12- Stage Relay

Haigh Hall Wigan 28/3/99

1	Richard Harris	5.5m	28:50	24th
2	Darren Hale	3.5m	17:54	13th
3	Darren Ward	3.5m	18:35	11th
4	Dave Tune	5.5m	27:14	6th
5	Lee Collingwood	3.5m	18:51	5th
6	Mark Ruddleston	3.5m	18:13	6th
7	Darren Cooney	5.5m	27:28	5th
8	John Comrie	3.5m	19:30	7th
9	Mick Tune	3.5m	19:35	7th
10	Julian Davey	5.5m	28:50	7th
11	Martin Connolly	3.5m	19:26	6th
12	John Atkinson	3.5m	19:06	8th

1	Bingley Harriers	04:11:06
2	Salford Harriers	04:15:31
3	Sale H Manchester	04:18:07
4	Morpeth Harriers	
5	Border Harriers	
6	Leeds City AC	
7	Trafford AC	
8	Rotherham HAC	04:23:32
13	Sheffield AC	04:30:19
14	Hallamshire H	04:30:29

McDonalds Young Athletes

National Road Relay

Championship

Sunday 28th March Sutton Park

Under 17 Men		4 x 3.8k	
1	Jamie Russell	13:56	40th
2	Iain Whitaker	12:39	25th
3	Paul Marshall	13:25	25th
4	Stephen Bates	12:54	20th
RHAC		20th out of 50	
RHAC B			
	Cain Green	13:42	35th
Under 15 Boys		4 x 3.8k	
1	Stephen Winter	14:23	45th
2	Liam Rooney	13:50	32nd
3	Simon Francos	15:19	38th
4	James Gallacher	15:27	41st
RHAC		41st out of 76	
Under 15 Girls		3 x 2.35k	
1	Teresa McNaney	09:09	13th
2	Gillian Wright	09:54	23rd
3	Lyndsey Carnell	10:22	30th
RHAC		30th out of 51	
Under 13 Boys		4 x 2.35k	
1	Richard Stephenson		08:48 24th
2	Rhian Haste	08:26	15th
3	Ben Hague	09:03	18th
4	Adam Booth	08:42	18th
RHAC		18th out of 77	
RHAC B 1			
1	Scott Harwood	09:24	53rd
2	Marvin Burke	09:27	52nd
3	Gareth Worrall	08:45	37th
4	John Marshall	09:31	41st
RHAC B		41st out of 77	
Under 13 Girls		3 x 2.35k	
1	Leanne Muscroft	09:01	4th
2	Alicia Hague	09:54	8th
3	Sara Danisz	10:46	21st
RHAC		21st out of 55	

•**Winning numbers** for March drawn at the Homestead Weds 31st were £65 no.177 John Clarke; £10 each no.165 Glynn Harney, no.236 Indira Lathia, no. 219 Jim Johnson. 190 sold, thank you Brian.

•**National Twelve Stage Relay entry** made this week (24 allowed): from

D.Ward	S.Elvidge	D.Tune
R.Harris	M.Ruddleston	P.Venables
J.Comrie	L.Collingwood	R.Lomas
D.Cooney	P.Mirrlees	A.Aked
D.Hale	J.Atkinson	M.Tune
S.Bates	P.Morris	M.Connolly
I.Whitaker	S.Gaines	J.Davey
P.Roberts	P.Neal	A.Chell

The age qualification for the national is 16 and over on December 31st/January 1st in the year of competition, which rules in our younger colleagues hitherto under 17's, just as it did two seasons back when we tried so hard to get Steve Inglis into the squad but were thwarted at northern level, national being allowed.

This might be an opportune time to remind members of our selection policies. We have no hard and fast rules but aim

April and later Fixtures

Sun 11 Apr	Barnsley 14k Trail (Grange Lane)
Sun 18 Apr	London Marathon
Sun 18 Apr	Rochdale Canal Relay, Sowerby Bridge (7x5m)
Sun 18 Apr	Bolton 10k
Sat 24 Apr	National 12 Stage Relay Sutton Park
Sun 25 Apr	Sheffield Marathon & Half
Wed 28 Apr	SYRL 1 at Dinnington
Sun 2 May	Penistone Hill Race
Sun 2 May	Humberston Half
Wed 5 May	Tigers 10
Sun 9 May	Milton 6 Elsecar
Wed 12 May	SYRL 2 Worsbrough
Sat 15 May	Rother Valley 10k
Sun 16 May	Leeds Marathon & Half
Sun 16 May	Sandal Castle 10k
Tue 18 May	Aire 5k Esholt (inc. Y Vets Champs)
Wed 19 May	Askern 10k
Sat 22 May	Tadcaster 10
Sat 22 May	National Vets relays, Sutton Park
Sun 23 May	Liverpool Women's 10k 11am
Wed 26 May	SYRL 3 Penistone
Sun 30 May	Nidderdale Fell Race
Sun 6 Jun	Goole River Bank Chall
Sun 6 Jun	Wodhall Spa Half 11.30
Sun 6 Jun	Thirsk 10 2pm (inc Y Vets champs)
Wed 9 Jun	SYRL 4 Armthorpe
Sat 12 Jun	Chatsworth Challenge
Wed 23 Jun	SY Relays Damflask
Sun 27 Jun	Humber Brige Half 11am
Wed 30 Jun	Maltby Abbey Dash 5 White Swan 7pm
Sun 11 Jul	Yorks Vets Relays, Methley
Sun 18 Jul	Selby Relays

always to select the fastest runner or runners available based on recent evidence wherever possible. Whether 16 or 60, and whether a member for one month or twenty years is of no relevance.

In general we get it right, but not always; an aggrieved runner should be able to point out the entered runner he could have displaced ie one he can beat at the appropriate distance, and what evidence he has to support that. Though we don't name 'qualifying races' the whole business is made so much easier when colleagues recognise the sense of putting in a decent time for a race at a key time before the relay. Most do this. But there again, we don't ask out faster runners to do any such thing, we have to keep a sense of proportion.

All serious relays have pre-entered squads. In making squad entries (which are usually twice the team number or sometimes three times) the same principles are used, though obviously we have to be reasonably sure the runner is available ie not on holiday etc and likely to be fit: this does mean sometimes we enter names of runners currently injured but possibly recovering in time. Closing dates for entries vary from about a week to 6 weeks in advance.

Vets Relays Saturday 22nd May.

Better notice this year of the closing dates thanks to John Atkinson's vigilance; we have the luxury of inviting colleagues to nominate themselves for the various groups, I will send entries only for those

showing commitment.

Categories are three stages of 3.8 miles for women 55+; women 45+, women 35+; men 70+; men 60+; six stages men 50+ and eight stages men 40-. Men 40+ starts at 1.30pm, all the others are off together at 11am.

Venue: Sutton Park, Sutton Coldfield eight miles north of Birmingham. Approach from South Yorkshire is best via M1, off at junction 28 on to A38, bypass Derby, Burton and Lichfield, right turn off on to A453 for Sutton. In Sutton Coldfield straight across at the lights, the park is signposted, enter via Town Gate, the RHAC tent is left of the start as you approach it.

This is not in any way to belittle other categories, in which we might field some seriously good teams, but the focus of interest has to be the over 40 event where we defend national bronze medal position gained with a magic performance last year at Aldershot in the scorching sun. Ian Temperton, Peter Neal, Martin Connolly, Phil Roberts, Alan Chell, Steve Gaines, John Atkinson and Peter Morris were our team on that occasion. Of them, it may well be that Ian is unavailable, having missed the winter season, and Peter Neal though running well enough has a worrying recurring injury.

Martin Connolly is on the way and Peter Morris has perhaps a bit of work to do but both are well known for rapidly getting there when the need arises. Phil, Alan, Steve and John look in good form however, and although sadly we don't expect Chris Beighton's speed to be available, we have options this year which lead me to think we may improve on third place. Included are the likely availability of Paul Venables, Steve Elvidge and Gary Durham (newly qualified), and also the possibility of Peter Purdy, Peter Mangles, Keith Williams, Ian Newsome and Steve Marshall.

At vet 50 too Malcolm Palfreyman, Jerry Spencer, Tony Turner and Terry Hawley form a strong challenge if we can find the two-man support for them. If not, over-40 participation is not ruled out.

1	S.Elvidge	RHAC	28:00
2	M.Connolly	RHAC	28:32
3	G.Durham	RHAC	28:47
4	S.Hogton	KS	28:54
5	M.Gaynor	KS	29:16
6	G.James	RHAC	29:19
7	S.France	KS	30:03
8	P.Marshall	RHAC	30:04
9	T.Turner	RHAC	30:05
10	J.Rust	MRC	30:06
11	S.Durdy	MRC	30:24
12	P.Eddison	RHAC	30:32
13	A.Gregory	RHAC	31:33
14	D.Green	KS	31:35
15	A.Rowe	KS	33:13
16	P.Rooney	KS	33:32
17	N.Shaw	RHAC	33:46
18	I.Sokell	RHAC	33:47
19	M.Barber	MRC	33:56
20	I.Brookes	KS	34:14
21	P.Humphries	RHAC	34:41
22	G.Bunker	RHAC	35:10
23	P.Staley	RHAC	35:14
24	M.Swift	KS	36:16
25	B.Sokell	KS	36:31
26	L.Day	RHAC	36:32
27	H.Marston	RHAC	36:42
28	D.Buxton	MRC	37:16
29	A.Bryden	RHAC	37:20
30	M.Jackson	UA	37:28
31	R.Cooke	KS	37:51
32	R.Houghton	MRC	37:58
33	L.Rust	MRC	39:14
34	P.Wilkinson	RHAC	39:45
35	D.Weatherburn	RHAC	39:57
36	D.Thorpe	MRC	40:32
37	R.Marshall	RHAC	42:27
38	D.Creamer	RHAC	42:51
39	J.Gallagher	RHAC	45:38
40	C.Clarke	RHAC	46:00

Winter Series Last Race

White Swan Maltby

Thanks to our friends at Maltby RC for the fifth and last of this season's Winter Series races, around 5 and a half miles via Hooton Levitt, Carr and Newhall on a previously-used course but this time thanks to BST with the benefit of daylight. Steve Elvidge cleaned us out again, this time holding off fellow vets Martin Connolly and Gary Durham with Kimberworth's Shaun Hogton and Martin Gaynor in support. Junior Paul Marshall had another promising run, Tony Turner was first vet 50 and the ladies section was headed by Gillian Bunker from Bev Sokell, Leslie Day, Lyndsey Rust, Rosemary Marshall and Christine Clarke.

Once again I feel that this series has been most enjoyable and useful, and if a little 'low-key' no the worse for that. The races certainly provide an excellent social and sporting atmosphere and serious competition if that is what you are looking for. We look forward to meeting our colleagues at Kimberworth and Maltby next season all being well, though any suggestions from participants will be welcome.

Blacksmith's Hammer 7/4/99

No full results yet to hand but this event, over the same course as previously but much drier than the 1998 mudbath, was won by Phil Roberts in 29:15 ahead of Martin Gaynor (29:24), Steve France (30:32) bringing up third. First vet 45 was Richard Borysiewicz (Valley Hill) (31:20), vet 50 Henry Marston (36:13), vet 55 Peter Humphries (33:49), junior Iain Whitaker (31:08) and Cain Green (33:30), unattached Mark Hill (34:57).

Ladies results were Gill Bunker (36:16) from Leslie Day (36:37) and Bev Sokell (37:00) with Stephanie Borysiewicz vet 40 and Jan Sears vet 45. Thanks to Pat Rooney and KS for this event.

Sheffield 10k

With a lot of top runners away at the 12-stage relays this year, being promoted on the same day for some reason, there was a shortage of fast times at Sheffield. However it is nice to see Keith Williams back with a good run after his absence, taking first vet place (4th overall) with a fine 35:50, and Jerry Spencer first vet 50 with 36:26 in 8th. Rotherham took the ladies team through Julie O'Mara 4th, Hilary Garrison 8th and Sharon Marshall 10th.

Three events gone,
all results to
hand. Three to add
(but not before race
13)

Club Championship Series 1999

1	Ferriby 10	gone
2	Norton 9	gone
3	Doncaster Half	gone
4	Sheffield Marathon	Apr 25
5	Sheffield Half	Apr 25
6	SYRL 1 Dinnington	Apr 28
7	Tigers 10	May 5
8	SYRL 2 Worsbrough	May 12
9	Askern 10k	May 19
10	Tadcaster 10	May 22
11	SYRL 3 Penistone	May 26
12	Woodhall Spa Half	June 6
13	SYRL 4 Armthorpe	Jun 9
14	Damflask Relays	Jun 23
15	Doncaster 5k	Jul
16	Askern 10	Aug
17	Armthorpe 10k	Aug
18	Maltby 10	Oct 3
19	Worksop Half	Oct
20	Homfirth 15	Oct 31
21	Percy Pud 10k	Dec
22	Woodhouse 7	Dec

Published by Peter Humphries at Wickersley Comprehensive School by kind permission of the Head of School. This publication is aimed at the improved road and cross-country running of all Rotherham Harriers members.

Contact no: 01709 549125
e-mail: hpeterh@hotmail.com

Whilst I aim at the first Wednesday each month, because of school closures/holidays etc

- (a) there is no August publication and
- (b) sometimes publication is delayed to the following week

The support of Yorkshire Windows is greatly appreciated.