

Beighton burn-up Continues

RHAC achieve fine 1-2-3 at Coalite

Chris Beighton has started the new year in style, in the same form as he finished '95, with a brilliant 15.29 in the Harrogate 5k last Saturday. This saw him come home third overall and first vet, in the process thrashing arch-rival Dave Throup (though the Bingley qualifier has moved on to over-45 now). Only Salford's Kevin McClusky (15.04) and M. Armstrong (Sunderland, 15.26) bettered him on the day on this difficult hilly course.

It is only a fortnight since Chris led home the field in the Coalite 10k at Bolsover (32.19) where strong support from a resurgent Mark Ruddleston (2nd in 32.30) and Paul Bennett (third in 32.51) swept the opposition aside, with Mick Thompson running a pb 33.11 for good measure. Jeff Crofts, finishing just outside the first 10, picked up 7th senior prize.



Robert Holladay leads the pack at Ward Green

Yorkshire Vets Cross-country

The event takes place at Pudsey next Sunday, 14th January, over-40s at 2pm. Team entries on page 3.

A Grand Night Out!

Awards Night

Wednesday 24th January
Albion Road Club 8pm

Mileage Awards
Club Championship Awards
Food (pay on the night)
Quiz
Entertainment

all for £1
get your ticket from PH

Nice Day at the Seaside

A race round foggy Cleethorpes was just the thing to blow away the effects of the turkey and mince pies, and Dave Tune, Rob Holladay and Mick Thompson put Rotherham's name prominent in the results list with a fine team win. Together with Julian Moorhouse, Dave and Rob left the rest right away but Rob dropped a little at the mile mark. The pace or the Xmas pud got to Julian on the day and as he dropped back Dave was left with a time trial effort to run home in 30.15, with Rob following but well clear of opposition in around 31.20. Mick ran a pretty sharp race too, edging out ex-Omega John Stephenson to come within 8 seconds of pb.

Dave Hindwarsh was among the prizes too, and together with Phil Roberts, there for the exercise and Mick Tune who is most welcome back, he took third team place after Grimsby (2nd).

Robert certainly likes road racing, this was his second outing over the holiday and he impressed greatly on the demanding hilly Ward Green 6 on Boxing Day. Early leader Mark Lavender (BAC) was reeled in by the field (picture) and after Jubb (Derby AC) had gone away on lap 1 Holladay got him back too to lead into the last hill. The other man's fell-running prowess however was crucial on this course and Rob was obliged to settle for the first of two second places- but a great performance on a bitterly cold day. Ken O'Mara and Ian Lanceley were also at the top end of the results.

Xmas Day Race Results

1	Brian Harney	36.58
2	Peter Neal	33.42
3	Don Creamer	48.00.
4	Mark Ruddleston	33.33
5	Ian Horsley	47.16
6	Phil Eddison	36.30.
7	Jamie Smith	35.51
8	John Comrie	35.47
9	Caroline Boyd	40.05
10	Frank O'Neil	51.47
11	Phil Smales	38.10.
12	Eddie Bywater	45.32
13	Rob Newbould	43.34
14	Peter Purdy	37.57
15	Mick Marsters	38.49
16	Pete Adams	40.43
17	Alan Bryden	49.23
18	Sharon Burton	46.24
19	Paul Haynes	41.37
20	Ralph Rowbotham	52.34
21	Paul Stephenson	50.35
22	Ann Langley	48.49
23	Terry Rooke	48.49
24	Henry Marston	44.42
25	Peter Townson	42.32
26	John Clarke	52.43

Xmas Day Race

Good handicapping by Jim Brogan to get many runners close on Boswell Street, but only after Brian Harney had romped through the field as clear winner. Off the same sort of mark as in previous years, Brian clearly kept off the Christmas spirit on the 24th and has been running very sharply lately in any case.

Ferriby 10

**4th February 1996
Club Champs 1st Race
Closes 29th January
forms from PH**

**your suggestions are
needed for the rest of
the championship list**

Northern Cross-country

Lincoln, Saturday 27th January.

The latest step in the development of Rotherham's serious running potential is intriguing to say the least. We have done brilliantly on the road, and in some areas could say the same about cross-country, but there are serious provisos. We have cleaned up in South Yorkshire repeatedly, but in truth South Yorkshire standards are not very high. In the national relays also we brought off 17th and 16th in the last two years- but the relays do have limited support.

The ladies on the other hand have done rather better in the big events, having scored an impressive fifth place with rather limited resources last year in the Northern event.

All the top road clubs perform well also on the country, and there is no reason why we should be an exception. Put simply, we have got to get this one right or we stand in danger of losing credibility. We have a pretty full availability (see p.3) and of course our strength grows in depth and ability continually. With the Northerns at Lincoln and the National at Newark, everything is in our favour. We are strengthened by the inclusion of Dave Tune and Alan Chell who of course are banned from the Yorks event. Chris Parkes may well run with us but cannot score until Feb 1st.

Yorkshire and South Yorkshire Cross-country

The official Yorkshire results have not yet been received. What was clear was a promising rather than strong turn-out in the younger races, and a good support at the senior end though not from enough of the top runners. There seems to be the same sort of difficulty for us on the country as we keep encountering on the road- the county competition is just not attractive.

The men's team were well in the top 10, Paul Venables scoring first in 25th position with good support from Mark Ruddleston, Adrian Roberts, Mick Thompson, Phil Eddison, Tony Carroll and Phil Smales whilst for the ladies Janet Hindley, Jo Cliffe, Gill Bunker and MaryRhodes were the scorers. RH's best result on the day was Katy Storeys 4th place in the under-17 event.

In South Yorkshire, RHAC leads emphatically after three events with 1939 in front of Hallamshire (1604). In individual sections, only Caroline Boyd leads, in the vet-35 ladies with Gillian Bunker in 3rd place 2 seconds behind Linda Westlake (BAC).

Janet Hindley (L) and Jamie Russell (U15) both lie second but are unlikely to advance. Although not leading any team section, we lead the overall boys and lie second in the girls, which is testimony to very fine all round effort and support. We will not catch Steel City in the men vets, but we narrowly lead the men U17 and comfortably lead the mens and womens events.

The fourth meeting (Graves Park 21st January) is also the championships, and runners who have not yet turned out are warned that their entry, if made on the day, needs to be early to be included in the results.

Northern Cross-country entries Lincoln Showground 27/1/96

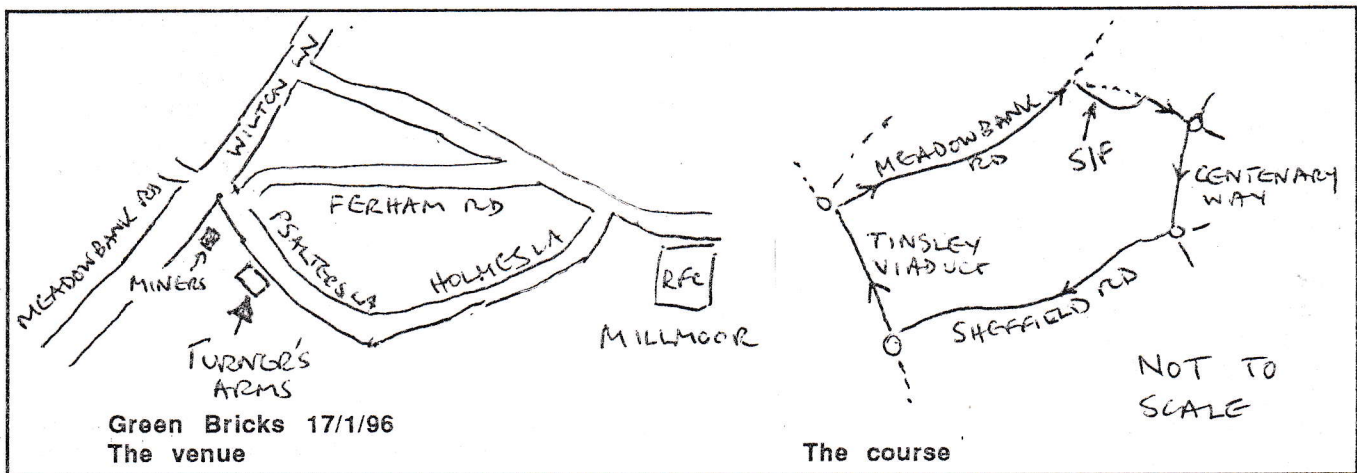
U17 Men's
6k at 12.20pm
 R.Rhodes
 S.Inglis
 C.Kehoe
 L.Kaighin
 D.Leeming

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 (ns)
 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
 P.Venables
 P.Eddison
 T.Carroll
 J.Comrie
 A.Gregory
 C.Lindley
 A.Chell
 J.Crofts
 G.Turner



January and 1996 Fixtures

Mon 1 Jan	New Years Day 10k Cleethorpes 11.15
Sun 14 Jan	Yorks Vets Cross-country, Pudsey
Wed 17 Jan	Series Race (6) at Turners Arms
Sun 21 Jan	SYXC League 4 (inc champs) Graves Park
Sat 27 Jan	Northern Cross-country (M&W) Lincoln
Sun 28 Jan	Tough Guy 96
Sun 4 Feb	Ferriby 10 noon (Club Champs 1st race)
Sun 11 Feb	Dewsbury 10k (Yorks champs)
Wed 14 Feb	Series Race (6ish) at Travellers K'worth
Forward Dates for your Diary	
Sat 9 Mar	National Cross-country (M&W) Newark
Sat 16 Mar	National Cross-country Relays, Mansfield
Sun 24 Mar	Retford Half
Sun 31 Mar	Louth 10
Sat 6 Apr	Northern 12 Stage, Wigan
Wed 10 Apr	Road League 1 Dinnington
Sun 14 Apr	Doncaster Half
Sat 27 Apr	Prob National 12-Stage
Sat 18 May	National Vets 8-stage Relay, Heaton Pk

Yorkshire Vets Cross-country entries

Sunday 14th January at Pudsey
 start 1.00pm; 2.00pm for over 40s

J.Lynch	G.Turner
S.Gaines	P.Purdy
C.Beighton	J.Dunphy
D.Hindmarsh	M.Garrett
D.Richards	P.Humphries

short notice; some are entered on spec.

Travel and course details have not yet been received.

Runners News

There is a likelihood that Rob Holladay will not be available for the Northern 12 stage relay owing to a projected training trip to South Africa organised by his Loughborough coach, George Gandy. This would be a disappointment for the club, and also for Robert as he likes running the relays with us above all. On the other hand, it is certainly in the best interests of the runner and also in the long run that of the club for young athletes like Rob to advance their running careers, hopefully by way of an England vest, and training with influential coaches is an important factor. If he does miss the Northern event, his arrangements may well fit in with the National.

The first club championship race this year is again the Ferriby 10, on a new course with 'legal' start and finish but again from Cottingham School. The event is on 4th Feb at 12 noon with extensive prize list and closes on the 27th January (male, female and vet teams). With top racing team members Dave Tune and colleagues showing interest and Chris Parkes freshly qualified we should be looking at something impressive and a good club turn-out would be a great start to the road racing year. Forms from PH.

The second in our series of winter races will take place at the Green Bricks (Real name Turners' Arms which is between Millmoor and Meadowbank (see panel) and will include a handicap event. This will be approximately six miles, an easy course to remember as it goes past Millmoor, over Centenary Way, through Templeborough to, and over the Tinsley viaduct, finishing along Meadowbank Road. Start at 7.00. The third in the series will be on February 14th at the Travellers, Kimberworth, Pat Rooney (KRC) arranging and Dave Thorpe (Maltby) has kindly agreed to fix us a route starting from The White Swan, Maltby in March though we have yet to try to arrange this with landlord Ray Robinson. The first race at the Woodman was an encouraging success, hopefully these will be equally well supported.

Winners of the second drawing of the club tote are as follows : £70 Paul Staley no,134; £10 Peter Harper (91), Phil Smales (6) and Brian Siddle (107). 200

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.

numbers sold means a profit of £100 to RHAC. Thanks very much to president Brian Harney for inspiring and developing this initiative.

Again on finance, members will be happy to know that £5000 sponsorship of Yorkshire Windows is now in the club's bank account, and the sportsmatch balance to bring this to £10,000 should shortly be forthcoming. This puts us in a healthy position, as this week's Athletics Weekly reported, it should however be borne in mind that we have earmarked developments at RHAC as part and parcel of getting this funding. The key factor overall is that of developing young athletes, but that isn't all. We owe a huge debt of gratitude to Mr. Yarlett at Yorkshire Windows for his support of our efforts, and I am sure that our results will repay him as much as anything.

One financial initiative pending is that of better supporting athletes. This is a sensible and necessary use of club funds, and should there be any doubt about it the increased frequency of "come-ons" from other clubs to our top athletes gives us a clear warning. This is in fact a very very difficult matter to handle, and in order to try to allocate finances on a fair basis, all athletes are being canvassed and are invited to a meeting at the Rugby Club (8pm) on 17th January. Since not all will be able to get, and some may wish to run at the Green Bricks, I will pass on any written or verbal comments to chairman Mick Hague.

Mick Marsters won the Round Rotherham Run in a time a little over 7 hours after the leading group of Marsters, Chris Parkes and Brian Harney split up. Chris, who is in stunning form, ran away from them more than once, but lost his way to finish eventually in 4th place, with Harney 2nd and Mick's time (7.04) a record for the new course. Brian is now on course to win the northern triangle of Darlington Dash, Round Rotherham and Doncaster Duddle when the Doncaster race comes up in late February, as indeed is Mick, although he would have to overturn a 35 minute deficit.

Due to an oversight on my part, there were no prizes for the Xmas Day Race this year. We will put that right at the Awards

evening on the 24th.

As mentioned on p.1, John Stephenson has now left Omega RC and is available 1st claim for RHAC should he decide to stay with us. It does somewhat depend on the outcome of his efforts to obtain sponsorship deals for his duathlon activities in which he is highly ranked nationally. I can't see what John would have to lose by road running with us as the help he needs is not likely to come from a straightforward athletic club, but who knows? Hopefully he will see it the same way.

Club Championship Results

Winner	John Comrie
Runner-up	Peter Neal
Third	Alan Gregory will probably take 1st
Third	Ian Lanceley
Vet O/50	Peter Humphries
B section	Graham Benton
C section	Malcolm Rhodes
Short series	Lee Collingwood
Most races	probably John Clarke

The above seems likely but is subject to confirmation, no results having been available notably for Worksop (the computer has eaten them). The ladies winner and runner-up (the latter a new award) will be between Rose Grimley, Jane Clarke and Hilary Garrison depending on whether Hilary got the 10th race in.

Definite 10-race completions are: J.Comrie, P.Neal, A.Gregory, R.McCarthy, P.Humphries, R.Butterworth, I.Lanceley, G.Benton, P.Eddison, M.Rhodes, J.Clarke, L.Collingwood, R.Newbould, K.Horan; and R.Grimley, J.Clarke, J.Pike, A.Morris, J.Baker, P.Wells.

There are a number of others possible, will they please confirm with me if so: eg N.Grimley, R.Burton, D.Burke.

London Marathon Rejects

If you are rejected by the London Marathon, let PH know very quick. We asked for and have received club entries for the marathon but they only arrived this week. We normally ballot them at the Awards Evening but we cannot do that because the evening is on the 24th and the entries have to be in for a closing date of 15th January. Hence the urgency. I will issue them on or before Wednesday 10th.