



## RH INJURY LUCK CONTINUES - BUT THE QUALITY IMPRESSES

Last month's 26th place in the National Vets road relays was a serious disappointment- but this is one of those rare occasions when it is fully justified to look at performance rather than overall result. Remember the prediction after last year's 15th spot? 1996 top ten, 1997 in the medals. I can see no reason to alter the latter part of this prediction. The top ten aim was based on the inclusion of Paul Venables and Chris Beighton, both in the event sidelined with injuries. Without them the very strong RH squad did all that was needed for a top ten place and but for the misfortune of Chris Lindley pulling a hamstring just 1k into the sixth stage, we had it made. In fact if Chris had been able to return a 16.30 time, which is well within his capability, we would have done even better.

As it was, he dropped over 4 minutes, but showed great courage and team spirit by finishing the stage at all - running 5k with a pulled hamstring is risky at best- but this at least gave Steve Gaines and Peter Morris the chance to pull us back into a respectable position.

The consistency of the Rotherham runners was remarkable, with all inside the 16 minute bracket and new boys John Atkinson and Peter Purdy slotted into the team smartly enough to belie their lack of relay experience.

Alan Gregory set us off competently as usual, well in the pack, and on four Dave Hindmarsh looked very sharp as he hammered through the field. A welcome return for Malc Palfreyman kept up the momentum and with three sharp runners to come all looked well. Chris of course was devastated, but it is one of those things that could happen any time to any runner. With a similar problem Sheffield could not complete the stage and were disqualified. We still came home in front of Barnsley and Hallamshire, but it let in the consistent Steel City squad. *Results p 3*

With the possibilities of Paul and Chris returning, and amongst others Peter Neal and Steve Elvidge qualifying, next year's event (which may be in the south) holds out the hope of a real performance.

impressive performances at the relays from "newcomers" Peter Purdy seen here chasing Andy Parkin at Doncaster (both were in action at Woodhall) and John Atkinson (top) who is having a social chat with Alan Gregory at the Sheffield 10k



Owing to lack of space many results have been held over- including the Winter Series which is now complete.

NB Listerdale soon, run as a handicap as well as open event. Probably 26th June-watch notices.

Damflask- Thurs July 25th



South Yorks Road League 2- Wombwell

## FULL STEAM AHEAD IN SYRL

The long interval after the first race does not seem popular; this, together with the fact that it was again in a holiday week could explain the lack of a good few faster runners- not just ours, thankfully. No such problem for Mr. Parkes as Wombwell became the latest venue to be treated to a solo performance of great quality, adding to an amazing series which almost defies belief. Chris' appearance at the four-mile mark had been and gone by over three minutes before the second runner appeared, and it was Barnsley's Dean Leather back after a lay-off. Dean was shadowed closely by Peter Morris however, who had a very smart run after getting back in form, and he is now focussed on turning over John Kerr's lead in the vets class. Ken O'Mara and Nigel Brookes were briefed to bring home the senior team but Nigel had a bad time with stomach trouble and with Gary Durham not yet qualified it was Phil Smales who made up the quartet with Chris, Sam and Ken. Phil talked Nigel through the final stages at some length in the pub, but joking apart it was enough to hold off BAC who also had top runners missing, notably in-form Peter Pleasant with a slight injury, and Mark Lavender.

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## Runners, Races

First the good news- we have a date for the Damflask Relays. Then the bad news- it's on Thursday 25th July rather than its 'traditional' date. Hopefully the change of date will not mean a change of format also- but we will wait and see. Watch the notice boards and let me know you are interested- all runners and all standards.welcome- (we think).

Stainforth AC have announced that the proposed 10k (to replace the 10) will not take place, but happily they are intending to resurrect the Woodhouse 7 in December. Since that was always popular with our members, and since we need a few races to complete the club list, I have told Mick Hill that we will include it. The date is the last Sunday before Christmas, i.e. December 22nd.

Colleagues will be glad to hear that Darryl Bennett, who was injured in the closing stages of the Prince of Wales run, has made a good recovery. It is lucky that he was not far more seriously injured. His most serious hurt was to his elbow which he says is mending nicely. The problems which remain seem to be the legacy of impacts to his knee and shoulder, which he has to work on. He has resumed running and trying (aren't we all!) not to do too much. He has even threatened to come to the Worsborough road league.

Winning numbers for May (drawn at the social night last Wednesday) were £85 Alan Bryden no.295; £10 each for John Lynch no.198, Pete Adams no.1, and Bernie Gould no.206. 230 numbers sold. Thank you Brian.

Paul Venables, Chris Beighton, Andrew Aked all are making progress, Paul is lining up races again. I am making no progress at all from foot and back injuries, it is very frustrating. But up to date I have been consoled by going to races where there has been brilliant support from Rotherham runners all through the field. It makes all the effort worthwhile to see RHAC clearly top South Yorkshire club, in fact taken overall top Yorkshire club as well in my view notwithstanding Bingley's quality front end. And we are getting stronger!

A fine team win for the boys at the difficult Buxton High Peak Half Marathon (formerly Otter HM). Last year we did it with Chris Parkes; even more impressive this year to do it without through the efforts of John Comrie, Nigel Brookes, John Atkinson . I think there might have been one other- apologies if so.. Malc Rhodes and Graham Benton were there as usual.

Best scores from Woodhall Spa were Steve Elvidge (1.15) in 13th place, Peter Purdy

(1.16 third vet) and Andy Parkin well placed- times not yet to hand. About 10 RHAC attended. Hot day. Big race.

After a brilliant 10k win in 30.40 in the Student's Championships, Rob Holladay has lined up the steeplechase this weekend in response to the club's need. If you fancy an alternative to the telly football on Saturday, go along to Woodburn Road Sheffield to add your support to RHAC track and field team who are doing tremendously well in the British Athletic League, slightly surprisingly in view of the fact that the injury list we complain about has the same effect on them- maybe worse even. There again, if you fancy a trip to the seaside, the Northern League team are at Grimsby on Sunday.

Lee Collingwood, who ran a smart 10k at the northern championships last week, was in the no-man's land of fourth position. A tremendous performance, but aggravatingly close to the medals. He is running really well again, having taken the South Yorks silver with 31.39 at the Askern 10k last week. Good results too from Paul Bennett and Mick Thompson at the Notts championships.

Dave Tune was well pleased with his 14.19 in the Inter-Counties 5k last month and now intends to use the olympic trials to turn in a good time. He is also lining up a crack at the national clubs team 10-mile championship at Leyland later on - open entry, three to count. Messrs Parkes, Collingwood, and Neal have been approached so far, but this is no closed shop.

Promising 10k form from Phil Roberts, at Saxilby, and Rob McCarthy, whose 34.14 at the Prince follows pb performance at the Salford 10k last month. Rob regularly carries our colours deep in the enemy territory of Manchester.

Mark Ruddleston is sufficiently recovered to have taken on the Hallam Chase last week, in the company of Bram Sprakes and last year's newcomers' winner Donna Unwin. We may miss Donna for a while, she is off to Israel for a while running "outward-bound" type courses. Mark set off near scratch and had no chance against the eventual winner, but is planning a return next year.

The injury to one of our own runners tends to focus the mind on road running problems; they are in fact far more wide-ranging. I cannot remember a time when more races were altered or cancelled. It has made the planning of a championship

series particularly difficult. Many races are now folding. Many are given dates in the SY advance fixture list only to be shifted or shelved as the date approaches. Reports say that the attitude of the police to road races is changing, though their response to the small number of (admittedly undemanding) events we have recently organised has been as usual courteous and helpful. But you don't need me to tell you just how ridiculous traffic volume and sometimes traffic behaviour has become. Moreover, observers say that the worst dangers seem to arise not in races but on club nights, when the onus is even more clearly on the runner to think safety. Take care.

I am keen to have your pb times and performances for reports in this briefing, no matter what they are or who you are. I cannot phone 750 members to get them; pass them on.

If you are resigning from your club, which we hope isn't RHAC, you should do so in writing and if you continue to compete you should join another club within 28 days. Both clubs have to inform Northern Counties. You should then run for your new club, declaring yourself a non-scorer until your suspension is complete. You cannot be 'unattached' once you have been a club member (despite the status of a well-known local runner, for whom the rules are regularly overlooked). You can in fact join as many clubs as you like, and you can run for any one of them at any time, but you can only score for your first-claim club, which is your oldest membership.



in form at 10k  
Phil Roberts  
(above) and  
Rob McCarthy

## Prince of Wales 10k 1/5/96

The race went according to form with Peter Neal gradually dropping Nigel Brookes as Wentworth approached, but both Nigel and Steve Elvidge getting back towards the performances of former days. Good performances too for Rob McCarthy, and almost-vets Gary Durham and David Ritchie.

Gill Bunker comfortably won the ladies, from Sharon Burton and Angie Ford. The veteran's awards went to John Atkinson and Peter Purdy (O/40), Mick Cochrane and Malcolm Senior (O/45), Brian Harney and Derrick Green (O/50), Don Creamer and Stan Bagshaw (O/60) and June Harney and Indira Lathia (Ladies Vets). In the visitors' category awards were made to Steve Cartwright, Gill Cartwright, Pat Rooney and Alicia Brookes.

Many thanks to Dennis and Chris at the Prince for their hospitality; many thanks also to all our colleagues at Kimberworth and Maltby for joining us in these running ventures this last few months, which have been most enjoyable indeed.

The event was overshadowed somewhat by the injury sustained by RH runner Daryl Bennett, which whilst it was serious enough could have been far more serious. Thankfully he is recovering well. We are all indebted to the prompt help given to him, particularly by other runners in the race. As far as the race is concerned, readers should of course bear in mind that some of the finishing positions are irrelevant for that reason. As this race was scoring towards the club championship, and bearing in mind where the accident occurred I will score it exceptionally as 100, 99, etc down with all remaining entrants scoring.

1	P.Neal	32.58	36	K.Hope	43.21
2	N.Brookes	33.28	37	S.Burton L	43.22
3	S.Elvidge	33.52	38	A.Gordon V4 KS	43.56
4	R.McCarthy	34.18	39	R.Cook V45 KS	43.58
5	G.Durham	34.42	40	R.Green V4	44.52
6	D.Ritchie	34.58	41	P.Roberts	45.14
7	P.Eddison	34.59	42	G.Benton V4	45.15
8	J.Atkinson V4	35.23	43	M.Steer V4	45.27
9	P.Smales	36.04	44	M.Rhodes V45	45.33
10	J.Beckett	36.25	45	S.Poole KS	45.38
11	S.Cartwright KS	36.47	46	D.Burke	46.10
12	B.Harney V5	36.57	47	D.Thorpe V45 MRC	46.13
13	S.Gorrill	37.23	48	J.Harney L	46.18
14	M.Cochrane V45	38.25	49	E.Bywater V5 KS	46.27
15	D.Green V5 KS	38.27	50	R.Houghton V4 MRC	46.29
16	D.Whitehead	38.39	51	A.Ford L	46.50
17	P.Purdy V4	38.42	52	I.Horsley V45	46.52
18	P.Rooney V4 KS	38.47	53	D.Wright	47.13
19	M.Senior V45 KS	39.11	54	D.Bibby KS	47.24
20	D.Beaver V45	39.41	55	K.Baker V4	47.43
21	B.Webster V4	39.45	56	D.Creamer V6	47.46
22	R.Butterworth	39.50	57	W.Hellewell V4	48.04
23	I.Brookes KS	40.07	58	G.Cartwright L KS	48.56
24	R.Newbould	40.12	59	A.Brookes L KS	49.28
25	R.Thomas	40.30	60	S.Bagshaw V6	49.45
26	H.O'Mara V4	41.02	61	D.Askey V4	51.23
27	A.Mirfin V5	41.24	62	F.Wagstaffe V6	51.58
28	P.Haigh	41.33	63	P.Ruddlestone V6	58.26
29	A.Charnock	41.34	64	P.Adams	61.00
30	D.Draycott V45	42.00	65	J.Birks V5	61.00
31	T.Walker V5 KS	42.27	66	A.Smith V4	61.00
32	R.Houghton V4 MRC	42.32	67	J.Clarke V5	61.40
33	H.Marston V45	42.43	68	I.Lathia LV	61.58
34	I.Sokell	42.44	69	J.McDonagh V4	62.05
35	G.Bunker VL	43.01			

### June/July Races

Sun 2 Jun	Thirsk 10 2pm
Sun 2 Jun	Wodhall Spa Half Marathon
Sun 9 June	Norfolk Half 11am
Sun 9 June	Goole River Bank 1/3 11am
Wed 12 Jun	SY Road League 3 Worsbrough
Sun 16 Jun	Potteries Marathon
Sun 16 Jun	Trentham Ladies 3 11.15
Wed 19 Jun	SY Road League 4 Armthorpe
Sun 23 Jun	Swallownest 10k 10.30
Sun 23 Jun	Bridlington 10 noon
Sat 29/30 Jun	Bruges World Vets
Sat 6 July	Burn Valley Half, Masham 2pm
Sun 7 July	Massey F. Half Coventry
Fri 12 July	Scunthorpe 10k 7pm
Sun 14 July	Worrall Gala Chase
Sun 14 July	Yorks Vets Relays Methley
Wed 17 July	Doncaster 5k
Fri 19-23 July	Abbey Eccup 3 day Challenge
Sun 21 July	Gt.Ouseburn 10 Boroughbridge 11am
Thu 25 Jul	SY Relays Damflask
Sun 28 July	Harrogate 10k 12.30



Lee Collingwood in good form- he took silver at Askern in the SY 10k championship. Rotherham swept the board, Chris Parkes taking gold and Peter Neal bronze.

### National Vets 8 Stage Relays

1	Alan Gregory	16.26	35th	1	Swansea	2.06.28
2	John Atkinson	16.43	34th	2	Sunderland	2.06.49
3	Dave Hindmarsh	16.08	19th	3	Tipton	2.07.38
4	Peter Purdy	16.44	17th	4	Salford	2.08.01
5	Malc Palfreyman	16.41	16th	5	Potteries	2.09.50
6	Chris Lindley	20.32	42nd	6	Bingley	2.10.27
7	Steve Gaines	16.35	36th	7	Aldershot	2.11.06
8	Pete Morris	16.02	26th	8	Redhill	2.11.15
				9	Thames H&H	2.11.28
				10	Telford	2.11.43
				11	Stockport	2.12.06
				12	Warrington	2.12.21
				26	Rotherham	2.15.51

**Tickhill Club 10 15/5/96**

It came as no surprise to Parkes-watchers of long standing that Chris would take a sub-50 evening stroll in the annual Tickhill 10. Apart from decently quick performances from Nigel Brookes and John Comrie the highlight was a welcome return to the shorter races for Malc Palfreyman, rolling back the years with a fine 56.52 for first vet. The prize list was completed by Terry Hawley back to something like (58.55 1st O/45) Jerry Spencer (2nd O/40 in 60.23) Brian Harney (1st O/50 60.52) and Roy Tinker (1st O/60 84.40).

A close call in the ladies' race where Joanna Roberts (66.41) took first place narrowly from Jane Clarke (66.48) and Gill Bunker whose 66.57 earned first vet 35. Janice Street (73.32 1st LV/40) and Janet Pike (70.09 1st LV/50) completed the awards. Many thanks to our hosts, and to David Haywood and Don Creamer for organising.

1	C.Parkes	49.57	21	A.Charnock	67.34
2	N.Brookes	55.19	22	M.Widdop V45	68.53
3	J.Comrie	56.42	23	M.Rhodes V45	69.37
4	M.Palfreyman V45	56.52	24	J.Pike LV	70.09
5	P.Eddison	57.17	25	D.Taylor L	71.42
6	T.Hawley V45	58.55	26	G.Benton V4	71.43
7	J.Spencer V45	60.23	27	F.Carden V4	72.12
8	S.Gregory	60.33	28	D.Burke	73.22
9	B.Harney V5	60.52	29	J.Streets L	73.32
10	K.Booth	61.04	30	J.Harney LV	75.11
11	R.Butterworth	62.15	31	D.Weatherburn V5	75.37
12	M.Cochrane V45	64.10	32	K.Horan V5	76.14
13	D.Beaver V45	65.28	33	J.Baker LV	76.14
14	B.Webster V4	65.34	34	A.Bryden V5	76.47
15	B.Newbould	66.35	35	T.Rooke V5	77.07
16	J.Roberts L	66.41	36	I.Horsley V45	77.26
17	A.Mirfin V5	66.46	37	J.Clark V5	82.12
18	J.Clark L	66.48	38	R.Tinker V6	84.40
19	P.Varah V4	66.51	39	P.Ruddleston V6	84.51
20	G.Bunker LV	66.57	40	P.Widdison	87.14

from p.1/ ...Road League...

As a result, Parkes leads the series by some six minutes from John Comrie (4th overall-vets Kerr and Morris scoring separately) and both intend to protect their positions in the remaining two events. Teamwise, RHAC lead Barnsley 210.34 to 213.59 with Stainforth third. Barring carelessness on our part, BAC cannot touch this lead. In the vets, Keith Davies did not turn out and Kerr's 14 second lead over Peter Morris was eroded by Peter's fine 26.30 to only 4 seconds. Alan Gregory (27.53) and John Atkinson (27.56) kept RHAC in front of Steel City, just, by 165.25 to 165.57 with Stainforth again third. Derrick Clarke won the over-60 race on the night but trails Beckett (HH) by 1.33 and may find it hard to overturn this.

In the Ladies race, Carol Wolstenholme (30.41 formerly Carol Wilde, HH) is running brilliantly especially as she is class O/45, and won the race from RH vets Hilary Garrison (31.25) and Julia Jennings (31.59) but with none of these having run at Dinnington, Joanna Roberts 32.53 fourth place, whilst not up to her sharp first race time, was enough to keep her well in the lead. With a turn-out like this, it is not surprising that RH are murdering the combined senior/vets team competition by 194.18 from Barnsley's 200.39. Gill Bunker, Jane Clarke, Janet Pike, and Rose Grimley also ran well on the night, Jane, Gill and Janet are second in their categories whilst Rose now leads the O/45s.

There are no high-value prizes in the road league, usually the individual ones are modest and last year there was nothing to show for the team results. The value to us as a club however is incalculable; local runners at other clubs, and possible new runners, see the results of our turn-out and support all down the field on the night and see the overall results of the road league more clearly than any more high-profile events. They see RHAC as a club worth joining. It's worth a million pounds.

**South Yorks Road League 1-Dinnington 10/4/96**

Senior Men	
1	C.Parkes 24.32
3	L.Collingwood 25.18
9	P.Neal 26.39
10	N.Brookes 26.53
11	J.Comrie 27.01
12	P.Roberts 27.10
19	D.Ritchie 28.01
22	P.Eddison 28.18
26	R.Owen 28.25
30	S.Tompkin 28.35
39	J.Crofts 29.17
44	D.Storey 29.42
45	K.Booth 29.43
50	P.Smales 29.57
56	D.Morris 30.17
61	R.Butterworth 31.04
63	D.Whitehead 31.10
65	D.Bennett 31.22
67	R.Burton 31.37
70	P.Whittaker 31.57
72	S.Greaves 32.00
78	B.Newbould 32.25
82	A.Charnock 32.58
O/40 Vet Men	
3	P.Morris 27.24
4	A.Gregory 27.44
8	S.Gaines 27.58
9	P.Purdy 28.00
15	T.Hawley 28.44
20	D.Richards 29.19
29	H.O'Mara 30.12
31	M.Garrett 30.17
44	M.Cochrane 31.33
51	B.Webster 32.06
54	S.Wraith 32.15
57	M.Widdop 32.38
65	D.Russell 33.26
68	M.Rhodes 34.01
79	B.Siddle 35.52
O/50 Vet Men	
16	A.Mirfin 33.56
23	K.Horan 36.17
24	A.Bryden 36.53
26	T.Rooke 38.37
27	J.Clark 39.27
O/60 Vet Men	
2	D.Clark 35.21
5	B.Gould 40.24
6	R.Ruddleston 43.52
Senior Ladies	
1	J.Roberts 31.52
3	J.Clark 33.14
11	J.Fretwell 37.37
12	S.Burton 37.37
O/35 Vet Ladies	
3	G.Bunker 33.05
O/45 Vet Ladies	
1	R.Grimley 33.45
2	J.Pike 34.36
4	J.Baker 36.24