

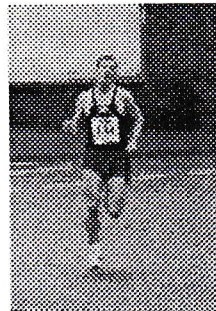


RHAC has TWO Northern Champions

•No sooner were we celebrating Dave Tune's class act at the northern cross-country than renewed cause for joy arrived as Paul Venables took the Northern Vets over-40 title at Manchester. Placing second in the race overall, this is a brilliant and well-deserved success for Paul as he has put a lot of time, effort and dedication into his comeback from a number of threatening running injuries. A lot of faith too I feel, as it didn't go always smoothly on the comeback trail.



Paul placed fifth at the Norton 9 last week, but wasn't too pleased with his performance- very typically some would say, he is his own most serious critic and whilst satisfied with outstanding top performances is seldom satisfied with anything less. We cannot fault that.



Early intentions put aside, I gather Paul is now seriously attempting the National Vets Cross-country on the 28th of this month, with some back-up from the vets team. Our best wishes go with him.

(Paul and Dave are both of them shown above at last year's Barnsley 10k)

National Cross-country Entry

Getting a sound team will be a problem for the March 14th event owing to absences, injuries, and unfortunate entry misunderstanding. Entered are:

Men: D.Tune, D.Cooney, L.Field, L.Collingwood, P.Venables, M.Connolly, P.Roberts, D.Hale, R.Harris, A.Aked, J.Comrie, P.Neal, M.Ruddleston, P.Morris, P.Smales, A.Chell, I.Lanceley.

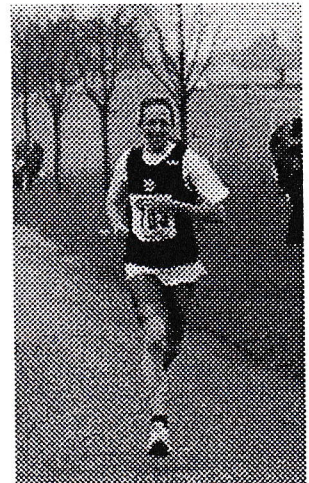
Ladies: J.O'Mara, M.Rhodes, L.Padfield, J.Chapman, J.Hindley, S.Marshall, J.Jennings, G.Bunker, J.Shannon, P.Fisher, C.Goldsbrough

Jun Men: R.Rhodes, R.Chapoman, Jun Ladies: K.Storey

U17 as notified see D.Russel

Hilary Heads the List

•Club Champion Hilary Garrison (pictured) is running better than ever. Back in February she led the RH ladies team to success with a win at Ferriby where they edged out Cleethorpes with Gill Bunker 2nd, Diane Taylor 3rd with also Paula Fisher, Jen Baker and Pat Wells. Cleethorpes have some handy ladies runners, this is no mean feat. A pb at the Alsager 5 last month too, and reports say she is giving the senior men some aggro in the club training sessions.



RELAYS

reminder

Northern 12-Stage Relay

Saturday April 4th

South Leeds Stadium

entry goes off (24 names this week end closes 13th)

National 12-Stage Relay

Saturday 18th April

Sutton Coldfield

entry as advised later

AWARDS EVENING

•The Club Awards Evening (formerly "Road Night") took place as planned at the Prince of Wales, Masborough, two weeks back to the general enjoyment of all. We filled the pub well enough though the pie and peas didn't do too well. Brian Harney, now in his third year as president of our club, made the championship awards and mileage awards with only a few absentees to: club champion John Comrie (pictured below), 2nd Luke Field, 3rd Ian Lanceley, B section Kerry Booth, highest score Richard Burton, C section Alan Charnock, 1st vet Graham Benton, 1st vet 50 Alan Mirfin, 1st lady Hilary Garrison and runner-up Gillian Bunker.



It was a pleasure to have Peter Elliott present on the night, Peter made four awards in all to Liam Rooney for best performance (this in fact the "Peter Elliott Award"), Jamie Russell "Best athlete Award", and special commemorative awards to David Tune and Paul Venables for their unique results in giving RHAC two northern area cross-country champions in the same year. Liam's award was focussed on his Grade 1 800 metres at Dorothy Hyman Stadium whilst Jamie's cited his high jump performances through the year.

•We also offer congratulations to Stephen Lomas for an outstanding performance in winning the AAA indoors 1500 in 4:05.4 at Birmingham last week, astoundingly this was the first time he had run indoors! Steve was also successful together with Richard Lomas, Jamie Russell and Ian Whitaker in the Midland heats of the Nike Young Athletes' Relays which places them in the national final at Durham. (3 of these came 8th in the national the week before). Brilliant progress and standards; we owe recognition not only to the athletes but to their coaches, amongst whom Malc Whitaker, Dennis Russell and Phil Allen are prominent. Bets of luck at this week's English Schools to these and other athletes, and get well wishes to Phil Allen who is ill.

•Another top class performance from Jane Clarke at Pocklington Snake Lane 10 again taking a pb time and bettering Sue Garrod, from Goole Viking into the bargain- not an easy activity. Jane was irritated by not quite catching Carol Wolstenholme, but that is what winners are made of; they don't like coming second even if it's a good one.

•Outstanding results from two of our top men last week with Dave Tune blasting away the opposition including Rob Denmark at the Hillingdon 5 and Rob Holladay winning with some comfort at the difficult Huddersfield 10k, which he has a grip on at the moment.

•Monthly numbers drawn 25th February £70 No.60 Ralph Rowbotham, £10 each No.87 Roy Tinker, No.90 Gail McDonald, No.185 David Burke. 200 sold. Thank you Brian.

•The Wednesday monthly social resumes this month with a bite to eat as usual at the Homestead on 25th March at around 8.30 onwards. As was usual, that is, except that many Wednesday races etc have intervened. And no doubt will again, but not on the 25th. See you there. £1.50 for the food.

•Are you interested in a half-marathon or 10k at den Haag, Holland? The race is two weeks before Easter, going out Friday 27th March and returning Monday. Three are already lined up for the trip, four or five needed to fill the car and the team. Contact John Comrie if interested on 01709 326287. Cost £50 for the trip then your food/etc.

*Last chance to sign up for the Notts University Relays which are on Saturday afternoon. Something of a rush job this, as we only decided to enter last week.

*On the subject of rush jobs, sorry about the newsletter this week-at least I think I am. Many commitments have left me with no time to do it, and into the bargain we have changed platforms so that, for the anoraks amongst you, it is now written in note form on an old Macintosh Classic, and transferred to PC for set-up in Claris Works. Pictures are scanned on Mac and transferred likewise.

Ferriby 10

Sunday 6 February

4	J.Comrie	54:37
7	P.Morris	55:58
9	R.Harris	56:10
14	P.Neal	56:38
24	S.Gaines	58:09
26	A.Parkin	58:20
45	P.Purdy	61:17
71	P.Adams	63:28
75	H.Garrison	63:41
108	G.Bunker	67:00
114	R.Burton	67:35
119	P.Machin	67:55
150	H.O'Mara	70:09
158	D.Beaver	70:53
169	D.Taylor	71:32
174	J.Johnson	72:16
178	R.Butterworth	72:39
188	A.Mirfin	73:22
191	K.Chapman	73:43
195	P.Fisher	73:58
225	P.Millson	76:40
231	D.Burke	77:07
236	G.Benton	77:34
246	J.Baker	78:21
257	M.Rhodes	79:30
259	P.Varah	79:33
265	J.Clarke	79:55
316	P.Widdowson	86:50
324	P.Wells	88:28

Mileage awards were won by : gold: John Comrie, Phil Haigh and Dave Weatherburn; silver: Jenny Baker; bronze: Diane Taylor, Alan Mirfin, Arthur jeavons, Paul Varah, Roy Varo, Pat Wells, Richard Burton, Ken Horan, Malc Rhodes, Janice Streets, Tony Taylor, Alan Charnock, David Burke, Indira Lathia, John Clarke, BVryan Webster, Dennis Mason, Phil Widdowson, Frank Wagstaffe, Alison Brown, June Beaver, Alex Brown and Robert Streets.

The B and C section are reduced for this season owing to few completed series of 10 this year. C Section is Malcolm Rhodes and Phil Widdowson, with them together with Andy Parkin and Roy Butterworth making up B section. As a reminder, B section is all those runners who did 10 but got no award; C section is the lower scoring half of them.



Pictured at the start of the Yorkshire Cross-country is the under-17 ladies team of Clare Stephenson, Lindsey Whitaker, Carla Foster and Joanne Greaves whilst (right) James Silk is seen negotiating an interesting (!) hazard



Rob Holladay (above) wins again at Huddersfield. Rob is currently aiming for a teaching post as he finishes his Loughboro course this year

**CLUB SOCIAL
WEDNESDAY
25TH
MARCH
HOMESTEAD
£1.50 FOR FOOD**

CLUB STANDARDS

•When you look at our results this year (or for that matter, most other years) the numbers look good and the standards look high. And so they are. But, our problem now is that we have put ourselves in a position where "good" isn't good enough, which in some ways is a pity because it puts pressure on us more or less continuously. When you reach national top ten status, which we did last year, it is inevitable to compare what you do with that level.

Measured like that, we have not boxed our weight this winter. There is also the fact, for fact it is, that we perform more strongly in road relays than we do anywhere else. The trouble with that is that there are not that many of them, not much chance to correct errors. We take all the road competitions very seriously indeed, starting with Northern 12-

March Fixtures

Sun 1 Mar	Norton 9
Sun 8 Mar	Stafford 20
Sun 8 Mar	Chesterfield Spire 10
Sun 8 Mar	Pontefract 10k
Sat 14 Mar	National XC. Leeds
Sun 15 Mar	Wombwell 5
Sun 22 Mar	Doncaster Half 10.30
Sun 29 Mar	Sheffield 10k 11am
Sun 29 Mar	Ackworth Half 10.30
Sun 29 Mar	Louth 10 11.30
Sun 29 Mar	East Hull 20
Sat 4 April	Coniston 14
Sat 4 April	Northern 12-Stage Relay Leeds
Sat 4 April	Meanwood Valley Trail Race 10.30
Sun 5 April	Scarborough Half 11.30
Sun 5 April	Barnsley 1/3 Mara Trail Run 10.30
Wed 8 April	Mansfield 5k (approx) 7pm
Sun 12 April	Bridlington 10k 11.15
Wed 15 April	SY Road League 1 Dinnington
Sat 18 April	National 12-Stage Relay, Sutton
Sun 19 April	Wakefield 10k
Sun 26 April	Sheffield Half & Marathon
Sat 2 May	Tadcaster '10 noon

stage on the 4th April, with the National badly timetabled for the 18th, the week in front of London. Hopefully, preparation for London isn't going to disrupt us too much though that is a personal matter for the runners themselves to decide on. And no-one could take the national vets relays more seriously than our members seem to be doing; it is target number one.

YORKSHIRE- THE FUTURE?

•Further to standards and performances, I am now seriously considering a radical step, and would welcome your serious views first. **Fact:** many clubs compete at county, area, and national level, we compete at first county, second county, area and national, This gives some runners more fixtures than they want. **Fact:** standards at Yorkshire level are overall poor. **Fact:** we are barred from running some of our better runners by the bent rules of

Yorkshire competition. **Fact:** entry to Yorkshire events is expensive. **Fact:** it is vital to our continued development to put on a big display in our own area, to enthuse our own runners and to attract others. **Plan:** we continue to support South Yorkshire strongly, as our "county", we continue to support northern area, we continue to support national competition. We drop Yorkshire (at ordinary senior level) entirely. This means not going to the road relays at Wakefield in September, and not going to the cross-country in December.

But this isn't my club, it's yours. If you want to support Yorkshire as well, then we do. Maybe we should always take a training team to the Yorkshire. Maybe we are being disrespectful to it.

Like I say, I need your views- but undeniably Yorkshire senior events are becoming second class events and this isn't a second class club.

Answer to back page:

Northern 12-stage relay ca. 1985 (do you know?), the runners back row Simon Ellis, Steve Atkin, Paul Ruddleston, Richard Self, Tony Leach, Allan Beighton, Paul Venables, front Mark Ruddleson, Paul Wakefield, Tony Kelsall, Peter Elliott. This was Sefton Park <liverpool and missing man was Liverpoolian Peter Mirrlees, who rejoined RHAC this very week, who had nipped in home for a cuppa.

Winter Series 4th Race Rugby Club

Ruddleston Profits from Bennett error

1	M.Ruddleston	26:19
2	J.Comrie	26:23
3	M.Haffner	27:13
4	P.Bennett	27:18
5	P.Roberts	28:10
6	P.Neal	28:46
7	R.Lomas	28:46
8	M.Gaynor	29:12
9	J.Russell.	29:46
10	T.Stuart	29:54
11	J.Rust	30:07
12	P.Haigh	30:23
13	D.Green	30:27
14	A.Rowe	30:28
15	T.Burke	30:50
16	I.Whitaker	31:15
17	S.Durdy	31:20
18	P.Rooney	31:25
19	G.Bunker	32:09
20	I.Brookes	34:14
21	D.Russell	34:27
22	M.Whitaker	34:40
23	R.Cook	34:59
24	N.Shaw	35:55
25	D.Sears	36:20
26	H.Marston	36:30
27	M.Rhodes	37:25
28	B.Soakell	37:30
29	S.Wood	38:10
30	I.Horsley	38:15
31	D.Thorpe	39:47
32	D.Weatherburn	40:05
33	J.Sears	40:55
34	D.Creamer	41:00
35	F.Poole	41:35
36	P.Widdowson	46:51

Mark Ruddleston took full benefit from Paul Bennett's stroll off course in the fourth Winter Series race held at the Rugby Club. Not really Paul's fault of course, scant marshalling is usually available and we have to thank the efforts of a small number each time that the events can go ahead at all. Thanks therefore to all concerned, especially Don Creamer and David Haywood who organised in my absence; a parent's meeting as last year taking me away from RHAC for the evening.

The fifth and last event of the Winter Series is to be held on Sunday morning, 8th of March over an off-road course at Maltby, meeting at the White Swan at 10.30 for an 11 am start. Some say it's the same as the cross-country they did last year, some say it isn't, but it should be hugely enjoyable anyway as these mixed racing and social events always are. Rotherham support for the Winter Series has been super and they are well worth continuing. The dark nights and road problems have led us to try out a final Sunday event, it is to be seriously hoped it is well supported though with Spire 10 and Pontefract 10k on it is hard to foresee.

WINTER SERIES 5 WHITE SWAN MALTBY SUNDAY 10.30 AM FOR 11 AM START

•New Club Championship Series

Of course we are well into the new series, with Ferriby, Snake Lane 10 and Norton 9 now gone. Next series races are **Wombwell 5** and **Doncaster Half** with subsequent races yet to be decided but definitely including the road league series which starts on April 15th at Dinnington, Wakefield 10k on the 19th and Sheffield Half or Marathon or London on 26th (the first time we have included a "triple-header"!)



Who, where, what, when: and who is the missing man?
Answers bottom of page 3

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

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.**