

RHAC ROAD & CROSS-COUNTRY BRIEFING

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At the end of the day the results are about the same, but RHAC performed with considerably more confidence and depth this year in both the area and national relays. Of course, never having qualified before, it is pleasing to have done so again two years on the trot and on a villainously hilly course at Haigh Hall, Wigan the outcome never really looked in doubt.

Dave Tune's 26.42 was the 12th fastest on the day, coming on leg 4 after an in form and confident Rob Holladay had opened our account with a fine 27.11 which put us right amongst the top clubs. Following on Dave's run there was a welcome return to form from Paul Bennett with a storming 17.47 short leg which pulled us up to eighth, and although we could not keep it there, the whole outfit ran in a professional and committed way. Our 12th place just beat last year's 13th on the day, though in '94 a disqualification moved us up one.

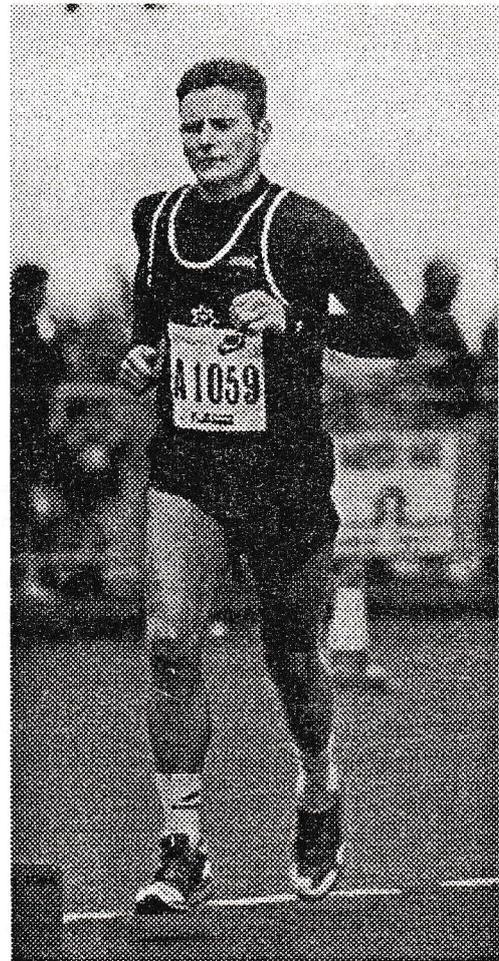
The National team were handicapped by the unavailability of 5 first-choice runners, all unavoidable, with Dave Tune injured, both Pauls work-bound, Tim Drake on holiday and Rob Holladay overcommitted and ruled out by his coach. This was a disappointment both for Rob and us, but after all if you have a coach you must be guided by him. On the day we managed 47th out of 63 teams and in fact we ran five minutes faster than last year. We shouldn't read too much into that, since conditions vary, but it confirms a suspicion that the standard (and depth) was considerably better overall this year.

Again, a fine support from good standard club runners. Not so long ago we couldn't hope to find decent replacements for so many casualties. We were of course helped by the presence of Lee Collingwood, Chris Beighton and Adrian Roberts, all of whom had been out of action for the Northern event, and all of whom posted good times. Like we keep saying, its no use having only 12 good runners, no matter how good they are.

The day was marked by a fine run from the improving Ken O'Mara and by Mark Ruddleston's return to RH racing colours.

Newcomer Phil Roberts acquitted himself well on the last stage. Paul Bennett and Mick Thompson turned in sound performances though Paul was nowhere near his pace, and Alan Gregory and Peter Morris showed continued return to form. Two special thanks from RH are due to John Comrie who answered the call despite having lined up the Sheffield Half marathon the following day, and to Peter Neal who stood by our plan to run him on a long stage despite recent illness and lack of training. Both would have been hard to replace.

12-STAGE- THE MIXTURE AS BEFORE



•Chris Parkes has formally rejoined RHAC as a first claim runner and should all being well be released for team events early 1996 (subject as in all cases to committee acceptance of application: 5/5/95). He has already appeared in black at the Kimberworth 10k, having been running with us on club nights for some while. Chris is very welcome back both for social, training and competition purposes. Colleagues may well remember some spectacular performances from him not long back but should be aware that he is taking a more thoughtful view of his running career than was the case.

Our picture this month is Kerry Booth, a member of the successful RH team in the northern triangle of races. For the three-man team Brian Harney and Mick Marsters ran all of them; Tommy Smyth ran Darlington, Peter Purdy ran the Doncaster doddle and Kerry ran the round-Rotherham. Kerry's move to us from Handsworth together with Gary Eato was the start of a process which is now ongoing. We were delighted to get Paul Venables back from Sheffield and Chris Parkes from Barnsley with John Alkinson and Dave Hindmarsh moving from Kimberworth and Stainforth respectively. Kerry's recent times include 2.18 in the Spen 20; 5th in 7.45 in the Round-Rotherham and 1.23 in the Retford Half.

Peter Mullett

We are fortunate to have some very sympathetic and supportive friends in Mr and Mrs Peter Mullett (managers of the Homestead). The Homestead is in many ways our club headquarters and together with their staff they make us most welcome and indeed have really generously helped Janice MacWilliam to make our social "last Wednesday" the huge success that it is. Thank you very much Peter on behalf of the members.

Kimberworth 10k 23/4/95

Paul Venables continued his impressive recent form with a close win over Martin Connolly at Kimberworth. Martin in fact held and passed Paul in a ding-dong up the nasty rising finish, a feat not many can claim, but he made the mistake of looking back to check and Paul took him. Chris Parkes was second RH (5th) and quite happy with his performance in his first run out for some while and John Comrie (7th) was just too strong for Alan Gregory (8th) who however seems to be rapidly returning to something like his real form. Hilary Garrison again impressed, taking the first ladies' place in 41.13, which meant that Janet Sears (47.42) scored as first lady vet.

The Rotherham A Team won the day against Kimberworth and Maltby, spearheaded by fine runs from John Atkinson (who is now qualified) and Pete Humphries and Jerry Spencer who had a close battle over the last mile. John was first home in the mini-competition and of all the opposing runners only Maltby's Gary Durham got in front of Pete and Jerry, but he was out on his own. The second event of the triangle is the Prince of Wales 10k tonight, then the Wombwell Road League.

Our colleague John Stephenson, who we share with Omega, has an impressive list of duathlons lined up. First he competes for England in the home countries duathlon championships in Neath (6 member teams-2 seniors, 2 senior women, 1 junior and 1 vet: 5k run, 30k cycle, 5k run) Then there is the national in September with the World Championships in Mexico (Cajun) on Nov 5th (10k,40k,5k-not altitude). He will be running some track this season and has been seen at the Spencer's Arms dash.

Apologies are due for the poor standard of the April issue. What happened was that I write the briefing on Monday or usually Tuesday to produce on the first Wednesday of the month, and spend maybe an hour late Tuesday and 2 hours or so very early on Wednesday correcting, updating and finalising the copy for printing. The teachers' one day action on Wednesday 5th April indirectly stopped my working on it so I had to print the first draft or nothing. Consequently there were many spelling errors, omissions, incomplete captions etc.

National Vets Relays 20/5

The womens event is 3 x 3 miles at 11 am and the mens is eight x 3 miles at 1.30 pm. We were allowed to enter 9 women and 24 men and I submitted the names of just about all active athletes in the age groups. Teams to be decided as usual well in advance, and I will be contacting likely athletes shortly if not already. The organisers unreasonably gave me only one day to make the entry hence I could not contact possible runners in advance.

Doncaster Half and Mining Museum 6

With many good club runners at the 12-stage relay the day before, the front of the Doncaster field was not strong, though it was strong enough right at the front where Colin Walker ran a 1.03.20 course record. He was way off the front

before we reached the Rovers ground. Dave Hindmarsh was RH first runner with 1.15.48 and the consistent Ian Lanceley second. Also the day after the 12-stage was the hilly Mining Museum 6 at Caphouse and his exertions the day before did not stop ex-RH Darren Cooney breaking the course record. He is on top of his form. First RH on the day was Phil Roberts with 34.20. Phil has recently come back to us after a lay-off and is getting faster by the day.

SYRL 1 (Dinnington)

This was a magnificent performance from Rotherham and also for the point of view of the help on the day. At the outset I want to express the thanks of all the runners to Dave Johnson, David Haywood, Hugh O'Mara, Peter Purdy, Don Creamer and Trev Fisher who all did a splendid marshalling job.

More than one onlooker has commented on how there was no space without Rotherham runners in it, notably also at the front of the race. Considering that we didn't target the series beyond the usual level this was a great performance and we now defend a lead in both the men and women's team events. Paul Venables surprised himself after some indifferent form by a high-class 5 in under 25 minutes, his renowned ability on the uphill being too much for Martin Connolly and the rest. Paul has now considered the possibility of a full series of 4 races, which he hadn't intended, but a routine operation is now going to interfere with that. Lee Collingwood in 4th had good backing from Paul Rowland and Peter Neal and in the age groups there was welcome return to form by Alan Gregory and Pete Humphries.

Mat Griffiths looked like first junior at Dinnington but won't be doing the series as he is off into the Marines. We would like to wish him all the best with the hope that he will run with us when he is back in the area. He is allowed to keep his RH membership whilst running in the forces if that's what he wants, and it is certainly what we would like to see.

Sheffield Marathon and Half

Early results from Sheffield show first of all a personal triumph for John Comrie in eight place in the Half with a 1.13 time, a brilliant well-merited performance even more so with the knowledge that he turned out for the 12-stage relay team the day before and turned in a decent time. As team manager I would have been very embarrassed if it had cost him. A much better 1.15 from Jeff Crofts is some measure of his getting back to form after a disappointing London run and consequent less than satisfactory road league performance. John Atkinson running for the last time as a non-qualifier was next RH home followed at some distance by Terry Hawley about 1.19 and Peter Humphries 1.20 with Geoff Turner and Rob McCarthy not far behind. Rotherham results for the full marathon are not yet to hand.

Prince of Wales

Tonight being the second running of the Prince of Wales 10k makes it difficult to report-we can't advertise it and we don't yet know the results. What we can do is thank all the marshalls and scorers and above all thank Dennis and Christine Folks for their support and interest. Dennis always has good beer of a great variety and at attractive prices and tonight there are even free chip butties. We also owe a debt of gratitude to Mr. Wilf Lee who is a regular at the Prince and a local gold merchant (in association with LINX Jewellers of Masborough) for the donation of a Limit Quartz Watch suitably inscribed for tonight's winner.

Humberston Half 30/4/95

The Langleys had a good day out at the Humberston with Bob running 1.36.40 and Ann coming home in 1.42.41 which is a pb. Son Mark who is 10 ran 19.15 in the 3-mile fun run. At the same race first RH was Alan Chell, 7th in 1.13. Colleagues who feel Alan ought to be running team races with us are quite right- but it is not our omission or Alan's lack of interest-he is one of several people who have difficulty in releasing themselves from work commitments on Saturdays, which is when most team racing takes place.

Support

Having returned to competition recently it occurred to me just how helpful the support of non-running colleagues is around the various courses- so on behalf of all the runners, thanks. We don't always see you, and don't always know you but its great just the same.

Tickhill 10

The club 10 will be resurrected this year-David Haywood has taken on the task of organising the Tickhill 10 (on the first Wednesday in June, June 7th) and will incorporate the Club 10 into it. David has done a good deal of organising races for us including time trials and played a significant part in the Dinnington Road League and Prince of Wales races. He could do with a considerable amount of help on the night and speaking from experience it is always desirable to know in advance that help is coming (though last minute assistance is always useful). For those who don't know, this is a fast one-way 10 from Herringthorpe to Tickhill, followed by pie & peas. Arrange your own transport back (or bum a lift-we never left anyone there yet)

Vests

New style vests are available at Keep on Running on Attercliffe Road at £9.99 (S/M/L) with extra-small available a bit cheaper. There are still old-style vests available at Herringthorpe but I don't know for how long. I suppose some will like the new vest design and some will prefer the old. The vests themselves are very sound.

Wed 3 May	Prince of Wales 10k Greasbrough 7pm
Sat 6 May	Tadcaster 10 noon
Sun 7 May	Longwood 10 Huddersfield
Wed 10 May	SY Road League 2 Worsborough 7pm
Sat 13 May	Rother Valley 10k noon
Sun 14 May	Alec Horsley 10 10am
Sun 14 May	Milton 6 Elsecar 11am
Wed 17 May	SY Road League 3 Wombwell 7pm
Sat 20 May	National Vets Relays Sutton Park (w 11am men 1.30pm)
Sun 21 May	Eyam Half 10.30am
Sun 21 May	Denby Dale Half 10.30am
Sun 21 May	Liverpool Women's 10k 11am
Sun 21 May	Brightside Basher 10k noon
Weds 24 May	Askern 10k 7pm
Mon 29 May	Immingham 10k noon
Sun 4 June	Woodhall Spa Half 11.30am
Wed 7 June	Tickhill 10 (RHAC Club 10) 6.45
Sun 11 June	Bradford Half noon
Wed 14 June	SY Road League 4 (last) Armthorpe 7.15pm
Sun 18 June	Stainforth 10 11am
Sun 25 June	Cardinal Heenan 10k men 11am women 10am(Y Vets)
Sun 25 June	Swallownest 10k 10.30am
Wed 28 June	South Yorks Relays Damflask

RESULTS

Northern 12-stage Relay 8/4/95 Wigan

1 Salford	4.06.52
2 Morpeth	4.8.51 Long leg 5.5m
3 Leeds	4.12.48 Short leg 3.5

12 Rotherham 4.21.45

1L	Rob Holladay	27.11
2 S	Ken O'Mara	18.23
3 S	Pete Neal	18.25
4 L	Dave Tune	26.42
5 S	Paul Bennett	17.47
6 S	Mick Thompson	19.25
7 L	Paul Rowland	28.21
8 S	Tim Drake	18.59
9 S	Steve Gaines	19.16
10 L	Paul Venables	28.52
11 S	Pete Morris	18.57
12 S	Alan Gregory	19.27

National 12-stage Relay 29/4/95 Sutton Park

1 Blackheath	
2 Bingley	Long leg 5.4m Short leg 3m

47 Rotherham

63 teams

		posn
1 L	Adrian Roberts	28.08 53
2 S	Ken O'Mara	15.29 49
3 L	Paul Bennett	28.21 50
4 S	Mick Thompson	15.50 49
5 L	Lee Collingwood	28.06 48
6 S	Mark Ruddleston	15.47 47
7 L	Chris Beighton	28.12 44
8 S	John Comrie	16.01 42
9 L	Pete Neal	29.43 46
10 S	Alan Gregory	16.34 45
11 L	Pete Morris	29.31 46
12 S	Phil Roberts	16.04 47
		=4.27.46

Targets

National Vets Relays 20/5/95 Sutton Park (men 0/40 & women 0/35)
South Yorkshire Relays Weds 28/6/95 Damflask (all groups)
Yorkshire Vets Relays 16/7/95 Methley (men 0/40 & women 0/35)
Northern 6-stage Relays (men 6 women 4) 30/9/95 Sheffield

Forward Dates

Northern Cross-country (men & women same venue & date) Sat 27 Jan at Lincoln Showground.
National Cross-country Sat 9 March at Newark

	RACE=	1L	2S	3L	4L	5S	6L	7S	8S	total	Notify errors to PH results are always subject to reassessment
P.Humphries	V50	90	92		97					279	
D.Hindmarsh			98		100					198	
I.Lanceley			96		99					195	
A.Gregory		96	97							193	<u>Advice to runners</u>
P.Adams			90		96					186	
N.Grimley	V50		86		95					181	Club colours should be worn in ALL open races
D.Burke		88			87					175	
J.Clarke		86			86					172	
A.Bryden	V55	84	82							166	
L.Collingwood			100							100	to score you must
J.Crofts		100								100	1 be a bona fide member
P.Rowland			99							99	2 enter as RHAC
J.Comrie		99								99	3 wear club colours
P.Neal		98								98	
A.Parkin					98					98	
N.Brookes		97								97	
P.Roberts			95							95	
G.Turner		95								95	
S.Gaines	V40		94							94	
R.Butterworth					94					94	<u>RACE LIST</u>
P.Smales		94								94	1 Ferriby 10
P.Staley					93					93	2 Norton 9
M.Tune			93							93	3 Spen 20
D.Richards		93								93	4 Doncaster Half
P.Eddison		92								92	5 SYRL 1
K.Thomas					92					92	6 Sheffield Mar/Half
M.Herrington		91								91	7 SYRL 2
J.Hind					91					91	8 SYRL 3
D.Gill	V45		91							91	9 Eyam Half
R.Hurt					90					90	10 Askern 10k
R.Sadler					89					89	11 Club Tickhill10
J.Beckett			89							89	12 SYRL 4
D.Whitehead		89								89	13 Stainforth 10
W.Farrell	V40		88							88	14 Damflask SY relay
J.Lynch					88					88	15 Thurlstone Chase
G.Benton		87								87	16 Doncaster 5k
D.Russell	V40		87							87	17 Armthorpe 10k
D.Weatherburn		85								85	18 Rotherham 10k
D.Khan			85							85	19 Maltby 10
B.Webster	V40		84							84	20 Hallcross 10k
A.Mirfin	V50		83							83	21 Worksop Half
R.Newbould			81							81	22 Holmfirth 15
M.Smith			* *							0	
M.Bailey		* *								0	

**result not counted pending membership query

H.Garrison	F35		98		100					198	
R.Grimley	F50		95		99					194	
J.Jennings	F		100							100	
J.Oxley	F		99							99	
G.Bunker	F40		97							97	
J.Clarke	F		96							96	
C.Dauris	F		94							94	
J.Pike	F50		93							93	

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