

# RHAC ROAD & CROSS-COUNTRY BRIEFING

Number 14

# Jan '95

*preview*

## NORTHERN CROSS-COUNTRY

**Sat 28th (Men:Manchester) & Sun  
29th (Women:Chester) January**

RH name a strong squad for the Northern Men's Cross-country on 28th January with a full racing team turn-out looking likely. Peter Morris has restarted training but is ruled out of this one, and Chris Lindley is still unsure after pulling out of the Derbyshire champs with a leg injury but hopes to be fit by then.

We include Notts-qualified Alan Chell and Paul Bennett in the squad, together with Dave and Mick Tune from Humberside. Paul Venables has switched working arrangements to ensure his availability. Paradoxically, Rob Holladay who was ruled too old for the England juniors in Brussels is ruled too young to run for RH seniors here.

For RH ladies, Julia Jennings and company return from holiday in time for their Northern fixture on January 29th and provided the apres-ski hasn't affected them too badly will launch a very serious challenge together with Janet Oxley and Joanna Cliffe who spearheaded our Yorkshire efforts.

Junior women and Men U-17 are also named: full entry list on page 3; travel arrangements to be sorted out.



Christmas Day winner Mick Thompson hard on the heels of new RH recruit Dave Hindmarsh in last year's Graves Park cross-country

### Targets 95

Sunday 8th Jan  
Sunday 22nd Jan

Saturday 28 Jan  
Sunday 29th Jan

Sunday 5th Feb  
and coming soon:

**Sunday 26 Feb**

Sunday 5th March

Yorkshire Vets XC  
South Yorks 4th XC  
& Championships

Northern Men XC  
Northern Women XC  
Ferriby 10

Loughborough  
Reebok 10k  
Norton 9

## Next Wednesday RHAC Annual Awards Evening

Wednesday 11th January

at 8pm

Albion Road Club, Rotherham

Mileage Awards  
Club Championship awards  
Food & Drink, Entertainment  
London Marathon rejects draw  
Quiz  
Tickets only £1 or at the door



### Christmas Day Race Report

With scratch man Peter Neal very keenly handicapped, Mick Thompson felt confident about this year's Xmas Day Race from the start and proved it as he swept through the field from a late start to win by a small margin from Don Creamer, who could feel himself unlucky to lose out after a fine sustained effort. Don was four hundred yards in front at the Stag but the Homestead to Boswell Street is further than it looks and Mick's sprint speed was decisive. The much-coveted award could not have gone to a better club supporter

Late entry Paul Bennett, started 30 seconds after scratch, belied his laid-back appearance by running a brisk 33.10 fastest time in front of Peter Neal, Thompson and Ken O'Mara. The course is rated incidentally as a slightly long 10k (+50 metres).

Many thanks to all officials especially David Haywood, and again to Jim Brogan for some very fine handicapping.

	watch	actual
1 Mick Thompson	47.34	34.19
2 Don Creamer	48.04	47.04
3 Pete Purdy	48.34	37.44
4 John Comrie	48.50	35.15
5 Hugh O'Mara	48.54	36.24
6 Brina Harney	49.10	37.50
7 Paul Haynes	49.15	40.45
8 Phil Eddison	49.36	36.50
9 Terry Hawley	49.43	37.58
10 Peter Neal	49.45	33.35
11 Phil Smales	49.46	38.01
12 Paul Bennett	49.50	33.10
13 Alan Bryden	49.55	46.15
14 John Clarke	50.25	45.55
15 Don Gill	50.28	38.08
16 Malcolm Rhodes	50.38	43.08
17 Pete Adams	50.41	40.01
18 Roy Varo	50.50	43.35
19 Joanna Cliffe	50.56	40.26
20 Ken Ridgeway	51.11	44.01
21 Ken O'Mara	51.23	35.13
22 Phil Allen	52.00	49.40
23 Frank O'Neill	52.23	52.23
24 Steve Newsum	56.13	40.03
25 Ian Horsley	56.30	

•Long-standing efforts to persuade Tony Kelsall to join our Racing Team strength have sadly been unsuccessful. Tony's activities are much guided by his religious conviction, and after his job and family commitments the time for training simply isn't there. As a result, he says he is retiring from competitive running though he will maintain general fitness. With such an immense talent, this is a shame from our point of view but we have to respect the strength of belief which motivates him. Tony has said that if he does regain an enthusiasm, or time, for running his interest will be at Rotherham.

•John Kissane, who guested at RHAC last year, has moved to the London office of his company, which is why we have not seen him lately.

•John Stephenson won the Dearne duathlon series last month in Rotherham colours. John has in fact frequently run as a Rotherham member though he remains at present first claim for Omega RC on road and country.

•As injury problems recede, hopefully permanently, Mark Ruddlestone is threatening to begin serious training shortly with a view to returning to the racing scene.

•If you are a rejected entrant for the London Marathon, there are 5 "club" entries: to be in the draw for them you need to have **evidence** of rejection and be currently up to date financially at RHAC.

You can pay at the door for the Awards Evening. See map (right)  
Championship winners are:

- 1 Peter Neal, 2 John Comrie, 3 Jeff Crofts.

o/40 Alan Gregory, o/50 Dave Weatherburn

Most races Ray Howarth, B section Kevin Thomas, C section John Clarke. Full list opposite.

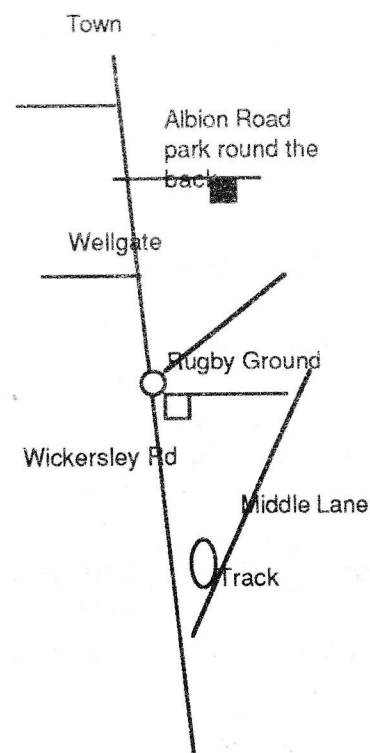
•We had no targeted races over the holiday, but considerable activity. Dave Tune and Julian Moorhouse (Leeds AC), another former A.Oxley trainee, jointly won the Ward Green Six after Sheffield's Mick Thompson had set an early pace. John Comrie also placed well, around

15th.  
•Rob Holladay ran 4th in just over 32 minutes in the Cleethorpes New Year's Day 10k. He was disappointed by the time but the weather was very cold and windy



In-form Steve Gaines (seen here at Spenborough) being spied on by the ubiquitous man in the coat.

Steve ran particularly well at the Yorkshire cross-country





**Northern Cross-country Entries  
Men  
Saturday 28th January  
Heaton Park Manchester**

U17 Men 6k 1.20pm	Senior Men 12k 2.30pm
Matthew Griffiths	Paul Venables Paul Bennett
Paul Hoyland	Peter Neal Gary Claxton
Jonathon James	Tim Drake John Comrie
Craig Kehoe	Paul Rowland Dave Hindmarsh
Lee Kaighin	Lee Collingwood Chris Lindley
Jamie Morris	Steve Gaines Geoff Turner
Robert Rhodes	Adrian Roberts Mick Tune
David Taylor	Dave Tune Jeff Crofts
Stephen Ward	Mick Thompson Jamie Smith
	Nigel Brookes Alan Chell

**Northern Cross-country Entries  
Women  
Sunday 29th January  
Catholic High School, Handbridge,  
Chester**

Junior Women 5k 1.45pm	Senior Women 6k 2.15pm
Joanne Chapman	Julia Jennings
Nicole Christian	Sharon Nixon
Julia Fretwell	Donna Unwin
Emma Green	Janet Oxley
Julie O'Mara	Angela Green
	Caroline Boyd
	Hilary Garrison
	Lynn Padfield
	Gillian Bunker
	Joanna Cliffe

## FIXTURES

Sun 1 Jan	Cleethorpes NYD 10k	
Sun 8 Jan	Yorks Vets Cross-country, Thirsk	closed
Sun 8 Jan	Butterley Brick Half, Ripley	
Weds 11 Jan	RHAC Awards Evening, Albion Rd Club	
Sat 14 Jan	Inter-counties Cross-country, Luton	
Sun 22 Jan	South Yorks Cross-country (4) & Championship, Cantley	see PH
Sat 28 Jan	Northern Men Cross-country, Heaton Pk	closed
Sun 29 Jan	Northern Women Cross-country, Chester	closed
Sun 5 Feb	Ferriby 10	cd 19/1
Sun 12 Feb	Dewsbury 10k	
Sun 19 Feb	?Nottingham University relay?(94 date)	
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
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	Spen 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	
Sat 25 Mar	Haigh Hall Relays, Wigan	
Sun 26 Mar	World Cross-country, Durham	
Sun 2 Apr	London Marathon	
Sat 8 April	Northern 12 stage Haigh Hall, Wigan	
Wed 19 Apr	SY Road Lge(1) Dinnington	
Wed 10 May	SY Road Lge(2) tbd	
Sun 30 Apr	Sheffield Half & Marathon	

**Yorkshire Vets Entries  
Sunday 8th January  
Thirsk Racecourse**

**Ladies 1pm Men 2.15pm**

Entries are  
**Ladies**  
Gillian Bunker  
Mary Rhodes  
Lynn Padfield  
Hilary Garrison  
Caroline Boyd

**Men**  
Mick Padfield  
Steve Gaines  
Alan Gregory  
Geoff Turner  
Jim Brogan  
Chris Beighton  
Peter Humphries

All events 10k

**The Hon Sec has asked me  
to point out that**

**Your Subs are due!**

VERY ADVANCE NOTICE.....NEXT YEAR

Sat 30 Sept Northern 6 stage

Sat 21 Oct National 6-stage both venues to be decided



**CLUB CHAMPIONSHIP REPORT 1994**

		long	short	total	best 10
Peter Neal	1st & short races	3	7	10	20
John Comrie	2nd	6	10	16	25
Jeff Crofts	3rd	3	7	10	57
Ian Lanceley		6	4	10	68
Alan Gregory	Over 40	3	7	10	79
Ray Howarth	most races	6	11	17	83
Brian Harney		3	7	10	131
Peter Adams		3	7	10	132
Kevin Thomas	B section	7	7	14	149
Eddie Illiffe		4	6	10	167
Malcolm Rhodes		5	8	13	183
Graham Benton		5	8	13	237
Dave Weatherburn	Over 50	3	7	10	298
John Clarke	C section	4	9	13	287

Scores 1994 were race positions, hence smallest best.

Numerous familiar names here, but also some pleasing new ones. Whilst congratulating all who participated, especially of course the winners, it is particularly a pleasure to note Jeff Crofts award after the support he gave us this year. Ian Lanceley is a very promising young runner and it will be interesting to see just how fast he will turn out to be.

Dave Weatherburn is a not-so-young runner, and may not get much faster, but you could not find a more regular supporter in RH colours both inter-club and domestically. His has been a reliable presence for many years, and this success is very timely. A number of runners finished just short of ten races (including myself) and have only themselves to blame but mention must be made of Rose Grimley who ran 12 but did not have the required 3 "long" races, leaving the ladies without a winner for their section. **Many thanks to Reg Peart for the time-consuming job of compiling these results.**

**Estimated Expenditure for 1995 (actually Nov 94-Nov 95)**

	£	
Track & Field	3500	
Cross-country	500	*jointly handled
Road	1200	*jointly handled
Fell	200	
Under 13	500	
Club admin	1100	
Equipment	300	
Athlete's grants	800	

These estimates were debated by RHAC Executive Committee and agreed at a financial meeting in November. For any further detail members are urged to contact the secretary.

The RH news briefing is aimed at improving the standard of road and cross-country running at RHAC. Your contributions of results, opinions, plans and photos are vital to its success. I regret however that we cannot publish members' letters or other contributions unless previously arranged.

Available free to members on the first Wednesday of each month. Can be sent by post (stamped self-addressed envelope or 50p per month)

**Produced at Wickersley Comprehensive School by pupils and staff.**

**CLUB CHAMPIONSHIP 1995 (extract from rules)**

Race list is published in News Briefing & elsewhere. 1995 list is not finalised yet but will start with Ferriby 10 on Feb 5th.

(Races will be chosen if possible for (1) popularity, (2) lower cost, (3) nearer travel, but balanced list, timing of event and well-advertised dates have to be considered also.)

Run as many races as you like. Your best ten count. Scoring 1995 is: first RHAC runner = 100, second = 99 etc. ladies score separately, same system. Club colours must be worn, but you will be wearing them anyway! Your ten must include at least 3 "long" races (= ten miles or over) and at least 3 "short" races (= less than 10 miles).

1995 B section is the top half of all those who did 10 but got no award in 1994 ie. Ian Lanceley, Brian Harney and Peter Adams. 1995 C section is the lower half of all those who did 10 but got no award in 1994 ie. Eddie Illiffe, Malcolm Rhodes and Graham Benton.

Awards 1995 to:

Club Champion, 2nd, 3rd.

Male Veteran O/40, O/50 (O/60 etc if such qualify)

B section winner, C section winner.

Men short races; most races done

Ladies 1st & 2nd; ladies short races.

**See full rules in Clubhouse**



Dave Tune at speed in the Thomas Cook 6