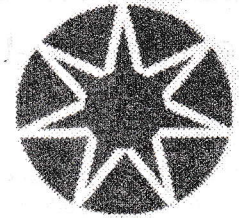


RHAC ROAD & CROSS-COUNTRY BRIEFING

Number 13

Dec '94



ABBEY DASH: ENGLAND CALL FOR TUNE

VENABLES HOMECOMING CELEBRATED IN STYLE

Rotherham development plans took a major step forward on Sunday when the men's racing team lifted the team title at the prestigious Abbey Dash 10k in Leeds. The race, which is one of the Runner's World/Nike Race Series, was held in atrocious conditions from Headrow out and back to Kirkstall Abbey but the cold and rain could not dampen the team's enthusiasm and there were some outstanding individual performances.

Not least of them was Dave Tune's career-best 29.48, with which he took some notable scalps including those of John Sherban and Richard Findlow. Finding himself dropped at around half-way, Dave held the gap and got back at about 7k. His tremendous form this season had obviously interested area selectors but this time it was England team manager John Temperton who was impressed enough to call Dave up to the England team for the Brussels cross-country on December 18th.

Paul Rowland smashed his pb with a 31.08 run which made him second RH scorer and the quartet was made up by Paul Venables in his first scoring role for RH and club captain Peter Neal, making light of recent injury fears.

Our attempt at this race is part of a policy of seeking higher standard competition by targeting such races outside our own district, which may well see RH competing frequently in West Yorks, the north-east or midlands. On this occasion we are grateful for the generous sponsorship of B & B Press, Parkgate for our race support.

RHAC Ladies Squad seen here at the Yorkshire Relays in September: l to r Donna Unwin, Caroline Boyd, Julia Jennings, Gillian Bunker, Janet Oxley and Hilary Garrison see Round-up page 2

The quality was not limited to the first four- there was a fine Rotherham turn-out throughout, and a number of runners were in potential scoring positions, notably Paul Bennett and Lee Collingwood. Chris Beighton (2nd) and Steve Gaines (5th) placed well in the vets list. Full results p4

Dave Tune's England call-up means he joins Julie O'Mara who is selected to run for North of England in the same event. But Rob Holladay, who was invited to run for both will not be going as the Belgian organisers disagree over age limitations for juniors.

Leeds Aaron Relays

RHAC made a promising return to the 4x2m cross-country with Dave Tune 4th fastest on the day and very sound backup from racing team colleagues (results p.4). There were some good B/C team performances with Tim Drake fastest and Mick Thompson impressing. Ninth place doesn't sound brilliant but with such a good standard and such close times, it was well worth the trip. Together with Loughborough Uni we were the only 'visitors' in the field of 83.

South Yorks XC

After two fixtures RH were slightly trailing Barnsley despite the fine performances of Paul Rowland, Alan Chell etc. We called up the reserves at Campsall, and Pete Neal, Lee Collingwood and Dave Tune made matters look a lot healthier (positions p4). Paul Venables (who will score for RH team in January's last fixture) is storming away with the individual title. Vets Chris Lindley and Steve Gaines have both run superbly but are unlikely to be rewarded in medal terms for their efforts. RH Youths are well-poised to win and RH ladies have swept all before them.

FIXTURES

Yorks Cross-country Saturday
Woodhouse 7 (race & social outing)
Northern Cross-country January 28/9

549125 for plans & details



Ladies Round-Up

Spearheaded by the sharp running of captain Julia Jennings, the squad pictured on page 1 have been a formidable force in South Yorks cross-country this season- with the very notable additions of Julie O'Mara and Joanna Cliffe. Julie is winning her own junior competition, but scores in the senior team. Joanna is a new and very welcome addition to our strength, having recently completed a veterinary course in Glasgow.

Rotherham strength in depth is highlighted by the continued supportive running of Sharon Nixon, Joanne Chapman, Lynne Padfield and Mary Rhodes among others, with the result that they are storming away with the SY title.

As in the case of the men however, they are finding competition fiercer outside South Yorkshire. Results from Sunday's inter-area league cross-country, held in Clifton Park, include veterans Hilary Garrison (43rd) and Gillian Bunker (49th) with Julia Jennings, Janet Oxley and Joanna Cliffe coming home South Yorkshire first three scorers in 8th, 16th and 21st positions respectively. Julia's run, though a little below par, earned her a place in the Northern Womens team for the national inter-area fixture at Leeds in January.

Ladies' Results

A fine performance by any standard in the Robin Hood Marathon (September): Gillian Bunker 1st 40-49 in 3h29m.

"The Munch Bunch"....they run to eat! This dedicated group includes Adele Morris, Jane Clarke Judy Dobson and Janet Pike (right):

Nottingham Half: Adele Morris 1.43.30; Jane Clark 1.36; Janet Pike 1.47.17

Cottam ESI 10: Adele Morris 1.18; Jane Clark 1.14; Janet Pike 1.16.20

Worksop Half: Adele Morris 1.47.50; Jane Clark 1.38; Janet Pike 1.39.35; Judy Dobson 1.35 (1st O/45)

These ladies have been smashing their pbs through these events and are now considering the Tough Guy 10 in January.

And a fine 2nd place in the gruelling Seven Sisters marathon for Caroline Boyd (6th, 3h54), Sharon Nixon (8th 3.59), June Harney (4.25), Jenny Baker (4.51) and Pat Wells (4.58). (both right).

Runners News

New members this month include three "imminent vets":

John Atkinson has joined us first-claim from Kimberworth. John will be well-known to members, having trained and raced with us for some time, and is a valuable addition to our strength.

Steve Atkin has rejoined RHAC having spent several years with running injuries pursuing a cycling career. Members may recall Steve being frequently in the awards in the mid-80's notably in the Sheffield Half Marathon and Holmfirth 15.

We extend a warm welcome to Dave Hindmarsh who has transferred to us from Stainforth. His move is motivated by a wish to compete at the highest level, but he will retain second-claim membership at SDAC where his family remain. Whilst we regret Stainforth's loss, we are happy to gain such a respected runner. We are not yet sure whether the 9 months qualifying period will be enforced though there is a chance it won't.

There has been disagreement in the past over whether local league events merit our turning out in strength, as the standard is comparatively low. Our aims are certainly far higher than that, as our race plans show-- but our own young athletes, and those of local schools and

smaller clubs take more notice of South Yorkshire success than they do of the national stage, and this grass roots approach is vital to our future.

Colleagues will be saddened to hear that Acker Robinson, a member of many years standing, died last month after a long battle with cancer. Acker has not been an active member for several years but will be well-remembered by both running and social members. We offer our condolences to his family and many friends.

Les Outwin (S.Yorks Cross-country secretary) has asked me to pass on his thanks to Dave Johnson and colleagues for their staging at somewhat short notice of the inter-league fixture last Sunday. It is a pleasure to comply.

Abbey Dash runners who qualify for club championship be sure to let Reg Peart know you took part, to avoid any accidental omissions (543257).

Members wishing to run in the Christmas Day race are advised they should pick up an entry form from the kiosk (or Don Creamer) and fill it in -preferably with some detail of recent races so as to help the handicappers to treat them fairly. Handicapping will be on Wednesday 21st December so entries should be handed to Don Creamer, Pete Humphries, Ralph Rowbotham, Jim Brogan or David Haywood on or before leaving RHAC on that club night. £1, usual prizes.

Below: Janet Pike, Jen Baker and Pat Wells pictured at the Powergen 10



Yorkshire Cross-country: Pontefract Saturday 10th December

The following have been entered:
 U13 Girls (3k) (11.30am)
 S.Austin
 K.Ashforth
 S.Goldsborough
 K.Allinson
 R.Cartwright
 E.Cartwright
 H.Cooper
 S.Hinchcliffe
 R.Burke
 J.Burke
 E.Maher
 U13 Boys (3k) (11.50 am)
 I.Whittaker
 J.Russell
 D.Russell
 A.Hudson
 R.Norburn

W.Padfield
 J.Tattershall
 D.Broadhead
 T.Burke
 S.Hammonds
 U15 Girls (4k) (12.10 pm)
 K.Storey
 G.White
 C.Foster
 J.Marks
 H.West
 L.Whittaker

U15 Boys (4.5k) (12.30 pm)
 J.Morris

U17 Women (4.5k) (12.50 pm)

Z.Smith
 U17 Men (6k) (1.20 pm)
 M.Griffiths
 P.Hoyland
 J.James
 C.Kehoe
 L.Keoghan
 R.Rhodes
 D.Taylor
 S.Ward

Senior Ladies (6k) (1.50 pm)
 J.Chapman
 N.Christian
 J.Fretwell
 E.Green
 C.Gouldsborou gh
 L.Padfield
 M.Rhodes

J.Jennings
 J.Oxley
 H.Garrison
 G.Bunker
 J.Cliffe
 S.Nixon
 J.Clark
 C.Boyd
 R.Grimley
 D.Unwin
 J.Fretwell
 J.Chapman
 J.O'Mara

Junior Men (8.5k) (2.30 pm)
 R.Holladay

Senior Men (11k) (2.30 pm)

J.Smith
 D.Storey
 P.Venables
 P.Neal
 T.Drake
 P.Rowland
 L.Collingwood
 S.Gaines
 A.Roberts
 G.Claxton
 M.Thompson
 G.Turner
 D.Richards
 A.Smith
 R.Self
 K.O'Mara
 P.Smales
 J.Comrie
 R.Sharpe
 J.Brogan

The events, with their start times, are on the left, showing all entries we made. My apology that in some cases I entered runners speculatively in their absence.

All runners or coaches please ensure transport arrangements- phone Pete Humphries 549125 if in doubt.

The course is same as for 1993 mens Northern, at Pontefract racecourse. Parking is directed.

Numbers on the day from Peter Humphries in the first instance.

Harriers Grand Christmas Draw 1994

1. A few tickets are left for sale and it will be appreciated if members will collect a few of these from David Johnson in the kiosk.

2. All cash in respect of tickets sold together with counterfoils are required to be handed in to David Johnson in the kiosk from 7th December and certainly not later than 14th December.

3. The request for items to be included in the draw prizes such as sweets chocolates spirits etc. to name a few examples has met with little response and any member who is in a position to donate a gift of this kind is invited to hand the same in to David Johnson at any time before 14th December.

4. Thanks to all the members for their efforts.

FIXTURES

Sun 4 Dec	Abey Dash, Leeds
Sat 10 Dec	European Cross-country, Alnwick
Sat 10 Dec	Yorkshire Cross-country, Pontefract
Sat 17 Dec	Round Rotherham (50)
Sun 18 Dec	Woodhouse 7
Mon 26 Dec	Ward Green 6
Sun 1 Jan	Cleethorpes NYD 10k
Weds 11 Jan	RHAC Awards Evening, Albion Rd Club
Sat 14 Jan	Inter-counties Cross-country, Luton
Sun 23 Jan	South Yorks Cross-country (4) & Championship, Cantley
Sat 28 Jan	Northern Men Cross-country, Heaton Pk
Sun 29 Jan	Northern Women Cross-country, Chester
Sun 5 Feb	Ferriby 10
Sun 12 Feb	Dewsbury 10k
Sun 19 Feb	?Nottingham University relay?(94 date)
Sun 26 Feb	Snake Lane 10 Pocklington
Sun 26 Feb	Huddersfield 10k
Sun 5 Mar	Norton 9
Sat 11 Mar	National Men & Women Cross-country, Luton
Sat 18 Mar	National Cross-country Relays
Sun 26 Mar	World Cross-country, Durham
Sun 2 Apr	London Marathon

VERY ADVANCE NOTICE.....NEXT YEAR

Sat 8 April	Northern 12 stage Haigh Hall, Wigan
Sat 30 Sept	Northern 6 stage
Sat 21 Oct	National 6-stage both venues to be decided

Running in Rotherham is supported by

B&B Press (Parkgate) Ltd

Full range of printing and stationery supplies

Aldwarke Rd, Parkgate, Rotherham
 (0709) 710000

Support our sponsors for your printing and stationery needs

Abbey Dash 10k Dec 4

1	John Mackay(Shettleton)	29.44
2	Dave Tune (Rotherham)	29.48
3	John Sherban (Shaftsbury)	29.49
4	Richard Findlow (Airedale)	29.56
other RHAC places		
17	Paul Rowland	31.08
20	Paul Venables	31.21
29	Peter Neal	31.38
33	Paul Bennett	31.54
35	Lee Collingwood	32.12
42	Chris Beighton	32.27
75	Steve Gaines	33.56
77	Ken O'Mara	33.59
85	John Comrie	34.10
86	Ian Lanceley	34.10

TEAMS	1	Rotherham HAC	68pts
	2	Leeds City	83pts
	3	City of Hull	

LADIES

1	Allison Roe (Edinburgh)	34.03
2	B Bukunala(Calder Valley)	34.17
3	Lucy Wright (Leeds AC)	34.32

VETS 40

1	Dave Throup (Leeds AC)	31.47
2	Chris Beighton (Rotherham)	32.37
3	Harry Burditt(New Marske)	
5	Steve Gaines (Rotherham)	33.56

VETS 45

1	Peter Moon (Bingley)	32.39
---	----------------------	-------

VETS 50

1	Les Haynes (Bingley)	34.06
2	Peter Rowland (Stainforth)	34.36

The annual section and racing budget which was finalised in projection last week should have been printed in this issue but has been held for January due to lack of space

Aaron Relays 4x2m Nov 12**Rotherham A 9th**

Peter Neal	11.14	16th
Dave Tune	10.32	4th
Paul Rowland	11.24	7th
Lee Collingwood	11.23	9th

Rotherham B 23rd

Tim Drake	11.42	25th
Ken O'Mara	11.55	23rd
Steve Gaines	11.48	22nd
Gary Claxton	12.13	23rd

Rotherham C 30th

Mick Thompson	11.50	29th
Mick Tune	12.01	27th
Andrew Clark	12.38	27th
John Clark	12.29	30th

Rotherham D 45th

Richard Self	12.24	47th
Jim Brogan	12.39	49th
Pete Humphries	13.32	53rd
A.N.Other	12.18	45th

83 teams finished

Suggestions are invited for fixtures to make up the road championship series 1995

To avoid short notice, it will again start with the Ferriby 10 on Feb 5th.

South Yorks Cross-country

Senior results after 3 of 4 races

Individual placings are aggregate times. Team results are points-based with a cunning system of scoring known only to a few. Ask if interested.

SENIOR INDIVIDUAL		time
1	Paul Venables	103.29
2	Dean Leather (BAC)	105.10
3	Paul Rowland	105.37
5	Alan Chell	110.54

VETS INDIVIDUAL		
1	Rob Pearson (HH)	108.24
3	Chris Lindley	111.12
4	Steve Gaines	112.20

LADIES INDIVIDUAL		
1	Julia Jennings	75.44
2	Janet Oxley	79.33

SENIOR TEAM		pts
1	Rotherham	563
2	Barnsley	510
3	Hallamshire	439

VETS TEAM		
1	Hallamshire	384
2	Steel City	381
3	Rotherham	357

LADIES TEAM		
1	Rotherham	316
2	Barnsley	219
3	Hallamshire	206

RHAC Annual Awards Evening

Wednesday 11th January
at 8pm

Albion Road Club, Rotherham

Mileage Awards, Club Championship awards
Quiz, Food & Drink, Entertainment
London Marathon rejects draw, Raffle

Tickets only £1 for a great night

The RH news briefing is aimed at improving the standard of road and cross-country running at RHAC. Your contributions of results, opinions, plans and photos are vital to its success. I regret however that we cannot publish members' letters or other contributions unless previously arranged.

Available free to members on the first Wednesday of each month. Can be sent by post (stamped self-addressed envelope or 50p per month)

Produced at Wickersley Comprehensive School by pupils and staff.