



# May 1994 BRIEFING

Available free to members on the first Wednesday of each month.  
 Can be sent by post (stamped self-addressed envelope or 50p per month)  
 Produced at Wickersley Comprehensive School by pupils and staff.

The RH news briefing is aimed at improving and then maintaining the standard of road running at RHAC. Your contributions of results, opinions, plans and photos are vital to its success. I regret however that we cannot publish members' letters or other contributions unless previously arranged.

RHACs first ever National 12-Stage report p4

Tremendous Prince turn-out p2  
 Events & Runers News p3



## The Worksoop Connection

Paul Bennett (L) and Mick Thompson (below), top RHAC supporters in the 1994 relays.

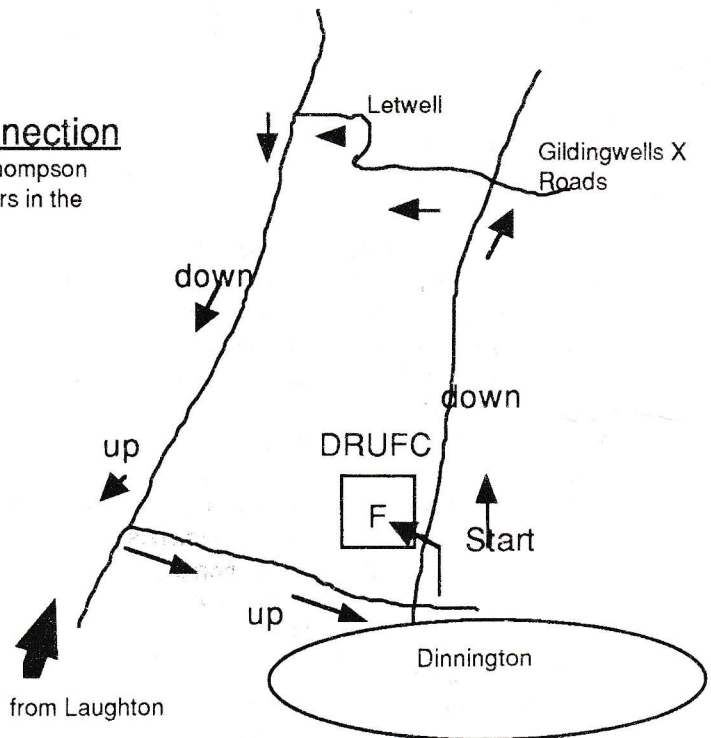


Paul is seen here winning the Prince last month, and he also posted the fastest 12-stage long legs.

## Road League

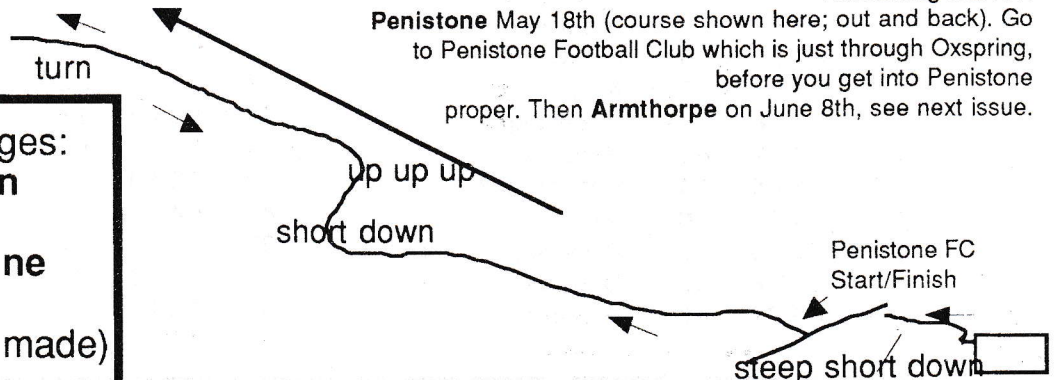
Wednesday 11th May  
 Dinnington Rugby Club 7pm

Once again RHAC members have voted with their feet. The turn-out at Maltby was great. The men's team and women's team both did well as maybe also the vets. The numbers present were so good in fact I ran out of numbers. I hope we can put on an impressive display at our own event next week-- if you cannot run, come and help with your support



Remaining fixtures:

**Penistone** May 18th (course shown here; out and back). Go to Penistone Football Club which is just through Oxspring, before you get into Penistone proper. Then **Armthorpe** on June 8th, see next issue.



Important date changes:  
**Sheffield Marathon**  
**June 19th**  
**Stainforth Ten, June**  
**26th**  
 (since our lists were made)

## The Prince at Greasborough

The Prince of Wales 10k was a fine evening for all concerned, proving both a popular course and enjoyable social occasion. The start was something of a shambles but the scenic course made up for it. All runners will receive a commemorative badge in due course.

Apart from our hosts Dennis and Christine Folks my thanks go to the numerous helpers who made the event a success- marshalls and officials including Trev Fisher, Alan Mincher, Indira Lathia, Pete Neal, Hugh O'Mara, Pete Purdy, John Atkinson and Dave Johnson

The event will likely be annual. The next race of this type will probably be the Tickhill 10, Don Creamer in charge.



Club captain Julia Jennings, first lady at Prince and Maltby Road League

1	31.13	67	P.Bennett	
2	32.38	32	P.Venables	
3	32.50	47	N.Brookes	
4	33.42	9	S.Gaines	V40
5	33.42	48	K.Metcalf	
6	34.05	13	J.Crofts	
7	35.06	33	M.Teather	
8	35.16	53	N.Mitchell	
9	35.20	61	A.Gregory	V40
10	35.28	2	B.Harney	V45
11	35.40	60	G.Hammonds	
12	35.53	87	D.Thomas	
13	35.55	20	P.Smales	
14	36.00	38	R.McCarthy	
15	36.09	52	D.Gill	V45
16	36.31	6	P.Humphries	V50
16	36.31	16	T.Hawley	V45
18	36.40	72	S.Lister	
19	36.41	8	P.Eddison	
20	36.56	49	M.Gaynor	
21	37.29	76	L.Hayes	
22	37.39	12	A.Smith	
23	37.48	7	J.Jennings	L
24	37.49	68	R.Bennett	
25	38.05	14	D.Whitehead	
26	38.05	86	J.Goff	
27	38.15	23	P.Jepson	V40
28	38.18	50	D.Russell	V40
29	38.27	40	H.Garrison	L

30	38.28	18	G.Eato	
31	38.43	62	K.Booth	
32	38.58	34	N.Grimley	
33	39.08	36	M.Concannon	
34	39.14	57	M.Widdop	V45
35	39.20	42	A.Creamer	L35
36	39.40	54	M.Scott	V50
37	39.52	69	A.Smith	V40
38	39.55	43	C.Boyd	L35
39	40.27	90	H.Marston	V45
40	40.32	46	R.Varo	V55
41	41.13	82	B.Rusling	J
42	41.15	55	M.Cochrane	V45
43	41.17	70	D.Khan	
44	41.20	35	R.Grimley	
45	41.29	56	D.Beaver	V40
46	41.30	41	G.Bunker	L35
47	41.33	85	R.Elliott	V45
48	41.48	51	M.Hill	v40
49	42.25	45	R.Thorpe	
50	43.03	29	B.Spriggs	
51	43.40	30	K.Dutton	V50
52	43.42	3	J.Harney	L35
53	43.51	81	M.Jones	
54	43.56	84	T.Horner	J
55	44.11	39	T.Breslin	
56	44.37	78	J.Clark	
57	44.58	65	D.Cox	
58	45.04	28	K.Baker	V45
59	45.12	64	D.Weatherburn	V50
60	45.21	37	J.Hill	V45
61	45.41	73	D.Race	
62	45.44	83	H.Gee	V40
63	46.15	11	B.Newbould	
64	46.26	74	A.Mirfin	V45
65	46.34	24	I.Horsley	
66	46.35	66	B.Sutton	L
67	46.37	44	G.Benton	
68	46.38	71	M.Rhodes	V45
69	47.00	31	S.Bagshaw	V60
70	47.03	58	J.Baker	L45
71	47.43	26	P.Ruddleston	V60
72	48.20	75	D.Greenfield	
73	49.11	21	I.Taylor	
74	49.31	4	D.Creamer	V60
75	49.33	88	D.Askey	V40
76	50.12	63	D.Butler	V50
77	50.31	25	D.Draycott	V40
78	52.08	15	P.Little	V45
79	52.08	59	P.Wells	L
80	52.09	79	G.Webster	
81	54.04	89	J.McDonagh	V40
82	59.37	77	S.Brewin	L
83	59.53	80	G.Sternrod	
84	60.06	22	J.Taylor	L

Sun May 1	Kimberworth 6	
Sun May 1	Humberston Half	Cleethorpes 10.30
Mon May 2	Penistone Hill Race	
Sat May 7	White Peak Marathon	Matlock 11 am
Sun May 8	Bingley Half	Bingley 11 am
Sun May 8	Derby Half	
Sun May 8	Examiner 10	Huddersfield 11 am
Sun May 8	Milton 6	Elsecar 11 am
Sun May 8	Eyam Half	Eyam 10.30
Tue May 10	Tigers 10	Sheffield
Wed May 11	<b>SY Road League ROTHERHAM</b>	Dinnington RUFC 6.30pm
Sat May 14	Rother Valley 10k	RV Country Park noon
Sun May 15	Driffield Half	noon
Sun May 15	AH Memorial 10, Sheffield	Carter Lodge 10am
Wed May 18	<b>SY Road League PENISTONE</b>	Penistone FC as last year 6.30pm
Sat May 21	SY Track & Field Sen&U17	Rotherham
Sun May 22	Ernest Harper 10	Pinegrove Club, Sheffield
Sun May 22	Beverley 10k	11 am
Sun May 22	Skegness 6	11.15 am
Wed May 25	<b>Askern 10k</b>	Askern Miners Welfare
Sat May 28	Doncaster 24h Race	
Sun May 29	<b>Rotherham 10k</b>	<b>3.20 pm</b>
Sun May 29	<b>Rotherham Festival of Athletics</b>	<b>noon</b>
Mon May 30	Anglian Water 6	Saxilby 11 am
Tue May 31	Hallam Chase	
Sun Jun 5	Woodhall Spa Half	11.30
Wed Jun 8	<b>SY Road League ARMTHORPE</b>	Armthorpe Welfare 6.30pm
Sun Jun 12	River Bank 1/3 Marathon	Goole 11 am
Sun Jun 19	Sheffield Marathon & Half	
Sun Jun 26	Stainforth 10	11 am
Sun Jun 26	Bridlington 10	
Wed Jun 29	SY Relays	Damflask
Sun Jun 26	Cardinal Heenan 10k	Leeds 10 (L) 11 (M) (Yorks Vets)
Wed Jul 20	Prince of Wales Half Marathon	Herringthorpe
Sun Aug 14	Harrogate 16	11 am

Club O/60 champion  
Stan Bagshaw,  
winner at the Prince



#### Runners News

John Stephenson won the Humberston Half last weekend, running as RHAC. This not long after a successful London run too. John is running a full track & field season this year.

Kim Bennett, who runs the Humberside 3000 on Saturday at Grimsby and the 1500 Sunday at Hull is looking forward to RHAC team competition later this year, especially Yorks & Northern 6-stage road, and cross-country.

Brian Harney is running better than for some time over the road distances. Brian is entered for the Doncaster 24 hr race on bank holiday (Sat noon to Sun noon). Among other entries is Harry Palmer, also RHAC. Why not call in and

give your support at the Plant Works track, Eden Grove.

Chris Beighton is back on form, having posted a 31 mi ute 10k recently and placed fifth in the Sheffield City -centre 5k.

The ever-popular Tickhill 10 is due to go ahead this year, but we haven't fixed the date yet. This will depend on affairs at Tickhill of course but favourites are 15/22 June, then 6th July.

Cyril Leason informs me that the Hardwick Hall 6 is on as usual, on Thursday the 14th July at Pilsley, nr Clay Cross, starting 7.30 pm. This is an interesting course which is well worth a visit, maybe as a family outing. Details later.

Nigel Brookes continues a welcome return to form. He ran second to Paul Venables at the PoW and also at the Kimberworth 6, where together with John Comrie, Gary Hammonds and Dennis Russell he won the team event for RHAC. He also placed 5th at Maltby behind Paul Rowland (2nd) and Paul Venables

Results from the Rutland Water race: Phil Hague 1.48, Mike Widdop 1.53, Pete Ruddleston 2.24 and Indira Lathia 2.24; PR's time being a pb. All these have been excellent club supporters this year and their continued success is welcome.

No news of the Prince of Wales Half. No news is bad news, I fear.

## 12-Stage Relay

Rotherham's first appearance in the National 12-Stage Road Relays was marked less for its result in the placings than for its contribution to the reconstruction of competitive road running which has been taking place this season.

In fact, we never targeted this race (which is ridiculous with hindsight) and were always condemned to be under strength on the day. This is a mistake we will never again make. In future, National events should be the target, with qualifying a part of the process. In the event, a very respectable team ran 42nd out of 57, so keeping out of the basement. This was the best we could hope for, and the effort and commitment of the runners was a most gratifying aspect.

It seems to me that no club turns out its strongest possible team, but the sort of top-strength side that we can field should be capable of making the top 25 in future

### Sutton Park Results, National 12-Stage

Leg	Runner	Time	Lap posn
1L	Paul Bennett	27.05	21
2S	Mick Thompson	16.18	35
3L	Tim Drake	29.01	40
4S	John Comrie	16.35	44
5L	Adrian Roberts	29.35	45
6S	Gary Claxton	16.22	45
7L	Pete Morris	28.50	43
8S	Mick Tune	16.31	43
9L	Lee Collingwood	30.02	43
10S	Steve Gaines	16.06	43
11L	Jeff Crofts	30.05	42
12S	Peter Neal	16.03	42

### Ceilidh

Don't forget the Ceilidh on May 7th at the Leisure Centre, 8pm.  
Tickets are £3.50 (includes pie and peas) from Janice McWilliam (0909 773505)

Its a dance, its a social. It's a ceilidh!

### Club Championship List

Sun 6 Feb	Ferriby 10, Hull
Sat 5 Mar	Spennithorne 20, Spennithorne
Sun 6 Mar	Norton 9, N of Doncaster
Sun 10 Apr	St.Leger Half, Doncaster
Wed 27 Apr	SY Road League 1 at Maltby
Wed 11 May	SY Road League 2 RHAC at Dinnington
Wed 18 May	SY Road League 3 at Penistone
Wed 25 May	Askern 10k
Sun 29 May	Rotherham 10k
Wed 8 June	SY Road League 4 (last) at Armthorpe
Sun 19 June	Sheffield Marathon or Sheffield Half
Sun 26 June	Stainforth 10
Sun 3 July	Pennine Marathon, Huddersfield
Wed 6 July	RHAC Club 10 (Tickhill) (provisional date)
Sun 17 July	Barnsley 6
Sun 18 Sept	Great North Run, Newcastle
Sun 9 Oct	Maltby 10
Sun 16 Oct	Hallcross 10k, Doncaster
Sun 6 Nov	Holmfirth 15 (provisional date)
Sun 20 Nov	Barnsley 10k (provisional date)
Sun 6 Dec	Abbey Dash (10k), Leeds

### RHAC CLUB TOTE

Members will recall at the last AGM and subsequently that a monthly tote is to operate to raise much needed funds for the club. 12 Volunteers were requested each to operate 10 accounts on a monthly basis. Only 4 have come forward and therefore another 8 are needed urgently.

Each volunteer collects £10 per month---£1 from each of 10 members. This is not an onerous task if spread out. Approach Jack Phipps.

The updated PHONE LIST is almost due. Have we got your correct number? Let Rd Sec know if not in the next few weeks. I hesitate to mention this, but ....are you in fact a member? Some numbers are not in the list for this reason