

BEIGHTON SCOOPS NATIONAL TRACK TITLE

Chris Beighton's tremendous season continues, this time round with the top national award of all as he won the National Indoor Vets 3000 metres on Saturday at Birmingham National Arena. Chris took the race on from the start and simply held it, completing the 15 times 200 metres laps in a record 8,43.8. His nearest challenger was Chester-le-Street's Peter Embleton.

We think Chris is our first ever national vets track champion.

TUNE ON TOP FORM

Dave Tune's international Luxembourg outing (part of the World Cross-country series) was a resounding success, he reckons the best cross-country performance of his career. He was first English runner home, in the process beating Carl Warren who had bettered him at Alsager last month. Rather than take the arduous rail and coach journey Dave took the decision to fly out which could have made the difference

GOOD DAY AT THE RACES

A really super performance from all of Rotherham's racing team saw us take our best-ever place in the 5 x 2.5 mile relays, storming home to clear second place with the second string team also in the top ten. With Mick Thompson hankering after a first-team place for some time and Ian Lanceley advancing so fast, the team management duo of Peter Neal and Pete Humphries included them both, with Neal himself and Adrian Roberts stepping down. This move, which had the full backing of all concerned, proved to be most far-sighted. Mick ran a fine first leg, well in touch with the front, and when the chips were down on leg 4 Ian held the gaps that Dave Tune had produced by hammering through the field on leg three.

Paul Bennett, though not yet on top form, had meanwhile pulled us up to 8th place with a tidy run, and it all left Paul Bennett to make up 10 yards on 3rd and another 50 on second place. This he did with some apparent ease and it appeared he could have gone considerably faster, though his laid-back style is difficult to interpret. He certainly is back on form and is threatening some fine track times later this year, on the day however there was no chance of catching Redhill who had all their top runners out. Paul's maths are not a strong point however; he thought he was third!

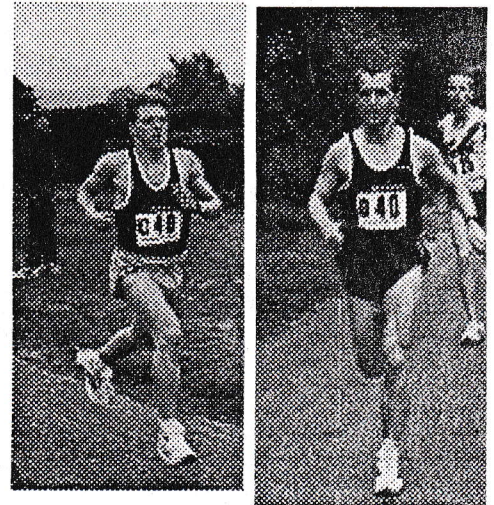
The ladies team performed soundly to finish in seventh place, with Joanna Roberts welcome back to the road, and newcomer Claire Goldsborough handing over to Hilary Garrison.



Brian Harney, Mick Marsters, Sharon Burton & Kerry Booth at the Round Rotherham awards.

Adrian Roberts showed how in-form he is with a resounding 13.29 in the B team and Jamie Smith ran a 13.46 first leg in the C team, what a pity it is he won't run with us more often. We got Ian Newsome to turn out at last; Ken O'Mara, John Comrie, David Richards and Mick Tune completed a class turn out for RH.

Paul Bennett and (far right) Mick Thompson- in form men at the Notts relays.



Northern Triangle Results
Darlington (40), Round Rotherham (50), Doncaster(40)

| | | |
|----|---------------|----------|
| 1 | Brian Harney | 18.23.04 |
| 2 | Mick Marsters | 18.51.18 |
| 5 | Kerry Booth | 19.10.19 |
| 8 | Roy Varo | 21.46.46 |
| 12 | Mick Hill | 24.01.35 |

Ladies

| | | |
|---|---------------|----------|
| 2 | Sharon Burton | 23.44.97 |
|---|---------------|----------|

Team

| | |
|---|------------------|
| 1 | Rotherham |
| 2 | 100k Association |

Doncaster Doddle 40 miles 25/2/96

| | | |
|-------|---------------|---------|
| 1 | Chris Parke | 5.22.46 |
| 8 | Kerry Booth | 5.56.01 |
| 9 | Mick Marsters | 5.56.20 |
| 11 | Brian Harney | 6.07.02 |
| 32 | Roy Varo | 7.04.33 |
| 36 | Mick Hill | 7.21.35 |
| 5th L | Sharon Burton | 8.04.06 |

Team

| | | |
|---|------------------|----------|
| 1 | Rotherham | 17.15.07 |
| 2 | Quakers RC (Dar) | 17.21.51 |

Yorkshire Vets Championship Events 1996

| | | | |
|--------------|----------------|---------------|----------------------------|
| Sun 31 Mar | 10.30 am | Ackworth | Half Marathon Championship |
| Wed 15 May | 7.30 pm | Otley | 10Mile Championship |
| Wed 22 May | 7.30 pm | Bradford | 5k Road Championship |
| Sun 14 July | 11 am | Mickletown | Relay Championship |
| Sun 21 July | 12 noon | Beckett Park, | Track & Field Championship |
| Sun 27 Oct | 11 am | Holmfirth | 15 Mile Road Championship |
| Sun 5 Jan 97 | 1 pm | tba | Cross country Championship |
| | to be arranged | | 10k Championship |

Runners' News

•We welcome Gary Durham who has joined us first-claim from Maltby RC. This is a significant transfer as Gary is a successful and competitive runner; he has trained with us frequently in the past and will be no stranger to most members. In two or three years time he will be a vet, which of course strengthens an already powerful outfit. He retains his membership, second claim, at Maltby and will I suppose represent them in their local fixtures. We always regret that a transfer like Garry's has a consequence for the former club; the structure of the sport is wrong in our opinion. He will qualify 1st November unless an appeal is successfully made.

•Richard Self on the other hand is leaving. Richard is a former Hallamshire member and is going back to his old club, having trained with them regularly since working in that area again. Richard turned out for us on a number of occasions during the great leap forward two or three years ago but has been troubled badly by virus or something for a good while. We thank him and wish him well with HH.

•Paul Venables is recovering from surgery to sort out his knee problem, which wasn't done properly first time round. He has the stitches removed this week, and may get back to light training in a week or two. He has been unable because of it to do any speed training, or to sprint in races, for some time, with consequent loss of race position. A number of South Yorkshire runners measure their standards by how close they can get to Paul in races, and have been happy for a while...

•Herringthorpe Stadium. Members may be interested to hear that chairman Mick Hague and president Brian Harney have been in discussion with Rotherham council over a period of time and that a definite proposal has been made for the development of headquarters accommodation and spectator viewing at the running track. RH runner and architect Steve Gorrill has produced the design, and it is intended I believe that lottery funding might be involved.

•Monthly Tote: £80 Mick Marsters no.112; £10 each Janice Streets no.50, Maralyn Carratt no.104, Graham Tomlinson no.199. 220 numbers sold. The tote is going brilliantly, £1 a month, see Brian Harney.

•Race Teams. Several runners have asked about the chances of getting into one of our race teams in the future. This is very good to hear, we are often short of runners to complete second/third teams and so on, and of course some of the enquirers may well be

better than that. More disturbingly, one has referred to a 'closed shop'. This is ridiculous, and couldn't be further from the truth. Before all major events, and many minor ones, the news Briefing carries the suggestion for interested runners to phone 549125, or to approach me direct. This means everybody. If it's an elite event and you are not fast enough, we will say so.

For the record, events fall into four categories: (1) completely open, such as Norton 9, where all our independent entries might throw up a team (we sometimes target such a race); (2) top cross-country (North & Nat) where entry is unlimited but costs us £2 a man/woman, any number run, usually the first 4 or 6 score; (3) big road relays where we can enter up to twice the number of names that can run (eg 12 stage we enter 24). The problem with (2) and (3) is that the entries have to go in well before the race, a matter of months. A bit more flexible is type (4) such as cross-country relays where we enter a number of teams in advance, the personnel can be sorted out later from the club as a whole. Here I judge how many teams to enter from the response received on advertising the event in the first place. Sometimes we can enter late teams, but not always.

•Again, for the record, on the issue of race teams, RH road & XC policy is that on all occasions we select the fastest runners declared available, using most recent evidence to hand. The selection is finalised by team manager and captain but always the views of the runners themselves are the paramount factor. Just occasionally we promote good supporters or improving runners but not without the say-so of the others.

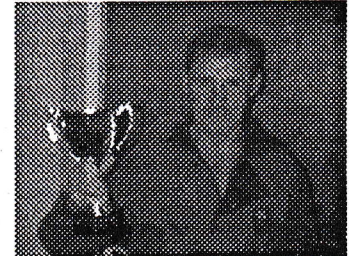
• Dave Johnson has vests on sale in the kiosk at the entrance, all sizes.

•Bob & Anne Langley leave Rotherham this month owing to a job move to take up residence near Blackburn, Lancs. They have made a lot of friends since joining us and have been regular race entries. We wish them and family every success with their move, and with their future running.

•Results from the Brighton Half-marathon held last month were led by Terry Hawley, who is running quickly again, doing 1.18 (22nd, 3rd vet). This is way slower than Terry's time, which is a guide to how windy the course was on

the day as all times suffered similarly. Terry Rooke 1.43, John Clarke 1.45, I.Lathia 1.59 and P.Middleton 2.03 made up the group.

•We are not getting as many results as we should! Keep your info coming in! We are interested in all runners, especially if improving.



Brian Harney with the Northern Triangle trophy, which he won at Doncaster. Mick Marsters is running well and beat an injured Harney on the day- but not by enough. Chris Parkes was out of sight, though he ran further than the others as usual.

Nottingham University Relays 2/3/96

| | | |
|-------------|-------|------|
| Rotherham A | | |
| M.Thompson | 13.27 | 11th |
| P.Rowland | 13.22 | 8th |
| D.Tune | 12.36 | 4th |
| I.Lanceley | 13.44 | 4th |
| P.Bennett | 12.48 | 2nd |
| Rotherham B | | |
| K.O'Mara | 13.49 | |
| P.Neal | 13.48 | |
| L.Comrie | 14.18 | |
| A.Roberts | 13.29 | |
| I.Newsome | 15.20 | |
| Rotherham C | | |
| J.Smith | 13.46 | |
| D.Richards | 15.33 | |
| M.Tune | 14.39 | |
| (P.Neal) | 14.43 | |
| (K.O'Mara) | 14.41 | |

| | | |
|----------------|-------|--|
| RHAC Ladies | | |
| J.Roberts | 16.25 | |
| C.Goldsborough | 17.29 | |
| H.Garrison | 16.44 | |

Northern Cross-country 17/2/96

| | | |
|-----|------------|-------|
| 28 | R.Holladay | 38.35 |
| 80 | P.Venables | 41.02 |
| 102 | A.Roberts | 41.40 |
| 106 | M.Thompson | 41.55 |
| 232 | P.Smales | 46.03 |

Good running by all concerned, its a pity the postponement messed us up.

National Cross-country entries

Newark & Notts Showground 9/3/96

U17 Women's

5k at 12.05pm

J.Speight
K.Storey

Junior Women's

5k at 12.05pm

E.Green
J.O'Mara
J.Fretwell

Senior Women's

incl. Vets

6k at 2.15pm

J.Roberts (Cliffe)
M.Rhodes
J.Hindley
C.Boyd
G.Bunker
S.Burton
J.Jennings
D.Unwin
H.Garrison
R.Grimley
A.Goggin
K.Bennett
J.Chapman

Senior Men's

14k at 2.50pm

R.Holladay A.Chell
M.Thompson J.Crofts
D.Tune P.Roberts
L.Collingwood J.Comrie
P.Smales C.Lindley
P.Neal A.Roberts
also pre-entered were
D.Richards T.Carroll
I.Lanceley P.Rowland
S.Gaines A.Gregory
D.Hindmarsh C.Parkes
P.Eddison G.Turner
P.Bennett
M.Ruddleston P.Venables

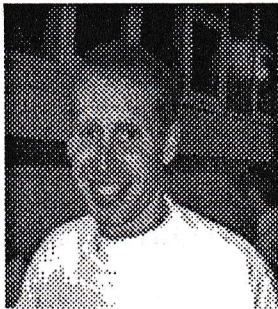
Senior Ladies (& separately, vets) any number to run, first FOUR to count.

Senior Men (no separate vets) any number to run, first SIX to count.

Despite the difficulty of teragating this event, the men's team is in with a real chance of good success with Rob Holladay and Dave Tune certain to run, and at the moment very solid support, though Lee is less certain to run, intending to do so but work could intervene.

Of the other pre-entries, some may well turn out when approached but a number are certainly unavailable.

Colleagues uncertain whether to run this or the relays next week should be aware that we have only two four-man teams in the relays, which obviously limits participation.



Adrian Roberts- on form at the Notts Relays

Ferriby 10 Feb 96

| | | | | |
|-----|---------------|-----|-------|------------|
| 5 | C.Beighton | V | 51.16 | 1ST VET |
| 12 | L.Collingwood | | 52.52 | |
| 13 | I.Lanceley | | 53.43 | |
| 15 | P.Neal | | 54.01 | |
| 20 | P.Roberts | | 54.44 | |
| 24 | J.Comrie | | 55.15 | |
| 25 | D.Hindmarsh | V | 55.20 | 2ND VET |
| 45 | S.Gaines | V | 57.20 | |
| 50 | P.Eddison | | 57.36 | |
| 61 | D.Richards | V | 58.21 | |
| 73 | P.Purdy | V | 59.29 | |
| 102 | P.Adams | | 62.07 | |
| 109 | M.Garrett | V | 62.22 | |
| 124 | J.Dunphy | V | 63.03 | |
| 157 | P.Humphries | V5 | 65.06 | |
| 165 | B.Harney | V5 | 65.42 | |
| 185 | R.Burton | | 67.02 | |
| 211 | G.Bunker | LV4 | 69.01 | 2ND VET 40 |
| 226 | R.Newbould | | 70.02 | |
| 232 | D.Taylor | L | 70.14 | |
| 255 | A.Charnock | | 71.54 | |
| 266 | J.Pike | LV5 | 72.36 | 2ND VET 50 |
| 287 | A.Mirfin | V5 | 73.42 | |
| 308 | R.Langley | V | 75.23 | |
| 348 | P.Varah | V | 79.21 | |
| 349 | D.Burke | | 79.25 | |
| 380 | A.Bryden | V55 | 84.37 | |
| 392 | J.Clarke | V45 | 87.54 | |
| 393 | D.Clarke | V65 | 87.54 | |

TEAMS

| | |
|-------|--------------|
| 1 | City of Hull |
| 2 | Rotherham |
| 3 | Rowntrees |
| VET 1 | Rotherham |
| 2 | Cleethorpes |

LADIES

| | |
|---|--------------|
| 1 | Cleethorpes |
| 2 | Spensborough |
| 3 | Rotherham |

March & April Races

| | |
|------------|--|
| Sat 2 Mar | Nottingham University Relays |
| Sat 2 Mar | Manchester XC Races |
| Sun 3 Mar | Norton 9 11am by 23/2 |
| Sat 9 Mar | National Cross-country (M&W) Newark |
| Sat 9 Mar | Dentdale 1pm |
| Sun 10 Mar | Pontefract 10k 11 am |
| Sun 10 Mar | Redcar Half 10.30 |
| Sun 10 Mar | Hornsea 10 11.15 |
| Sun 10 Mar | Spire 10, Chesterfield 10am |
| Sat 16 Mar | National Cross-country Relays, Mansfield |
| Sun 17 Mar | Wombwell 5 11.30 |
| Sun 17 Mar | Spennithorne 20 11am |
| Sun 17 Mar | East Hull 20 10am |
| Sun 24 Mar | Retford Half 10.30 |
| Sun 24 Mar | Ashby 20 10am |
| Sun 24 Mar | Great NW Half, Leyland 10am |
| Sun 24 Mar | Stafford Half 10.30 |
| Sun 24 Mar | Anglesey 30k 11am |
| Sun 31 Mar | Scarborough Half 11.30 |
| Sun 31 Mar | Lancs & Morecambe Womens 10k 11 |
| Sun 31 Mar | Ackworth Half 10.30 (Yorks Vets Ch.) |
| Sun 31 Mar | Sheffield 10k 11am (Woodburn) |
| Sun 31 Mar | Louth 10 11.30 |
| Sun 31 Mar | Wilmslow Half 10.30 |
| Fri 5 Apr | Salford 10k |
| Sat 6 Apr | Northern 12 stage relay, Wigan |
| Sun 7 Apr | Bridlington 10k |
| Wed 10 Apr | SY Road L1 Dinnington |
| Sun 14 Apr | Doncaster Half |
| Sun 14 Apr | Wakefield (City centre) 10k |
| Sun 21 Apr | London Marathon |
| Sat 27 Apr | National 12-Stage Relay |

St.Valentine's Day 6

Many thanks to Pat Rooney and friends for a fine night out. 69 Runners of which 40 from RHAC which is a fine response to show after the support that KRC gave our

Kimberworth Traveller's 14/2/96

| | Name | Club | Time |
|----|---------------|--------|-------|
| 1 | C.Parkes | FH | 32.36 |
| 2 | P.Neal | FH | 34.07 |
| 3 | I.Lanceley | FH | 34.21 |
| 4 | P.Roberts | FH | 34.31 |
| 5 | K.O'Mara | FH | 35.40 |
| 6 | G.Durham | MRC | 36.59 |
| 7 | S.France | KS | 37.10 |
| 8 | P.Eddison | FH | 37.13 |
| 9 | A.Gregory | FH V | 37.30 |
| 10 | T.Hawley | FH V | 37.37 |
| 11 | P.Purdy | FH V | 37.44 |
| 12 | J.Spencer | FH V | 39.08 |
| 13 | J.Dunphy | FH V | 39.15 |
| 14 | S.Cartwright | KS | 39.16 |
| 15 | H.O'Mara | FH | 39.21 |
| 16 | T.Stuart | MRC V5 | 39.26 |
| 17 | M.Garrett | FH V | 39.37 |
| 18 | D.Saif | KS | 39.53 |
| 19 | M.Teather | FH V | 40.11 |
| 20 | P.Rooney | KS V | 40.13 |
| 21 | T.Turner | KS V | 40.21 |
| 22 | D.Morris | FH | 41.00 |
| 23 | M.Senlor | KS V | 41.10 |
| 24 | D.Whitehead | FH | 41.12 |
| 25 | R.Butterworth | FH | 41.24 |
| 26 | D.Bennett | FH | 41.27 |
| 27 | D.Beaver | FH V | 41.42 |
| 28 | P.Whittaker | FH | 41.44 |
| 29 | M.Cochrane | FH V | 41.46 |
| 30 | B.Lockley | KS | 42.08 |
| 31 | S.Elliot | KS | 42.33 |
| 32 | P.Staley | FH | 42.40 |
| 33 | R.Thomas | KS | 43.03 |
| 34 | M.Clohesy | KS V | 43.06 |
| 35 | M.Nunn | KS | 43.14 |
| 36 | H.Garrison | FH LV | 43.30 |
| 37 | S.Thomas | KS | 43.40 |
| 38 | P.Humphries | FH V5 | 44.00 |
| 39 | B.Harney | FH V5 | 44.30 |
| 40 | R.Newbould | FH | 44.31 |
| 41 | K.Ward | KS | 44.35 |
| 42 | D.Draycott | FH V | 44.56 |
| 43 | G.Bunker | FH LV | 45.14 |
| 44 | M.Carr | FH V5 | 45.46 |
| 45 | M.Latham | KS | 45.54 |
| 46 | I.Brookes | KS | 46.05 |
| 47 | T.Walker | KS V5 | 46.15 |
| 48 | B.Elliott | KS | 47.02 |
| 49 | M.Smith | MRC | 47.06 |
| 50 | A.Mirfin | FH V5 | 47.10 |
| 51 | B.Houghton | MRC V | 47.18 |
| 52 | H.Marston | FH V | 48.46 |
| 53 | M.Rhodes | FH V | 48.48 |
| 54 | R.Green | KS | 449.2 |
| 55 | D.Burke | FH | 49.22 |
| 56 | K.Baker | FH V | 49.42 |
| 57 | D.Thorpe | MRC | 49.43 |
| 58 | D.Weatherburn | FH V5 | 49.50 |
| 59 | A.Bryden | FH V5 | 49.59 |
| 60 | E.Bywater | KS V5 | 50.14 |
| 61 | D.Creamer | FH V6 | 50.46 |
| 62 | S.Pooler | KS | 52.00 |
| 63 | H.Antcliffe | | 53.00 |
| 64 | G.Cartwright | KS L | 53.13 |
| 65 | R.Tinker | FH V5 | 53.53 |
| 66 | A.Brookes | KS L | 54.10 |
| 67 | F.Wagstaffe | FH V6 | 54.44 |
| 68 | J.Clark | FH V | 55.45 |
| 69 | S.Bagshaw | FH V6 | 57.26 |

RHAC News Briefing is aimed at improvement of the middle and long distance running of all members.

Members' plans, results and news are welcome irrespective of performance but articles and letters cannot be printed without prior arrangement. Photos are especially welcome. Produced by Peter Humphries and colleagues at Wickersley Comprehensive School Computing Department by kind permission of the Head of School.

earlier races. The races remaining in the series are Weds 13th March at the British Legion Club in Maltby (see right), courtesy of Dave Thorpe and colleagues, followed by the Prince 10k on May 1st at Greasborough.

At the Legion there will be categories as usual and a bite to eat after the event. Please take note of the earlier start time, at MRC's request.

The route takes in Hooton Levitt, Carr, Newhall, Cumwell Lane and main road back into Maltby. After West Hill it will seem flat.

The results of the Traveller's race (left) included a YOT handicap, the leading results of which were

| runner | secs | out | pts |
|---------------|------|-----|-----|
| G.Cartwright | 13 | | 100 |
| M.Cochrane | 14 | | 99 |
| S.Cartwright | 16 | | 98 |
| M.Teather | 22 | | 97 |
| I.Lanceley | 24 | | 96 |
| R.Butterworth | 24 | | 95 |
| K.Ward | 25 | | 94 |
| R.Newbould | 26 | | 93 |
| H.O'Mara | 27 | | 92 |
| H.Garrison | 30 | | 91 |

which coupled with previous results gives the leading positions shown below.

In the Maltby race, it will be scoring in categories again ie first vet over 60 100, next 99 etc.

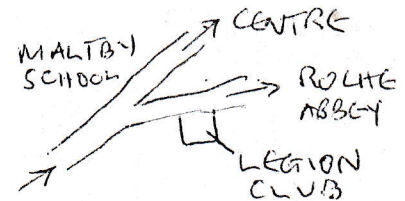
| | |
|---------------|-----|
| S.Cartwright | 282 |
| R.Newbould | 280 |
| A.Mirfin | 273 |
| P.Rooney | 269 |
| I.Brookes | 266 |
| A.Brookes | 260 |
| G.Cartwright | 258 |
| M.Cochrane | 252 |
| P.Eddison | 246 |
| D.Weatherburn | 244 |
| P.Purdy | 243 |
| R.Butterworth | 237 |
| D.Whitehead | 236 |
| D.Draycott | 230 |
| F.Wagstaffe | 227 |
| M.Senior | 224 |
| G.Bunker | 223 |
| T.Turner | 210 |
| P.Whittaker | 210 |

Winter Series

Next Race:

Maltby Legion Club
on Weds 13th March

**6.45pm off
note earlier start
time**



The list below is the races selected for the club championship 1996.

Rules of the Competition
Open to all members of RHAC.

Open: Of the races stated, you need to run at least ten. If more than ten, your best ten are counted. First RHAC male runner in each event scores 100, next 99 and so on.

Veteran runners are included in the general list ie they do not score separately.

Ladies do score separately, in the same way. All scoring is according to this formula.

Awards: Open 1st (Club Champion), 2nd, 3rd, first veteran over 40, over 50 (older age groups if they qualify). Most races completed. Also B and C section as follows. Each year all runners completing 10 races or more are regarded as qualifiers. All qualifiers who get no award go forward to the next year as B section. The lower half of the B section is also C section.

Owing to increased participation, ladies' awards are increased. Ladies winner, and runner up. There is now also ladies B section. Ladies compete equally with men for 'most races'.

Short series: ladies and men separately: races which can count are all road races at 10k or shorter. Your best 5 count. In event of tie, your best 6 etc. No need to run 10.

Competitors 1996

Open men and ladies, vets, most races: all club members.

B section men: Roy Butterworth, Phil Eddison, Ken Horan, Rob McCarthy, Bob Newbould, Phil Roberts

C section men: Roy Butterworth, Ken Horan, Bob

Newbould

B section ladies: Jen Baker, Par Wells, Adele Morris,

Janet Pike

1996 Possible Series (roughly in order but some dates are doubtful)

This is to be revised later, we are short of 10s. The first 9 are certain

| | | |
|----|-------|-----------------------|
| 1 | 4/2 | Ferriby 10 |
| 2 | 3/3 | Norton 9 |
| 3 | 17/3 | Open 20 |
| 4 | 24/3 | Retford Half |
| 5 | 10/4 | SYRL1 Dinnington |
| 6 | 14/4 | Doncaster Half |
| 7 | 28/4 | Sheffield Marathon |
| 8 | 28/4 | Sheffield Half |
| 9 | 1/5 | Prince 10k |
| 10 | tba | SYRL2 tba |
| 11 | 22/5 | Askern 10k |
| 12 | tba | SYRL3 tba |
| 13 | 2/6 | Woodhall Spa Half |
| 14 | 19/6? | SYRL4 prob Armthorpe |
| 15 | tba | Club 10 |
| 16 | tba | SY Relays (Damflask?) |
| 17 | 14/7 | Worrall Gala Chase |
| 18 | 17/7 | Doncaster 5k |
| 19 | 26/8 | Armthorpe 10k |
| 20 | 6/10 | Maltby 10 |
| 21 | 13/10 | Hallcross 10k |
| 22 | 27/10 | Worksop Half |
| 23 | tba | Holmfirth 15 |
| 24 | 3/11 | Barnsley 10k |