



TUNE AND PARKES BACK ON SONG

The brief absence of Dave Tune with a worrying back problem and the longer silence from Chris Parkes came to an abrupt end this week with a couple of impressive performances.

It has been a very worrying month for David as the many runners with back problems will readily understand. After a lot of physio treatment and patience the problem is gone and his training is going better and better. A try-out at Beverley 10k showed no real problems and on Sunday 29th he turned in a 31 minute time, good enough to gain first place in the Immingham 10k, and in the process beating visitor Bruce Chinnick (Westbury), a sub-30 10k runner who won the Bristol Half marathon this year. Dave will probably try the Armthorpe road league as a sharpener and intends if current coughs and colds allow to run the Northern Championship 5k and a little later the Scottish Open 10k Championship, where he will be accompanied by Lee Collingwood.

Chris' return to race form has been most carefully and accurately judged. Interest in his progress is partly that of seeing such a fine athlete back in contention, also that we have been informed that he will team-score as from Feb 1st. It is great to have him running in Rotherham colours again. He has rejoined the race circuit cautiously, accepting lower places in several local races, but on Sunday in the former Ernest Harper 10 (now the "Pinegrove") the waiting was over as he stormed away to an impressive victory, in the process beating Martin Connolly of SAC. Martin has been running very well, which gives a better measure of Chris' performance than his 50 minute 50 time as the course, rerouted by road works in Hillsborough, was reckoned to be maybe nearer 9.5 miles than 10.

Pete Neal came home ninth in the same race in around 54 minutes, followed by Parkes' training partner John Comrie. John's hundred-mile training weeks may have caught up with him a little on the day but he will be out to prove otherwise in tonight's club Tickhill 10.

Prince of Wales 10k



Pictured at the Prince 10k are race manager Dave Haywood with Anne Langley, Pat Wells and Jenny Baker. Thanks to main host Dennis Folks for the welcome on the evening and also for the picture.

RH VETS NATIONAL FIFTEENTH

A sharp 15.10 for the three-mile leg from Chris Beighton placed him fifteenth equal fastest on the day and with very solid backing from team colleagues brought Rotherham home in fifteenth place in the national 8-stage relays (Sutton Park May 20th).
Results p.2

COMING UP--BIG NIGHT OUT

Last Wednesday of the month: June 28th
SOUTH YORKSHIRE RELAYS at Damflask

ALL WELCOME but tell PH you intend to go-teams have to be entered. (You enter as an individual-RH makes up teams)

Last year we won men,vets,ladies and put eight teams in the top 12. We intend a repeat performance.

Because of the relays the social evening at the Homestead is put back a week to July 5th

•Kimberworth Challenge

The challenge against Kimberworth and Maltby was an interesting experience and we thank the clubs most sincerely for their sporting acceptance. It is very difficult to estimate the comparative strengths of clubs and I got it slightly wrong, to the extent that RHAC selections were too strong in depth. I suppose it is something to be happy about looked at in a different light. Anyway, after ruling out 28 RHAC runners our selection at Kimberworth 6 won easily last month. Subsequently I added first three Pete Humphries, Jerry Spencer and John Atkinson to the banned list so that at the Prince we were represented by Rob McCarthy (34.41), Garry Hammonds (34.53), Terry Hawley (35.33), Dave Richards (36.07), Steve Elvidge (36.43) and Hugh O'Mara (36.59). They were also too strong, their 214.56 total beating Maltby (223.43) and Kimberworth (224.46) by a decent margin.

McCarthy, Hammonds and Hawley were added to the list (now making 35) so that at Wombwell in the last fixture we were represented by Steve Elvidge (28.19), Phil Smales (28.51), Dave Richards (29.17), Steve Newsum (29.24), Darryl Bennett (29.46) and John Beckett (31.12). Their total of 176.49 was just behind Kimberworth's 175.28 (France, Rowe, Gaynor, Turner, Green, Senior) but in front of Maltby's 178.49 (Durham, P.Rust, J.Rust, Lowndes, Houghton, Sturart). The total over three races saw RHAC win comfortably enough, but the events certainly provided a focus for a number of runners and the effort was thoroughly justified. Thanks to all concerned.

•Venables back after op

Paul has been missing for several weeks having got the chance to have a routine operation done. Unfortunately it came at a time when he was running particularly well, having outclassed some fine South Yorkshire opposition. To his dismay a promised 'few days off' turned into 2 weeks but there was no particular problem and after a week's "jogging" (his term) he warmed up with a 15.30-ish track 5k last week. He reckons to get back to real competitive form after a couple of weeks holiday and when the work schedules let him.

•Welcome back

The 'old hands' are returning! There are signs of good standards coming back to Mark Ruddleston and Steve Elvidge among others, and Steve Atkin has re-emerged after injury problems.

•Hallam Chase

Our congratulations to Donna Unwin, who won the ladies' handicap last week. Because of the race rules, that is not an overall win unfortunately. Former winner Bram Sprakes was there as usual and one or two newcomers took part and no doubt got a nasty shock. As out and back courses go, this one is a bit different.

•(Not a) new member: Janet Hindley

Janet will shortly be appearing in your results lists, if confused simply read "Oxley". Janet and Ian married whilst on holiday last month, we offer our best wishes. After a considerable rest due to ankle injury Janet is back in training and reckons to be fit to run (though maybe B team) at Damflask, and hopefully fully fit by July.

•Damflask

Also good news: Janice McWilliam intends to run, obviously having made some real headway against the problems which have interrupted her running. With Julie O'Mara, Julia Jennings and Hilary Garrison also positive, this promises a class standard for RH ladies and ladies' vets. The gentlemen also look promising, with among others Dave Tune, Rob Holladay and Paul Bennett lined up to appear, not to mention etc..etc..

•Eyam Half Marathon

I haven't got the results or the times, but Phil Eddison was the 100-scorer as first RHAC on this up and downer, and Gillian Bunker continued a fine run of races by winning the ladies' event outright. Gill is on holiday but will be available for Damflask and York Vets in July.

•Isle of Wight Marathon

On the subject of up and down courses this one is apparently quite daunting. Alan Shepherd ran a pb 3.34.15 last month in finishing 57th out of 200. Alan, who is a 46-year old accountant, joined us in '94 whilst living in Whitby and now lives in Tickhill.

•Prince of Wales

Whilst thanking our hosts at the event and also congratulating the runners for a fine turn out I want to make a special mention of all the helpers who so effectively marshalled and organised the event. As race organiser, I was in serious trouble with some sort of virus and David Haywood in particular took over at short notice in typical generous fashion and with a very successful outcome. Many thanks, and if I may anticipate, also for tonight's Tickhill 10 which I will report next month.

•July issue

Next month's issue will be a July/August joint issue as last year, and will be available on July 5th. May I remind you that the social normally last Wednesday of each month will not take place on 28th June due to the Damflask relays, but will in fact be held on July 5th at the Homestead.

National Vets Relays Sutton Park

Rotherham scored an impressive 15th place out of the 95 competing teams, in the process coming home first Yorkshire club.

Results for the 8 times three mile legs are:

1	Alan Gregory	16.10	38th
2	Dave Richards	17.06	51st
3	Steve Gaines	16.11	33rd
4	Pete Humphries	17.05	38th
5	Chris Beighton	15.10	22nd
6	Geoff Turner	17.12	24th
7	Peter Morris	15.47	17th
8	Jerry Spencer	16.49	15th

Placings:

1	Swansea Harriers	2.05.57
2	Salford Harriers	2.06.21
3	Tipton Harriers	2.06.44
15	Rotherham HAC	2.11.30

This was a very solid performance, and only some 26 seconds separated us from 12th placed Sunderland (2.11.04), though the gap to 11th place was much bigger (Rowheath (2.09.57)). A slightly sharper run from one or two runners and we could have been that bit higher. Certainly David Peter and Geoff were slightly disappointed with their times, and can surely run faster but on the day is on the day, and these are after all not bad times for a course (almost same as the 12-stage short leg) which was by no means easy. The 'top four' looked promising enough to threaten seriously to retain the Yorkshire title next month, all being well.

PRINCE OF WALES 10K 5/5/95

POS	No.			45	492	H.Marston	V45	RHAC	40.35	
1	432	M.Connelly	SAC	31.05	46	423 R.Grimley	LV50	RHAC	40.4	
2	429	C.Parkes	RHAC	32.05	47	452 G.Bunker	LV	RHAC	40.47	
3	453	T.Drake	RHAC	33.01	48	434 G.McCarthy	V40	RHAC	40.54	
4	467	P.Roberts	RHAC	33.53	49	466 P.Thompson		U/A	40.58	
5	490	G.Durham	MFC	33.58	50	460 P.Haigh		RHAC	41.01	
6	450	J.Atkinson	RHAC	34.13	51	478 B.Webster	V40	RHAC	41.07	
7	433	R.McCarthy	RHAC	34.41	52	442 A.Hardy		U/A	41.12	
8	422	G.Hammonds	RHAC	34.53	53	479 R.Thomas		KS	41.2	
9	448	J.Spencer	V45	RHAC	34.59	54	469 I.Allenby	V40	KS	41.31
10	405	B.Harney	V45	RHAC	35.26	55	493 T.Gouruk	V40	KS	42.01
11	401	T.Hawley	V45	RHAC	35.33	56	486 P.Roebuck	V40	U/A	42.09
12	437	P.Smales	RHAC	35.53	57	403 S.Burton	L	RHAC	42.19	
13	475	P.Eddison	RHAC	35.59	58	455 A.Mirfin	V50	RHAC	42.24	
14	427	N.Fletcher	MFC	36.05	59	461 T.Walker	V50	KS	42.36	
15	451	D.Richards	V40	RHAC	36.07	60	426 K.Holmes	V50	RHAC	42.47
16	480	J.Rust	MFC	36.23	61	449 I.Brookes		KS	43.39	
17	454	M.Gaynor	KS	36.35	62	443 R.Cooke	V45	KS	43.37	
18	411	S.Elvidge	RHAC	36.43	63	430 A.Peters	V50	RHAC	43.39	
19	441	A.Rowe	KS	36.56	64	417 D.Burke		RHAC	44.33	
20	420	H.O'Mara	RHAC	36.59	65	470 R.Green	V40	KS	44.36	
21	484	J.Dunphy	V45	RHAC	37.15	66	472 R.Newbould		RHAC	44.5
22	456	D.Green	V50	KS	37.35	67	406 J.Harney	LV	RHAC	45.34
23	438	S.France	KS	37.48	68	412 E.Bywater	V50	KS	45.36	
24	439	M.Senior	V40	KS	37.54	69	404 B.Siddie	V45	RHAC	45.5
25	446	D.Sail	KS	37.58	70	421 D.Weatherburn	V55	RHAC	45.57	
26	473	D.Bennett	RHAC	38.09	71	445 W.Jones		KS	46.41	
27	459	P.Lowndes	V45	MFC	38.15	72	462 D.Bibby		KS	47.07
28	483	S.Gorrill	RHAC	38.17	73	435 P.Varah	V40	RHAC	47.13	
29	436	A.Smith	RHAC	38.24	74	458 I.Horsley	V45	RHAC	47.26	
30	447	P.Rooney	KS	38.32	75	415 J.Baker	LV	RHAC	47.36	
31	468	M.Cochrane	V45	RHAC	38.34	76	418 P.Widdowson		RHAC	47.51
32	482	W.Farrell	V40	RHAC	38.39	77	477 P.Doherty		KS	48.06
33	431	S.Cartwright	KS	38.5	78	409 D.Creamer	V60	RHAC	48.23	
34	474	A.Gregory	V40	RHAC	38.52	79	465 A.Langley	LV	RHAC	48.43
35	481	N.Dring	MFC	38.56	80	444 S.Poole		KS	49.13	
36	489	J.Beckett	RHAC	39.09	81	407 T.Fisher		RHAC	49.19	
37	424	N.Grimley	V50	RHAC	39.49	82	425 A.Mincher	V45	RHAC	49.35
38	463	D.Beever	V45	RHAC	40	83	476 D.Butler	V50	RHAC	49.52
39	487	D.Russell	V40	RHAC	40.02	84	485 R.Evans		U/A	51.43
40	491	R.Houghton	V40	MRC	40.06	85	416 P.Wells	LV	RHAC	52.03
41	440	K.Ward	V40	KS	40.08	86	471 L.Brookes	L	U/A	54.29
42	488	R.Butterworth		RHAC	40.1	87	428 S.Bagshaw	V60	RHAC	54.4
43	413	D.Draycott	V40	RHAC	40.14					
44	457	H.Garrison	LV	RHAC	40.18					

Winner of the second Prince of Wales 10k Martin Connolly (SAC),



pictured here. Martin heard there was a race when running at Kimberworth and turned up on the day thinking it was the half-marathon. First RH was Chris Parkes (below) in 2nd place but Chris reversed the placings at Sheffield on Sunday. Hilary Garrison was first lady with Jerry Spencer, Brian Harney, Gill Bunker and Rose Grimley all winning their sections. Many thanks to Chris and Dennis at the Prince and to Wilf Lee for providing the race prize.

FIXTURES JUN-JUL

Sun 4 June	Woodhall Spa Half 11.30am
Wed 7 June	Tickhill 10 (RHAC Club 10) 6.45
Sun 11 June	Bradford Half noon
Sun 11 June	Ilkley 10k 10.30
Sun 11 June	Scarborough Fayre 10k 10.30
Wed 14 June	SY Road League 4 (last) Armthorpe 7.15pm
Sun 18 June	Stainforth 10 11am
Sun 18 June	Chatsworth Obstacle Race noon
Sun 18 June	5k Lifeboat Chase, Dore noon
Sun 25 June	Cardinal Heenan 10k men 11am women 10am(Y Vets)
Sun 25 June	Swallownest 10k 10.30am
Sun 25 June	Bridlington 10 noon
Wed 28 June	South Yorks Relays Damflask
Sat 1 July	Horsforth 5, 11am
Sun 2 July	Swinton Strawberry Fayre 4.4 1pm
Sun 9 July	Harrogate 10k 12.30
Sun 9 July	Chase 10, Cannock 11am
Sun 16 July	Barnsley 6 1pm
Sun 16 July	Yorkshire Vets Relays
Wed 19 July	Doncaster Town 5k 7pm (vets) 8pm (open)



	RACE	1L	2S	3L	4L	5S	6L	7S	8S	total
P.Humphries	V50	90	92		97	91		87	91	548
A.Gregory	V40	96	97			95		96	97	481
J.Clarke		86		92	86	51		66	69	450
N.Grimley	V50		86		95	69		77	83	410
L.Collingwood			100			100		100	100	400
P.Neal		98				98		98	99	393
J.Comrie		99				97		99	98	393
P.Roberts			95			93		97	96	381
D.Richards	V40		93			82		89	89	353
P.Smales		94				79		87	90	350
K.Booth				100		75		80	86	341
J.Beckett			89			71		79	85	324
G.Benton		87		91		54		74	74	306
A.Mirfin	V50		83			55		72	78	288
R.Newbould			81			57		70	75	283
J.Atkinson						92		94	95	281
R.McCarthy						90		93	94	277
S.Gaines	V40		94			89		91		274
J.Spencer	V40					87		92	93	272
D.Burke		88		93	87					268
S.Elvidge						86		82	92	260
D.Bennett						78		84	87	249
S.Newsum						73		85	88	246
R.Burton				95		68		80	80	243
K.Thomas					92	67		75		234
S.Wraith						74		78	81	233
M.Rhodes				94		59		73		226
M.Padfield						58		71	76	205
P.Rowland			99			99				198
D.Hindmarsh			98		100					198
I.Lanceley			96		99					195
B.Siddele						53		68	73	194
J.Crofts		100				94				194
P.Adams	V40		90		96					186
P.Edlison		92						90		182
N.Brookes		97				84				181
G.Turner	V40	95				85				180
R.Butterworth					94				82	176
M.Herrington	V40	91				81				172
A.Bryden	V55	84	82							166
C.Green				98	65					163
K.Horan				90				72		162
W.Farne II	V40		88			72				160
B.Webster	V40		84					74		158
D.Weatherburn		85						67		152
G.McCarthy						64			84	148
M.Carr						62			79	141
D.Draycott						63		76		139
A.Peters						56		69		125
T.Rooke						52		71		123
P.Ruddlestone						50		65		115
R.Howarth				99						99
A.Parkin					98					98
R.Langley				97						97
D.Sears				96						96
A.Cheli					96					96
K.O'Mara								95		95
P.Staley					93					93
M.Tune			93							93
J.Hind					91					91
D.Gill	V45		91							91
R.Hurt					90					90
R.Sadler					89					89
D.Whitehead		89								89
M.Griffiths						88				88
J.Lynch					88					88
D.Russell	V40		87							87
M.Garrett							86			86
D.Khan			85							85
B.Harney								83		83
M.Palfreyman	V40					83				83
J.Dunphy								81		81
T.Hawley	V40					80				80
K.Holmes								77		77
T.Smyth						77				77
D.Storey						76				76
S.Begshaw								70		70
M.Cochrane						70				70
D.Beevers						66				66
R.Varo						61				61
A.Charnock						60				60
R.Athey										0
M.Smith										0
M.Bailey										0
E.Nutter										0

Notify errors to PH
results are always subject to reassessment

Advice to runners

Club colours should be worn in ALL open races

to score you must
1 be a bona fide member
2 enter as RHAC
3 wear club colours

Club Championship Positions after 10 races

I have not yet got the results in for Askern or Eyam, and Sheffield is explained below.

Can anyone supply Eyam results please?

Not all runners have their correct category entered on this list. Don't worry, taken care of.

- RACE LIST**
- 1 Ferriby 10
 - 2 Norton 9
 - 3 Spen 20
 - 4 Doncaster Half
 - 5 SYRL 1
 - 6 Sheffield Mar/Half
 - 7 SYRL 2
 - 8 SYRL 3
 - 9 Eyam Half
 - 10 Askern 10k
 - 11 Club Tickhill 10
 - 12 SYRL 4
 - 13 Stainforth 10
 - 14 Damflask 5Y relay
 - 15 Thurlstone Chase
 - 16 Doncaster 5k
 - 17 Armthorpe 10k
 - 18 Rotherham 10k
 - 19 Maltby 10
 - 20 Halkcross 10k
 - 21 Workop Half
 - 22 Holmfirth 15

Sheffield Marathon and Half

I have the results list but there are no clubs. This makes the job impossible. Therefore I have to ask members:-

If you ran at Sheffield let me know: there will be lists in the changing rooms, or simply tell me so I can place you.

South Yorks Road League

With one fixture remaining, that is the fast flat Armthorpe course, current standings and chances appear as follows (fewer individual awards this year with less sponsorship):

In the seniors, Lee Collingwood lies third (76.47) behind Martin Connolly (76.00) and Mark Lavender (76.10). Peter Neal (80.02) and John Comrie (80.38) are currently out of the awards in 5th and 6th place.

Alan Gregory(81.51) edged out John Kerr (SCS) (81.14) by 1 second at Wombwell but may not be able to turn this deficit round in the vets. In the O-50s Pete Humphries' desperate run at Worsborough puts him fourth and out of it, and we have no O-60 scorer.

Jane Clarke (100.39) has run particularly well but will not catch Ruby Bentley (BAC) (97.54) so will have to settle for a commendable second place. Julia Fretwell leads the U-17 but I am not sure that there is any award for it. Nonetheless it is encouraging to have Julia and Emma Green running with us at this level.

Hilary Garrison (96.21) needs to make up 44 seconds on Linda Westlake (BAC) (95.37) which is perhaps too tall an order, but Rose Grimley (99.39) has no challenger near enough in the over-45 category.

Teamwise, the picture is a bit stronger. The senior men (4 count) are out of contention for first where Barnsley, who lead by 3 minutes, only have to turn up but will be easily second. In the vets (3 count), we lie 25 seconds behind Steel City and 11 seconds in front of Stainforth. The sharper end of our veteran runners are aware of the situation and Armthorpe should prove interesting in this category. The ladies team (3 count) is a total combined team and Rotherham (296.21) convincingly lead Barnsley AC (301.40) with no-one else in sight.

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**result not counted pending membership query