



Parkes Destroys South Yorks Field

Anyone wondering how Chris Parkes abilities or appetite for competition have fared during his long absence from real racing got a clear answer at Graves Park on the 20th when he blasted aside some of South Yorkshire's finest with an awesome display of cross-country running. On a bitterly cold grey day, the field looked like being dominated by Sheffield until Parkes took on, passed and finally destroyed steeplechaser Robert Hough on the very demanding 11k course to such effect that he was also caught by Barnsley's Mark Lavender, who had a class run after being dropped by the leading runners and subsequently working his way back through. Chris' winning margin at the end was over 400 metres.

Paul Venables also worked hard throughout, increasing in strength as the others waned, and ended up despite still unresolved injury problems in 5th place. Not a bad day for RHAC, with Dave Hindmarsh showing what he is made of as first vet.

Chris is being tempted by the notion of moving up to ultra-distance with a view to representative honours; whilst there is no doubt that he could do it he will need to assess the possibility of keeping injury free, and balance also the fact that in the eyes of many observers on Sunday there is nothing really to bar him even now from national appearance at shorter distances like marathon or half.

He certainly has a more mature outlook and approach to what he wants to do, but the old ways still lurk not far beneath the surface. Maybe he needs them for his motivation. He still has in spades the ability to astonish and is certainly a runner different to most. This result came at the end of several 100-mile-plus training weeks, and as dusk fell over a dismal, icy Graves Park, having excused himself from the inevitably slow awards presentation, Parkes was to be seen together with training partner John Comrie heading at a fair lick with back-packs on the 10-mile trail back into Rotherham.

Beighton in Charge at Ferriby

A magnificent 51.16 by Chris Beighton in the Ferriby 10 clipped about a minute off his previous pb and led the Rotherham charge at an event where we have continued to turn out in numbers. In fact Chris led the race well into the final mile, and only on the new sharply uphill finish did the opposition just get past, the event being won by Leeds AC's Scott Mitchell. Chris reckoned that on the old finish it would have been a different story, and was not best pleased. A great performance all the same. With Dave Hindmarsh (55.20) again looking lively in 25th place (second vet overall) and Steve Gaines

solidly in support (57.20) the first vets team prize did not need working out.

The seniors just missed out however, pipped into second place by Hull. Lee Collingwood had a decent run, 12th in 52.52, but he is faster than this. Together with Peter Neal (54.01 15th) and Phil Roberts (54.44 20th) he was unfortunate to miss the start, probably owing to a changed start line. Although he caught up with the lead, the effort was too much. Most of the leading RH racers had satisfying runs eg John Comrie (24th) and Phil Eddison (50th), none more so than Ian Lanceley who continued to improve with a 53.43 13th place. The presence of many entries on the day saw a number of the above get in the prizes.

Gillian Bunker (69.01) and Janet Pike (72.36) also featured in the awards, taking second vet 40 and 50 respectively, and together with new member Diane Taylor making her debut they brought home the second ladies team prize, though sadly due to computer error they were in fact third after Cleethorpes and Spensborough. All in all, without the benefit yet of full results, it looked like a turn-out of around 30 RHAC which is a tremendous start to 1996 and a credit to all concerned.

Northern Cross-country Derby, Saturday 17th February.

The call for serious support for the northern event last week was answered resoundingly by the club's male runners, but in the end all was frustration. The best men's team ever to be selected for RHAC was obliged to languish at home. Even with top omissions like Paul Venables working, and others not yet fully fit, the depth on the day was impressive, many runners being fully focussed on the event.

Having called off last year's men's outing to the northern event a little too hastily perhaps, team manager Peter Humphries was in no haste to repeat the process this year- but that's exactly what had to happen eventually, when the Saturday mid-day weather failed to improve over what was feared. What was however most heartening was that phone discussions with most of the runners revealed that all were ready to travel if asked!

In the event, the races were officially on two and one hour before due to start, but the race referee called off the fixture 20 minutes before the first race on the grounds of unfit course. Probably the right decision, but how the course differed from what it was like an hour or two earlier is not clear. Many officials and teams reported they would not be travelling- but Morpeth did from Northumberland, Border did from Carlisle, and Bingley did amongst others. They probably won't be very happy. If snowed in on the 17th they will be even less happy.

English selectors have since met to try selecting 16 runners from the north but report says they took two or three hours to get down to 52 and had scant chance of proceeding. The events have therefore been rearranged for 17th February at Derby courtesy of Derby Ladies AC, with all start times unchanged.

Entries remain the same, but teams will change. It remains to be seen whether we have a stronger scoring six or not, as some are now available (and entered) whilst others will have to withdraw. All concerned are urged to inform PH on 549125 what their situation is as soon as possible.

Yorkshire Vets Cross-Country 14/1/96 Bramley Fall

Sound running from Steve Gaines in 16th place backed up another fine effort from in-form David Hindmarsh, who ran a splendid 12th. The name of the venue tells you all you need to know about the course, though the true cross-country fans reckon its not all that serious. Dave Richards is returning to race fitness and had a good run in 35th place, followed at large distance by Pete

Humphries in the 70's running out of age group to make up the team. The effort was worthwhile, RHAC finishing 5th on the day with of course many absences. The organisers didnt place us but they are in error.

Alsager 5 :4th February

A good return to racing for Paul Bennett; he ran 24 minutes odd which well-pleased him though he was amazed to find that 24 minutes didn't get you into the first 40 so keen was the competition. Dave Tune was third in 23.19, with a welcome return to racing also for Paul Rowland. A mere 4 seconds covered the first three, with winner international marathoner Mark Flint followed by Carl Warren (Cannock & Staffs). Dave Tune reports 13 runners sub-24 and 45 sub-25.

Club Tote

The monthly draw held at the Annual Awards evening, Albion Road resulted in the following:
£64 no.210 D.Carratt; £10 nos 47 H.O'Mara, 237 D.Morris, 48 P.Purdy. 6 P.Smales.

South Yorkshire Road League

There is delay and confusion over the dates of the road league, Mick Hill is doing his best but has to await decisions of other people. Those published were

Wed 10 Apr	Road League 1 Dinnington
Wed 15 May	Road League 2 tba
Wed 29 May	Road League 3tba
Wed 12 June	Road League 4 Armthorpe

The likeleyhood is one of 2/3 will be moved, and the last one will go back a week. Watch this space.

On a similar topic, sad to say that the Stainforth 10 will be discontinued, we have been supporting it for many years. It is replaced with a Wednesday 10k, but there are so many now. But who are we to moan, with our recent record?

Tough Guy 10

Four colleagues completed the demanding Tough Guy last month: Adele Morris, Jane Clarke, Dave Burke and John Clarke. I have'nt got their times, but to complete it at all in the filthy weather is an achievement.

Club Awards Evening

A good turn-out at the Albion Road club in bad weather. Thanks to Jack Phipps for the mileage awards, Dave Haywood for the quiz, and president Brian Harney for making the awards. In recognition of the improving standards and participation, each qualifier in the club championship received a personal memento in the form of a small silver plated salver.

Footnote

The northern cross-country organisers have given three mobile phone contacts in case of bad weather on the 17th. A lesson learned.

Important Forward Dates

Area and National	
Sat 9 Mar	National Cross-country (M&W) Newark
Sat 16 Mar	National Cross-country Relays, Mansfield
Sat 6 Apr	Northern 12 Stage, Haigh Hall Wigan
Sat 27 Apr	Prob National 12-Stage, Sutton Pk
Sat 18 May	National Vets 8-stage Relay, Heaton Pk, Manchester

U17 Men's
6k at 12.20pm
R.Rhodes
S.Inglis
C.Kehoe
L.Kaighin
D.Leeming

U17 Women's
4.5k at 12.45pm
J.Speight
K.Storey

Junior Women's
4.5k at 1.50pm
E.Green
J.O'Mara
J.Fretwell

Senior Women's
6k at 2.10pm
J.Roberts (Cliffe)
M.Rhodes
J.Hindley
C.Boyd
G.Bunker
S.Burton
J.Jennings
D.Unwin
H.Garrison
R.Grimley
A.Goggin
K.Bennett
J.Chapman

Senior Men's
12k at 2.35pm
C.Parkes
D.Richards
P.Smales
L.Collingwood
S.Gaines
D.Hindmarsh
R.Holladay
I.Lanceley
P.Neal
A.Roberts
P.Roberts
P.Rowland
M.Ruddleston
M.Thompson
D.Tune

Northern Cross-Country

The event has been rearranged to take place at Derby on Saturday 17th February see p1

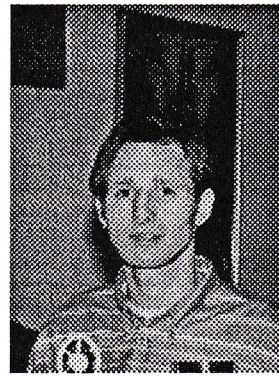
All entries are as before, all times and distances are as before.

Entered runners (left) are urged to contact Pete Humphries on 549125 to verify whether they are/are not available.

In the event of bad weather again, runners should contact me or expect contact on the morning of the event. No decision will be taken before 9am.

ROTHERHAM HARRIERS AND ATHLETIC CLUB
Annual Dinner Dance
at HELLABY HALL HOTEL, HELLABY
on SATURDAY 16th MARCH, 1996
7.30 for 8.00 pm
Bar until 2.00 am
Spot Prizes--Raffle--Ticket Draw

Ticket £18 available from
David Haywood 530319 or
Mick Hague 371095



Club Champions

John Comrie and Rose grimley pictured above.

February Races

Sun 4 Feb Ferriby 10 noon (Club Champs 1st race)
Sun 11 Feb Dewsbury 10k (Yorks champs) 11.30
Sun 11 Feb Tigger Tor Fell 11am
Wed 14 Feb Series Race (6m) at Travellers K'worth 7pm off
Sat 17 Feb Northern Cross-country (M&W) Derby
Sun 18 Feb High Melton Cross-C. 11am
Sun 25 Feb Barton open XC from 11.30
Sun 25 Feb Snake Lane 10 Pocklington 11am
Sat 2 Mar Nottingham University Relays
Sat 2 Mar Manchester XC Races
Sun 3 Mar Norton 9 11am by 23/2
Sat 9 Mar National Cross-country (M&W) Newark
Sat 9 Mar Dentedale 1pm
Sun 10 Mar Pontefract 10k 11 am
Sun 10 Mar Redcar Half 10.30
Sun 10 Mar Hornsea 10 11.15
Sun 10 Mar Spire 10, Chesterfield 10am
Sat 16 Mar National Cross-country Relays, Mansfield
Sun 17 Mar Wombwell 5 11.30
Sun 17 Mar Spen 20 11am
Sun 17 Mar East Hull 20 10am
Sun 24 Mar Retford Half 10.30
Sun 24 Mar Ashby 20 10am

Other awards for 1995 were:

2nd Peter Neal, 3rd Ian Lanceley, 1st vet over 40 Alan Gregory, 1st vet over 50 Peter Humphries.

2nd lady Jane Clarke. Men's B section Graham Benton, C section Malcolm Rhodes, most races John Clarke. Short series Lee Collingwood.

Alan Gregory actually placed 3rd overall but took the vets prize, and into the bargain actually scored highest overall points. The qualifiers on the night voted as usual for their choice of "Runners' Runner".



This competition is always close, but by a narrow margin their choice was Ian Lanceley (pictured left at the Spen 20 in 95).

This is a very well-justified choice which reflects the enormous improvement he has made in his running.

Winter Series--the Travellers at Kimberworth on 14th Feb

The next race of series will be 7 o'clock off at the Travellers on St. Valentines Day, courtesy of Pat Rooney and his colleagues. Striders have tuned out in force for the first two events, and we look forward to a strong Rotherham presence for this third race.

The evening at the Green Bricks was a huge success (results below), thanks to all concerned especially Albert at the pub.

Green Bricks weds 17/1/96 (short 6m)

Pos	Name	Club	Time
1	C.Parkes	FH	28.20
2	I.Lanceley	FH	29.28
3	P.Roberts	FH	30.31
4	K.O'Mara	FH	30.53
5	J.Comrie	FH	31.05
6	P.Eddison	FH	31.12
7	S.France	KS	32.14
8	P.Purdy	FH V	32.28
9	M.Garrett	FH V	33.16
10	S.CartwrightKS		33.28
11	M.Senior	KS V	33.43
12	P.Rooney	KS V	34.00
13	J.Dunphy	FH V	34.01
14	T.Turner	KS V	34.04
15	P.Adams	FH	34.31
16	S.Gorrill	FH	34.51
17	M.Cochrane	FH V	35.06
18	P.Humphries	FH V5	35.08
19	D.Whitehead	FH	35.14
20	H.O'Mara	FH	35.17
21	R.Thomas	KS	35.25
22	A.Rowe	KS	35.45
23	D.Booth	KS V	35.48
24	B.Lockley	KS V	35.58
25	D.Gill	FH V	36.04
26	H.Garrison	FH LV	36.10
27	S.Elliott	KS	36.59
28	D.Hargreaves	V V	37.11
29	P.Whittaker	FH	37.16
30	R.Newbould	FH	37.31
31	D.Draycott	FH V	38.12
32	I.Brookes	KS	38.28
33	S.Thomas	KS	38.37
34	G.Bunker	FH LV	38.56
35	T.Walker	KS V5	39.07
36	M.Concannon	FH V	40.17
37	R.Butterworth	FH	40.18
38	A.Mirfin	FH V5	40.19
39	M.Rhodes	FH V	41.20
40	E.Bywater	KS V5	41.28
41	D.Weatherburn	FH V5	41.49
42	I.Horsley	FH V	42.05
43	A.Bryden	FH V5	43.08
44	A.Brookes	KS L	44.23
45	F.Wagstaffe	FH V6	44.54
46	G.CartwrightKS	L	45.40
47	P.Ruddleston	FH V6	48.49
48	J.Clarke	FH V	49.28
49	I.Lathia	FH LV5	50.26

There is an event being held in parallel with all these races at which a points scoring system will result in overall winners at the end of series.

At the first race (Woodman) the points were for your position in category (ie first lady vet 100 etc, and at the Green Bricks it was handicap.

At the Travellers it will be YOT handicap and at the following race, which will be in Maltby in March, back to categories.

Leaders at the moment are:

194	P.Rooney	KS
189	M.Senior	KS
188	A.Mirfin	FH
187	R.Newbould	FH
186	D.Whitehead	FH
185	I.Brookes	KS
184	S.Cartwright	KS

23 runners have done both races, there are 5 in all. We will let you discard your worst (or absent) performance to make a result for your best four races.

All no doubt sounds complicated, I am trying to keep your interest in the awful winter months.

If, as is possible, bad weather again intervenes, phone me or

Pat the day before or on the night early to check on the state of affairs.

Put out of your mind all thoughts about St. Valentines Day Massacre, I feel sure Pat will find us an easy course!

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 list below is the races selected for the club championship 1996.

Rules of the Competition

Open to all members of RHAC.

Open: Of the races stated, you need to run at least ten. If more than ten, your best ten are counted. First RHAC male runner in each event scores 100, next 99 and so on.

Veteran runners are included in the general list ie they do not score separately.

Ladies do score separately, in the same way. All scoring is according to this formula.

Awards: Open 1st (Club Champion), 2nd, 3rd, first veteran over 40, over 50 (older age groups if they qualify). Most races completed. Also B and C section as follows. Each year all runners completing 10 races or more are regarded as qualifiers. All qualifiers who get no award go forward to the next year as B section. The lower half of the B section is also C section.

Owing to increased participation, ladies' awards are increased. Ladies winner, and runner up. There is now also ladies B section. Ladies compete equally with men for 'most races'.

Short series: ladies and men separately: races which can count are all road races at 10k or shorter. Your best 5 count. In event of tie, your best 6 etc. No need to run 10.

Competitors 1996

Open men and ladies, vets, most races: all club members.

B section men: Roy Butterworth, Phil Eddison, Ken Horan, Rob McCarthy, Bob Newbould, Phil Roberts

C section men: Roy Butterworth, Ken Horan, Bob Newbould

B section ladies: Jen Baker, Par Wells, Adele Morris, Janet Pike

1996 Possible Series (roughly in order but some dates are doubtful)

This is to be revised later, we are short of 10s. The first 9 are certain.

1	4/2	Ferriby 10
2	3/3	Norton 9
3	17/3	Spun 20
4	24/3	Retford Half
5	10/4	SYRL1 Dinnington
6	14/4	Doncaster Half
7	28/4	Sheffield Marathon
8	28/4	Sheffield Half
9	1/5	Prince 10k
10	tba	SYRL2 tba
11	22/5	Askern 10k
12	tba	SYRL3 tba
13	2/6	Woodhall Spa Half
14	19/6?	SYRL4 prob Armthorpe
15	tba	Club 10
16	tba	SY Relays (Damflask?)
17	14/7	Worrall Gala Chase
18	17/7	Doncaster 5k
19	26/8	Armthorpe 10k
20	6/10	Maltby 10
21	13/10	Hallcross 10k
22	27/10	Worksop Half
23	tba	Holmfirth 15
24	3/11	Barnsley 10k