



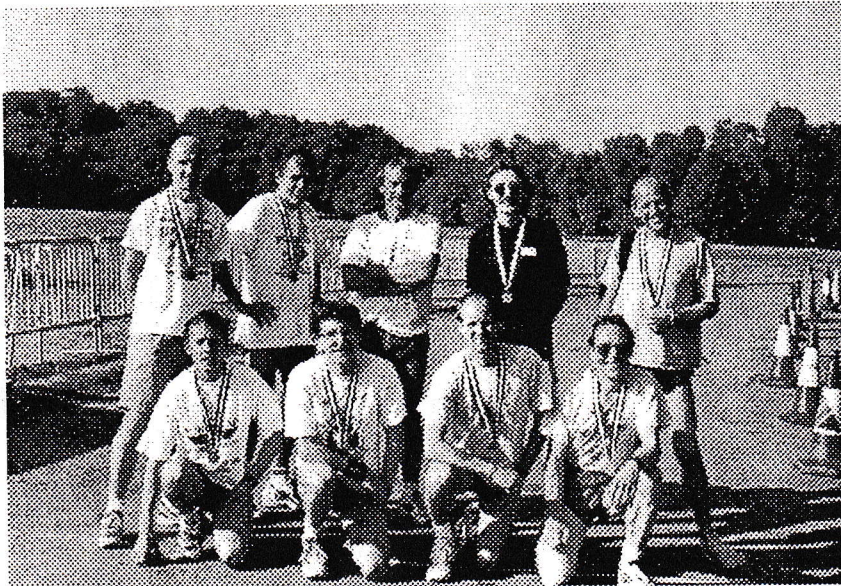
Vets Relays

## Vets time for a Place in the Sun

Less than happy memories of Rushmore Stadium faded last month as Martin Connolly turned in our fastest time on the day to help Peter Neal's outfit sort out some of the nation's best to take the national bronze medals at Aldershot. Early leaders Derby, never before seen at the event, but with some transferred runners, did not quite last the pace, and Brighton and Hove, fresh out of the woodwork this year with some young vet runners were unstoppable on the day. Sunderland came through strongly in the second half, they are always there or thereabouts, but apart from them it was Redhill who looked threatening.

Rotherham's contingent never really faltered despite the very searching heat on the day, Phil Roberts gave us a good start and all carried on the good work. If April and October are times for senior running, then May-July is certainly veteran highlight time and we were not let down by a very lively squad who brought home our first national medals for many a year. As is often the case, the local press was less than quick off the mark to recognise what an achievement this is, and Athletics weekly were not that good either. We ourselves, and local clubs however were not under any illusions- great performance.

Peter Neal took on the team management responsibility as well as running a sharp stage on the day and was rewarded with a resounding success as RHAC swept up third place, pushing pre-race favourites and title holders Redhill into fourth place. Redhill members showed little sportsmanship in defeat and lobbied for Rotherham to be disqualified on the grounds that stages 7 and 8 carried stage numbers I and H rather than H and I. The race referee however was having none of it; we reported to him early and in any case Peter Morris noticed the error as Martin Connolly launched stage 7, and reported immediately. An error in packing the numbers set up the problem, another four or five teams which win with pride but with good grace and if they have to lose, do so with dignity.



Pictured at Aldershot: (back) Alan Chell, Ian Temperton, Peter Humphries (trav. res. & sunbather) John Atkinson, Martin Connolly; (front) Phil Roberts, Peter Morris, Peter Neal, Steve Gaines. Peter is seen below skidding round the start of the second circuit.

Rotherham went into this event with not only Chris Beighton and Paul Venables sidelined but also Steve Elvidge, who I failed in my haste to mention last month, making a slow comeback after injury. Nor on the day did we have the fastest times, but as we have seen before you don't have to field the fastest runners to get some success, you have to avoid fielding slow ones. The squad depth at veteran level is enough to cope with most problems. We would never have counted 18 months ago on having Chris, Paul, Steve and Dave Hindmarsh all unavailable, but there you are.

Missing though they are, their contribution to this success is clear. The high standards they have set and continue to set, have ensured that they continue to be a major factor in this squad, even when they cannot run.

The choice of venue is an interesting question. Sunderland, Rotherham and Derby were the only teams from north of Birmingham out of the forty finishers.

### National Veterans 8-Stage Road Relay

Aldershot 17/5/98

Phil Roberts	20:13
Alan Chell	20:27
Ian Temperton	19:52
John Atkinson	21:06
Peter Neal	19:56
Steve Gaines	20:39
Martin Connolly	19:42
Peter Morris	19:56

1	Brighton & Hove	2.39.32
2	Sunderland HAC	2.40.35
3	Rotherham HAC	2.41.51
4	Redhill RR	2.42.15
5	Derby & County	2.44.24
6	Les Croupiers	2.44.54
7	Tipton HAC	2.45.18
8	Southampton RC	2.46.30
9	Swansea H	2.47.03
10	Bridgend AC	2.47.37

#### Damflask Relays

Weds 24th June

6.30 for 7pm start

tell PH 549125

Big RH Night Out

Beer, pie etc

All can run

Woodhall Spa Half

Road League Armthorpe

Swallownest 10k

Damflask Relays (times)

Strawberry Fayre

Doncaster 5k

Askern 10

NEXT CLUB

CHAMPS RACES



**South Yorks Road League Dinnington  
15/4/98**

category	position	name	time
	1	Rob Holladay	24:50
	2	Mark Lavender (BarAC)	25:37
	3	Luke Field	25:42
	4	Mark Ruddleston	25:44
	5	Simon Wright (D&S)	25:48
	6	Tony Wright (D&S)	25:59
	7	Lee Collingwood	26:04
	8	Dave Bond (Askn)	26:18
	12	John Comrie	27:05
	14	Steve Tompkin	27:37
	17	James Dixon	J 27:59
	25	Richard Lomas	J 28:40
	32	Jeff Crofts	29:11
	46	Ian Whitaker	J 30:05
	48	Jamie Russell	J 30:13
	51	Roy Butterworth	30:55
	55	Mark Utley	32:14
	56	Richard Burton	32:17
	64	Neil Shaw	33:48
	67	Alan Charnock	33:56
	75	Phil Widdowson	35:03
	77	Paul Millson	35:22
	83	Ken Barber	36:44
	1	Pete Neal	V40 26:51
	2	Ian Temperton	V40 26:56
	3	Alan Chell	V40 27:11
	4	Paul Venables	V40 27:31
	5	John Atkinson	V40 27:45
	10	Steve Wraith	V40 29:36
	11	Phil Eddison	V40 29:37
	18	Peter Adams	V40 30:42
	20	Phil Haigh	V40 31:30
	29	Paul Varah	V40 33:59
	37	Graham Benton	V40 37:03
	3	Pete Morris	V45 26:56
	5	Steve Gaines	V45 28:15
	6	Jerry Spencer	V45 28:38
	12	Martin Herrinton	V45 30:00
	24	Dennis Beaver	V45 32:29
	29	Malcolm Rhodes	V50 34:26
	5	Tony Turner	V50 29:15
	6	Terry Hawley	V50 29:33
	9	Mick Marsters	V50 30:04
	15	Mick Cochrane	V50 31:58
	24	Alan Peters	V50 33:26
	28	Malc Whitaker	V50 35:24
	32	John Clarke	V50 36:52
	6	Alan Bryden	V55 38:37
	1	Julie O'Mara	L 29:54
	2	Janet Hindley	L 30:45
	4	Vicky Haigh	L 38:41
	1	Gill Bunker	LV35 32:36
	3	Sharon Burton	LV35 34:37
	4	Jenny Baker	LV45 37:14

14	Steve Wraith	V40	30:54
25	Paul Varah	V40	34:05
1	Pete Morris	V45	27:05
2	John Kerr (SCS)	V45	27:54
6	Jerry Spencer	V45	28:52
30	Malcolm Rhodes	V45	35:27
1	Cliff Ellis (Totl)	V50	29:22
2	Terry Hawley	V50	29:48
6	Tony Turner	V50	30:32
15	Alan Peters	V50	34:21
16	Malc Whitaker	V50	35:35
20	John Clarke	V50	36:35
22	Ian Horsley	V50	39:51
2	Pete Humphries	V55	33:04
11	Alan Bryden	V55	37:58
5	Arthur Jeavons	V60	45:10
1	Vicky Haigh	L	37:02
1	Gill Bunker	LV35	32:35
5	Sharon Burton	LV35	35:18
5	Jenny Baker	LV45	38:31

**South Yorks Road League Wombwell  
27/5/94**

1	Rob Holladay	25:05
2	Luke Field	25:12
3	Simon Wright (D&S)	25:14
4	Dave Bond (Askn)	25:21
5	Tony Wright (D&S)	25:34
6	Mark Lavender (BarAC)	25:50
7	Lee Collingwood	26:18
8	Peter Mirlees	26:51
11	Steve Tompkin	27:09
15	John Comrie	28:00
16	Jeff Crofts	28:05
18	Richard Lomas	J 28:12
27	Ian Whitaker	J 29:14
28	Jamie Russell	J 29:16
34	James Dixon	J 30:18
37	Cain Green	J 30:59
43	Richard Burton	31:35
54	Paul Whittaker	32:57
57	Neil Shaw	33:05
58	Roy Butterworth	33:24
62	William Beardshall	33:59
68	Phil Widdowson	34:26
76	Paul Millson	35:10
79	Andrew Gray	38:28
1	Pete Neal	V40 26:23
2	Ian Temperton	V40 26:45
3	Phil Roberts	V40 27:19
4	Alan Chell	V40 27:25
5	John Atkinson	V40 27:33
11	Steve Wraith	V40 29:38
13	Phil Eddison	V40 29:51
19	Mick Teather	V40 31:09
28	Graham Benton	V40 35:59
29	Pete Neill	V40 36:08
1	Pete Morris	V45 26:20
2	Don Weigel	V45 26:43
6	Jerry Spencer	V45 28:16
10	Martin Herrington	V45 29:33
1	Cliff Ellis (Totl)	V50 28:24
2	Terry Hawley	V50 28:53
6	Tony Turner	V50 29:53
18	Malc Whitaker	V50 34:13
24	Ian Horsley	V50 38:37
10	Dave Weatherburn	V55 37:59
5	Stan Bagshaw	V60 40:54
3	Vicky Haigh	L 36:40
1	Gill Bunker	LV35 31:54
4	Sharon Burton	LV35 34:23
5	Jenny Baker	LV45 38:08



Phil Roberts brings home stage 1 at Rushmore Stadium (above); Ian Temperton is seen storming through the field shortly into stage three



**League positions after three events**

**Senior & Junior Men (4 count)**

1	Rotherham HAC	309:47
2	Doncaster & Stainforth	323:05
3	Barnsley AC	332:14
4	Askern DAC	345:38
5	Steel City Str.	350:32
6	Kimberworth Str.	376:58

**All Veteran Men (3 count)**

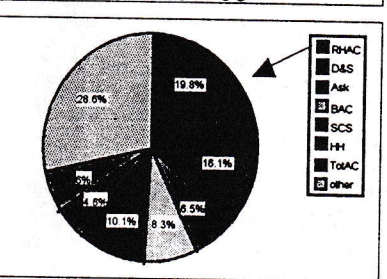
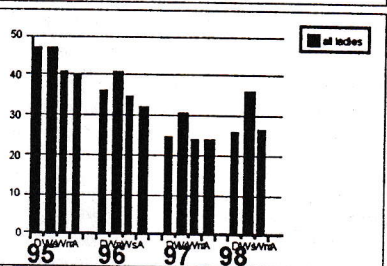
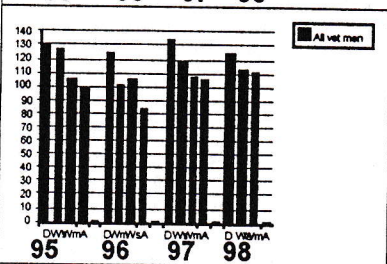
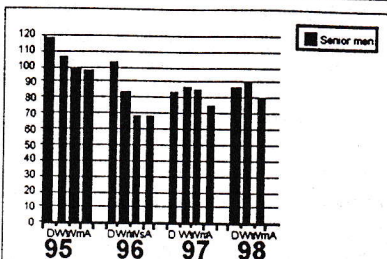
1	Rotherham HAC	242:46
2	Steel City Str.	255:39
3	Doncaster & Stainforth	260:14
4	Barnsley AC	262:52
5	Maltby RC	275:34
6	Totley AC	279:03
7	Askern DAC	279:33
8	Hallamshire H	284:49
9	Penistone FR	292:05
10	Valley Hill Str.	298:12
11	Kimberworth Str.	302:32
12	Wombwell SAC	319:39
13	Handsworth R.	321:32

**All Ladies (3 count)**

1	Rotherham HAC	301:07
2	Barnsley AC	320:37
3	Totley AC	326:37
4	Doncaster & Stainforth	337:18
5	Valley Hill Str.	366:27

**South Yorks Road League Worsbrough  
13/5/98**

1	Rob Holladay	25:30
2	Dave Bond (Askn)	25:47
3	Simon Wright (D&S)	25:50
4	Lee Collingwood	25:53
5	Luke Field	26:00
6	Tony Wright (D&S)	26:05
7	Mark Lavender (BarAC)	26:09
8	Mark Ruddleston	26:38
12	Darren Ward	28:00
21	John Comrie	28:45
22	Steven Bates	J 29:05
23	Richard Lomas	J 29:06
35	Ian Whitaker	J 30:29
36	Jamie Russell	J 30:42
45	Roy Butterworth	32:24
48	Richard Burton	32:39
52	Mark Utley	33:14
54	Paul Whittaker	33:30
57	Neil Shaw	34:02
61	William Beardshall	34:21
67	Cain Green	J 34:49
75	Alan Charnock	35:42
79	Phil Widdowson	36:10
84	Paul Millson	38:10
1	Ian Temperton	V40 27:19
2	Alan Chell	V40 28:11
3	Pete Neal	V40 28:11
4	John Atkinson	V40 28:28
10	Phil Eddison	V40 30:12



On the statistical front, we have been thinking for a while that race numbers are decreasing. Road league numbers (see diagrams) bear this out to some extent, certainly there was a drop in 1995 to '97 but 1997 and 1998 are holding steady. The pattern is clear for senior men and all ladies, but in veteran men there has been no fall, maybe the reverse. This seems to indicate that runners reaching vet age have replaced those lost to the sport for whatever reason, but we are not getting the new runners at the younger end. Of course, this is solely the road leagues, but it could be more general.

# RH Set to Retain Road Titles

All three Rotherham teams are more than 10 minutes in the lead in the South Yorkshire Road League, nearly 20 in the ladies' case. With our usual turn-out at Armthorpe this should be a job already well done.

Of the total field at Wombwell, a fifth came from Rotherham, with Doncaster & Stainforth not far behind. The only Juniors in the field were from RHAC with Richard Lomas in the lead for the title. He is a great road prospect, and deserves it. Bad luck on James Dixon however, who whilst still qualifying for RH has missed a race and is running injured into the bargain.

A very small ladies squad has done a marvellous job of representing us, Jenny Baker lies fourth 0-45, and also ever-present this season is Vicky Haigh who leads the senior ladies by around 7 minutes. The team result owes most however to the impetus given by Gill Bunker who is nearly five minutes ahead in the vet 35 class and Sharon Burton who may hold third place though she only has 28 seconds on Dawn Fletcher who finished 45 seconds in front at Wombwell.

Considerable entertainment is on the cards at vet 40 level where Peter Neal took 22 seconds off Ian Temperton's lead last time out but still has 25 seconds to find. Ian won't be having that by any means. Alan Chell and John Atkinson lie third and fourth. Peter Morris is out of this one, now running in SYRL as O-45 where he leads John Kerr by some 1m30s. Pete impressively beat Don Weigel at Wombwell, but Don hasn't done the races anyway. Jerry Spencer lies fourth but needs a defaulter to improve. Our leading O-50 runner is Terry Hawley. If Cliff Ellis turns out Terry won't catch him but he only leads Tony Stuart by 2 seconds, which again could be interesting for the onlookers. Tony Turner stands fourth.

At the senior level Rob Holladay, Luke Field, Lee Collingwood and Mark Ruddleston have set up the healthy position, Mark having gone on holiday was replaced at Wombwell by Steve Tompkin really, though we have inadvertently let the officials include Peter Mirlees who is a non-scorer for a while, who was making his 'home debut' in black again. Lee has continued his support despite not being fully well, which has been a major plus for our team result. Robert has hit these events seriously, and doesn't appear to have been pressed, his initial run at Dinnington for me being the highlight of the series so far.

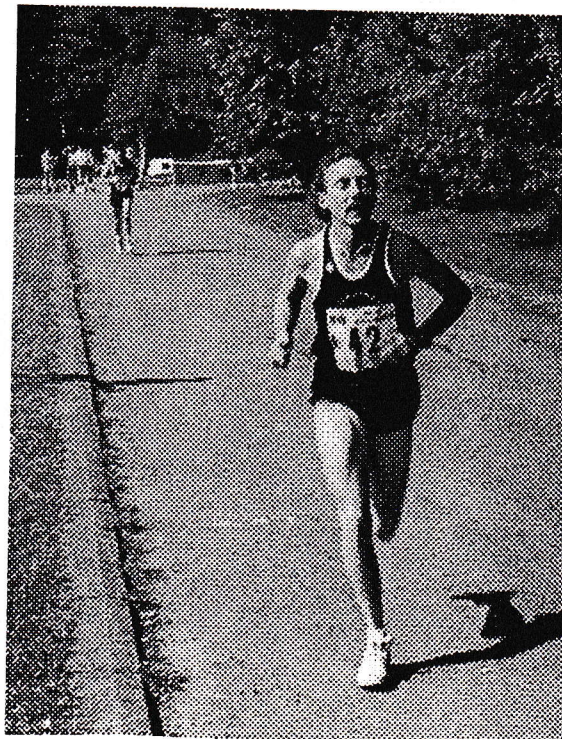
Whilst Rob stands no danger for first place, Luke has been running really sharply since his comeback from injury and now has to take 2 seconds off Simon Wright if he wants second place, other contenders being outside the time slot.

Finally, many thanks to Malc Whitaker and Dennis Russell for bringing their squad members along, it is a great encouragement to see them.

## June/ July Races

- Wed 3 Jun Mansfield 10k, Skegby
- Sat 6 Jun Buxton Half 5.30pm
- Sun 7 Jun Goole River Bank 11am
- Sun 7 Jun Northern 10k Runcorn
- Sun 7 Jun Chatsworth Obstacle, noon
- Sun 7 Jun Woodhall Spa Half
- Wed 10 Jun SY Road League 4 Armthorpe 7.15
- Wed 17 Jun Kimberworth 10k 6.45
- Thur 18 Jun Bronte 5 Haworth N.Yorks 7.30pm
- Sun 21 Jun Swallownest 10k 10.30
- Sun 21 Jun Potteries Marathon Stoke
- Sun 21 Jun Bridlington 10 noon
- Wed 24 Jun SY Relays, Damflask pm
- Wed 1 Jul High Storrs Hobble 7.30pm
- Wed 1 Jul Maltby Abbey Dash 7pm
- Sat 4 Jul Burn Valley Half, Masham 2pm
- Sun 5 Jul Strawberry Fayre 4.5 Swinton 1pm
- Sun 5 Jul Mansfield Half
- Wed 8 Jul RHAC Tickhill 10 6.45pm
- Fri 10 Jul Scunthorpe 10k 7pm
- Sat 11 Jul Dorma 5 Buxton 2pm
- Sun 12 Jul Ranby Prison 10k 6.15pm
- Sun 12 Jul Yorks Vets Relays Methley
- Wed 22 Jul Doncaster Town Centre 5k
- FORWARD.....
- Sat 26 Sept Northern 6 stage relays, Sheffield
- Sun 4 Oct Great North Run

John Atkinson heads into his second lap in the vets 8-stage relay. The heat got to him at half way but he got it back together.



**Askern 10k**

A brilliant time trial 29.37 from Dave Tune lifted the major trophy at the Askern 10k and set up a team win for RHAC with Luke Field and Peter Neal, the ladies also just edging out Goole through Janet Hindley, Gillian Bunker, and Vicky Haigh.

Dave was unlucky that Paul Bennett, who was lined up to pace-make, was ill on the day and although he tried, was not up to his usual pace and in fact dropped out for a time, then a headwind back down the main road finally put paid to the record attempt by just three seconds. Looked at another way, it is nice to have the record stand- the name on it being that of Chris Parkes.

**Runners**

Chris himself is running, well enough for many people but not right yet, but it is good to see him making progress. So too is Chris Beighton, who I think may be thinking in terms of competing again soon; what a fine thing it would be if he could after all the time injured and the problems of getting back.

Paul Venables time alone at the Dinnington Road league told us there was something wrong, and he regrettably had to pull out of the vets relay squad. But not before he had tried numerous times to get the speed back, being right one day and not the next. Glandular fever was diagnosed, which can take weeks or years to overcome- but it does look hopeful that a shorter term might suffice according to recent reports.

Brian Harney is recovering well from knee surgery which will certainly keep him out a month or two, but the future looks promising. Also on the over-50 front, Mick Cochrane is sidelined with foot tendon problems and in my own case a two-year battle against slipped disc and achilles tendon trouble appears lost- but hopefully not the war. All of this is a great pity as it deprives us of a lot of the backup for Malcolm Palfreyman, Tony Turner and Terry Hawley who are all running fine performances.

Whilst Ken Horan's running future still looks doubtful after back injury, Jenny Baker is running superbly to compensate in a way; some fine times notably doing well in the road leagues.

**New Members**

We extend a warm welcome to Warren Vayro who joined us first claim last month, his previous club being HalifaxAC. Warren is no stranger to Herringthorpe, having trained with us for some time.

Julian Davey confirmed his membership application this week; he is another testimony to Mark Ruddlestone's work as RHAC ambassador. Having been at the same races as Mark and Paul Bennett, Julian was running unattached though he is a former member of Rowntrees AC. While his home is in Wakefield, he is currently in the Army working in Bath and expects placement in Kenya shortly for a matter of months, which will get rid of the suspension period if he has to serve one. His last local outing was at the Wombwell 5 back in March, over the same course as the road league where he ran a 26:07 second place to Paul Bennett (26:06); last week he ran around 15:30 at the Wells 10k.

It is more than sensible for all of us to let unattached runners know of our interest, and what we offer. Andrew Aked and Luke Field are recent benefits from this policy.

Non-scorers Darren Ward and Peter Mirlees were prominent at the Saxilby 6 last week, in 4th and 8th place respectively. The event was won by Eamon Hyland.

**Boundary Way**

An entire RUAC vets squad of ten runners takes on the Barnsley Boundary Way relay a week on Saturday (13th) with stages from 4 to 11 miles.

**Vets Yorks relays**

Sunday 12 July sees the staging of the Yorkshire vets relays, same Methley venue as usual and no apparent changes to the format. I think we have the firepower to keep the men's over-40 trophy with the gentlemen running so well, but you have to watch out in short (3 mile) events like this where only four runners go- a few quick sprinters can cause mayhem. It wasn't arrogance but forgetfulness that caused us to leave the trophy at home last year, we have been winning it so long we had forgotten about it. We had better find it and take it along this year- just out of propriety and politeness I hope. Of course a lot depends on availability as always, maybe we will know by next newsletter.

**Draw**

Numbers drawn 27th May as follows: £70 no.55 Elaine Laurie; £10 each no. 205 Craig Bywater, no. 79 Dave Weatherburn, no. 160 Steve Gorrill. 200 sold, thank you Brian.

**Damflask Relays**

This year's South Yorkshire Relays are at Damflask as usual, 6.30 declaration, 7pm off (probably, we are awaiting details) at Bradfield Cricket Ground. We hope for somewhat better weather than last year's cloudburst, maybe we have already had it this year! If you haven't been before, take advantage, it's a good night out. All are welcome, regardless of speed, what's more Rotherham Harriers will pay your entry fee. Teams of four men or three ladies. Enter as a team or just as yourself.

The relay is about 3 miles round the reservoir, one hill up and down. Tell PH if you intend to go, qualifying runners permitted. I do my best to place you in an appropriate team, your early arrival at the event makes this more certain. This has always been a major Rotherham showcase; we hold the mens and vets titles having placed last year in 1st, 4th (the vets), 5th, 8th, 13th, 14th, 36th and 37th place. The ladies were 2nd, 3rd, 6th and 11th, winning the vets in the process. We aim to outnumber all other clubs in the event, and for those who indulge we aim to have a drink and maybe a chicken supper afterwards. Runners needing lifts, please ask.

**Members**

Which brings me to the matter of new members again. We have gained a lot in the last few years, and not by accident. Some were unattached, some are returning RHAC runners, some are club transfers. Some are fast runners, some are not so fast, but generally they are good competitors and improvers. What all of them say (as do other who have not come to us yet) is that they are attracted by the large number of black vests in the field.

They don't mean Dave and Rob and company (or rather, they do mean Dave and Rob and company, but they mean a whole pile of others as well). If you come near the end of a race field, you aren't running to attract new RHAC members, but for your own well-being and improvement. Nonetheless, it is nice to know that attracting them is exactly what you are doing into the bargain.

**Races**

The Strawberry Fayre race at Swinton is a great little day out and couldn't be nearer to home. What's more there is a second-hand sale with some decent stuff so nobody need go home empty-handed. 4.4 miles, off at 1pm, if you enter on the day it closes at 12.30. Road, track and grass path, and this year it's in the club championship! Not far behind the new station for the venue.

Maltby RC put on the Abbey Dash again on the 1st July, start at 7pm. The route is largely same as last year though Dave Thourte tells me they have ironed out a couple of bottlenecks this time round. Venue is the White Swan. Wednesdays are getting chocker with events; at one time there weren't any, now six of the next seven are taken and we haven't a free club night until the 15th July. I think this sort of situation is largely responsible for the change in attendance at Herringthorpe that we have experienced lately, there aren't nearly as many people out on club runs as there used to be (though also there are more training groups now). But the atmosphere could not be better at all these events- some of them local and very much social, others big events like Askern but still very social. We cannot have it both ways.

RHAC support for local clubs' events has been great: Kimberworth, Maltby, Swallownest etc, but we always bear in mind that these clubs are supporting us by staging them in the first place and by providing the whole structure and atmosphere that we like so much. And a good number of our runners have come from them, and many retain their membership there.

We would not like to see these events vanishing for lack of organisational support, and there is a danger in some cases that it will happen. Maltby are worried about the future of the ten mile event, which was off last year for those very reasons of time and manpower, but they do intend to stage it this year, as a ten not a 10k. I have told Bob Houghton that I will make a big effort to get some RHAC support for them when the time comes.

The time has come however for the Swallownest 10k. Rother Valley Swallows is a small club and they do a great job putting on the event, but they do need backup this year. The race was in doubt but it goes ahead, we will be there as usual in large numbers I suppose. We have benefitted from this race for years and if you didn't know, Richard Harris came to us from RVS. If you aren't running, can you please join me to help out on the day by a marshalling job or similar? Contact PH 549125 if so. 10.30 start at Swallownest Rec Ground, route to Whiston and back.

Published by Peter Humphries at Wickersley Comprehensive School by kind permission of the Head of School.  
This publication is aimed at the improved road and cross-country running of all Rotherham Harriers members.

Contact no: 01709 540125

Whilst I aim at the first Wednesday each month, because of school closures/holidays etc (a) there is no August publication and (b) sometimes publication is delayed to the following week

**The support of Yorkshire Windows is greatly appreciated.**