RHAC BRIEFING

1998

February Serving the Rotherham Runner First Wednesday each Month

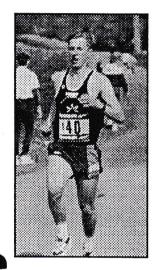


Tune and Team **Excel Themselves**

Dave Tune North of England Champion - Team hold last year's ninth.

Another first for Rotherham, this time and not for the first time courtesy of Dave Tune, a spectacular comprehensive victory in the North of England Cross-country at Heaton Park against the region's finest. Though there have been many honours for RH runners we think this is a first-ever. To back this up, on an occasion when absences and injuries reduced us to a bare team of sixth the runners excelled themselves by holding on to last year's ninth spot which we picked up at Durham.

Darren Hale is running strongly and scored 56th in 40:45 but he was just 9 hours in advance of being a team scorer, qualifying 1/1/98, which meant that the team comprised Dave together with Richard Harris (74th in 41:18), Paul Venables (98th in 42:16), John Comrie (114th in 42:44), Martin Connolly (150th in 43:31) and Peter Neal (195th in 44:23). This is a truly superb result in difficult circumstances, and notably from runners who have supported RHAC strongly this year.



North of England Crosscountry Champion Dave Tune seen here with his road vest on

Vets Fly Despite **Team Miss**

Paul Venables had a tremendous run at the Yorkshire Vets Crosscountry, held in private parkland at South Cave with plenty of difficult soggy going and hilly into the bargain. Paul knew well enough that Bingley's Eddie Irving had to be beaten and soundly did so, but Holmirth's Alan Buckley turned out and was too strong on the day. But Paul is running really strongly since his return from injury. So too is Malcolm Palfreyman; he saw off some class opposition to take third place in the over-50 category, so that both had improved over last year's position.

But irritatingly, all three of our teams placed one lower, so it was bronze medals for the ladies, near miss for the over-50 and silver this year for the over-40 team, just turned over by Holmfirth who couldn't believe they had won it.

Best performance from the ladies on the day was from Gill Bunker in 7th spot. She has had a very powerful cross-country season and at Cantley subsequently added the South Yorkshire vets title. First vet in the championship on the day (5th overall) and first vet in the series; you can't get more comprehensive than that.

Black was well to the fore at Cantley in fact, and it was a pity that a dreadful day sidelined the awards a bit. No matter, we had Julie O'Mara second and Katie Storey (junior lady) third, behind Barnsley's Jill Ingman who is also a junior, so one of them is gold the other silver. Alan Chell wrapped up the series in the men vets with some very consistent running but on the day there was no denying Paul Venables the championship, seeing off Don Wiegel by some 22 seconds.

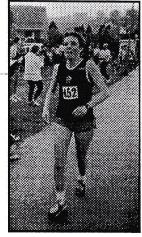
Darren Hale shot off to a win on the day to take the South

Yorkshire title but again it was Andy Aked's strong consistent running which won the series, nursing an ankle problem in third place he was easily good enough.

Other RH successes included a fine 1-2 from Teresa McNaney and Lindsay Muscroft which was also the series result, what a strong outfit this under-13 girls team is, and James Dixon taking a series win at junior men from Richard Chapman.

With numerous seconds and thirds, RHAC has had a brilliant local season off the roads, and we even won the senior and vet teams which frankly surprised me after earlier calculations. But there we are, well done. The results speak for themselves, both under 15 teams second, both under 13 teams first and Rotherham first overall.





Current Vet Flyers Paul Venables and Gill Bunker

Yorkshire Vets Cross-country 11/1/98 Ladies L.Ball G.Bunker Valley RHAC RHAC 41:36 43:36 49:25 1 7 19 26 S.Burton P.Fisher RHAC 42 runners 29 51 52 Bingley Valley Str Rotherham

1	N.Scruton	Team Plaxton	37:8
2	N.Robson	Bingley	37:18
3	M.Palfreyman	Rotherham	37:28
23	T.Hawley	Rotherham	40:54
40	B.Harney	Rotherham	43:06
58	P.Humphries	Rotherham	46:32
64 ru	nners		
64 ru	nners		

1	Bingley	13
2	Holmfirth	42
3	Longwood	45
4	Rotherham	66

G.Spink	Bingley	42:06
		43:29
D.Clarke	Rotherham	48:14
I.Lvnch	Rotherham	51:49
D.Creamer	Rotherham	61:37
	J.Lynch	J.Smithhurst Bingley D.Clarke Rotherham J.Lynch Rotherham

15 m	inners	
(uno	fficial teams)	
1	Bingley	9
2	Rotherham	29

Men	40+		
1	A.Buckley	Holmfirth	34:13
2	P.Venables	Rotherham	34:51
3	E.Irving	Bingley	35:12
14	A.Chell	Rotherham	36:42
20	P.Neal	Rotherham	37:17
21	P.Morris	Rotherham	37:20
23	S.Gaines	Rotherham	37:40
26	D.Ritchie	Rotherham	37:59
36	J.Brogan	Rotherham	39:13

36	J.Brogan	Roth
125 r	unners	
1	Holmfirth	53
2	Rotherham	57
3	City of Hull	68
4	Bingley	100



Adding to a superb RHAC series of results locally, Alan Chell ran a very consistent series- and also placed well at South Cave

S.Yorks Championship,

Car	ntley Park	
Senior	/Vet Men	
1	D.Hale	35:27
3	A.Aked	36:04
7	P.Venables V	36:40
11	P.Roberts	37:07
14	J.Comrie	38:06
	A.Chell V	38:09
15 18	P.Neal V	38:15
20	L.Field	38:30
21	P.Morris V	38:47
28		40:01
	J.Dixon J	
32	R.Chapman J	40:21
44	K.O'Mara	42:03
54	J.Beckett	42:42
67	T.Birks V5	44:01
85	P.Humphries V5	45:32
98	K.Thomas V	47:32
102	D.Russell V	48:03
104	M.Whitaker V5	48:14
120	M.Padfield V	51:05
132	J.Gallacher V	56:12
U17 M	for 8	>
1	M.Bailey BAC	22:55
4	R.Lomas	24:20
5		
9	S.Bates I.Whitaker	24:40 28:47
10	C.Green	28:47
11	J.Siolk	29:06
Wome		
1	J.Ingman JBAC	25:45
2	J.O'Mara	27:14
3	K.Storey J	27:30
5	G.Bunker V	28:15
14	S.Marshall	31:09
17	C.Dauris	32:23
21	J.Chapman	32:45
23	V.Haigh	33:03
31	L.Padfield V	34:34
44	M.Rhodes V	42:25
T1 4P 1		
1	Women K.Ford SRWC	19:35
2		19:35
	L.Whitaker	25:57
8	R.Hart	25:57
U11 E		
1	K.Cooke HH	5:54
10	M.Bates	6:42
11	L.Johnson	6:44

U11 Girls 1 C.Horn BAC

6:20

1	C.Hom DAC	0.20
4	E.Challinor	7:15
14	L.Phillips	8:05
U13	Girls	
1	T.McNaney	12:40
2	L.Muscroft	12:46
5	L.Bloor	14:17
10	F.Dobson	14:52
12	H.Garrison	15:16

U15	Girls	
1	L.Quinn D&S	12:14
4	L.Carnell	12:50
6	N.Chell	12:58
14	R.Kelly	14:27
15	K.Allinson	14:32
16	C.Birch	14:34
21	E.Thomas	16:44
U13	Boys	

1	C.Rawson HH	13:40
2	L.Rooney	14:08
3	R.Stephenson	14:24
4	R.Hastey	14:27
13	A.Booth	16:32
21	J,Gill	17:46
TIME	Dave	

	Boys	11.00
1	T.Smith	16:28
2	P.Marshall	16:29
8	B.Jones	17:35
11	S.Francos	18:22
17	J.Gallacher	19:26

Team Placings-Championship

enior	. —	
	Rotherham HAC Hallamshire	23 35
/eteran		
	Rotherham HAC	15
	Doncaster & St	54
J17 Men		
	Barnsley	12
	Rotherham HAC	28
Vomen		
	Rotherham HAC	24
	Barnsley	43
J17 Wor	nen	
	Barnsley	23
1	Rotherham HAC	10
J11 Boy		
	Rockingham	21
5	Rotherham HAC	
J11 Girl	S	
	Rockingham	39
Į	Rotherham HAC	
J13 Girl	8	
l	Rotherham HAC	18
2	Barnsley	34
U15 Girl	S	
1	Hallamshire	29
2	Rotherham HAC	39
U13 Boy		
1	Rotherham HAC	22
2	Hallamshire	33
U15 Boy	18	
1	Hallamshire	21
2	Rotherham HAC	22

Honours Board

1st
2nd
2nd
3rd
3rd
2nd
2nd
1st
3rd
1s6
2nd
1st
1st

Final League Positions

Thiai League I Ositio			
Men	Rotherham HAC Doncaster &S	63 57	
Vet N	len .		
	Rotherham HAC	58	
	Doncaster &S	58	
Women			
	Rotherham HAC Barnsley	56 51	
1117 T	Vomen		
017	Barnsley	18	
	Rotherham HAC	10	

· New Members

Former Rotherham Harrier Peter Mirrlees rejoined RHAC this month having spent a good few years in the relative quiet of Milton Arms RC. In his younger years Peter, who is 37, found that running with a smaller club was more conducive to his running, but after we reestablished contact with him he has been eventually lured back by our continued success, and aims, in relay events. Though he will perhaps be a real force in veteran running in due course, he will hopefully be a sharp addition to our top-line strength as he has shown he still has a fine turn of speed in the local events- not least the Elsecar runs hosted by his local club. Welcome back.

Doncaster's top middle road distance man Darren Ward adds his weight to our efforts this month, also aiming to join our road-running teams. Darren, who has recently been a top performer at for example the Doncaster Half and Milton 6, perhaps feels that the D&S club will be slow to get on the regional or national scene on the road. Perhaps so, it remains to be seen, though it should be said that their veterans outfit have been making a sound showing in local road and cross-country. Darren, who is aged 31, is aiming to get some sharper training and competition.

Joining this duo is ex-Hallamshire Harrier Angus Rose who is making a return to running at RHAC after a younger career in the sport.

We extend a warm welcome to all. The qualification date will probably be October 1st, which is just before the regional 6-stage relays.

•New members arriving with some frequency, it is smart to make clear what our main aims are for the men's team and how we go about achieving them. It has to be clear to an outsider that although we perform well enough in cross-country (and many members prefer it), we are a more powerful club by a measure on the road. That said, we do not exactly neglect the northern and national cross-country, and this year's national event at Leeds gives us a unique opportunity to show some strength, being not that hard to get to.

However, we can't target everything, and the main ones in consequence are the northern and national 12 and 6-stage road relays, which we really do like to hit 100%. Selection for these events, or even squad membership, is no longer the formality it once was. We never seek to lay down 'qualifying' or 'trial' races but colleagues do understand the situation and are always careful to prove their state of race-fitness to themselves and their team-mates a little before the relays come round. Races like these nearly always demand I send the named entry up to 4 weeks before, so it is always a sound idea to give me a ring to ensure your inclusion in cases where there might be doubt- if you have been out of action for example. The same principles apply to the vets, with their 8stage relay).

Other events, such as the South Yorks Road series, have their importance too-many local runners do not look beyond local races and rate clubs on that basis. But our numbers are usually such that we can organise on a more informal basis.

- · Yorkshire Veterans Athletics Association, of which of course we are members, holds an annual series of races exclusively for vets. We don't normally take part in these, which is a shame, but as I have pointed out to their secretary many of our vets are active in the senior arena not exclusively vets. But the main difficulty is that most events are West Yorkshire based (Bradford-Leeds-Harrogate etc). It's not that we wouldn't travel, but they arrange their fixtures to avoid clashes with big and local events- but events in West Yorks. In consequence many fixtures clash directly with such as the Norton 9. As does the first fixture, which is at St. Bede's Grammar School, Bradford, 11 am on 1st March 1998. Watch the notice board, or contact me if you want further information.
- Recognising Dave Tune's superb performance at Heaton Park, many of us reflect on last year's event where Chris Parkes ran so stormingly, and on events since. Chris has had a terrible year sport-wise, injured and with hopes repeatedly dashed, but you will be heartened to know that contrary to some

reports he has not given up the fight and is spending energy and substance to get back. We hope and pray and believe that he will succeed, and certainly we have not forgotten- how could we forget such running or such a character?

Top national standard runners are not ten a penny, and in the case of Chris Beighton there is promise too that gloomy forecasts may be wrong. A torn calf muscle at Christmas has cost him 3 weeks training but he is back up into the 40-mile bracket this week and seems to be making progress again. We hope so Chris.

- ·Watch out gentlemen. Phil Roberts acquired veteran status on the 1st of February.
- Monthly numbers drawn at the Traveller's, Kimberworth on 28th January: £70 no.136 Paul Whittaker; £10 each no.29 Alan Mincher, no.39 Carl Smith, no.292 Chris Parkes. 200 numbers sold, thank
- The fourth event of the Winter Series is to be held on Wednesday 11th February over the same course as last year, essentially Broom Valley Road out and back with a double right-hand loop round Moorgate Road, Spinneyfield and Beaconsfield. Changing etc at Rotherham Rugby Club, off at 6.45 from the other side of the roundabout on Wickersley Road.
- ·Oh no he isn't! Paul Bennett's exit to the USA, which we lamented from the RHAC team point of view last month, won't be taking place for a good while. Knocked off his motor-cycle in a collision with a car Paul is lucky to have only a broken arm. Whilst that is bad enough and will keep him off work it isn't keeping him off training, and he could be around on April 4th.

• The Club Awards Evening (formerly "Road Night") takes in a new venue this year, 8 o'clock onwards at the Prince of Wales, Masborough (opposite the old station between the Butcher's Arms and the Football Ground). Light entertainment, pie & peas on the night, and all the usual Club Championship and Mileage Awards. Great night out, see you there.

·Smart performance from a Rotherham 'trio' at the prestigious Alsager 5 where Rob Holladay flew our flag with a classy 24:12 in 9th place. Rob is well pleased with this having been a little out of sorts at the Yorks cross-country. Star efforts from Hilary Garrison who took second vet-35 with a storming 30:08 personal best and then Jane Clarke smashing a full 45 seconds off her pb with an excellent 31:30.

· Darren Hale has been successful in his interview for a move to Lancashire Constabulary having now left the army, and has relocated to Preston. He is well aware that by this address change he could make a club switch but has said that he is very happy to be qualified for RHAC at last and is looking forward to joining our race teams, with every intention of staying

Good news from Keith Williams from the tough Woodkirk 10k where he slaughtered the vet opposition finishing 12th overall, this coming after a good run when we last saw him at Barnsley. He has the Dewsbury 10k lined up for Sunday needless to say, and I understand will be joined by among others John Comrie, Richard Harris, Andy Aked and Peter Mangles. Luke Field was going but is sensibly nursing shin splints, and of course many will be at Ferriby.

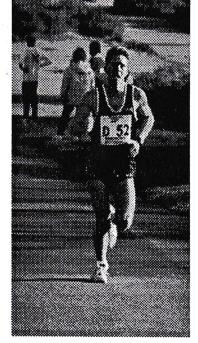
Apart from Dewsbury Keith has in mind to go to

Huddersfield 10k (22 Feb) then meet up with us at the Norton 9. A certain Askern vet is in his sights!

Northern 12 Stage Relay Sat 4th April Leeds

Pictured right Andy Aked at the 6-stage. Andrew had a good series in the South Yorkshires this time finishing clear winner. He doesn't qualify as individual South Yorks, living and born in Notts-but the series is for club members!

February Fixtures Moorside 10k, Meltham 11am Sun 1 Feb SY Schools, Graves Park Dewsbury 10k 11am Ferriby 10 12 noon Stamford 30k 11am Sat 7 Feb Sun 8 Feb Sun 8 Feb Sun 15 Feb Liversedge Half, Roberttown noon Nat XC Relays, Mansfield Snake Lane 10, Pocklington Doncaster Doddle 40 7.30 am Sun 15 Feb Sat 21 Feb Sun 22 Feb Sun 22 Feb Sun 22 Feb Huddersfield RR 10k 11.15am Sun 1 Mar Norton 9 Sun 8 Mar Stafford 20 Sun 8 Mar Chesterfield Spire 10 Sun 8 Mar Pontefract 10k National XC. Leeds Wombwell 5 Sat 14 Mar Sun 15 Mar Sun 22 Mar Sun 29 Mar Doncaster Half Sheffield 10k Sun 29 Mar Sun 29 Mar Ackworth Half East Hull 20 Sat 4 April Sat 4 April Sun 19 April Coniston 14 Northern 12 Stage Relay Leeds Wakefield 10k



National Cross-country Relays Sat 21st Feb Mansfield Tell PH

Winter Series

•Club Championship Results*

Subject to recount and some late results which just could have a bearing, it looks like this. John Comrie 1997 Club Champion with Luke Field runner-up, Ian Lanceley in 3rd place. Both John and Luke have had a brilliant year, both for their own running and the club. Ian might have done even better had not unfortunate injury put him out of action late in the season. It looks like 12 completed 10 races, and 2 ladies, though Jen Baker perhaps did also.

Provisional List for your final checking: please be warned there may always be late

amendments when colleagues read these notes .:

unicitatificates wife	ii concupt	ico read tricoc
John Comrie	979	1st
Luke Field	975	2nd
Ian Lanceley	973	3rd
Andy Parkin	944	
Kerry Booth	914	1st B sect
Richard Burton	913	highest races
Roy Butterworth	906	Ü
Alan Charnock	861	1st C sect
Graham Benton	836	1st vet 40
Malc Rhodes	828	
Alan Mirfin	813	1st vet 50
Phil Widdowson	721	
Hilary Garrison	994	1st lady
Gillian Bunker	979	2nd lady

Winter Series 4
Rugby Club
Weds 11 Feb
6.45 off
Same as last year

New Club Championship Series

Early comments would be welcome regarding the races for this year. I would aim to provide the same basic outline of races, but with a few interesting changes as usual. It is getting difficult to avoid making it a 10k series, as marathons have virtually disappeared and ten mile races are following, Maltby has now gone and appears to be a 10k if run this year, though Ferriby is in fact on.

It would be nice to include the Wombwell 5 in our list this year to pay our respects to James Dixon's former club, James having joined us this last season. Likewise, we ought to try to support Swallownest's efforts at their 10k as we did last year, but our support may be needed organisationally on the ground as well as running this year as Richard Harris' former club colleagues are feeling the strain a bit .

Though we have started off at Ferriby ever since I can remember, some colleagues were not too happy with it last year, so although it is apparently on, we thought we might begin with a change this year. Continuing our 'policy' of visiting new members on their own ground, we thought of starting off on February 8th at the Dewsbury 10k on Keith Williams' home territory- an event which has proved

Ferriby 10 Pocklington Snake Lane 10 Norton 9 Wombwell 5 Doncaster Half

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.

RHAC Awards Night

Weds 18th Feb 8.00 onwards

Prince of Wales
— Masborough
(near Millmoor opposite old station)

Pie & Peas, mileage & championship awards, light entertainment

Travelers 10k 31:48 1 J.Comrie 2 P.Roberts RH 32:04 3 32:40 M. Haffner KS 4 P.Neal RH 33:35 G.Durham RH 33:44 6 33:54 S. Tompkin RH 7 M.Gaynor KS 34:00 8 34:35 R.Lomas RH 9 K.Binney BAC 34:38 A. Gregory RH 34:47 10 L.Crowe KS 34:49 11 12° K.O'Mara RH 36:13 13 T. Hawley RH 36:38 J.Rust MRC 36:42 14 37:03 15 I.Whitaker RH 16 D.Green KS 37:07 KS 37:36 17 P.Rooney 18 A.Rowe KS 37:47 S.Elliott KS 38:07 19 20 R.Butterworth RH 38:11 38:24 **B.**Harney RH 21 22 S. Durdy MRC 38:26 23 K.Booth RH 38:36 KS 38:44 24 M.Nunn 25 I.Soakell KS 38:52 KS 39:06 R.Thomas G.Bunker RH 39:36 27 28 R.Burton RH 39:40 29 D.Buxton MRC 39:41 M.Cochrane RH 39:57 P. Humphries PH 40:12 32 J.Goulty UA 40:21 M. Uttley KS 40:50 33 D.Russell RH 41:44 34 I.Brookes KS 41:58 36 B.Ellis KS 42:09 37 A.Charnock RH 42:12 38 D.Clarke RH 42:19 39 B.Elliott KS 42:53 40 B.Houghton MRC 42:55 M.Rhodes RH 43:11 42 C.Smith UA 43:33 43 R.Cooke KS 43:38 44 B.Soakell 43:45 KS 45 A.Gordon KS 44:51 MRC 45:03 46 D.Sears 47 MRC 45:16 D.Thorpe MRC 45:46 48 **B.Lowndes** 48:14 D.Creamer RH 50 MRC 49:14 J.Sears D.Weatherburn RH 49:39 52 P.Widdowson RH 52:43

Club Fees are due! £10, under 18 £5 Family £15