

Top Stuff from Tune

Hectic times for David, having been called up to run for England in the Dutch National Cross-country where he was second scorer, having to miss the Abbey Dash because of selection for the North in the inter-area cross-country and in

between winning the Brampton-Carlisle 10 after a couple of ill-starred attempts in previous years. Ruled out of the Yorkshires, he may well be looking forward to the Northern event close to home at Lincoln.

Rob Holladay too has been lining up in county colours, notably in the 10k at Brighton and his 10k times are getting shorter.



Yorkshire Cross-country

This Saturday, 9th December.

Venue: Wharnclyffe Memorial Park, Laithes Lane, Athersley, Barnsley. Changing etc at Edward Sheerien School, Carlton Road, Barnsley.

Directions: From Barnsley take road for Wakefield, A61. Turn right at traffic lights into Laithes Lane.

Times and distances:

U13 girls	3000m	11.10am
U13 boys	3000m	11.30am
U15 girls	4000m	11.50am
U15 boys	4500m	12.10pm
U17 women	4500m	12.30pm
U17 men	6000m	1.00pm
Ladies	6000m	1.30pm
Junior men	8500m	2.10pm
Men	11000m	2.10pm

Entries now closed, names entered are on page 3.

Veteran Prospects

Although its a good while to the spring season of road racing and we should rightly be concentrating on cross-country, this is not a bad time to mention our plans for the coming season.

Both men and women took the Yorkshire relay titles this year, and there is every likeleyhood that we can retain them this time round, as well as taking back the South Yorkshire title which we relinquished. Of course new strengths are always possible in vets running due to ages and club changes (Dave Throup has gone to Bingley for example, which explains in part Leeds' non-appearance at the Yorkshires).

The national scene is even more enticing however, especially as regards the men's team. This year we placed an impressive 15th in the eight-stage relay at Sutton Park. There are a lot of new veteran runners of quality who have or will come of age before the 1996 relays on May 18th, and some of us who ran last year may not get a run this year- though no-one will give way easily. I reckon in fact that our growing strength will get us comfortably into the top 10 nationally, and that the following year's additions will comfortably keep us there. It will possibly not be so straightforward to rise really to the top however without some new vets members not currently on the club list. There is no better time than the present to attract them if you know of any.

Yorkshire Veterans Cross-country

Sunday 14th January at Bramley Fall, West Yorkshire

Hosted by Pudsey and Bramley

Entries to J.E.Smith, 7 Birch Avenue, Bradford BD5 8EZ by 8th Jan, sae for directions etc. Organisers welcome block entries so give your entry to PH 549125 if preferred (by Weds 3rd Jan).

All run 10k. Men 2A/2B+ at 1pm, 1A/1B at 2pm
Ladies all groups at 1pm. £1.50. State age on day.
Teams: over 40 men=four, over 50 = three, ladies=three.

Xmas Day Race

to be run on 25th this year.

Get your entry in, there isn't long.
Don't ask me for a good handicap, Jim Brogan is doing them. Leave your entry in the kiosk or give it to Don.

1	34.18	P. Neal	
2	34.48	P. Roberts	
3	35.40	P. Eddison	
4	36.58	B. Harney	V5
5	37.35	M. Masters	V
6	37.47	S. Gorrill	
7	37.47	P. Purdy	V
8	38.00	D. Green	KS V5
9	38.11	S. Cartwright	KS
10	38.44	P. Rooney	KS V
11	38.51	D. Whitehead	
12	38.55	P. Whittaker	
13	39.01	P. Haigh	
14	39.04	M. Senior	KS V
15	39.21	M. Cochrane	V
16	39.39	D. Gill	V
17	40.15	D. Beaver	V
18	41.15	B. Newbould	
19	41.22	D. Draycott	V
20	41.41	D. Godfrey	V
21	41.41	P. Staley	V
22	42.01	I. Brookes	KS
23	42.30	H. Marston	V
24	42.34	R. Butterworth	
25	42.45	G. Bunker	LV
26	43.42	S. Burton	L
27	44.52	A. Mirfin	V5
28	44.52	T. Turner	KS V
29	46.14	I. Horsley	V
30	47.06	P. Doherty	KS
31	47.15	A. Browne	V
32	47.40	D. Weatherburn	V5
33	49.47	D. Creamer	V6
34	50.00	F. Wagstaffe	V6
35	50.02	A. Brookes	KS L
36	51.46	D. Butler	V5
37	52.03	C. Smith	V5
38	52.14	R. Oxley	MRC L
39	53.03	G. Cartwright	KS L
40	53.03	F. O'Neil	V5

Abbey Dash 3/12

A decent team turn-out saw RHAC to their own slight surprise take second team this year. Rob Holladay was our first scorer in 7th place, he sets high standards and was disappointed by his time (which must have been around 31 minutes though I haven't got the results yet).

Peter Neal (33.10) fought off a challenge from the improving Mick Thompson (pb 33.15) but could make no impression on Ian Lanceley who ran 33.05 approx.

Paul Rowland was second RH in 25th place, but the officials omitted him from the results when they gave us second team. I have queried the result, but Leeds beat us comfortably so that it will make no difference.

I cannot finalise the Club Championship because of the continued absence of the Worksop (and Abbey Dash) results.

Woodman 10k

The Woodman returned this year and proved a popular event, with finishing times listed left. We welcomed 10 or so colleagues from Kimberworth RC on the night which made a large contribution to a very enjoyable evening, many thanks to Pat Rooney and club-mates.

The early pace was set by Peter Neal, Phil Roberts and Phil Eddison with Peter proving too strong when the question was put at around Greasbrough. Though it was a warmish night the course proved difficult as the times indicate. In the vets categories, Brian Harney continued his recent good form, coming through strongly past Mick Masters at halfway to finish first.illian Bunker convincingly won the ladies with Dennis Green first guest runner.

Our thanks to Mike and Janet Sheard at the Woodman and especially also to the gentlemen who were kind enough to marshal and assist at the finish. The spontaneous offers of assistance were more than I can recall for a comparable race. Well done.

The second race in this series was intended for December but time and space have prevented it. It will be in January, at a date and venue to be found, but we are approaching Rae Robinson at the White Swan, possibly also the Double Barrell or others. The third will be at Kimberworth, I imagine at the Travellers, as Pat Rooney has kindly agreed to organise one for us in the series on 14th February.

Other items

Xmas Day

Entries are as usual invited for the Annual Xmas Day Race. This annual race is a handicap start, first off at 11 am from the old Pavilion, Boswell Street. The course is to Wickersley School and back, about 6 miles (turn at Sycamore Avenue roundabout). Any runner who has competed in the club championship races with any regularity is assured of an accurate handicap; if you haven't you will need to provide details of recent races preferably up to 10 miles. Entry forms in the kiosk or from PH; £1. Closes 18th December at end of club night after which late entries will be accepted off scratch or thereabouts. This system allows accurate handicapping as per last year when Mick Thompson was successful on the day.

Finance

The club lottery introduced last month by club president Brian Harney has recorded an immediate success, showing a profit of £80 to club funds in its first month. For £1 you can pick or get your individual number, the winners of the major and three minor prizes being drawn at the social held on the last Wednesday of each month, in the Homestead. Prizes for November were £10: 123 Graham Tomlinson; £10: 47 Hugh O'Mara; £10: 149 Brent Dale; £50: 58 Derek Clarke. 160 tickets sold.

After the generous and timely offer of support from Mr. Yarlett at Yorkshire Windows, the application for matched funding was successful incidentally, so that RHAC is financially sound.

Runners

Chris Parkes is well recovered from injury now but sensibly guarded about racing again. His intention is to probably run with us as a non-team scorer at the Northern Cross-country in January and then at the Ferriby 10 where he will be a full scorer, having qualified on Feb 1st.

Chris Lindley is getting back to form, current neck and neck with Dave Hindmarsh in the SY Cross-country series. Current standings will be in the January edition prior to the last meeting.

Yorkshire Cross-country Entries see times and travel on p1.

<u>U13 girls</u>	<u>U13 boys</u>	<u>U17 women</u>	<u>Ladies</u>	<u>Men</u>
K.Ashforth	M.Bradbury	K.Storey	J.Cliffe	M.Thomson
L.Barnes	K.Cawthorne	J.Speight	M.Rhodes	P.Bennett
C.Birch	J.Gallacher		J.Hindley	P.Neal
L.Carnell	R.Lomas		C.Boyd	M.Ruddleston
N.Chell	R.Moss		P.Wells	J.Smith
S.Collingwood	D.Kaighin		J.Baker	R.Holladay
H.Cooper	D.Russell		G.Bunbker	P.Rowland
R.Green	S.Hammonds		S.Burton	I.Lanceley
S.Hinchcliffe			J.Jennings	P.Roberts
E.Thomas			D.Unwin	P.Venables
			H.Garrison	P.Smales
			R.Grimley	A.Roberts
				B.Harney
				T.Carroll
				P.Eddison
				A.Gregory
				S.Gaines
				L.Collingwood
<u>U15 girls</u>	<u>U15 boys</u>	<u>U17 men</u>	<u>Junior men</u>	
L.Whittaker	C.Green	C.Haslam	P.Hoyland	
S.Goldsborough	A.Hudson	C.Kehce	J.James	
R.Kaye	J.Russell	L.Kaighin		
	I.Whittaker	R.Rhodes		
		D.Taylor		
		S.Ingles		

The same lists are likely to be sent for the Northern, with the addition of runners ineligible for Yorkshire .

Any additional runners not on this list, who wish to be included in the Northern entry, please be sure to contact me at the club or on 549125.

It is a good idea to make sure I know personally that you wish to run or are available in general for races. You only have to phone.

December Fixtures

Sun 3 Dec	Percy Pud, Loxley 10.30
Sun 3 Dec	Lakeside Half, Lincoln 10.30
Sun 3 Dec	Abbey Dash. Leeds 10.30
Sat 9 Dec	Yorks Cross-country, Barnsley
Sat 16 Dec	Round Rotherham Run
Sun 31 Dec	Fight Cancer Fun Run, Worksop College noon
Mon 1 Jan	New Years Day 10k Cleethorpes 11.15
Sun 14 Jan	Yorks Vets Cross-country, Pudsey
Sun 21 Jan	SYXC League 4 (inc champs) Graves Park
Sun 28 Jan	Tough Guy 96
Forward Dates for your Diary	
Sat 27 Jan	Northern Cross-country (M&W) Lincoln
Sun 4 Feb	Ferriby 10 noon (Club Champs 1st race)
Sat 9 Mar	National Cross-country (M&W) Newark
Sat 16 Mar	National Cross-country Relays, Mansfield
Sat 6 Apr	Northern 12 Stage, Wigan
Sat 27 Apr	Prob National 12-Stage
Sat 18 May	National Vets 8-stage Relay, Heaton Pk

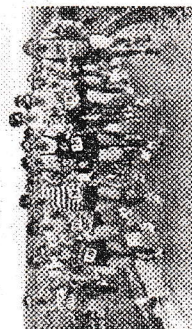


It's always nice to run a marathon at the same pace as others are running the Half, which is exactly what **Dave Draycott** (above) 9s doing at Benidorm.

Rotherham times:
Pete Purdy 2.49.15
Jim Johnson 3.19.54
Dave Draycott 3.32.55

Thanks for the pic Dave.

	Woodman pre 1979 summer	Woodman winter	Club 10	Tickhill 10
1979			Quentin Tupper	
1980			Brian Mullarkey	Brian Mullarkey
1981			Mick Hague	Brian Mullarkey
1982			Malcolm Palfreyman	Paul Venables
1983			Alan Jones	Paul Hunter
1984		Paul Venables	Paul Venables	Peter Neal
1985	Paul Venables	N.Brookes/A.Gregory	Peter Mirlees	
1986	Nigel Brookes		Alan Gregory	Paul Venables
1987	Nigel Brookes		Allan Beighton	Paul Venables
1988	Peter Neal			
1989	Simon Ellis			
1990	Hugh O'Mara			
1991				
1992				
1993				
1994	not held	not held	not held	Peter Neal
1995	not held	Peter Neal	Peter Neal	races merged



Help us out

Above are listed all the winners of Club 10, Tickhill 10, and Woodman Races that I can do from my records. As I was out of club organising during the early 90's there are a lot of blanks. Club Championship can be deduced from the names on the trophies, but the above cannot. Can you fill in any of the gaps please?

Time Trials

October Time-trial

1	20.33	Ken O'Mara
2	20.45	Ian Lanceley
3	20.56	Peter Neal
4	21.04	Pete Morris
5	21.15	Phil Roberts
6	22.28	Alan Gregory
7	22.42	Hugh O'Mara
8	23.25	Brian Harney
9	23.34	Paul Whittaker
10	23.56	Darren Whitehead
11	24.33	Wayne Farrell
12	25.00	Mick Cochrane
13	25.15	Dave Godfrey
14	26.29	Henry Marston
15	26.38	Malcolm Rhodes
16	28.06	June Harney
17	29.26	Dave Weatherburn

We will I hope continue to hold the monthly time trial although its popularity is diminished from former days. It still plays a part in the training schedules of a number of runners, which is what time trials are really for.

November Time-trial

1	20.08	Mark Ruddleston
2	20.15	Ian Lanceley
3	20.26	Ken O'Mara
4	21.32	Phil Roberts
5	21.44	Neil Fletcher
6	21.54	Jamie Smith
7	23.09	Steve Gorrill
8	23.52	Darryl Bennett
9	23.57	Mick Cochrane
10	23.58	Mick Garrett
11	24.26	Phil Haigh
12	24.46	Alan Green
13	24.59	John Dunphy
14	26.45	Mick Concannon
15	26.47	Henry Marston
16	26.05	Paul Staley
17	26.51	Malcolm Rhodes
18	27.48	June Harney
19	31.32	Dave Weatherburn

It does however need help to time and ticket it. I cannot do it because of News Briefing production on the first Wednesday of each month.

RHAC News Briefing is aimed at improvement of the middle and long distance running of all members.

Members' plans, results and news are welcome irrespective of performance but articles and letters cannot be printed without prior arrangement. Photos are especially welcome Produced by Peter Humphries and colleagues at Wickersley Comprehensive School Computing Department by kind permission of the Head of School.

The photo featured two months back (last month there was no space) was the first leg of the Yorkshire 6-stage road relay from Greetland, 1987. Andrew Clarke was leading out the Rotherham team, also featured were P.Wakefield (Steel City), M.Wilson (Hallam), M.Crewe (Gingley), A.Thompson (Sheffield), M.Batley (Wakefield), A.Perriam (Barnsley). RHAC had also Neil McRobb, Nigel Brookes, Pete Neal, Alan Gregory and Frank Taylor and ran 5th.