



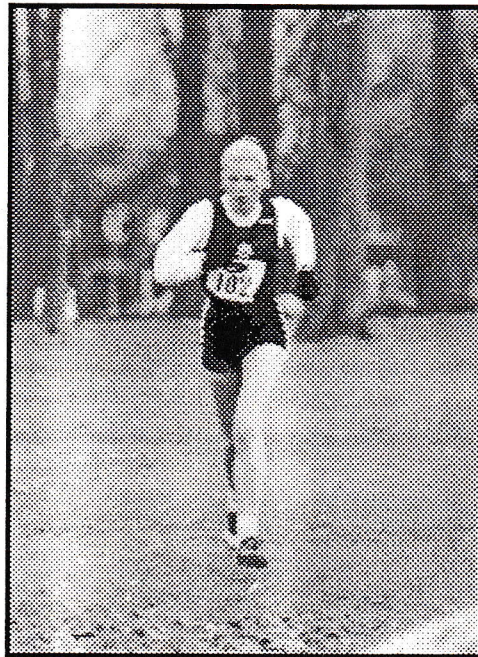
National Cross country Relays

# LADIES SHOW TRUE FORM

Following not long after the Don Valley debacle, RHAC Ladies put up a sparkling effort to get right back into the levels of performance more suited to our capability, and were certainly well organised under the watchful eye of both Janet Hindley and Julia Jennings. Julie O'Mara is flying at the moment and her good start was carried on by a brilliant improved effort from Sharon Marshall, who is smashing her pb performances at every turn. Sharon (pictured below) has only recently forced her way into the first teams and was always likely to throw Hilary Garrison into a race on stage three.

Hilary does not like cross-country much, but it didn't show as we ran home 14th in what has become, in recent years, a far higher standard of English national competition. This placed us first Yorkshire club in front of Hallamshire, and RHAC's B string was not far behind in 20th place with Sharon Burton, Caroline Dauris and Paula Fisher.

Highlights of the men's performance were undoubtedly a storming 15.39 from Darren Cooney which placed him only marginally outside the top ten on the day, very sound support from Rob Holladay and Paul Venables and a reliable debut performance from Darren



Yorks and Northern Cross country

## Prospects good for Home Ties

Rotherham chances of boxing their true weight took a big boost this month with the news that Rob Holladay will pick up the team captain's job and front the team effort at Herringthorpe Valley Park on Saturday 9th January. With Peter Neal fully occupied firing up the strong vets outfit the following day at Graves Park, Rob will head a team of proven value and promise which should do well on home ground.

In all honesty, it's more than time that we did. Though we have clearly swept the local county competitions on both road and country for some time, we have struggled to do more than decently well in the bigger country competitions. That's all right as far as it goes. But apart from Rob coming down from Middlesbrough, we have the prospect of newcomer Julian Davey taking leave from

Ward all of which landed us 21st, but with two B teams ahead, 19th club. This is almost exactly where we have been placing for some time apart from last year's solely representative performance, so I suppose it has to be regarded as improvement in the atmosphere of general improvement year by year which has attached to these relays. Certainly with such names as Parkes, Hale, Aked, Tune, Collingwood, Harris etc unavailable for a variety of reasons, it was not bad.

Peter Mirrlees also debuted for us leading the B team and didn't look too rusty despite not having run cross-country for some time, and handed over to Phil Roberts and Alan Chell. Tim Drake was back for stage four but the change-over somehow went oblong, resulting in 52nd place.

RHAC young athletes coaches again took an impressive stack of runners to a national event, and Malcolm Whitaker and Dennis Russell and colleagues could be well pleased with their performance. Under 13, 15 and 17 girls teams finished in 20th, 29th and 21st place in strong opposition, with Carla Foster getting 6th fastest time on the day in the incomplete junior womens' team. With no junior men and under-15 boys incomplete, the other boys sides had great results. Steve Bates put in a fast stage four time anchoring his team to 13th place, with strong runs from Jamie Russell, Richard Lomas and Ian Whitaker setting it up. Highlight amongst the youngsters though was a fine ninth place for the under 13 squad (R.Hastey, R.Stephenson, B.Hague, A.Booth) and showed the value of having depth to your team with reserve runners putting in good performances also.

Northern Ireland to compete with us, and Darren Hale will drive over from Preston to support his club in the Yorkshire event despite the fact of inter-county selection being almost certain by a first-ten place in the Lancashire (non-Manchester) competition which he also now qualifies for. It is time for Rotherham-based runners to stand up and be counted. It might have looked dodgy with the vets being missing, but gladly Darren Cooney, seventh in last year's national, whilst aiming primarily at the northern and national events has volunteered to run the Yorkshire, and we aim to line up, amongst others, Richard Harris, Warren Vayro, Luke Field, Lee Collingwood, Darren Ward and Peter Mirrlees.

John Comrie continues injured, and it is a tragedy that Chris Parkes' wide swings of fortune are still in the injury phase. All that said, the above names are a seriously good outfit which could only be beaten by a top side. Andrew Aked and David Tune are not permitted to run with us by birth and residential rules, being Notts and Humberside respectively, but will join us for the northern fixture at Graves Park on 30th January. Andrew is again in seriously good form as seen at the South Yorks events, and Dave of course is the north of England title holder.

/ctd page 3

South Yorks League

# Aked makes it 1-2-3

Andrew Aked sped home to a third impressive win at Campsall making light of coughs and colds and making it look deceptively easy. Making the series win almost a formality, dare one say. On this occasion a happy inaugural run in black for Julian Davey, on leave from Northern Ireland, second RH senior just one behind Paul Venables (4th) who scores as vet. Luke Field (9th) and Darren Ward (13th) were up there too, making a winning score for RHAC but too late for the series. Never mind, the Championship beckons on January 17th at Grange Lane, Barnsley, no reason why we should not take it.

Storming back into contention, Steve Elvidge ran 14th just heading Alan Chell, who in turn however was happy to have put Doncaster's Mick Page behind him. Rotherham vets won, and consequently lead the series, though the seniors are only 3rd.

Julie O'Mara ran a race of her own, way in front, but Sharron Marshall ran another fine effort, to step up to second place and with a valiant attempt from Carla Foster (4th), Sharon Burton (8th), Caroline Dauris (10th) Lyndsay Whitaker (16th) and Mary Rhodes (32nd) Rotherham ladies clearly lead the series. As also do the under-17 men, under-15 girls and under-13 boys. RHAC leads in the "all women" section as well, and in the "overall" club competition. Congratulations to all our runners, so far.

With one fixture remaining, individual merit awards await leaders Teresa McNaney (U-15 G), Rhian Hastey (U-13 B), and Steven Bates (U-17 M) as well as Andrew Aked. That final event is at Grange Lane, Barnsley (just off Stairfoot, not far from the football ground towards Wombwell) with an 11am start on Sunday 17th January. Changing and presentation at Priory Campus, Pontefract Road, with parking both at the campus and near the course (which was used some years back for the vets cross-country I am told).

Right: Darren Cooney who posted a fast first stage at Mansfield seen here in the six-stage relays



## National Cross-country Relays

Saturday 14th November 1998

Mansfield Berry Hill Park

### U13 Girls

1	Milton Keynes AC	23:23
2	Aldershot F & DAC	23:48
3	Solihull & SHAC	23:52
<b>20</b>	<b>Rotherham HAC</b>	<b>26:40</b>
	36 teams	(29:30)
	L.Muscroft	8:02 (6)
	A.Hague	8:47 (14)
	S.Danisiz	9:51 (20)

### U15 Girls

1	Aldershot F & DAC	23:06
2	Bedford & CAC	23:08
3	Medway AC	23:25
<b>29</b>	<b>Rotherham HAC</b>	<b>27:17</b>
	34 teams	(31:50)
	T.McNaney	7:48 (5)
	M.Hindmarsh	9:46 (26)
	E.Thomas	9:43 (29)

### U17 Women

1	Ipswich Harr	27:58
2	City of Stoke	28:30
3	Aldershot F & DAC	28:46
<b>21</b>	<b>Rotherham HAC</b>	<b>35:57</b>
	23 teams	(37:45)
	N.Chell	11:28 (23)
	C.Birch	11:45 (23)
	C.Stephenson	12:44 (21)

### Junior Women

1	Charnwood AC	28:31
2	Coventry Godiva	29:40
3	Skipton	30:06
	<b>Rotherham HAC</b>	<b>incomplete</b>
	10 teams	(31:48)
	C.Foster	9:43 (4)
	L.Whitaker	11:07 (9)

### Senior Women

1	Shaftsbury Barnet	31:46
2	Sale H	31:53
3	B. Hounslow AC	32:29
<b>14</b>	<b>Rotherham HAC A</b>	<b>35:10</b>
16	Notts AC	35:43
17	Hallamshire H	35:47
<b>20</b>	<b>Rotherham HAC B</b>	<b>39:27</b>
	32 teams	57:10
	J.O'Mara	11:22 (16)
	S.Marshall	11:51 (14)
	H.Garrison	11:57 (14)
	S.Burton	13:08 (35)
	C.Dauris	13:01 (25)
	P.Fisher	13:18 (20)

### U13 Boys

1	Bristol AC	29:32
2	Solihull & SHAC	29:34
3	Aldershot F & DAC	29:43
7	<b>Rotherham HAC A</b>	<b>30:42</b>
	<b>Rotherham HAC B</b>	<b>incomplete</b>
	33 teams	(38:59)
	R.Hastey	7:26 (3)
	R.Stephenson	7:28 (2)
	B.Hague	7:50 (6)
	A.Booth	7:58 (7)

	S.Harwood	8:12 (25)
	L.Johnson	8:56 (29)

### U15 Boys

1	Derby & CAC	26:33
2	Liverpool Pem AC	27:06
3	Cannock & Staff	27:40
	<b>Rotherham HAC</b>	<b>incomplete</b>
	34 teams	(37:20)
	L.Rooney	7:03 (8)
	S.Winters	7:20 (14)
	J.Gallacher	7:45 920)

### U17 Men

1	Sunderland HAC	39:13
2	Borough H. AC	39:33
3	Windsor Sl & EAC	39:56
<b>13</b>	<b>Rotherham HAC</b>	<b>41:02</b>
	37 teams	(48:36)
	J.Russell	10:23 (15)
	R.Lomas	10:42 (20)
	I.Whitaker	10:05 (16)
	S.Bates	9:52 (13)

### Junior Men

1	Aldershot F & DAC	37:45
2	Loughborough St.	38:20
3	Solihull & SHAC	38:27

### Senior Men

1	Birchfield H	01:01:57
2	Shaftsbury Barnet	01:02:21
3	Salford H	01:02:44
<b>21</b>	<b>Rotherham HAC B</b>	<b>01:06:41</b>
<b>52</b>	<b>Rotherham HAC A</b>	<b>01:14:27</b>
	67 teams	(1:23:46)
	D.Cooney	15:39 (4)
	R.Holladay	16:26 (15)
	D.Ward	17:25 (19)
	P.Venables	17:11 (21)
	P.Mirrlees	17:45 (57)
	P.Roberts	17:59 (53)
	A.Chell	17:56 (48)
	T.Drake	20:45 (52)

## Runners News

### Ekkiden Relays

The British team finished 15th in Japan with Japan, Australia, New Zealand and Brazil taking the honours in the Ekkiden relays last week. Dave Tune set us off with a fine 29:40 time for the 10k leg. Other times reported were 5k in 14:11 for Rob Birchall, Carl Warren 10k in 30:38, John Comerford 5k in 14:04a and Mark Steinle 37:23 for the final 12k stage. Dave will probably take on the 5k at Portsmouth next week in behalf of his sponsors, Saucony.

### Percy Pud

Early reports are a stormer for Paul Venables in around 32 minutes dead, and John Atkinson not so dusty either mixing it with Steve Tompkin and Richard Harris both testing the water after injury lay-offs. Janet Hindley placed 3rd in the ladies.

### Benidorm

Apart from a successful trip, the main running news is a 2:49:13 marathon from Peter Purdy, good enough certainly but some 10 minutes on the disappointing side of what he was after, and a personal best 3:42:13 for Paul Varah. John Comrie was happy to have come through the half unscathed in around 1:25.

### Fixture List

We have an advance fixture list, which you might like to consider for your race planning. Which races might we consider including next season? Bear in mind that this is the advance list as advised to NoEAAA officials and is not accurate, so you need to double check any dates and venues before launching out to take part.

### Christmas Day Handicap Race

Enclosed with this news letter is an entry form for the Christmas Day Race. This event, which goes back into the mists of time as they say, is off at 11am on Christmas morning and is a handicapped start ie you set off at staggered intervals (or, in some cases, stagger off at set intervals). Since the mid 80's when we had some ridiculous fiddled handicaps we have got them far more accurate and these days Jim Brogan has it down to a fine art. However to give him a fair chance your entry needs to be in by Wednesday 16th December either direct to Jim or to the club "kiosk" at the entrance to the stadium.

This race recently has been won by the scratch man (fastest) and by the first off (slowest), don't forget that if the handicaps are about right you shouldn't catch anyone (or be caught!) until you get back to Boswell Street. The previous winners (enclosed on form) make some interesting reading!

### London Marathon Draw

We have received 5 guaranteed entries for the London Marathon 1999 thanks to David Haywood's efforts. These will be

drawn out of a hat for paid-up RHAC members who have been rejected by the LM organisers. There will not be time to await the awards evening for them, so the draw for them will take place during the prizegiving for the annual Christmas Day Race at the Old Pavilion, off Boswell Street.

Flora London Marathon says that the results of their ballot for entry will be distributed in early December, and that as far as our guaranteed entries are concerned, they must be returned to London Marathon with the entry fee by January 11th. If you are rejected by London Marathon, keep your rejection slip, give or send it to Peter Humphries or David Haywood, or take it with you on the 25th.

If you are successful in our draw, and if you are not present to take the entry, it will be posted to your last known address, so it is in your best interests to make sure we have the right one.

### Club Championship

With Percy Pud run last week there is only the Woodhouse Seven remaining in the club series. Due to pressure of other things to do I haven't got the up to date positions, which has reduced interest in the series quite a bit. I will try to get it organised a lot better next year, possibly with some assistance.

If you haven't done the Woodhouse event, it is

a nice day out for RHAC members with a good race and a pint afterwards, for those who indulge. The venue is the Robin Hood and Little John, just off the Doncaster-Thorne road at Hatfield Woodhouse.

### Yorkshire Cross-country

More or less based on the South Yorkshire league course, which I am glad to say got the general approval of the runners (not all granted) and certainly of the visiting Yorkshire officials, the senior course looks like being a three-hill-lap event with a shorter flat one (11k approx.). Yorks have asked for under-13s (both groups) and U-15 girls to stay off the hill, but all other races use it (once, mainly, but the oldies go up a few times). The unpopular slippery hill down has been replaced by good grass, and the sharp bottom bend removed. We are aiming to completely fence the course, but none the less will be in need of assistance on the day to ensure smooth running.

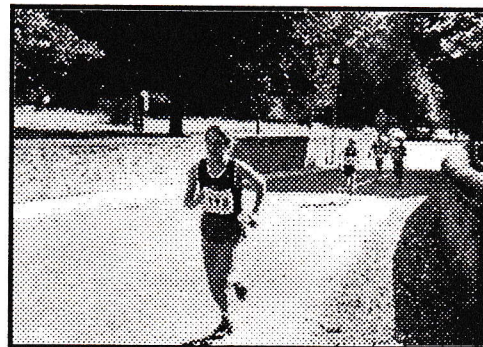
I am placing this appeal here on the basis of volunteers being preferable to pressed men (or women).

### Monthly Numbers Draw

Winning Numbers drawn Wednesday 25th November at the Homestead were £65 Emily Rose no. 60; £10 each Ralph Rowbotham no.30, Arthur Jeavons no.56, Dave Draycott no. 141. 190 sold, thank you Brian.

## December / New Year Fixtures

Sun 6 Dec	Rugeley Power St. 10k 11am
Sun 6 Dec	Abbey Dash, Leeds
Wed 9 Dec	Green Bricks Winter 6.45pm
Sat 12 Dec	Round Rotherham Run & Relay 7.30 8.30 am
Sun 20 Dec	Woodhouse 7, Hatfield
	Woodhouse 11am
Fri 25 Dec	RHAC Xmas Day Handicap, Boswell St. 11am
Sat 26 Dec	Ward Green 6, Barnsley 11.30am
Sun 27 Dec	Jolly Holly Jog 10k Ripon 11.15am
Fri 1 Jan	Cleethorpes NYD 10k 11.15am
Sat 9 Jan	Yorkshire Cross-country, Rotherham 11am
Sun 10 Jan	Yorks Vets Cross country Graves Park
Sun 24 Jan	Four Vilages Half Chester 11am
Sat 30 Jan	Northern Cross-country Graves Park
Sun 7 Feb	Ferriby Ten
Sun 14 Feb	Dewsbury 10k
Sun 14 Feb	Liversedge Half noon
Sun 21 Feb	Snake Lane 10 11am



above: Junie O'Mara who posted the fastest RH time at Manfield and has stormed away with the SY league is pictured at the Elsecar 8

## Prospects Good.. from page 1

There is room for any number of aspiring runners to join in, simply the first six score from any number of entrants. Entries close for the northern on 12th December (to be sent 4th December) and Yorkshire end of month (to be sent 18th December).

If Rotherham's vets are looking after the tracksuits on January 9th, the situation will be reversed the following day at Graves Park as the all-blacks seek to re-establish dominance in the county team championships. but it won't be easy. Last year the ladies took bronze, the over-50s were fourth and the over-40 men were knocked off their pedestal by Holmfirth. In the shifting sands of veteran standards, other sides have been rising, perhaps notably Bingley Sheffield and Hull, but you never know who.

## South Yorks Cross country League II

Herringthorpe Valley Park

Sun 8th November

### Senior Men

1	A.Aked	27:28	
2	S.Wright (DSAC)	27:37	
3	C.Keegan Moore (B)	28:06	28:06
4	P.Venables V	28:09	
13	A.Chell V	29:37	
15	P.Roberts V	30:15	
16	S.Gaines V	30:20	
21	J.Robinson	30:58	
46	S.Phillips	33:14	
53	J.Brogan V	33:50	
62	T.Birks	34:33	
63	J.Dunphy V5	34:38	
74	B.Harney V5	35:27	
93	K.Thomas V	37:20	
99	M.Whitaker V5	38:12	
110	D.Russell V	40:51	
114	M.Rhodes V5	42:28	
117	J.Gallacher V	45:33	

### Under 17 men

1	S.Bates	18:36	
2	I.Whitaker	19:43	
4	J.Russell	20:38	
5	P.Marshall	20:56	
6	R.Lomas	21:02	
9	C.Green	24:13	
11	D.Russell	26:38	

### Senior Women

1	J.O'Mara	21:37	
3	S.Marshall	23:16	
7	S.Burton V	24:51	
8	C.Dauris	25:17	
11	L.Whitaker	25:49	
33	M.Rhodes	32:59	

### Under 17 women

8	N.Chell	19:02	
11	C.Birch	21:56	

### Under 11 boys

5	D.Scholey	06:34	
7	J.Beighton	06:41	

### under 11 girls

8	J.Keyworth	07:41	
12	L.Phillips	08:06	
13	R.Jones	08:29	

### Under 13 girls

2	L.Muscroft	13:09	
4	A.Hague	13:47	

### Under 15 girls

1	T.McNaney	12:21	
12	G.Wright	14:42	
13	E.Thomas	14:49	
14	L.Carnell	14:53	
15	S.Harding	15:32	
16	M.Hindmarsh	15:38	

### Under 13 boys

1	R.Hastey	13:31	
3	B.Hague	14:27	
5	A.Booth	15:03	
7	S.Harwood	15:20	

# Woodman Run

The very sociable and sporting series of winter meetings picked up where they left off last year with a fine turn-out at the Woodman where more than 50 runners, generously representing Maltby, Kimberworth and Rotherham, took on the same course as last year. Steve Elvidge nipped over form Holmfirth and nipped up Fenton Road a bit sharpish too to win in fine style from Steve Tompkin. It is good to see both of them back after their injuries.

John Atkinson was in third, taking first vet award and confirming his seriously fast form at the moment, subsequent places being Steve Gaines 4th (1st O/45), Gary Durham 5th (3rd senior), Kimberworth's Steve France 6th (1st guest), Jerry Spencer 7th (missed out on a prize) and Tony Turner 8th (1st O/50). There were no other awards, but there will be numerous to recompense that at the Green Bricks this month.

Many thanks to officials on the night, David Haywood, Bert Norburn, Ralph Rowbotham, Peter Neal, Arthur Jeavons, Tommy Smith, Peter Ruddleston, any that I missed, and to host Mick Sheard at the pub.

Woodman Run 5.5m app.

Weds 11th November

1	S.Elvidge V	RH	32:16
2	S.Tompkin	RH	32:32
3	J.Atkinson V	RH	32:36
4	S.Gaines V45	RH	32:39
5	G.Durham	RH	33:58
6	S.France	KS	34:18
7	J.Spencer V45	RH	35:01
8	J.Rust V45	MRC	35:17
9	T.Turner V5	RH	35:25
10	R.Lomas J	RH	35:44
11	P.Eddison V	RH	36:11
12	A.Gregory V45	RH	36:38
13	P.Smales	RH	36:40
14	B.Harney V5	RH	36:41
15	D.Green V5	KS	36:42
16	A.Rowe	KS	36:42
17	P.Rooney V	KS	36:55
18	S.Durdy	MRC	37:00
19	K.Booth	RH	37:13
20	M.Senior V	KS	37:22
21	P.Fielding	RH	37:28
22	D.Beaver V45	RH	37:37
23	M.Cochrane V5	RH	37:38
24	I.Soakell V	KS	37:40
25	R.Howarth V45	RH	37:44
26	D.Buxton V5	MRC	38:54
27	N.Shaw	RH	39:11
28	P.Humphries V55	RH	39:26
29	M.Concannon V45	RH	39:33
30	M.Nunn V45	KS	39:37
31	M.Utley	RH	39:41
32	I.Brookes	KS	39:45
33	S.Burton LV	RH	40:07
34	L.Day L	RH	41:11
35	D.Sears V5	MRC	42:07
36	M.Smith V	MRC	42:35
37	M.Davies	RH	43:03
38	P.Widdowson	RH	43:16
39	D.Clarke V65	RH	43:31
40	K.Dutton V6	RH	44:49
41	M.Rhodes V5	RH	45:40
42	D.Burke	RH	46:01
43	R.Green	KS	46:07
44	A.Bryden V55	RH	46:16
45	I.Horsley V5	RH	46:30
46	J.Sears LV45	MRC	48:45
47	B.Lowndes V5	MRC	48:59
48	D.Thorpe V5	MRC	49:00
49	T.Stuart V5	MRC	51:08
50	D.Creamer V6	RH	51:09
51	D.Wordsall	MRC	51:10

## ROTHERHAM HARRIERS CHRISTMAS PARTY

AT

ROTHERHAM CRICKET CLUB

ON

SATURDAY 12th DECEMBER, 1998

\*\*\*\*\*

8:00 - 11:30pm

LIVE MUSIC (60/70s style) with

'SOMETHING FOR THE WEEKEND'

£2 ADMISSION ON THE DOOR (16 and over  
only)

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

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.

# Green Bricks

## Second race of the Winter Series

Turners Arms, Psalters' Lane, Holmes

Weds 9th December

Half a mile above Millmoor just behind the Miners  
Arms on Meadowbank Rd.

Off at 6.45

Usual awards, numerous O-50 and O-60 awards.

Food, drink