

Norton 9

Six of the Best for RH

Aked Stunner leads the RH Roadshow

Rotherham win both teams and all men's categories. Not many people can handle Askern's Dave Bond in the late stages of a hard course, he is so strong. Andrew Aked stunned the local running community by doing exactly that, in a close race taking a few yards on the hill around 5 miles and holding it from there. His 46.15 was an outstanding run, the more so as the crosswinds were diabolical on the day. This success comes just a week after he sorted out the Sleaford Half Marathon, also in bad conditions, to win in 71 minutes dead. Andrew ran unattached in the Norton 9 last year, he looked useful, and we were fortunate that our club progress interested him enough to sign up at RHAC. However in the course of a full year dogged by illness and injuries he was not happy with some of his performances, and we now see why. 'Useful' is something of an understatement, and he is now lining up attempts at the quicker races including the Dronfield 10k on the 16th and the prestigious Fred Slater 10k at Peterborough on the last day of the month, Easter Monday. Andrew has April 5th pencilled clearly in his diary.

Paul Rowland ran fourth (48.27) which is very promising; quick over the short courses, he has not attacked the longer races much in the past and his training is made more difficult by the big journeys he makes from his workplace in Kent. John Comrie (5th, 48.45) was at it again, he is certainly running fast these days, and pretty close behind was Paul Venables taking first veteran prize with a convincing 49.06 in 7th place overall. He has sorted out his persistent injury problems, touch wood, and whilst he is top of the vets currently, senior runners also are feeling the draught.

Apart from Aked and Venables, we had Jerry Spencer 1st O/45 (52.11), Malcolm Palfreyman 1st O/50 (52.22), Derrick Clarke 1st O/60 (61.41), Arthur Jeavons 1st O/70 (84.52), and Aked/Rowland/Comrie 1st team to take all the men's categories. Well done all, a brilliant performance, I don't think we have ever

done anything like it before. To cap it, Jamie Russell won the 'Fun Run' which, as ever, was a serious junior run.

In the ladies race we were less numerous, but we had Paula Fisher making her RHAC debut, and Hilary Garrison home first RH in 6th place (60.14). Diane Taylor (64.22) joined her for the team prize.

There was no shortage of support either, with no fewer than 15 Rotherham reps in the first 32 runners home, amongst them Richard Harris taking a short break from work to score 49.41 (9th) and Peter Neal (18th, 50.49) and Luke Field (19th 51.10), who have been close finishers lately, a little adrift of Andy Parkin, who put down a 12-stage squad claim with a promising 50.08 in 13th place. Apart from category winners, we also had Phil Roberts and Dave Hindmarsh back from injuries, and whilst Ian Temperton (32nd, 53.28) was not very happy with his first day out as an RH qualified scorer, Mick Tune will likely be fairly happy with his 52.01 as illness has been upsetting his running for some time.

And there's more. Although exact numbers are awaited, I would not be surprised if last year's 45 finishers were to be beaten this time. After the promising start at Ferriby last month, what a continuation!

Holladay says Hello again

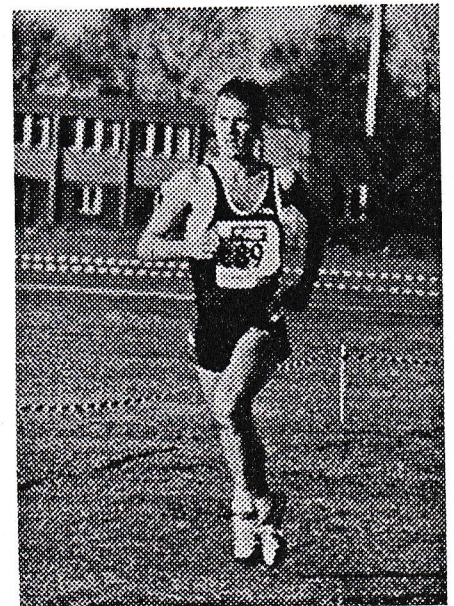
Rob pictured below at the Cross-country Relays, returns with a win at Huddersfield 10k
page 2

Woking 10

Tune Form Back...and How!

Smashing 40 seconds off your p.b. is a luxury usually restricted to slower runners. Slicing it off a 49-minute ten mile time is almost unheard of, so Dave Tune's state of mind on Sunday night can be well imagined after he had hammered a lot of top runners, numerous Kenyans amongst them, with a staggering 48.23 in the Woking 10. Dave has had a quiet time lately, not really on sharp form perhaps due to taking on longer distance, but when it came right it came in spades. Only Richard Nerurkar (Bingley, 46.27), one of the visiting Kenyans, and Ian Carnforth (Shaftsbury, 48.11) could better him on the day, and the Kenyan Cheruyot behind him in 5th place was first of an illustrious series in his wake. This may well be a Rotherham club record for the ten-mile distance.

Dave will now take on the Reading Half on the 16th, which Darren Cooney also has lined up. Darren is training well, but lacking the confidence of good race performance, perhaps needing the warmer weather to arrive. Rob Holladay ran 50.56 at Woking which saw him in 15th place, respectable enough but he is probably a bit disappointed at the time, he demands a lot of himself. Rob will reflect that after a lay-off it is not that easy to get back into regular racing, but first place at the villainous Huddersfield 10k shows that he is basically on form, he will likely also be at Reading.



Northern 12-Stage preview

Time to Deliver?....page 2

Notts Uni Relays

Rotherham ran sixth in the annual Notts Uni Relays, now 6-stage, in cold windy conditions last week-end. A happy occasion, seeing Martin Connolly's debut in RH teams, and a welcome back to the road scene after long recuperation from Tim Drake. Mark Ruddleston too was back after injury, having nobly "stepped in" to stage six at short notice when the original selection didn't quite work out. All were reasonably happy with their times, Martin and Tim moving us up a place or two after Sam had set us off with a fine run on stage one. Lee Collingwood on four and Ken O'Mara five were both looking for a form run prior to 12-stage matters, in fact all the squad are in the selection frame.

This was not a major target this year, but nonetheless the RHAC outfit put in a class performance well in keeping with the high standards we have set. The late notice of the date was a contributor, too late for the February Briefing, after which a very large number of runners opted into events far and wide. In other circumstances, we would want the very top runners out to win events like this, but it is sometimes interesting and informative to see such a fine performance in their absence.

The event was won by Leeds University from Derby and Notts AC, well away from Redhill followed in close order by Mansfield and RHAC.

Nike Young Athletes Relays, Nottingham

Rotherham ran 6th at U-17 Boys (Steve Inglis 2nd fastest time), 2nd at U-15 just edged by Oadby & Wigston (OWLS) (Richard Lomas taking joint first place), 7th at U-13. As to the ladies, they ran 2nd U-17 where Katy Storey was fastest, and 6th at U-15. Highlight was of course the fine first place for the U-13 squad for whom Lyndsey Carnell and Teresa McNaney were 2nd and 3rd fastest, and to cap it the U-13 B team finished an excellent 8th.

Nat XC Relays

RH Raise Relay Ranking

The Cross-country Relays this year were marked by expansion of the categories permitted, also matched by better participation in general from RHAC with our first ever visit by the young athletes squad. Steve Inglis got himself in the fastest times list on stage one of the under-17s though we were at the back at the finish- but it shows great spirit that these runners turned out to support a team. The under-15 quartet of Richard Lomas (6.44) Jamie Russell (6.50) Ian Whitaker (7.02) and Cain Green (7.08a) ran 7th with Sunderland winning. The competition in this one proved a bit fiercer than the Nike relays. Both the under 15 and under 13 ladies also found it hard, finishing 34th and 24th respectively.

The ladies squad in 15th place were sound as usual, and the men's senior A team moved up a little to 15th also, 19th being previously our best placing. Only a modest rise, but it isn't easy at this level. We welcomed Robert Holladay back to team racing to join Dave Tune and Paul Rowland with Peter Neal getting the nod for fourth place; we could have chosen others.

**NB Homestead Social
Wednesday 19th March
(3rd Wednesday not last)
owing to Winter Series Race**

Northern 12 Stage Relay

Saturday April 5th
Middleton Park, Leeds

Time to Deliver?

Without a doubt, the 12-Stage Relay is the Grand Prix of the Road Racing scene. The atmosphere is fabulous, the competition is superb, the quality is the very highest. Only the 6-stage later in the year approaches it for status. The Northern event is in Leeds on 5th April. We can name 24 for a team of 12. The first (probably) 16 clubs qualify for the National event three weeks later at Sutton Park. Sutton Park is even better. Just about every runner of high quality in Britain is there.

In both '94 and '95 we ran 12th in the Northern, in '96 we moved up to 10th despite savage injury lists. Before 94 we were in the wilderness, never having qualified; this year we are aiming to qualify well, and then beat our best National placing of 39th.

The closing date is 17th March, club captain Peter Neal and myself will be finalising the entry on 10th March and sending it. As always, the observations of all interested parties and the advice of experienced colleagues will be valued in the process. This year our progress has been such that we are in some difficulty to finalise who to include and who to leave out of the 24, let alone the eventual 12. Suffice it to say that anyone approached for inclusion should be aware that they are very likely to be asked to turn out, possibly at a late date, and that their inclusion means disappointment for someone else. We will sort the team (12 + reserves) on the 24th.

This is not a comfortable time for a team manager, for the best possible reason. To put it bluntly, we now have to deliver. We have been building for a good while (and still are), we have been promising for a good while, and still are. The difference now is that we cannot really accept scraping into the top ten as good enough. We would now qualify for the National 12-stage if we ran the slowest 12 of the 24 entries. But we need to run the fastest. That is not to say we are in medal contention, but that is the direction we should be looking. Who knows what will happen in the future?

There are five targets that ideally will guide our road running this year. First, and nearest, the northern and subsequent national 12-stage relays with our vast resources new and old. There will of course be other events, but then the September Yorkshire Relays. With Dave Tune and Paul Bennett disqualified we have struggled in the past but this year there is no reason why, with newly qualified Martin Connolly, Darren Cooney, Richard Harris and Peter Pleasants added to our previous strength we should not upset the annual Leeds-Bingley carve-up. Then the two six-stage relays in October, when we might cause a bit of a surprise.

Northern 12-Stage Relay

Saturday April 5th...Leeds

National 12-Stage Relay

Saturday April 26th...Sutton Park

National Vets 8-Stage Relay

Saturday May 17th...Sutton Park

Huddersfield 10k

Rob Holladay came back from his lay-off with a vengeance at the Huddersfield 10k on a new course, hard to believe worse than the old one. The times tell you all you need to know, Rob's win in just under 33 minutes from Scott Mitchell (Leeds) was joined with Paul Venables 35 minutes 7th place and Luke Field's 36 in 14th for the team prize. Paul has happily re-launched his career with first vet here, he is of course more settled than most when the terrain is hard to handle. He had even considered packing the job in, problems being so persistent. We are glad he hasn't.

Runners' News

•Dewsbury 10k

Second place for Dave Tune (30.09), close behind Salford's Kevin McLuskey (30.05). Good performances from Luke Field and Tim Drake, first time out after his year off, Dave Hindmarsh taking first veteran in 34.18. A welcome return too for Simon Ellis.

•Stamford 30k

Jeff Crofts ran 7th in 1.53.10 in the Valentine's 30k. The midlands-dominated event was won by A. Wetherill (linc. Well.) in 1.45.45.

•Tigger Tor

We haven't got Steve Tompkin into the road scene yet, but he ran a fine 77.05 to take 12th place in the Tigger Tor fell race on 9/2, the event won by Keith Davies (72.36) who runs first claim Penistone on the fells. Brett Stocks ran 4th in 74.40.

•High Melton XC

On a bitterly cold day, Steve Inglis surprised the older runners by getting amongst them in third place, behind Brett Stocks and Darren Teasdale, so finishing in front of Richard Harris and Luke Field, who were close behind. (Though rumour has it that Richard took the scenic route). Dave Hindmarsh too was in generous mood, giving the field a couple of minutes start and so missing the vets prize. With Richard non-scoring, Doncaster & Stainforth took the team, which I imagine they enjoyed a good bit.

•Nat XC

We have taken the decision not to go to the National Cross-country in Havant on March 8th, although we did enter the teams. We really should be hitting all the big events, so this is a bit of a let-down, but there is no enthusiasm for it in a packed season, and it is so far away it involves an overnight stay to do it right. Top runners would have travelled to support a team, but most are now in the various ways thinking road running. On a personal note, I am so pulled out with jobs that I welcome the break on this occasion. Pity, but there we are.

•Numbers

Winning numbers for February were £85 John Lynch no.198; £10 each Craig Bywater 205, Phil Allen 93, Alan Bryden 295. 230 sold. Thank you Brian.

The monthly social in March will be held at the Homestead as usual but on the third Wednesday, ie 19th March. This because of the Winter Series race at Maltby on the 26th. There are indeed a lot of events coming up on the last Wednesday of the month, Road League at Dinnington on April 30th for example. Watch this space.

•Xmas Draw

Unclaimed prizes: 1201 N.Wainwright (voucher) 0585 J.Green (Quality St), 1208 I.Horsley (Terrys), 0594 E.McLaughlan (Quality St), 1101 L.Bailey (After 8s). £542 was raised after prizes and all expenses, Jack Phipps sends thanks to all who supported. We in turn send thanks to Jack for this tremendous effort.

•Only Paul Bennett and Chris Beighton seem definitely injured enough to be out of contention at the moment, though Mick Thompson is of course still recovering from back trouble. Paul has foot trouble and will be in USA at 12-stage time, though if he gets it together he will be back for the National. No luck in Chris' case however.

•Rob Hollinger's recent performances could be seen as outside our area, road and cross-country after all, but what a great season he is having, records all over the place. Well meriting our comment and congratulations.

Patrons Scheme

Latest patrons since New Year are

In Style Taxis

and

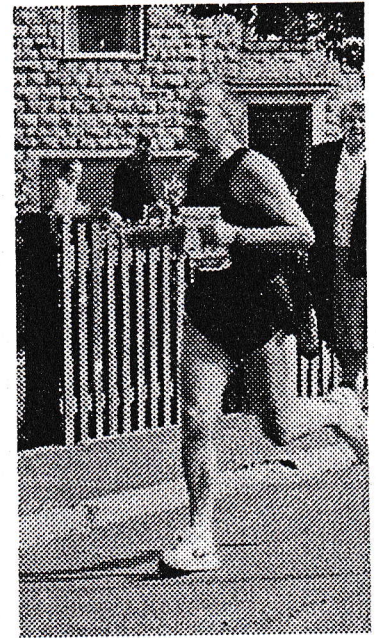
Rotherham Advertiser

Total now £410.

Have you introduced a patron yet?

March / Spring Fixtures

Sun 2 Mar	Norton 9
Sun 2 Mar	Lincoln Half 11am
Sun 2 Mar	Redcar Half 10.30
Sun 2 Mar	South Leeds 5 11.15
Sat 8 Mar	National Cross-country, Havant
Sat 8 Mar	Dearne Valley 10k CANCELLED
Sun 9 Mar	Pontefract 10k 11am
Sun 9 Mar	Spire 10 Chesterfield 10am
Sun 16 Mar	Spen 20 noon
Sun 16 Mar	Ashby 20 10am
Sun 16 Mar	East Hull 20 10am
Sun 16 Mar	Retford Half 10.30am
Sun 16 Mar	AAA Half Marathon, Reading
Sun 16 Mar	Wombwell 5
Sun 16 Mar	Dronfield 10k 11am
Sat 22 Mar	British Vets Cross-country
Sun 23 Mar	Sheffield 10k
Sun 23 Mar	Ackworth Half 10.30am
Sun 23 Mar	Scarborough Half, 11.30am
Sun 23 Mar	Pennine 10k Brighouse 11.30
Fri 28 Mar	Salford 10k 11am
Sun 30 Mar	Bridlington 10k 11.15am
Sat 5 Apr	Northern 12-stage Relay, Leeds
Sun 6 Apr	Doncaster Half marathon
Sun 6 Apr	Wakefield 10k
Sun 6 Apr	Lincoln 10k 11am
Sun 13 Apr	London Marathon
Sun 13 Apr	Gisborough Moors Race noon
Sat 19 Apr	Coniston 14
Sun 20 Apr	Carlisle College 10k noon
Sun 20 Apr	Knowsley 10k 11am
Sat 26 Apr	National 12-stage Relay, Sutton Park
Sun 27 Apr	Sheffield Marathon & Half



Both pictured at last autumn's Penistone 10k are Paul Venables, who is hitting form again at the right time, and Martin Connolly, who made his team debut with us at the national Cross-country Relays last week.

Winter Series - 4 Rugby Club 5 miles

Winter Series 4th Race Rugby Club

Nominally 5 miles

1	C.Parkes	25:49
2	J.Comrie	26:17
3	M.Haffner	26:38
4	I.Lanceley	26:43
5	P.Roberts	27:38
6	S.Inglis	27:48
7	J.Spencer	28:22
8	S.France	28:27
9	P.Smales	29:10
10	T.Turner	29:31
11	S.Cartwright	29:32
12	P.Purdy	29:59
13	M.Gaynor	30:07
14	B.Harney	30:15
15	T.Stuart	30:32
16	D.Whitehead	30:37
17	A.Gregory	30:38
18	S.Marshall	31:06
19	J.Rust	31:11
20	P.Haigh	31:29
21	M.Senior	31:30
22	S.Ellis	31:31
23	T.Perks	31:43
24	R.Burton	31:47
25	S.Simpson	32:00
26	I.Soakell	33:04
27	J.Spriggs	33:04
28	M.Uttley	33:14
29	D.Butler	33:17
30	M.Cochrane	33:37
31	T.Smith	33:44
32	A.Mirfin	33:45
33	D.Russell	34:00
34	P.Fenton	34:04
35	D.Beevers	34:16
36	S.Burton	34:17
37	A.Charnock	34:27
38	B.Lowndes	34:44
39	G.Bunker	35:57
40	M.Rhodes	36:35
41	D.Sears	36:45
42	B.Spriggs	36:52
43	N.Shaw	37:12
44	C.Smith	38:37
45	D.Thorpe	38:42
46	D.Weatherburn	39:34
47	P.Widdowson	39:36
48	G.Cartwright	39:44
49	D.Creamer	40:45
50	J.Sears	41:09
51	S.Poole	42:32
52	D.Butler	42:39

Awards-men

1	Chris Parkes
2	John Comrie
3	Mark Haffner
1st Vet	Jerry Spencer
2nd Vet	Tony Turner
3rd Vet	Steve Cartwright

1st O/50
2nd O/50

Brian Harney
Tony Stuart

Awards-Ladies

1	Paula Fenton
2	Jan Sears
1st Vet	Sharon Burton
2nd Vet	Gill Bunker

Visitors

1	Steve France
2	Martin Gaynor
3	Jim Rust

The fourth series race was finally settled at the Rugby Club last Wednesday after being moved to the Homestead which however was under reconstruction. Thanks to Rotherham RUFC for hosting us. It was finding a safe course that settled it, the lollipop course up Broom Valley Road proving as safe as can be reasonably expected given the time of year etc. Many thanks to helpers especially marshalls. I had to leave for a parents' meeting and am indebted to Dave Haywood who took over for me.

Another poor night, but a Winter Series is a Winter series, and 52 finishers says it all. Top class support. Although I have not been publishing standings, there will be two series this year with some final awards at to be won at Maltby on the 26th. Maltby however will be a normal race, if it works out we will make the series awards after the race we hope to hold for Mick Appleyard on April 16th in Thorpe Hesley.

Winter Series 5th Race

Maltby

White Swan

Wednesday 26th
March
7pm

The South Yorkshire Road Leagues
are fixed for:

SYRL1	April 30th at Dinnington
SYRL2	May 14 at Worsborough
SYRL3	May 28 at Wombwell
SYRL4	June 11 at Armthorpe
All Wednesdays as usual, watch out for date/venue changes later, but the above are fairly definite.	

National Cross-country Relays

Mansfield 15/2/97

RHAC 'A'

16:49	P.Rowland	31st
15:41	D.Tune	15th
16:12	R.Holladay	13th
17:38	P.Neal	15th

RHAC 'B'

17:20	L.Field	50th
17:10	T.Drake	40th
17:36	K.O'Mara	37th
18:32	S.Gaines	39th

1	Morpeth	1:02:15
2	Bingley	1:02:20
3	Sale H	1:02:29
15	Rotherham A	1:06:20
39	Rotherham B	1:10:38
Other local A teams		
13	Notts AC	1:04:54
16	Derby & Cty	1:06:26
17	Redhill	1:06:31
33	Barnsley	1:09:48

RHAC Ladies

G.Bunker	12:29
J.Oxley	11:57
J.Jennings	11:55

1	Birchfield	32:18
2	Hallamshire	32:46
3	Aldershot	33:00
15	Rotherham	36:21
18	Barnsley	38:12

Ferriby 10 2/2/97

RHAC CC 1st Race

7	J.Comrie	54:30
8	P.Neal	54:47
10	L.Field	55:31
17	A.Parkin	56:05
22	P.Roberts	56:57
29	J.Crofts	57:17
32	J.Spencer	57:52
34	M.Palfreyman	58:04
36	P.Morris	58:20
41	P.Eddison	58:58
54	T.Hawley	60:31
60	G.Turner	61:09
80	M.Herrington	63:01
99	R.Butterworth	64:50
113	R.Burton	66:02
119	W.Beardshall	66:20
141	D.Clarke	68:04
181	A.Mirfin	69:34
173	G.Bunker	69:58
181	D.Taylor	70:26
184	P.Millson	70:50
199	B.Newbould	71:56
217	M.Rhodes	73:09
223	A.Charnock	73:31
265	G.Benton	76:10
319	P.Widdowson	79:57
390	finishers	

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 549125

The support of Yorkshire Windows is greatly appreciated.