



Venables in top gear again

What a wonderful return to racing sharpness Paul has had since knee injuries almost prompted him to pack in. At the northern cross-country he was bang on form, scoring a key slot in our 6th place. He was well happy with that performance, and on the back of it ran a stormer at the northern veterans championship in Manchester to impressively subdue the opposition and retain his title in style. There was a notable depth of mud, which we know does not do any harm to Paul's performance.

Steve Elvidge, also on top come-back form, ran 11th at Manchester, a pretty good performance you would have said but he wasn't too thrilled by it, perhaps justifiably as he is running so well- the wet conditions maybe not as much to his liking as to Paul's.

Fifth place overall at the Norton 9 last week continued Paul's sequence. On Saturday we all wish him all the best at the national, where he might also catch selector's eyes which in the past have not looked, perhaps, in the right direction.

Road Prospects

I wish I could say that it's easy, but the truth is different. After a well-earned spell on top of the lists, which has become an almost automatic roll-out, there is I think a real danger of a drop in standards looming if we are not careful. There is no need for it if we think ahead.

Starting with the 12-stage relay- our entry is impressive despite the loss one way or another of Paul Bennett, Paul Rowland and Rob Holladay. There might indeed be no problem at all, I am getting more and more alarmist in general as I get older, and if Dave Tune, Darren Cooney, Darren Hale and company stay on song, we have a stormer of a team.

The problem that threatens is that so many of our valued entry are either injured (and more or less available) or recovering (and we make the assumption that they will be available). So for example, Andy Aked, Lee Collingwood, Chris Parkes, John Comrie and Luke Field have had problems though they are either better or hopeful of a good outcome.

The most obvious area of support is very iffy however, ie the veteran runners. Paul Venables who would be first choice is away on the Saturday at the national vets cross-country, where of course we wish him every success. The problem is that Steve Elvidge, also in the 12-stage top 12, and a battery of colleagues have planned to support Paul at Norwich- which would cripple the northern team if injuries do intervene.

On the local road scene too we need to be careful. I suspect the formality of winning will not happen. We were almost complete in our absence from the last cross-country event, and it might take an effort of will to avoid that fate in the road series. Bearing in mind in all cases that we have organised top class youngsters coming into the senior ranks next season, it would be foolishness of the highest order for us to let our standards slip so close to that.



On the subject of Newark...

RHAC Ladies' Champion Janet Hindley pictured here at Newark last time the national was there. Janet will be there but in support this time as she is still nursing an injury.

Unaware she had done enough races, Janet was on holiday at the time of the Awards Evening... but we will find a time and place to make the award. RHAC National entry is on page 3.

left: Mrs Hazel Yarlett pictured at the awards evening with some of our winners



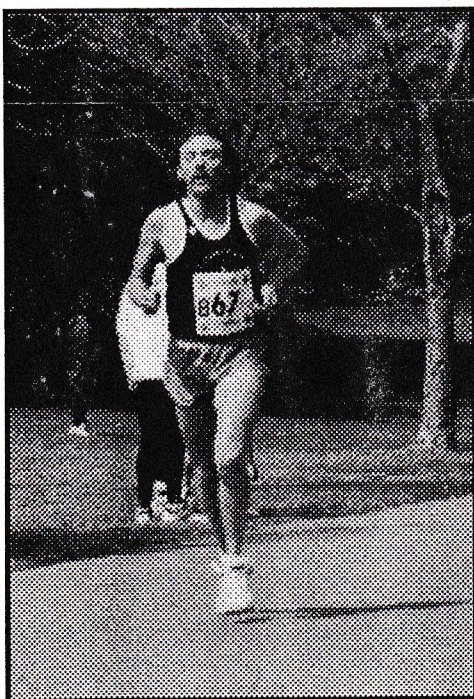
Ferriby 10 7/2/99

1		D.Bilton (C Hull)		55:18
8		S.Elvidge	V4	56:54
10		D.Ward		57:28
12		J.Comrie		57:36
17		J.Atkinson	V4	58:13
28		M.Palfreyman	V5	59:56
55		T.Hawley	V5	63:36
70		P.Eddison	V4	65:22
73	1	S.Garrod (Goole V)	LV	65:49
83	2	G.Bunker	LV	67:09
84		R.Howarth	V45	67:11
109		N.Shaw		69:55
121		D.Beaver	V45	70:31
128		P.Humphries	V55	70:58
138		R.Burton		72:29
143	10	P.Fisher	LV	73:05
164		A.Charnock		75:37
170		J.Clarke	V5	76:10
177		M.Rhodes	V5	77:29
185		A.Bryden	V55	78:23
251		G.Benton	V4	84:33
287		J.Sanderson	LV	90:52

305 runners

Not our historic list of prizes and team wins, but a decent turn-out which saw Gill Bunker (2nd) and Paula Fisher (5th) amongst the ladies' prizes whilst Malcolm Palfreyman took the O-50 vets.

Best up-front was the Elvidge-Ward-Comrie combination, Darren Ward finishing 5th with a 57.28 time just behind Steve's 56.54 and Sam following up with a 57.36



Vet John Atkinson pictured at Manchester in the 97 8-stage relay.

Club Championship Awards Night

Mrs Hazel Yarlett kindly came along to present the awards at our Annual Awards Evening in February, formerly the Road Evening. Guests of honour were Mr and Mrs Doug Rufus after Doug's Help the Aged gold award for fundraising activities, largely through his marathon running; a most enjoyable opportunity which we took to recognise Doug's achievements as a club- them having been recognised of course far more widely.

Luke Field picked up the men's main award after a top class year, and his closest rivals turned out to be John Atkinson and Jerry Spencer who took the second and third place cups. It would have been Paul Venables however, the latter agreeing to take the prize for first veteran. Terry Hawley and Tony Turner provided an unwitting headache for me, Terry winning the vet-50 cup if London wasn't counted, Tony winning if it was, and considerable doubt either way down to my not being too clear on the subject, though opinion leaned towards London being out. Tony settled the problem by ruling himself out in a great show of sportsmanship.

Roy Butterworth set aside his statistics to accept B section award and the C award went to Phil Widdowson. Neil Shaw and Graham Benton tied the 'most races' competition and will share. I will include both in the 1999 B section, together with Tony Turner, Richard Burton and Malc Rhodes- and any other claimants for 10 races, who should let me know.

Gill Bunker accepted the ladies second place trophy after somewhat ruefully pointing out that Janet Hindley had run at Wakefield, so making a ten-race total for Janet. Janet was not aware she had won the series, and was on holiday in any case. We will find a suitable occasion on which to make her award. Vicky Haigh was third placed lady after an improving season.

Again we had a most enjoyable evening although the numbers were well down this year. Maybe entertainment and a club night is after all better, we will look again next year.

Twelve Stage Relay

•Twelve Stage Relay entry made this week (24 allowed): from

D.Ward	S.Elvidge	D.Tune	R.Harris	
M.Ruddleston	J.Crofts	J.Comrie	L.Collingwood	
D.Cooney	P.Mirrlees	A.Aked	D.Hale	
J.Atkinson	M.Tune	C.Parkes	P.Morris	
M.Connolly	T.Drake	S.Gaines	J.Davey	P.Roberts
P.Neal	A.Chell	L.Field		

This is an impressive entry by any standards, but there could be problems looming.

Basically, so many people recovering from or nursing injuries: Lee has had hamstring trouble, Andy has been out a while but is back to a degree, Chris is into big mileage but still not 100% though he says he will make the relays, Luke is in the recovery phase.

What makes the equation tricky is the vets situation. Martin Connolly, lined up to run at Sheffield 10k will sub in the 12 for us instead if required, which is great support; and John Atkinson is not in the cross-country mode-m but we will be holding our breath!

•RHAC Club entry for the national cross-country at Newark on Saturday is as follows:

U17 Men 6k at 11.30 I.Whitaker, S.Bates, R.Lomas, P.Marshall, T.Smith.

Junior Women 5k at 12 noon L.Whitaker, K.Storey, C.Foster.

U13 Girls 3k at 12.30 L.Muscroft, A.Hague.

U15 Girls 3.6k at 12.50 T.McNaney, L.Carnell, G.Wright.

Junior Men 10k at 1.15 J.Dixon.

Senior Women 8k at 2pm J.O'Mara, S.Marshall, J.Hindley, M.Rhodes, S.Burton, G.Bunker, H.Garrison, C.Dauris, J.Clarke.

Senior Men 12k at 3pm D.Tune, A.Aked, D.Cooney, C.Parkes, D.Hale, L.Field, R.Harris, L.Collingwood, P.Venables, S.Elvidge, D.Ward, M.Rudleston, S.Tompkin, J.Comrie, M.Tune, P.Roberts, S.Gaines, J.Davey, A.Chell, P.Mirreles, G.Durham.

***Winning numbers** for February drawn at the Homestead Weds 24th were £65 no.191 Terry Hawley; £10 each no.186 Alan Simpson, no.286 Peter Mullett, no. 24 Mick Hague. 190 sold, thank you Brian.

***Smart come-back** for John Comrie after injury woe, a nice 54.55 at the Ostend-Bruges 10 in Belgium last week, taking the Mike Grattan package.

***Our Yorkshire Cross-country** was so popular we have been invited to stage the 2000 edition at the same venue. Definitely maybe, I said.

March and later Fixtures

Sun 21 Mar	Doncaster Half
Sun 21 Mar	Dronfield 10k
Sun 28 Mar	Northern 12-Stage Relay, Wigan
Sun 28 Mar	Sheffield 10k
Sun 28 Mar	Ackworth Half
Sun 4 Apr	Guiseley Gallop (10k multi-terr)
Sun 11 Apr	Barnsley 14k Trail (Grange Lane)
Sun 18 Apr	London Marathon
Sun 18 Apr	Rochdale Canal Relay, Sowerby Bridge (7x5m)
Sun 18 Apr	Bolton 10k
Sat 24 Apr	National 12 Stage Relay
Sun 25 Apr	Sheffield Marathon & Half
Wed 28 Apr	SYRL 1 at Dinnington
Sun 2 May	Penistone Hill Race
Sun 2 May	Humberston Half
Wed 5 May	Tigers 10
Wed 12 May	SYRL 2 tba
Sat 15 May	Rother Valley 10k
Sun 16 May	Leeds Marathon & Half
Sun 16 May	Sandal Castle 10k
Wed 19 May	Askern 10k
Sat 22 May	Tadcaster 10
Wed 26 May	SYRL 3 tba
Sun 30 May	Nidderdale Fell Race
Sun 6 Jun	Goole River Bank Chall
Wed 9 Jun	SYRL 4 Armthorpe
Sat 12 Jun	Chatsworth Challenge
Wed 23 Jun	SY Relays Damflask

RHAC Club Championship Series 1999

As promised, a better coverage this year and better notification too. Gill Bunker will keep a check on the ladies' positions for me, and I will keep up with the mens'. It does help when you do the series races if you get a set of results; members like Alan Bryden, Roy Butterworth and Malc Rhodes have helped enormously by their supply over the years- obviously I can't get to all events.

The vaguely-dated events below have to be taken on trust for the time being, as always they may or may not be right when the time comes.

1	Ferriby 10	gone
2	Norton 9	gone
3	Doncaster Half	Mar 21
4	Sheffield Marathon	Apr 25
5	Sheffield Half	Apr 25
6	SYRL 1 Dinnington	Apr 28
7	Tigers 10	May 5
8	SYRL 2 tba	May 12
9	Askern 10k	May 19
10	Tadcaster 10	May 22
11	SYRL 3 tba	May 26
12	Woodhall Spa Half	Jun
13	SYRL 4 Armthorpe	Jun 9
14	Damflask Relays	Jun 23
15	Doncaster 5k	Jul
16	Askern 10	Aug
17	Armthorpe 10k	Aug
18	Maltby 10	Oct
19	Worksop Half	Oct
20	Percy Pud 10k	Dec
21	Woodhouse 7	Dec

and four more to go on to make up 25.

But these will not be before the end of May, as there are enough races already in April and May.

Any suggestions will be considered, especially if they are in empty or thinly covered months.

A reminder for some, or info for newcomers: of the 25 races, you have to do 10 (or more) if you want to take part. Scores for the first RH runner are 100 (male & female) then 99 etc down. Highest total for any 10 is the overall winner etc.

You must enter as and run in the colours of RHAC.

Rugby Club approx 5 and 1/4m

		run time	yot diff
1	S.Elvidge	26:55	2:35
2	J.Comrie	27:04	0:04
3	S.Hogton	27:49	2:11
4	G.Durham	28:36	0:24
5	R.Lomas	28:48	0:12
6	P.Marshall	30:03	0:03
7	P.Eddison	30:18	0:42
8	T.Turner	30:21	4:39
9	J.Rust	30:48	4:12
10	D.Watsonson	30:50	4:02
11	P.Rooney	31:19	3:41
12	S.Durdy	31:23	8:37
13	C.Green	31:32	1:28
14	R.Howarth	31:41	0:19
15	I.Sokell	31:52	2:08
16	S.Marshall	32:03	0:57
17	I.Brookes	32:20	1:40
18	B.Harney	32:25	1:35
19	D.Beavers	32:29	3:36
20	P.Haigh	32:35	0:35
21	N.Shaw	32:48	3:12
22	S.Burton	33:08	3:52
23	L.Day	34:45	2:36
24	D.Buxton	34:48	3:12
25	M.Swift	35:18	1:18
26	H.Marston	35:40	6:20
27	D.Laxton	35:46	2:14
28	P.Fielding	35:48	2:12
29	B.Sokell	35:51	4:09
30	M.Gaynor	35:52	3:52
31	D.Sears	36:07	8:53
32	A.?	36:32	3:28
33	H.Thompson	36:35	0:25
34	D.Thorpe	38:30	1:30
35	S.Pooler	39:17	2:13
36	D.Weatherburn	39:18	0:12
37	B.Lowndes	40:06	0:54
38	J.Gallagher	40:39	1:51
39	J.Sears	40:51	7:09
40	C.Clarke	41:30	1:30
41	A.McQuillin	41:38	6:22
42	D.Butler	46:35	2:15

Elvidge run goes on and on

Thanks to Don Creamer and David Haywood in particular for organising and handling the Winter Series fourth race based in the rugby club, taking in a run up Broom Valley and a double loop of Moorgate Rd, Spinneyfield and Beaconsfield Road. This was staged as a yot handicap (own time estimation) and the winner of this was Paul Marshall, a mere 3 seconds out with John Comrie, Richard Lomas and Dave Weatherburn close behind.

Steve Elvidge again proved fastest, from John Comrie who is fast recovering former speed, and again it was Shaun Hogton of Kimberworth Striders who was first 'visitor' in third place; Jim Rust scoring first among Maltby colleagues.

Not a bad turn-out, this one is usually a bit lower than the first three events and so it proved. The last event of the winter series is to be staged at Maltby, and on this occasion due to the hour going on the clock just in time Dave Houhghton and colleagues reckon they can just get in an evening road fixture on the last day of the month, which conveniently is Wednesday the 31st of March. I guess the start will be 6.45 but don't be late as daylight will still be at a premium. Venue is the White Swan.



What, where, when ?

Winter Series 5

**Wednesday 31
March**

**6.45 at the
White Swan,
Maltby**

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.

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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.