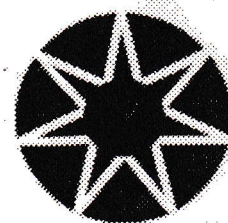


RHAC ROAD & CROSS-COUNTRY BRIEFING

Number 15

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ROTHERHAM LADIES SHOW THE WAY

RHAC Ladies turned in a superb team performance on Sunday to finish sixth in the Northern Counties Cross-country Championships. Over the very muddy 6k course in Chester, Joanna Cliffe, (right) who has been with us for less than a year, spearheaded the effort with a superb run which brought her 21st individual place.

Despite not being over-pleased by her effort, Janet Oxley ran a very solid second scoring place for us and Julia Jennings was not far behind despite running injured, a real captain's performance.



In her first team race with us since rejoining, and short of recent race experience, Angela Green (nee Creamer) came home fourth scorer well enough placed to give us a most impressive result. Angela will be looking to join up with fellow veterans for forthcoming events; a most welcome addition. There was enthusiastic support also from our other team members, Lynn Padfield and Mary Rhodes.

Leeds City easily won the event with Angela Hulley individual winner and local Jane Shields was third. It is always pleasing to keep ahead of local rivals and in fact only Leeds from this side of the Pennines finished in front of us.

Results

1	Leeds City AC	27	Rotherham Placings	
2	Sale Manchester	115	21	Joanna Cliffe 24.20
3	Derby Ladies	127	45	Janet Oxley 25.25
4	Liverpool HAC	194	57	Julia Jennings 25.55
5	Altrincham DAC	215	101	Angela Green 27.39
6	Rotherham HAC	220	166	Lynn Padfield 30.57
7	Blackpool & Fylde	225	210	Mary Rhodes 34.26
8	Border Harriers	234		
9	Hallamshire	238	91	Clubs competed
10	Macclesfield	278		

Northern Men's

Sadly, the weather put us off going to Manchester on Saturday. With the benefit of hindsight we could have gone but during the chaos of Friday night it was not so obvious and the general view was safety first. A disappointment to all concerned.

Yorkshire Vets Cross-country 8/1/95 Thirsk

Congratulations to all our representatives especially Gillian Bunker who won the 0/40 title. This is a just reward for determined training and competitive running over the last year. With teammates Hilary Garrison and Lynn Padfield they also took second team. In the men's race Steve Gaines continued a fine season with 12th place.

Racing Team Dates (interested runners phone PH 549125)

Sun 26 Feb Loughborough 10k
Sat 4th March Notts Univ Relays
Sat 11 March National XC (Luton) (closed)
Sat 18 March National XC Relays Mansfield
Sat 8 April Northern 12 Stage Wigan
Sat 29 April National 12 Stage Sutton Pk

South Yorkshire County District Athletic Association

FIXTURE LIST 1995

FEBRUARY

Fri 3 AAA Indoor Championships 1 Birmingham
 Sat 4 AAA Indoor Championships 2 Birmingham
 South Yorks Schools Cross Country Penistone
 Sat 18 AA .20 Indoor Championships 1 Birmingham
 Sun 19 AAA U.20 Indoor Champs 2 Birmingham
 High Melton Cross Country Doncaster
 Sun 26 Rotherham H. AC. Indoor Meeting Worksop

MARCH

Sat 4 English Schools Cross Country Warwickshire
 World Cross Country Trial Durham
 Sun 5 Norton 9 Road Race Askern
 Hallamshire Winter Warm Up Don Valley
 Sat 11 National Cross Country (M. W.) Luton
 Sat 18 National Cross Country Relays Mansfield
 Sun 19 Wombwell 5 Road Race
 Sat 25 World Cross Country Champs Durham
 Sun 26 Hallamshire H. Winter Warm Up Don Valley
 Sheffield 10k Road Race

APRIL

Sun 2 London Marathon
 Wed 5 Spencer Arms Dash Road Race Barnsley
 Sat 8 Northern 12 stage Road Relay Wigan
 Sun 9 Doncaster Half Marathon
 Young Athletes Road Relay Sutton Park
 Sun 16 Hallamshire Winter Warm Up Sheffield
 Wed 19 SOUTH YORKSIRE Road League Dinnington
 Sun 23 Kimberorth 6 Road Race
 Sat 29 National 12 stage Road Relay Sutton Park
 Northern Combined Events - Day 1 Derby
 Sun 30 Northern Combined Events - Day 2 Derby
 McDonalds Young Athlete Lge (Boy 1, Girl 1)
 Guardian Cup Round 1
 Sheffield Marathon and Half Marathon
 (inc. S.Y. Marathon Championship)

MAY

Wed 3 Spencer Arms Dash Road Race Barnsley
 Sat 6 BAL and Northern Mens League
 [North: DI Rotherham; D3S 3SW Sheffield]
 Sun 7 UK. and Northern Womens League
 [North 4EC Wombwell SAC]
 Mon 8 Penistone Hill Race (inc. S.Y. Championship)
 Tue 9 Tigers 10 Road Race Totley
 Wed 10 SOUTH YORKS Road League Worsbrough
 Sat 13 Rother Valley IOK Road Race (Sheffield AC)
 Yorkshire County Champs 1 Day Don Valley
 Sun 14 Yorkshire County Champs 2 Day Don Valley
 Milton Arms 6 Road Race Elsecar
 Alex Horley Memorial 10 Road Race Sheffield
 Wed 17 SOUTH YORKSIRE Road League Wombwell
 Sat 20 SOUTH YORKS Track and Field League Rotherham
 Sun 21 McDonalds Young Athletes League (Boys 2)
 [Div.2 Yorks. Cudworth]

Brightside Basher IOK Road Race Sheffield

Wed 24 Askern IOK Road Race
 Sat 27 Northern Under 20 Champs Day 1 Don Valley
 Sun 28 Northern Under 20 Champs Day 2 Don Valley
 Inter County Championship Day 1 Bedford
 Mon 29 Inter County Championship Day 2 Bedford
 Tue 30 Hallam Chase Sheffield

JUNE

Sat 3 BAL and Northern Mens League
 AA U.20 Combined Events Day 1 Stoke
 Sun 4 AAA U.20 Combined Events Day 2 Stoke
 McDonalds Young Athletes Lg (Boys 3, Girls 2)
 Wed 7 SOUTH YORKSHIRE Track Relays Rotherham
 Spencer Arms Dash Road Race Barnsley
 Sat 10 South Yorkshire Schools Champs Don Valley
 Sun 11 SOUTH YORKS Track and Field Lg Woodbourn
 Wed 14 SOUTH YORKSHIRE Road League Armthorpe
 Sat 17 Northern Senior Championships Gateshead
 Sun 18 Stainforth 10 Road Race
 Wed 21 Schools Inter County Match Don Valley
 Sat 24 English Schools Comb Events Regional Round
 Sun 25 Guardian Cup Round 2
 McDonalds Young Athletes League (Boys 4)
 [Div 1 East Woodbourn, Sheffield]
 Tue 27 SOUTH YORKS Track and Field League Doncaster
 Wed 28 Damflask Relays (inc. SY Champ) Bradfield

JULY

Sat 1 BAL and Northern Mens L [North 3SE Cudworth]
 AAA Under 20 Championships Day 1 Bedford
 Sun 2 AAA Under 20 Championships Day 2 Bedford
 U.K. and Northern Womens League
 [North 4EC Doncaster AC]
 Wed 5 SOUTH YORKS Track and Field League Rotherham
 Fri 7 English Schools Championships Day 1 Nottingham
 Sat 8 English Schools Championships Day 2 Nottingham
 Sat 8 Thurlstone Chase
 Sun 9 Barnsley Open Meeting
 Wed 12 SOUTH YORKS U.13 & U.11 Event Rotherham
 Sat 15 Worrall Gala Chase
 AAA Championship Day 1 Birmingham
 Sun 16 AAA Championships Day 2 Birmingham
 McDonalds Young Athlete L (Boys 5, Girls 3)
 [Div.1 East Cudworth]
 Barnsley 6
 Wed 19 Doncaster Town Centre 5K Road Race
 Sat 22 Northern Cup Round 1
 Sun 23 Cudworth 6 Road Race
 International Meeting Don Valley
 Sat 29 GRE Cup Semi Finals
 AAA Under 17 Champs Day 1 Birmingham
 Sun 30 AAA Under 17 Champs Day 2 Birmingham

AUGUST

Sat 5 SOUTH YORKS Track and Field League Cudworth
 Northern Junior Mens Inter County Hull
 Sun 6 U.K. Women's League [Div.4 Rotherham]
 Northern Womens League

Bouth Yorks Fixture List continued

- Sat 12 Northern Cup Semi-final (M.& W.)
- Sun 13 Askern 10 Road Race
- Sat 19 BAL and Northern Mens League
- Sun 20 BAL Div.5 Sheffield
Northern Women's Inter Counties Blackpool
- Mon 28 Armthorpe IOK Road Race

SEPTEMBER

- Sun 3 Northern Cup Final Grimsby
SOUTH YORSHIRE CHAMPS Cudworth
Elsecar 8
- Sat 9 Under 15 Inter County Match Cudworth
Penistone IOK Road Race
Sheffield Schools/U.K. Vets. Comb Events Day 1

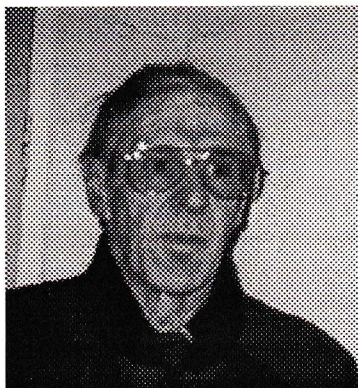
- Sun 10 Sheffield Schools/U.K. Vets. Comb Events Day 2
- Wed 13 Rotherham IOK. Road Race
- Sat 23 Whitbread Cross Country Sheffield
- Sun 24 Rockingham IOK

OCTOBER

- Sun 8 Maltby 10 Road Race (inc. S.Y. Champ)
- Sun 15 Hall Cross IOK Road Race Doncaster
- Sun 23 SOUTH YORKS Cross Country League

NOVEMBER

- Sun 12 SOUTH YORKS Cross Country League
- Sun 26 SOUTH YORKS Cross Country League



RHAC President Ian Mitchell who made the awards at the highly successful Awards Evening at Albion Road club last month. Many thanks to Eddie Bywater for our welcome back there after several years away.



Lee Collingwood and Janet Oxley applauding my photographic skills at the Awards evening. Dave Tune is not impressed.

Local/Club Fixtures for Feb/March 95

Sun 5 Feb	Ferriby 10	cd 19/1
Sun 12 Feb	Bishop Burton CXC Relays (nr Hull)	
Sun 12 Feb	Dewsbury 10k	
Sun 19 Feb	High Melton Cross-country	
Sun 26 Feb	Snake Lane 10 Pocklington	cd 13/2
Sun 26 Feb	Doncaster Duddle 40	
Sun 26 Feb	Loughborough Reebok 10k	cd 20/2
Sun 26 Feb	Huddersfield 10k	cd 17/2
Sat 4 Mar	Nottingham U Relays	
Sun 5 Mar	Norton 9	cd 26/2
Sun 5 Mar	Spire 10 Chesterfield	
Sun 5 Mar	East Hull 20	
Sun 5 Mar	Belle View Women's 7	
Sun 5 Mar	Spenneth 20	
Sat 11 Mar	National Men & Women Cross-country, Luton	
Sun 12 Mar	Hornsea 10	
Sun 12 Mar	Pontefract 10k	
Sat 18 Mar	National Cross-country Relays	cd 25/2
Sun 19 Mar	Wilmslow AAA Half	
Sun 19 Mar	Wombwell 5	
Sat 25 Mar	Haigh Hall Relays, Wigan	
Sun 26 Mar	World Cross-country, Durham	

Corrections to phones

Please check your number in the published lists and let me know if there is anything to change

NB 5/2/95

Ferriby 10 is at Cottingham!

Runners News

David Haywood has very happily taken on the organisation of domestic events, in place of Don Creamer, though the latter will assist. One repercussion of this is that the Tickhill 10 will be the club 10 this year, as David is looking for ways to make events like Tickhill more popular. It will therefore be in the Club Championship list.

Don't forget that the last Wednesday of each month there is a social with good food at the Homestead, after training. The event is popular and is proving an excellent meeting place. Even in the pouring snow it went ahead with about 20 members.

Members were very saddened last month to hear of the death of former colleague Tim Burrows after a brave fight against cancer. Tim worked for many years at Malinson's tailors on Wellgate, and was an active runner in the 80's.

The South Yorkshire Cross Country championship was of course a general triumph for Rotherham, but there are other ways of looking at it. The strength of performance by other South Yorkshire clubs was very poor indeed at the senior levels, but we can hardly be blamed for that. The disqualification of Dave Tune, (race winner, no SY qualification) and Chris Beighton (vets winner, entered too late) did not cause great distress but left us less happy than we might be. Dave was 1st and Chris 5th RHAC scorers at the finish line, but we still won the team with Paul Rowland, Paul Venables, Lee Collingwood and Jamie Smith. What annoyed some of us was that no-one else was seriously queried as to qualification. The second placed Mark Chapman (SAC) was given the title though some colleagues are not sure he is qualified. We have queried this with Les Outwin. South Yorks Cross-country is of such a low standard compared to our neighbours that we should be looking for ways to strengthen it, not weaken it. Full results next month.

RHAC will have a strong presence at the Loughborough Reebok 10k, chosen largely to show our club support for Rob Holladay who is at college there. Ironically, Rob may have to run in Loughborough College colours as they have first claim on his services, and the event is after all on their campus. If Rob wishes, I will contact LCAC to see if we can borrow him on the day.

The recent heavy snow highlights a way in which runners can greatly assist club organisation. I spent almost 3 hours on the phone last Thursday evening finalising Saturday's XC arrangements then almost 2 hours on Friday listening to views and finally cancelling. This is largely inevitable for good organisation, but some speeded up the process very much by phoning me. It helps enormously if selected runners, or those wishing to take part in races contact me. Also, runners who can "speak for" a group (maybe they train together) are valuable, it gets information spread quicker.

There appear to me to be strong signs that involvement of our younger age groups in road and cross-country

running is getting back to where it should be - apart from very local interest that is. I know that all clubs suffer from losing runners as they approach adulthood, but we don't have to let it happen by default. Our under-15s have all but vanished, and it is an urgent priority both to get them back and ensure it doesn't continue in future.

On the same topic, I am not sure I heard correctly but an announcement on Sunday at Chester was to the effect that of all the Northern clubs not a single one had finished a junior (U-20) team in the cross-country event!

Omitted from the front page report: Julie O'Mara and Joanne Chapman represented RHAC in the Northern cross-country, though Julie must have been disappointed with her uncharacteristically low position in the twenties.

Club Championship List 1995

Sun 5 Feb	Ferriby 10
Sun 5 Mar	Spenneth 20
Sun 5 Mar	Norton 9
Sun 9 Apr	Doncaster Half Marathon
Wed 19 Apr	SOUTH YORKSHIRE Road League Dinnington
Sun 30 Apr	Sheffield Marathon or Half Marathon
Wed 10 May	SOUTH YORKS Road League Worsbrough
Wed 17 May	SOUTH YORKSHIRE Road League Wombwell
Sun 21 May	Eyam Half Marathon
Wed 24 May	Askern 10k
Wed 14 June	SOUTH YORKSHIRE Road League Armthorpe
Sun 18 Jun	Stainforth 10
Wed 28 Jun	Damflask Relays (leg time)
Sat 8 Jul	Thurlstone Chase
Wed 19 Jul	Doncaster Town Centre 5K
Mon 28 Aug	Armthorpe IOK
Wed 13 Sep	Rotherham IOK
Sun 8 Oct	Maltby 10 (inc. S.Y. Champ)
Sun 15 Oct	Hall Cross IOK
?	Worksop Half Marathon
?	Holmfirth 15
	definitely plus club 10 when dated

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