



June 1994 BRIEFING

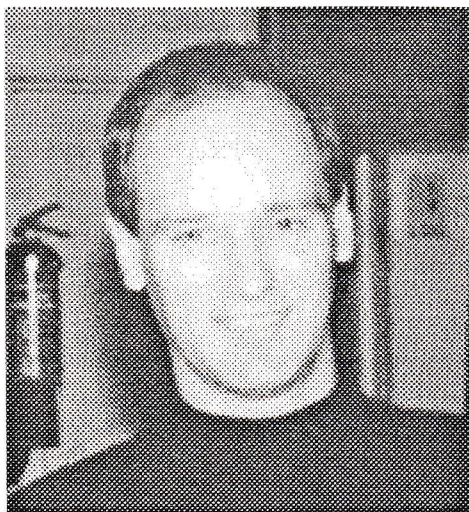
Available free to members on the first Wednesday of each month.
Can be sent by post (stamped self-addressed envelope or 50p per month)
Produced at Wickersley Comprehensive School by pupils and staff.

The RH news briefing is aimed at improving and then maintaining the standard of road 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.

TUNE/NEAL STRIKE AGAIN

Peter Neal's remarkable run of success continued this month with a fine win in the Ernest Harper 10 where he convincingly beat Rob Elstone by some 400 yards with the remainder in a different race. Three days later a pb 30.53 brought him 5th place in the Askern 10k, won by RHAC Dave Tune. This time it was close, but decisive, in front of SAC's A.Ward. Dave's 30.28 headed home a top-class RHAC field with Nigel Brookes 32.00 13th and Lee Collingwood 32.06 17th. Paul Venables was 9th in 31.51.

Gill Bunker was 2nd vet 35 and Rose Grimley 1st over 40. Numerous pb times were recorded as RHAC finished well all through the field. 750 ran.



LADIES IMPRESS IN S YORKS



Congratulations to Hilary Garrison (left) and Rose Grimley who are leading the South Yorks League Senior Ladies and Vets II respectively. Also Gillian Bunker is in line for a lady vets prize. Sadly, Hilary may miss the last meeting at Armthorpe on 8th July due to holidays. With their team colleagues and with in-depth support they have put the Rotherham team in an impressive leading position however. The normal turn-out would probably suffice to ensure a team win but Janice McWilliam, Janet Oxley and others will be making double-sure.

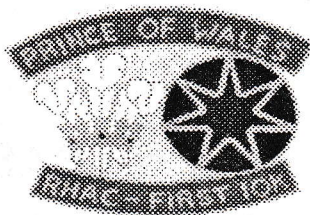
RHAC men have also run well but will not catch BAC now. But Nigel Brookes is set for second place if all goes well. Lee Collingwood is getting back on form and placed 7th at Penistone but will probably not catch the third place man at this late date.

South Yorks Relays Championships
Dam Flask, Bradfield
MEN & VETS (4x3.5m) LADIES (3x3.5m)
WEDS 29th JUNE 7pm

No team limits.

Contact Pete Humphries 549125 if you wish to enter. We go for all three. Big night out.
RHAC are very strong see p2

The Prince at Greasborough



This is the design of a very nice little lapel badge which Dennis Folks at the Prince has obtained for each participant in the first 10k held there last month. If you ran you can get yours from me or from Dennis at the Prince.

Don Creamer, who is organiser for the Tickhill 10. If you have not entered before, you need to arrange your own lift back from Tickhill, but cars will be available to take your kit to Tickhill in time to be there as you finish.

Prizes in all usual categories, and this is also a YOT handicap in which you estimate your race time (and run without a watch), the winner being the nearest.



Tickhill Ten

Wednesday 6th July
off at 6.45 from Herringthorpe

We are grateful for the continued sponsorship of Ian Horsley for this event.

Arrange your own transport back as usual.

Running to Tickhill via main road. In Tickhill fork left after railway bridge and run directly to the church. Exactly as last year. Awards etc at the Carpenters.

The route cannot be marshalled. You must accept responsibility for your own road safety and respect that of others using the roads.

Mince/Steak and kidney pie and peas will be available. Vegetarian by pre-order (let Road Sec know by 3rd July). Vaux beer.

Damflask South Yorks Relays Wednesday 29th June 7pm

Early entrants include:	<u>Seniors</u>	Mick Tune	Paul Bennett	Dave Tune	Paul Rowlands	Lee	
	Collingwood	Peter Neal	Tim Drake	Nigel Brookes	Dave Ritchie	Hugh O'Mara	Ken O'Mara
	<u>Vets</u>	Alan Gregory	Steve Gaines	Pete Morris	Jim Brogan	Pete Humphries	Chris Beighton
	<u>Ladies</u>	Janet McWilliam	Julie O'Mara	Janet Oxley	Julia Jennings	Hilary Garrison	

Teams are declared on the night and we will be able to enter as many teams as we wish up to a very late date maybe even on the night.

Yorkshire Vets at Wakefield (Methley) 17th July

Early entrants include last years winning team of Chris Beighton

Alan Gregory

Steve Gaines

Peter Morris

Don't forget these very important dates:

Yorkshire 6-stage Men and Women Saturday 17th September at Wakefield

Northern 6-stage Men and Women Saturday 1st October at Sheffield

National 6-stage about 2 weeks after date and venue not yet revealed.

Keep these dates free

All contacts, entry and information from Pete Humphries 549125

Sun Jun 5	Woodhall Spa Half	11.3
Wed Jun 8	SY Road League ARMTHORPE	Armthorpe Welfare 6.30pm
Sun Jun 12	River Bank 1/3 Marathon	Goole 11 am
Sun Jun 12	Bradford Half	1pm
Wed 15 Jun	Meadow Court 6 Stainforth	7pm
Fri 17 Jun	Rossett 5, Harrogate	7.30pm
Sun Jun 19	Sheffield Marathon & Half	
Sun Jun 26	Stainforth 10	11 am
Sun Jun 26	Bridlington 10	12 noon
Wed Jun 29	SY Relays	Damflask
Sun Jun 26	Cardinal Heenan 10k	Leeds 10 (L) 11 (M) (Yorks Vets)
Sun 3 Jul	Middlesbrough 10k	10.15 am
Sun 3 Jul	Mansfield Half	10 am
Wed Jul 6	Tickhill 10 6.45	
Sun 10 July	Harrogate Town Centre 10k	12.3
Thur 14 Jul	Hardwick Hall 6, Pilsley	
Sun 17 July	Barnsley 6	
Sun 17 July	Yorkshire Vets Relays	
Sat 23 Jul	Bishop Wilton Half, York	10 am
Sun Aug 14	Harrogate 16	11 am
Sun 28 Aug	Grantham Canal Trail race	9am
Mon 29 Aug	Armthorpe 10k	11.30 am
Sun 4 Sep	Boroughbridge Half	2pm
Sat 17 Sep	Yorkshire Relays Wakefield	
Sat 1 Oct	Northern Relays Sheffield	
Sun 2 Oct	Selby Half	noon

Results from Rother Valley 10k

13 Michael Tune		34.33
18 John Comrie		34.59
45 Malc Palfreyman	M45	37.24
64 A J Smith		38.35
100 Alan Charnock		40.47
102 H J Garrison	F	40.56
110 James Johnson	M45	41.10
112 Norman Grimley	MSO	41.13
117 Malcolm Rhodes	M45	41.28
120 Gillian Bunker	F35	41.42
122 D Beaver	M45	41.43
138 Rose Grimley	FSO	42.25
176 Roy Butterworth		44.24
187 Bryan Webster	M40	44.38
202 Barrie Morgan	M40	45.30
240 Jane Clarke	F	47.04
243 K A Holmes	MSO	47.13
251 Janet Pike	F45	47.27
254 Alan Bryden	MSO	47.31
257 Anthony Taylor	M60	47.42
260 Graham Benton		47.48
267 Alec Brown	M60	48.13
273 Brian Spriggs		48.28
304 Adele Morris	F	49.40
358 John Clarke	M45	53.25
362 Mary Spriggs	F	53.51

Runners' News

Continued improvement has been noted from Mick Tune with this leading place for RHAC, but he beat it at Askern last Wednesday with a 33-minute performance. At Askern, as at Rother Valley, Mick and John Comrie had their own battle, both running on form at the moment. John has been particularly supportive of RHAC for a good while.

Rother Valley also saw a return to competitive running for Malcolm Palfreyman which is very good to see.

Matt Griffiths is in line to win the junior award at the Road Leagues and I hope we will be able to congratulate him at the awards at Armthorpe.

The Rotherham Race Team will go ahead, and runners will be asked their views in due course. Jack Phipps is pursuing possible sponsorship and other channels are open.

Rob Holladay is back at RH and we hope will be racing with us soon.

RH Races is gloomy news. You will no doubt have heard that the Half is off (due to RMBC financial matters), and the 10k and Day of Athletics are off due to low numbers. Weekday evenings are becoming more widely popular (see fixtures) and perhaps we should not be trying to abandon them. You may agree that RMBC's view (min £450 for coning of roads) is short-sighted bearing in mind that funds gained by RH extensively cater for the youth of the area, and this in an area and at a time when society is descending into crime, chaos and anarchy.

Dave Haywood is not giving up so easily however (contd overleaf)

Runners News Continued

and a new date for the 10k has been set. This is Wednesday September 7th, details to follow.

Not only in Rotherham. I am told that the Pennine marathon is off. I do not think we should keep trying to adjust the Club List so it can stay as it is.

Irishman John Kissane has been running with us having moved to Dinnington from Cheshire, where he is still a member. Short of training, he ran a 27 minute time in the Dinnington Road League.

SOUTH YORKS LEAGUE TEAM POSITIONS (1 match left)

Seniors (4 count)

1 Barnsley	agg time 312m28s
2 Rotherham	agg time 318m6s
3 Doncaster	agg time 325m31s
etc	

Ladies (3 count)

1 Rotherham	agg time 291m22s
2 Barnsley	agg time 297m25s
3 Steel City	agg time 313m17s
etc	

Vets Male (4 count)

1 Hallamshire	251m35s
2 Steel City	252m59s
3 Rotherham	256m48s
4 Doncaster	257m06s
5 Stainforth	261m47s
6 Barnsley	263m00s
etc	

Club Championship List

Sun 6 Feb	Ferriby 10, Hull
Sat 5 Mar	Spen 20, Spenborough
Sun 6 Mar	Norton 9, N of Doncaster
Sun 10 Apr	St.Leger Half, Doncaster
Wed 27 Apr	SY Road League 1at Maltby
Wed 11 May	SY Road League 2 RHAC at Dinnington
Wed 18 May	SY Road League 3 at Penistone
Wed 25 May	Askern 10k
Wed 8 June	SY Road League 4 (last) at Armthorpe
Sun 19 June	Sheffield Marathon or Sheffield Half
Sun 26 June	Stainforth 10
Sun 3 July	Pennine Marathon, Huddersfield
Wed 6 July	RHAC Club 10 (Tickhill)
Sun 17 July	Barnsley 6
Wed 7 Sep	Rotherham 10k
Sun 18 Sept	Great North Run, Newcastle
Sun 9 Oct	Maltby 10
Sun 16 Oct	Hallcross 10k, Doncaster
Sun 6 Nov	Holmfirth 15 (provisional date)
Sun 20 Nov	Barnsley 10k (provisional date)
Sun 6 Dec	Abbey Dash (10k), Leeds



I am happy to use this space to feature, and to thank a couple of club colleagues- Peter Purdy (top) and Dave Johnson for their valued assistance especially at both Prince of Wales and Dinnington. Injured and unable to run, Peter turned out at the latter together with Paul Jepson, Peter Adams, Mick Appleyard,, Dave Weatherburn, Peter Little, Reg Peart and Dave, which effectively guaranteed the success of the event.

Dave's contribution is an aspect of his general hard work for RHAC's benefit.

The updated PHONE LIST is almost due.

Have we got your correct number?

Let Rd Sec know if not in the next few weeks.

I hesitate to mention this, butare you in fact a member? Some numbers are not in the list for this reason