



December Briefing



Available at RHAC on time-trial nights.
If you cannot get to the club for a "Briefing"

•leave me an s.a.e. already stamped or
•leave me £1 for each 2 issues to be mailed (£2 for 4 etc)

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The RHAC Briefing is free of charge to members on the first Wednesday of each month (time trial night). Published by kind permission at **Wickersley Comprehensive School** by pupils and staff.

Awards Evening

This will be at Pitches on **Friday 14th January**. Full details in the January edition. The evening will include Mileage Awards, Club Championship Awards, London Draw, Quiz, etc etc. £1 from Dave Haywood or club.

Point to Point

Off at 6.45 on **Wednesday 8th December** opposite the Homestead. Entry is 50p or £1 on the night from Brian Siddle. About 10k distance but details are not revealed until the 'off'. First man, woman, vet man and vet woman. Awards and free sandwiches at 8.30 in the Homestead.

Christmas Day Race

11 am at the Old Pavilion, Herringthorpe Playing Fields.

Entries on a form (kiosk or Road Sec) or any official entry form stating which road or cross-country races you have completed in the past 9 months with your times if you know them. £1. Closing date for entries is Wednesday 15th December (lists published 20th) and your club fees must be paid up.

London Marathon Entries

RHAC has 5 entries for members who have been turned down. They will be drawn by lot at the awards Evening on 21st January and must be sent in to arrive by 28th January. Your rejection slips are required and you must be a currently paid-up member for entry to the lottery.

NEWS

Woodhouse 7

This is our Target Race for December, and part of December Winter League.
Entry Details and form available at RHAC.

Ferriby 10

Will be the first Club Championship Event. This year it is on the first Sunday in February. Details to follow.

Club Finance

The finance meeting on 25th November reached agreement about individual section financing. Road and Cross-country each have an initial budget of £700 for the year, to be spent as decided by sections. Whether this figure is right remains to be seen.

The "Planning Meeting" of 24th November did not reach a lot of conclusions, but certainly showed the identity of a lot of top club supporters. About 30 runners identified some problems and made a number of suggestions for progress

Event Organising

RHAC much appreciates the time taken by organisers of and helpers at races. Trevor Fisher has decided to continue with the Time Trials and as you know Brian Siddle has voluntarily set up the Point to Point. The club runs because of the voluntary efforts of such people, and they always need the assistance of members who can afford a little time. This especially applies to runners who are injured and better runners ought to make just as much effort as poorer ones in this area.

We welcome the involvement of members in organising. Advice and help can be given if you are inexperienced.

As a small gesture, the Winter Leagues will award 3 to a non-running organiser and 2 to a non-running helper.

Who's Where-- if still fit, if selected, if if if....

Abbey Dash 5/12
Paul Rowland
Jerry Spencer
Ray Howarth
(Dave Tune not, due to injury)

Percy Pud, Sheffield 5/12 93
Geoff Turner
Jeff Crofts

Yorkshire Cross-country Championship 11/12/93
Richard Self
Adrian Roberts

Woodhouse 7 19/12
Dave Tune
Paul Rowland
Peter Neal
Steve Gaines
Peter Humphries

Coalite 10k 26/12/93
Geoff Turner
Jeff Crofts
Eddie Illife
Ray Howarth
Kevin Thomas

Cleethorpes 10k 1/1/94
Paul Bennett
Mick Thompson
also John Stephenson(Omega) who was a strong
RHAC supporter Track & Field during 1993

Birmingham Indoor Games 8/1/94
Dave Tune
Paul Bennett

Northern Cross-country Championship 29/1/94
Dave Tune
Richard Self

National Cross-country Relays 12/2/94
Dave Tune
Richard Self

Sorry to hear that Chris Beighton has a long-term injury. Best wishes.
John Clark and Andrew Clark both are training but with nothing specific in mind at present.
Dave Tune was injured during the Brampton-Carlisle 10 but the problem is responding well and looks like being short term.

Races this month, next month

Wed	1 December	Road	Time Trial	RHAC (6.45) (DWL)
Sun	5 December	Cross	Northern Vets	Clifton Park
Sun	5 December	Road	Lakeside Half	Lincoln 10.30
Sun	5 December	Road	Abbey Dash (10k)	Leeds
Wed	8 December	Road	RH Point-to-point	Club 6.45 (DWL)
Sat	11 December	Cross	Yorks Men/Women	Holmfirth (open entry)
Sat	18 December	Trail	Rotherham Round	Leisure Centre, Brampton Bierlow
Sun	19 December	Road	Woodhouse 7	Stainforth (DWL)
Sat	25 December	Road	Christmas Handicap	Old Pavilion, Herringthorpe
Sun	26 December	Road	Coalite 10k	Bolsover
Sun	26 December	Road	Ward Green 6	Barnsley
Wed	5 January	Road	Time Trial	RHAC (6.45) (JWL)
Sat	8 January	Track	Indoor Games	Birmingham
Sun	9 January	Cross	Yorks Vets Champs	Barnsley
Sun	23 January	Cross	South Yorks Champs	Clifton Park
Sat	29 January	Cross	Northern Mens Champ	Birkenhead
Sun	30 January	Cross	Northern Womens	Blackburn

Eddie Iliffe has organised a training group aiming primarily at London or Rotterdam Marathons, starting on Jan 1st and meeting Mondays, Wednesdays and Fridays at 6.30 at the club, Saturday/Sundays by arrangement. Full details next month, also those of the various running and training groups operating at the club.

And a Sneaky Look at What Lies Ahead

This is taken from the permits list for the District for 1994. Check the details for accuracy nearer the date. Schools, international, track & field etc omitted- ask if interested

Sun Jan 9	Yorkshire Vets Cross	Barnsley
Sun Jan 9	Butterley Brick Half	Heanor 11am
Sun Jan 23	South Yorks Cross Champs and Final race	Clifton Park
Sat Jan 29	Northern Cross Champs (Men)	Arrowe Pk, Birkenhead
Sun Jan 30	Northern Cross Champs (Women)	Witton Pk, Blackburn
Sat Feb 12	National Cross Relays	Mansfield
Sun Feb 13	Higger Tor Fell Race	
Sun Feb 27	Doncaster Doodle (40)	
Sun Feb 27	Snake Lane 10	Pocklington
Sun Mar 6	Norton 9	
Sat Mar 12	English National Cross (Men)	South Shields
Sun Mar 13	English National Cross (Women)	Blackburn
Sun Mar 27	AAA York Half Marathon	
Mon Mar 28	Trunce	Oxspring
Sat Apr 2	Northern 12 Stage Relay	Robertown(Cleckheaton)
Wed Apr 6	Spencers Arms Dash	
Sun Apr 10	Doncaster Half Marathon	
Sun Apr 17	London Marathon	
Wed Apr 27	SY Road League MALTBY	
Sun May 1	Kimberworth 6	
Wed May 4	Spencers Arms Dash (Apr 6?)	
Tue May 10	Tigers 10	Sheffield
Wed May 11	SY Road League ROTHERHAM	or Dinnington maybe
Sat May 14	Rother Valley 10k	
Wed May 18	SY Road League PENISTONE	
Sun May 22	Ernest Harper 10	Pinegrove Club, Sheffield
Wed May 25	Askern 10	
Tue May 31	Hallam Chase	
Wed Jun 1	Spencers Arms 5	

Congratulations

Winning Team in
British Rail

National Cross-
country

(Gateshead
Stadium) were

RHAC members

Hugh O'Mara, Mick
Masters and Steve
Battle.

The following day,
Mick together
with Brian Harney
and Paul Jepson
took 3rd team in
the Darlington
Dash.

December leagues	M.Thompson	4	H.Marston	7	J.Lynch	11
	G.Turner	4	D.Wilkinson	7	A.Smith	11
R.Self	M.Masters	4	A.Sigsworth	7	S.Nixon	11
A.Gregory	J.Smith	4	M.Wilson	7	K.Baker	11
H.O'Mara	K.Thomas	4	G.Spencer	7	D.Butler	11
K.O'Mara						
P.Whittaker	P.Bussey	5	J.McWilliam	8	J.Harney	12
	S.Greaves	5	J.Beckett	8	P.Stephenson	12
N.Mitchell	G.Lee	5	D.Morris	8	D.Creamer	12
P.Neal	P.Jepson	5	M.Rhodes	8	D.Weatherburn	12
R.Haworth	M.Cochrane	5	B.Siddle	8	R.Rowbotham	12
T.Drake						
A.Chell	P.Smales	6	P.Stacey	9	M.Spriggs	13
	D.Russell	6	P.Purdy	9	R.Tinker	13
A.Joyce	D.Whitehead	6	E.Iliffe	9	P.Allen	13
M.Garet	P.Humphries	6	E.Hammonds	9		
J.Crofts	I.Lanceley	6	L.Godfrey	9		
D.Richards						
J.Brogan			D.Beaver	10		

Additional members are welcome either in 13 or in groups of 5 elsewhere by agreement. Let me know if you want out!

**December List:
Time Trial 1st
Point to Point 8th
Woodhouse 7 19th**

To get the leagues moving, two up, two down again December.

D.Beaver	10
B.Spriggs	10
P.Pritchard	10
R.Varo	10
P.Henry	10

	Lg	Nov	Grav	Cann	Tot	Best	New										
		tt	XC	XC		two											
R.Self	1	5	5	5	15	10	1	I.Lanceley	7	5	0	0	5	5	6		
A.Gregory	1	4	0	0	4	4	1	A.Sigsworth	7	4	0	0	4	4	7		
H.O'Mara	1	3	0	0	3	3	1	J.McWilliam	7	3	0	0	3	3	8		
N.Mitchell	1	2	0	0	2	2	2	J.Beckett	7	1	0	0	1	1	8		
P.Neal	1	0	0	0	0	0	2	M.Wilson	8	0	5	0	5	5	7		
K.O'Mara	2	5	0	0	5	5	1	P.Purdy	8	0	0	0	0	0	9		
P.Whittaker	2	4	0	0	4	4	1	P.Stacey	8	0	0	0	0	0	9		
R.Haworth	2	3	0	0	3	3	2	D.Morris	8	0	0	0	0	0	8		
M.Garet	2	0	0	0	0	0	3	G.Spencer	8	0	0	0	0	0	7		
A.Joyce	2	0	0	0	0	0	3	M.Rhodes	9	5	5	0	10	10	8		
T.Drake	3	0	5	5	10	10	2	B.Siddle	9	0	4	0	4	4	8		
A.Chell	3	0	4	4	8	8	2	B.Spriggs	9	0	0	0	0	0	10		
J.Crofts	3	0	2	3	5	5	3	D.Beaver	9	0	0	0	0	0	10		
M.Thompson	3	0	3	1	4	4	4	E.Iliffe	9	0	0	0	0	0	9		
G.Turner	3	0	1	2	3	3	4	E.Hammonds	10	5	0	0	5	5	9		
D.Richards	4	5	5	0	10	10	3	L.Godfrey	10	4	0	0	4	4	9		
J.Brogan	4	4	0	0	4	4	3	P.Pritchard	10	3	0	0	3	3	10		
M.Masters	4	3	0	0	3	3	4	J.Lynch	10	2	0	0	2	2	11		
P.Bussey	4	2	0	0	2	2	5	A.Smith	10	1	0	0	1	1	11		
S.Greaves	4	1	0	0	1	1	5	R.Varo	11	5	0	0	5	5	10		
J.Smith	5	0	3	5	8	8	4	P.Henry	11	4	0	0	4	4	10		
G.Lee	5	0	5	0	5	5	5	S.Nixon	11	3	0	0	3	3	11		
K.Thomas	5	0	1	4	5	5	4	J.Harney	11	2	0	0	2	2	12		
P.Smales	5	0	4	0	4	4	6	P.Stephenson	11	0	0	0	0	0	12		
D.Russell	5	0	2	0	2	2	6	K.Baker	12	5	0	0	5	5	11		
P.Jepson	6	5	0	0	5	5	5	D.Butler	12	4	0	0	4	4	11		
M.Cochrane	6	4	0	0	4	4	5	D.Creamer	12	3	0	0	3	3	12		
D.Whitehead	6	3	0	0	3	3	6	M.Spriggs	12	2	0	0	2	2	13		
H.Marston	6	2	0	0	2	2	7	D.Weatherburn	13	5	0	0	5	5	12		
D.Wilkinson	6	0	0	0	0	0	7	R.Rowbotham	13	4	0	0	4	4	12		
P.Humphries	7	2	5	0	7	7	6	P.Allen	13	0	0	0	0	0	13		
								R.Tinker	13	0	0	0	0	0	13		