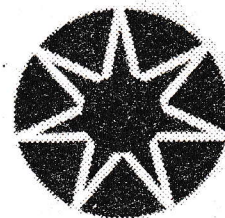


RHAC ROAD &  
CROSS-COUNTRY  
BRIEFING

Number 16

# March '95



## TOP CLASS QUINTUPLE AT LINCOLN, HARROGATE, STAMFORD HIGH MELTON, WOLLATON PARK

The nights are getting shorter, going out training is getting more attractive. This is Spring on the way, when a young man's fancy lightly turns to thoughts of--- well, to the opening of the relay season of course. And there could be no more encouraging preparation than the string of race wins recorded last week- among them Paul Venables and Julie O'Mara at High Melton, Dave Tune and the race team at Lincoln, Chris Beighton at Harrogate 5k, Jeff Crofts at Stamford. But none is more impressive to me than the superb performances of the under-13 squad, winning the inaugural relays at Hull (Bishop Burton) and then Nottingham (below), which qualifies them for the national final at Durham this month.

We are working hard to attract good standard senior runners to Rotherham, which will continue to be highly necessary. But the real test of a major club is the way it handles and encourages its own junior runners. All the best clubs have a strong junior section and it is good to see our track success being spread more widely by the efforts of coaches and managers like Dennis Russell and Malcolm Whittaker.

### Nike Young Athletes Cross-country Relay Regional Finals (Wollaton Park) Under-17 (2 x 2km)

Rotherham ran eighth behind winners Notts AC with Craig Kehoe returning 5:47 and Robert Rhodes 5:50. A good result for this enthusiastic and reliable group, bearing in mind also that they are at the younger end of the age group.

### Under-13 (4 x 2km)

leg 1	Kristen Cawthorne	6:21	3rd
leg 2	Andrew Hudson	6:36	2nd
leg 3	Jamie Russell	6:32	1st
leg 4	Iain Whittaker	6:22	1st

A very impressive performance especially in holding off a strong challenge from Harborough AC who are Midland champions. Kristen, Iain and Jamie were responsible for the win by 30 seconds at Bishop Burton the previous week and the four of them backed up by William Padfield and Damien Russell took the South Yorkshire Championship on January 22nd.

Best wishes for the Nike national final, which also includes some international teams, and is at Durham on March 19th.

### 12 Stage dates

Saturday April 8th Wigan

Saturday April 29th Sutton Park

Phone 549125 at least 30 required for  
initial lists



Although he didn't win anything this month he now has a bus pass and can get back quickly off club runs when he stops at half-way. You have been warned.

Happy 65th birthday Don.

### B&B Press

The costs and travel expenses for our U-13 athletes' recent (and we hope continued) success is being met from the RHAC Road & Cross-country slice of the generous sponsorship of B&B Press (Parkgate). I can think of no finer way to use it. A bit of business from **you** could help repay their generosity: anything in the printing and stationery line.



**Ferriby results (5/2)**

Not the overwhelming turn-out of 1994 of course, but none the less an impressive Rotherham presence at the first of our Club Championship venues. Jeff Crofts led the RHAC effort with 55:22 in 16th place, closely followed by John Comrie's 55:37 in 18th and despite being headed by a good number of Hull runners, these could only count for one place and Rotherham took second team spot. Detailed results are still awaited.

**ASICS Stamford 30k (19/2)**

Geoff Turner and Jeff Crofts took in the 30k as part of their London Marathon build-up and both ran well, Jeff Crofts in fact continuing his good Ferriby form with a most impressive win in 1:48:56 so playing his part in a storming week-end which saw RHAC winners in four different localities on the same day. His blow-by-blow account later admitted to some concern on "finding himself" in the lead well into the race but he kept his head and his form well to beat Cannon (N Derbyshire) by almost half a minute. Geoff Turner will be happy with his day out, scoring as second veteran in 11th place with 1:54:35.

**Harrogate 5k**

Chris Beighton certainly has a professional approach, not happy unless performing at his best. Not running as well as he thought he should at the end of '94, Chris revised his schedules and plans and is now somewhat happier. Certainly on the hilly Harrogate course he was determined to turn the tables on Dave Throup in the veterans' race. In the event Throup was absent at Northern Vets XC but Chris' win in 15:49 was impressive enough anyway especially as the categories are run as separate races and there was never any close contest for first place. He now has a lead of 1:19 going into the final 5k in March and we can't see him losing it.

**High Melton XC**

Paul Venables is always happiest in the country events and stormed away with the High Melton challenge (23:04) whilst Julie O'Mara broke the course record in winning the ladies race in 29:04. Rotherham in fact were awarded the team event at first with Ken O'Mara and Dave Hindmarsh placing well up but of course Northern Counties have not been all that kind to Dave and he cannot score for us until 1st of May. Being an honest man he owned up and the team went to Hallamshire.

**Lincoln 1/3 Marathon**

The none-too-impressive prize list was the only quibble at the one-third marathon as this is quite a big race, and not that cheap entry either. There was only a small Rotherham team present but it wasn't a bad one, initially comprising Dave Tune and Lee Collingwood with Peter Neal joining them for a "farewell run" before leaving on business for a couple of weeks. In the event, Lee ran a very impressive ninth and Peter tenth, both with a great deal of clear space between them and any challengers and both very mindful of the team scoring. There was a very close contest for second place involving among others Graham (Newport) who had won at Ferriby and Iremonger (Notts) but Tune was long gone, having parted their company at the severe hill climb around half-way for a most impressive winning return after Achilles injury.

**Loughborough University Reebok10k (26/2)**

Our inclusion in the quality field at the Loughborough University 10k was originally conceived as a gesture of support for Rob Holladay who is a student there. Although a good bit below best strength we put out an impressive side with six runners inside 34 minutes. Rob himself entered as RHAC and ran 31:22 for 11th place. (Colleges and universities by rule can only claim their athletes if the athlete's first claim club is not competing). Dave Tune (29:55) made much of the early running but was finally shaded into second place by international marathoner Will Foster (Blackheath). In fact it was a day of seconds, with Chris Beighton, possibly affected by work schedules, second vet/40 in 19th place overall together with Dave and Rob making up the race team which was also second, Derby putting runners home in 7th, 8th and 9th place. Pete Humphries after much injury woe was second vet/50 albeit by a big margin. RHAC placings:

2	Dave Tune	29:55
11	Rob Holladay	31:22
19	Chris Beighton	32:30
37	Adrian Roberts	33:19
40	John Comrie	33:27
47	Mick Thompson	33:49
60	Dave Hindmarsh	34:19
70	Mick Tune	35:04
??	Pete Humphries	37:30
??	Julia Jennings	?????

sorry- results incomplete to date

**Doncaster Doodle**

Congratulations to Rotherham trail runners for an impressive team performance over the three events (Rotherham, Doncaster, Darlington) and to Mick Marsters who was overall second. Also a fine run at Doncaster by Peter Purdy. Results next issue.



Paul Venables and Julie O'Mara at High Melton



Notts Uni Relay-entry (Sat 4th March at Nottingham University) Two teams entered, further teams possible (5 x 2.6 miles).

Ken O'Mara	Mick Thompson	Adrian Roberts	Paul Rowland	Dave Tune	Peter Neal	Mick Tune
	Paul Bennett	Pete Morris	Rob Holladay	Tim Drake	(Jeff Crofts, Steve Gaines,	

Pete Humphries if required) (Late team entries allowed: runners invited: phone PH)  
 One ladies' team (3 x 2.6 miles). Joanna Cliffe Julia Jennings ?Janet Oxley

National XC entry (Sat 11th March at Luton)

Preselected, therefore closed.

Nine men may run, six to count from:

Paul Venables	Jeff Crofts	Geoff Turner	John Comrie	Adrian Roberts	Alan Chell	Lee
Collingwood	Steve Gaines	Peter Neal	Phil Smales	Gary Claxton	(Nigel Brookes injured)	

U-17 men: any may run, four to count.Senior ladies, and junior ladies: same entry as Northern, any number may run, four to count.National XC Relay (Sat 18th March at Mansfield) (2senior teams of 4 x 5k) to be selected from (so far):

Paul Venables	Rob Holladay	Mick Thompson	Paul Rowland	Dave Tune	Peter Neal	Mick Tune
	Lee Collingwood	John Comrie	Paul Bennett	Pete Morris	Tim Drake	

One ladies team (3 x 5k) from (so far): Sharon Nixon Gillan Bunker Janet Oxley

U-17 Men (4x) and Junior women (3x) also entered.

12 Stage Relays (Northern Sat 8th April at Haigh Hall, Wigan. National Sat 29th April at Sutton Park)

Legs 1,4,7 and 10 are 5.5 miles, 2,3,5,6,8,9,11,12 are 3.5 miles.

Confirmed availability so far:

	Peter Neal	Dave Tune	Paul Venables (8/4)	Adrian Roberts
(29/4)	Paul Rowland	Lee Collingwood	Mick Tune	Ken O'Mara
Bennett	Pete Morris	Alan Chell*	John Comrie*	Geoff Turner*
	Rob Holladay	Steve Gaines		Jeff Crofts*
				Tim Drake

\*denotes running at London, which we will take into consideration when selecting. Chris Beighton checking (work), and others not yet seen. Ruled out are Nigel Brookes (injury and work), Dave Hindmarsh &amp; John Atkinson (both qualify 1/5).

## Local/Club Fixtures for March and April 95

Sat 4 Mar	Nottingham U Relays
Sun 5 Mar	Norton 9
Sun 5 Mar	Spire 10 Chesterfield
Sun 5 Mar	East Hull 20
Sun 5 Mar	Belle View Women's 7
Sun 5 Mar	Spen 20
Sun 5 Mar	Hemsworth Duathlon
Sat 11 Mar	National Men & Women Cross-country, Luton
Sun 12 Mar	Hornsea 10
Sun 12 Mar	Pontefract 10k
Sun 12 Mar	Rutland Half & Oahkam 7
Sun 12 Mar	Retford Half
Sat 18 Mar	National Cross-country Relays
Sun 19 Mar	Wilmslow AAA Half
Sun 19 Mar	Wombwell 5
Sun 19 Mar	Ackworth Half
Sun 19 Mar	Roundhay Park 5
Sun 19 Mar	Harrogate 5k (fina)
Sat 25 Mar	Haigh Hall Relays, Wigan
Sun 26 Mar	World Cross-country, Durham
Sun 26 Mar	Louth 10
Sun 26 Mar	Sheffield 10k
Sun 2 Apl	London Marathon
Sat 8 Apl	Northern 12 Stage, Wigan
Sun 9 Apl	Doncaster Half
Sun 9 Apl	Mining Museum 6, Caphouse

The man in the hat is watching you.(XC relay 94)

Thanks for the pic Janet.

Phone him on 549125 to add your name to the above



Fri 14 Apl	Salford 10k
Sun 16 Apl	Bridlington 10k
Wed 19 Apl	SY Road League 1 Dinnington
Sun 23 Apl	Baldon Boundary Way
Sat 29 Apl	National 12 Stage Sutton Pk
Sun 30 Apl	Sheffield Marathon & Half
Sun 30 Apl	Humberston Half



## New Members

Joined Jan95

			<u>d.o.b.</u>		
Burrows	Helen Rosemary	North Anston	20/12/80	0909	566667
Hale	Germaine Ruth	Woodsetts	28/7/80	01909	567853
Newbould	Robert Adrian	Wincobank	senior	0742	490947
Rickett	Sharron	Herringthorpe	20/10/82	0709	369612

Joined Feb95

Barnes	Laura Anne	Whiston	11/9/82	0709	820625
Broomhead	Christopher John	Brecks	senior	0709	545637
Chell	Charlotte Emma	Carlton-in-Lindrick	26/12/84	0909	731010
Chell	Nicola Marie	Carlton-in-Lindrick	19/3/83	0909	731010
Clarke	Jane Louise	Workshop	senior	0909	488541
Green	Christopher Roy	Brinsworth	senior	0709	372130
Lee	Stephanie	Rawmarsh	10/6/85	0709	525627
Peters	Alan	Brecks	veteran	0709	540742
Wainwright	David	Wickersley	veteran	0709	701415
Wainwright	Marilyn	Wickersley	veteran	0709	701415

## Runners News

Both Dave Hindmarsh (Stainforth) and John Atkinson (Kimberworth) have been released to score for RH teams as from 1st May, rather than having to serve 9 months qualifying. The date is slightly disappointing, and is due mainly to their reasoning concerning vets competition- neither are vets until later this year.

The Tickhill 10 has been dated for June 7th this year. Dave Haywood is organising and has definitely stated that, partly to increase its popularity, it will be the club 10 (and it will also be in the club championship list.)

Congratulations to Julie O'Mara, who has been included in the north team for the world cross-country trials this month.

The Prince of Wales 10k (Greasborough) will be held again on the first Wednesday in May, with the Tickhill 10 on the first Wednesday in June.

Helpers are seriously needed for forthcoming events, especially for the first road league meeting at Dinnington. lead car driver, trail driver (with or without cars) and numerous marshalling jobs all need covering. Last year's response was good and there has in fact been an all-round improvement in the back-up that we give each other in organisation. You know it makes sense to help out when you are injured instead of just hiding away- someone else will be helping you out when you are fit again. Volunteers to PH.

Club vests are on sale in the kiosk at Herringthorpe, both male and female varieties with a cheaper alternative for younger runners. At the same time, a new version is being considered with the RHAC wording on the front (to catch the photographers!) and may be made available through Keep on Running, though this is in the early stages of planning and it may be a little while before you can get one.

## Club Championship List 1995

Sun 5 Feb	Ferriby 10
Sun 5 Mar	Spenneth 20
Sun 5 Mar	Norton 9
Sun 9 Apr	Doncaster Half Marathon
Wed 19 Apr	SOUTH YORKSHIRE Road League Dinnington
Sun 30 Apr	Sheffield Marathon or Half Marathon
Wed 10 May	SOUTH YORKSHIRE Road League Worsbrough
Wed 17 May	SOUTH YORKSHIRE Road League Wombwell
Sun 21 May	Eyam Half Marathon
Wed 24 May	Askern 10k
Wed 7 June	Club 10 (Tickhill 10)
Wed 14 June	SOUTH YORKSHIRE Road League Armthorpe
Sun 18 Jun	Stainforth 10
Wed 28 Jun	Damflask Relays (leg time)
Sat 8 Jul	Thurstone Chase
Wed 19 Jul	Doncaster Town Centre 5K
Mon 28 Aug	Armthorpe IOK
Wed 13 Sep	Rotherham IOK
Sun 8 Oct	Maltby 10 (inc. S.Y. Champ)
Sun 15 Oct	Hall Cross IOK
?	Workshop Half Marathon
?	Holmfirth 15

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Message from Hon Sec:  
Your subs are due (probably)