

January 1994 BRIEFING

Xmas Day winner
Malcolm Rhodes
with president
Jack Phipps



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Proposed Road List for 94

The Club Road Championship is for all club runners, and when we set it up we aimed to maximise the number of awards made. This is not supposed to be an elite list but good standard races are preferable. Races were to be not too expensive and not too far away, we would support local events but we also need to look at improving standards by taking part in good standard events. Clearly we cannot suit everyone's requirements, hence 22 races for 10 (30 when we started)

- Ferriby 10
- Spen 20
- Norton 9
- Doncaster Half
- Road League Maltby
- Road League Dinnington
- Road League Penistone
- Road League Armthorpe
- Askern 10k
- Rotherham 10k
- Stainforth 10
- Sheffield Marathon or
- Sheffield Half
- Club (Tickhill) 10
- Pennine Marathon
- Barnsley 6
- Great North Run
- Maltby 10
- Hallcross 10k
- Barnsley 10k
- Holmfirth 15
- Abbey Dash

These are proposals; final list will be at the Road Evening.
NB Retford Half clashes with Spen
Worksop Half is off
Prince of Wales probably off (at least in its present form)

Woodhouse 7 19/12/93

Fine results from this race with RHAC runners 1,3,7,12,14 etc and 2nd lady. Dave Tune (1), Peter Neal (3) and Lee Collingwood (7) took the team prize.

Cleethorpes 10k 1/1/94

2nd team here with Dave Tune 2nd, Paul Bennett (17) and Mick Thompson (35)

Ward Green 6 and Coalite 10k 26/12/93

RHAC were represented at both these events but without any prize placings as far as I know

ROAD EVENING
14/1
Pitches
See page 2

Pete Neal
Fastest on Xmas Day, 3rd at Woodhouse and a strong RHAC supporter throughout 1994



There are few convenient road races this month, though the cross-country scene is very active.

The next targeted road races will be
Ferriby 10 on 6/2
Spen 20 on 5/3
Norton 9 on 6/3

Forms for these will be at RHAC next Monday

Congratulations

At the AAA dinner at Loughborough in December Arthur Oxley was presented with a master coach award recognising "high achievement in applying the philosophy, science and art of coaching".

National Cross-country relays 12/2/94 at Mansfield

2 teams entered. 8 up to 12 required
Cantley Park training (useful anyway) 8th January 2pm, also following week at a venue to be arranged.
Interested runners contact Arthur Oxley on 0302 323361
(Not long after the cross-country relays are the road relays!)



Christmas Day

	race clock	off after go	actual time
1	Malcolm Rhodes	47.14	5.35 41.39
2	Peter Purdy	47.36	10.35 37.01
3	Brian Harney	47.59	10.35 37.24
4	Jamie Smith	48.20	12.40 35.40
5	John Comrie	48.30	13.15 35.15
6	Mick Masters	48.37	11.55 36.42
7	Peter Neal	48.37	15.30 33.07
8	Hugh O'Mara	48.54	13.15 35.39
9	Janice McWilliam	49.04	9.40 39.24
10	Ian Horsley	49.10	2.40 46.30
11	Norman Grimley	49.17	9.15 40.02
12	Mark Ruddleston	49.24	15.35 33.49
13	Phil Smales	49.24	12.35 36.49
14	Don Creamer	49.42	1.30 48.12
15	Paul Haynes	50.06	8.00 42.06
16	Peter Adams	50.13	9.15 40.58
17	Phil Eddison	51.04	11.50 39.14
18	Paul Stephenson	51.30	5.10 46.20
19	Paul Jepson	51.32	11.30 40.02
20	Phil Allen	51.45	4.00 47.45
21	Mick Thompson	52.06	13.40 38.26
22	Henry Marston	52.40	9.30 43.10
23	Frank O'Neill	52.45	0 52.45
24	Paul Bennett	52.49	16.45 36.04
25	Mark Russell	52.51	16.50 36.01
26	Ian Newsome	53.15	13.10 40.05
27	Julia Jennings	53.56	12.35 41.21
non-runners entered			
	Ken Ridgeway	5.15	
	Bill Hellewell	8.00	
	Gary Hammonds	12.35	
	Paul Riley	13.10	

An excellent race this year, in doubt up to the 5-mile mark. Thanks to all organisers and helpers especially David Haywood and to Jim Brogan for his excellent handicapping.

As there are few road races this month, who's where has been omitted.

However your RACE INFORMATION and RESULTS and PHOTOS are required for February

CLARIFICATION

Rejects Draw at the Road Evening 14th
Your entry if you are successful in the draw has to be sent to London by the 28th

At the moment there are only four rejected entries, You can give them in on the night but your rejection slip will have to be seen and you must be a financially sound RHAC member.

Apologies for the poor standard of picture in this edition, which is due to poor original photos

Road Evening

Friday 14th January at

The Pitches

8pm --awards start 8.30

This event cannot be re-organised and will go ahead despite any bad weather.
Entry by ticket from Peter Humphries or David Haywood

£1.50 per person includes free buffet and raffle for ticket-holders
Mileage awards Club Championship Awards
Quiz Raffle London Rejects Draw

This month we take a quick look at some of the running and training groups available at RHAC.

Senior 'distance' group for men & women; has been operating three years. Monday and Wednesday for 6.30 start. The group comprises a lot of senior and veteran runners.

The backbone of the group is good club runners from say 31.5 up to nearly 40 minutes for 10k races.

Aim- to get the best out of themselves at distances from 5k to marathon.

The members need to have the right attitude rather than ability.

Numbers on club nights range typically from 6 to 12, and typical work includes track, road intervals and hill work.

Training advice and schedules are available for members who do not wish to train with the group.

Further details- contact Jim Brogan (qualified club coach).

Male & Female, various ages

All members can comfortably take training runs at 7.5-8 minutes per mile.

Caters for runners between joggers and 'elite' sections of the club.

Club evenings 8-10 miles, occasionally 12.

Aim- to improve both distance and time and encourage racing from 10k up to marathon.

Policy is that no runner is left to run on his/her own in club runs.

Further details, contact Derrick Clarke.

Junior & Senior 'middle-distance' group for men & women; has been operating many years.

Monday and Wednesday for 6.30 start. The group comprises a lot of junior and senior runners. There are at present about 30 athletes including many of the club's top senior runners.

Many youngsters from age around 14 take part, many showing great promise.

Event distances typically range from 800m to steeplechase.

Help and advice (and schedules) are available for members as long as they want to improve, but at the end of the day success is down to the athlete in direct proportion to the effort and commitment they are prepared to give.

Further details- contact Mick Hague (qualified club coach).

Male & Female, various ages

All members can comfortably take training runs at 8-10 minutes per mile.

Caters for slower runners who wish to become more athletic.

Club evenings 8-10 miles, occasionally 12.

Aim- to improve both distance and time and encourage racing from 10k up to marathon.

Policy is that no runner is left to run on his/her own in club runs.

Further details, contact Peter Ruddleston

Track and Road group.

The group currently contains a number of national standard athletes.

For runners 18 yrs plus, men & women.

The disciplines include track, road and cross country events.

Approach is welcome from any serious athlete who thinks he/she would benefit from assistance.

Contact- Arthur Oxley (BAF Senior national coach)

Marathon Group

Monday and Wednesday for 6.30 start.

Friday 6.30 at RHAC, Sat or Sun by arrangement

Aim- this is a marathon schedule aiming primarily at London or Rotterdam.

Wednesday is a mid-week long run of 10 building up to 15 miles.

Monday/Friday include mile intervals, repetitions, hill sessions and pyramids, building to a maximum around mid-February.

Sat/Sunday is a long run of 15 building to 20 miles, and two overdistance runs (25-30).

Spent 20 and Ashby 20 will be used as time trials.

Further details- contact Eddie Iliffe.

Club Run

Usually led by Don Creamer and/or Peter Humphries

6.30 off on Mondays and Wednesdays, (week-end long & slow 2.30 or 1pm Saturday but phone Don Creamer for confirmation). The run takes in pace of about 7-7.30

minute miling usually, sometimes throughout, but on some occasions has bursts of maybe 6 minute miles, with frequent regrouping, resembling a fartlek session. In spring & summer much of it is off-road.

It is always possible for you to bunch with runners of equal capability or those wishing similar pace but (especially for newcomers) it is a good idea to make sure you know who's who or make sure the "leader" knows your requirements and ability.

The nature of the "club run" is a frequent bone of contention. Your suggestions will be welcome if you have any.

Saturday and Sunday running groups meet at Wickersley.

Contact Jack Phipps or Doug Rufus for further information.

We will feature further details of this next month.

Dec	lg	tt	P-P	Wse7	Tot	Best	D.Wilkinson	7	0	0	0	0	0
A.Gregory	1	0	4	0	4	4	G.Spencer	7	0	0	0	0	0
H.O'Mara	1	5	5	0	10	10	H.Marston	7	0	5	0	5	5
K.O'Mara	1	4	0	0	4	4	M.Wilson	7	0	0	0	0	0
P.Whittaker	1	3	3	0	6	6	B.Siddle	8	0	3	0	3	3
R.Self	1	0	0	0	0	0	D.Morris	8	0	0	0	0	0
A.Chell	2	0	0	0	0	0	J.Beckett	8	0	0	0	0	0
N.Mitchell	2	4	3	0	7	7	J.McWilliam	8	4	5	5	14	10
P.Neal	2	5	5	5	15	10	M.Rhodes	8	5	0	0	5	5
R.Haworth	2	3	4	0	7	7	E.Hammonds	9	0	0	0	0	0
T.Drake	2	0	0	0	0	0	E.Iliffe	9	0	0	0	0	0
A.Joyce	3	0	0	0	0	0	L.Godfrey	9	0	0	0	0	0
D.Richards	3	0	0	5	5	5	P.Purdy	9	0	5	0	5	5
J.Brogan	3	0	0	0	0	0	P.Stacey	9	0	4	0	4	4
J.Crofts	3	0	0	0	0	0	B.Spriggs	10	4	5	0	9	9
M.Garett	3	0	0	0	0	0	D.Beaver	10	0	0	0	0	0
G.Turner	4	0	0	0	0	0	P.Henry	10	5	0	0	5	5
J.Smith	4	0	0	0	0	0	P.Pritchard	10	0	0	0	0	0
M.Masters	4	0	0	0	0	0	R.Varo	10	0	0	0	0	0
M.Thompson	4	0	0	0	0	0	A.Smith	11	0	0	0	0	0
P.Smales	4	0	0	5	5	5	D.Butler	11	3	0	0	3	3
G.Lee	5	0	0	0	0	0	J.Lynch	11	5	4	5	14	10
M.Cochrane	5	5	4	0	9	9	K.Baker	11	4	0	0	4	4
P.Bussey	5	0	0	5	5	5	S.Nixon	11	2	5	0	7	7
P.Jepson	5	0	5	0	5	5	D.Creamer	12	3	0	0	3	3
S.Greaves	5	0	0	0	0	0	D.Weatherburn	12	4	4	0	8	8
D.Russell	6	0	0	0	0	0	J.Harney	12	0	5	0	5	5
D.Whitehead	6	3	5	0	8	8	P.Stephenson	12	5	0	0	5	5
I.Lanceley	6	5	0	0	5	5	R.Rowbotham	12	2	0	0	2	2
K.Thomas	6	0	0	0	0	0	M.Spriggs	13	4	5	0	9	9
P.Humphries	6	4	0	5	9	9	P.Allen	13	5	0	0	5	5
A.Sigsworth	7	0	0	0	0	0	R.Tinker	13	0	0	0	0	0

Leagues for January

1	H.O'Mara P.Whittaker K.O'Mara P.Neal R.Haworth	5	P.Bussey P.Humphries D.Whitehead S.Greaves G.Lee	9	P.Henry G.Bunker(L)* E.Hammonds R.Varo J.Lynch
2	A.Gregory R.Self N.Mitchell D.Richards T.Drake	6	I.Lanceley H.Marston M.Wilson K.Thomas D.Russell	10	S.Nixon(L) P.Pritchard K.Baker D.Weatherburn P.Stephenson
3	A.Chell J.Crofts P.Smales M.Thompson J.Brogan	7	J.McWilliam(L) M.Rhodes P.Adams* A.Sigsworth B.Siddle	11	D.Butler A.Smith J.Harney(L) M.Spriggs P.Allen D.Creamer R.Rowbotham
4	M.Masters M.Cochrane P.Jepson J.Smith G.Turner	8	P.Purdy P.Stacey J.Beckett L.Godfrey B.Spriggs		*new

It is easy to make plenty of mistakes in organising these results, especially as race results take a while to arrive. If there are mistakes, just let me know.

To reorganise the leagues I have left out anyone with two consecutive monthly totals of zero. Let me know if you want to opt out or in.

This month there is not much road racing, so there are only **two** races:

January Time Trial (5th) Clifton Park Cross-country (23rd)

next month, Time trial (2nd), Ferriby 10 (6th) and another.