

PARKES SOLO AT SHEFF

12-Stage Relays

In the face of the longest injury lists we have seen in years, RHAC hauled themselves up both northern and national rankings at 12-stage last month. On both occasions it was brilliant support from a variety of runners from an in-depth squad which saved the day—that, and as usual, some superb running from reliable big-hitters.

Northern- Wigan April 6th

THE STAR STILL RISING

None epitomised the effort at Wigan better than vet Dave Hindmarsh (picture), put on standby, thanked and stood down, then called up again smartly when Adrian fell off the mountain. By turning out here with us David chucked his chance of a SY Road series win. Or Ken O'Mara (inset), who came in at late notice not fully fit. With only four long stages (5.5) here run by Paul Bennett, Dave Tune, Lee Collingwood and Peter Neal, we got off to a very sound start with Paul's useful run backed up by Mick Thompson, who is showing vastly improved form over these distances.

With Hindmarsh holding on

well, Dave Tune put us in a strong position which we never looked like relinquishing. Nigel Brookes is getting back to form, and Ken O'Mara ran a most responsible 3 mile leg on stage six. Lee's running too is back on the rails and with Phil Roberts following, recovered largely from the injury that wrecked his London preparation, gave Paul Rowland a target that seemed to motivate him a bit as he ran a storming 9th leg.

Peter Neal ran a true captain's stage at ten, keeping us well in the hunt, and the glory stages were down to Jeff Crofts, who said he was surprised to be selected but nonetheless looked the part, and John Comrie on last. John could not have run faster down the hill if the devil had been behind him rather than Derby AC. He suffered on the way back, but it was enough—a deserved, best-ever tenth place. /contd page 2



Above: Hilary Garrison winning the Doncaster Half-Marathon ahead of a most impressive Rotherham Ladies turn-out (page 2, results page 4)

CONNOLLY TO RUN IN BLACK

Winner of last year's Prince 10k Martin Connolly has announced that he will sign first-claim forms for Rotherham this week. Martin has been a very dependable SAC runner for several years and holds a number of titles and course records. Apart from being a top man he would be only a couple of years away from strengthening one of the north's top veteran road teams. Since changed work arrangements have affected his training he has been missing competitive running and is hoping for a renewed interest in racing at RHAC. We look forward very much to his joining us; he will be most welcome.

National-Sutton Park April 27

NATIONAL 39th

WARM SUPPORT + COOL HEADS = GOOD RESULT

If we anticipated greater availability of runners for the national we were in for a nasty surprise. Sadly, Chris Beighton's work arrangements again proved a problem, though thankfully Rob Holladay was back from South Africa. With Jeff Crofts and Chris Parkes running Sheffield the following day, and Phil Roberts in post-London condition all we needed was the news that Lee had a dose of something nasty as well.

No problem, up came the cavalry in the form of Alan Gregory, Mick Tune, Peter Morris and Steve Gaines; Mick is getting some form having run 34 minutes at Newton Solney last month, and the others are showing reasonable form in advance of the vets relays. This entire very sensible and supportive squad made light of the many problems on the day, not least of which was the need to find six long stages for the national. Rob always likes the first stage, and his good start backed up by Dave Tune gave us an early good position. Nigel dropped a good few places on three, but he ran well in exalted company, and Paul Bennett, Mick Thompson and Paul Rowland showed fine form. Mick did especially well, having volunteered a long stage.

So it was left to tired London runners and replacements to keep it all together. This they did brilliantly well and with minimum alarm, Peter Neal, Sam and Mick Tune taking the long stages, Alan, Pete Morris and Steve looking very sound on the threes. Thirty-ninth isn't brilliant compared to what we can do, and what we will do, but it's a best ever so far, and a great result on the day. Seventy teams ran, 68 finishing. Leeds only just pipped us, after two disastrous long stages, so once again we were third Yorks team.

It is good to have supporters in events like this, for example Mr & Mrs Dave Holladay and Peter Rowland, a none-too-well Lee Collingwood, Paul's brother Richard Bennett and club president Brian Harney- who was also present incidentally at the national cross-country at Newark. It all helps.

Doncaster Half

HILARY LEADS CHARGE AS LADIES CLEAN UP THE LEDGER

Hilary Garrison headed an impressive turn-out of Rotherham ladies at the St.Leger, flying home in 1.25.45 for first place three minutes ahead of Pam Goldthorpe from Morley. Gill Bunker (1.31.19) and Rose Grimley (1.32.49) won their sections also, Gillian third overall nicely ahead of SRS's Anne Watson, and Rose taking fifth overall. Janet Pike too had a great run, finishing with 1.33.52. Jen Baker's 1.44.44 Pat Wells' 1.46.40 and Indira Lathia's 1.55.43 rounded off probably the best overall performance from our ladies in any race for a long time.

As for the gentlemen, Dave Hindmarsh was second vet 40, in 13th with a fine 1.13.04 which just saw him clear of Phil Roberts (15th, 1.13.49), and Peter Purdy (19th) took third with 1.14.19 after he just lost out to Andy Parkin (18th in 1.14.18). Next home was a resurgent Steve Elvidge in 1.14.55- Steve is almost a vet now and is threatening the sort of form which made him top RHAC runner for a while in the eighties. It's great to have him back racing; members may not realise that he drives over from Holmfirth to run with us on Wednesdays. A welcome return too to Ken Ridgeway, whose 1.36.02 saw him second vet 60.

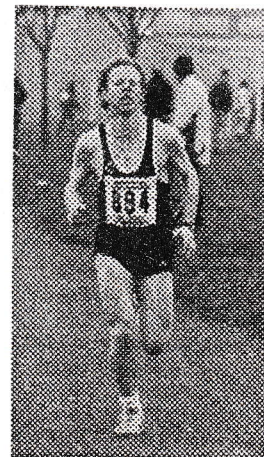


Mick Thompson at Wigan has no intention of staying adrift of the second stage Aittrincham runner whilst (below) Dave Tune launches the fifth fastest long stage- he was to run the fifth fastest short stage at Sutton three weeks later



the men too are well-placed:

below is back-on-form Steve Elvidge



Runners' News

•Andrew Aked can see a way out of his injury problem. A couple of days after opting to join us he was embarrassed to go down with a knee injured in training. An enforced change of physio and some new exercises led to a similar injury on the other one! Now a further change has resulted in the decision that what he needs is orthotics and all will be well. Let's hope so.

•Paul Venables however has no such good news at the moment. The cyst supposedly to be removed along with his cartilage is not a cyst and is still there. It may be dodgy to remove and he is trying to get right with care as it is, but it will be a longer job than he hoped. We all wish him well.

•Ian Lanceley, Mark Ruddleston and Phil Roberts are progressing steadily. Ken O'Mara and Lee Collingwood will be hoping recent illness will let them resume training.

•With the big relays behind us, the next high profile event will be the Northern 6-stage (men, and womens 4) at Sheffield in October. However, there will be the South Yorkshire relays in a month or two. This is a top-class evening out, providing the organisers again put it on, at Damflask, Bradfield. Four times about 2.5 miles, this is open-entry and for the last two years the RH turn out has been gigantic. I hope we can do the same this year. Amongst other sides, I hope to run junior men and womens, and will be approaching the runners later. Runners under suspension can turn out as well. I am trying to get an earlier notice of the date of the event than usual, it has never been advertised until the last moment. If it isn't on at Damflask, it will be on somewhere. But Damflask is a great venue.

•Before the northerns is of course the Yorkshire Relays, held at Wakefield. This too would be a great occasion for trial sides, but additionally we could so easily get in the medals here, the standard is not good. Our problem is the Yorkshire qualifying requirement for all runners, which rules out several from contention, including of course David Tune. But we have enough strength to hit this one nevertheless. What do the runners think?

•Peter Neal's experience and sound sense saw him all right at the London Marathon on a day when many came a cropper. Finishing in a time of about 2.38 was just what he had planned, and he experienced no particular problems afterwards. John Comrie went wrong on the day however, in around 2.50, and Terry Hawley wouldn't be too happy with his similar performance. (Other times please for future publication.)

•Chris Beighton ran another course record in the last Harrogate 5k race, his 15.16 clipping a couple of seconds off his own record. In the final analysis, he would have won the open section rather than vets if he had entered as an ordinary senior. What a season he has had so far! As we run the Prince of Wales, his plans take in the 5k at Leicester (Beaumont Leys) where there is a bounty of £5 per second on offer to course record-reducers. Perhaps wisely, the way Chris is running, the organisers have set a £60 cap on the prize.

•Club Tote. This month: 45- Mick Hague £80; 1- Pete Adams, £10; 40- Pete Neal, £10; 203- Brenda Ridgeway, £10. 220 numbers sold. Thank you Brian.

•The Club Tickhill 10 has been fixed for a fortnight tonight, Wednesday 15th May. Organiser is Don Creamer, and the route and arrangements are as last year. This race is in the club championship. For newer runners, the start is at a nominal 6.45 opposite the Homestead, the route being a direct run through Stag, Brecks, Wickersley, Hellaby, Maltby and Tickhill. There is no option as to the route, but it is essential that you take great care for your personal safety as marshalling this route is impossible. In Tickhill the runners pass under the railway bridge and turn an immediate left through the lay-by, up the little lane and right to run directly to the finish at Tickhill Church. Afterwards at the Carpenters Arms which has a good pint for those who like it. You need to get your kit ready to be taken out to Tickhill at the start by car- there is never a problem getting it there, just keep your ears open at around 6.30. There again, you need to arrange, or cadge, a lift back, or wherever you are going. Some people leave their cars at Tickhill and get a lift down. Some just trust to luck. We have never lost anyone (so far).

Tickhill 10

Wednesday 15th May

6.45 off

May Races

Wed 1 May	Prince 10k Greasborough 7pm
Sat 4 May	Tadcaster 10 noon
Sun 5 May	Humberston Half 10.30
Sun 5 May	Derby Half 10.30
Sun 5 May	Kimberworth 6 11am
Mon 6 May	Blackburn Town Centre 5k
Mon 6 May	Penistone Hill Race 3pm
Wed 8 May	Tigers Ten 7pm
Sat 11 May	Rother Valley 10k
Sun 12 May	Milton 6 Elsecar 11am
Sun 12 May	Alec Horsley Ten 11am
Wed 15 May	Otley 10 7.30
Wed 15 May	Club Tickhill 10 6.45
Sat 18 May	National Vets Relays Heaton Pk Manchester
Sun 19 May	Skegness 6 11.15am
Sun 19 May	Bramley (Leeds) Half 1am
Sun 19 May	Ernest Harper 10 11am
Sun 19 May	Brightside Basher 10k noon
Wed 22 May	Askern 10k
Wed 22 May	Lister 5k Bradford 7.30
Wed 29 May	SY Road L2 Worsborough
Sun 2 Jun	Thirsk 10 2pm
Sun 23 Jun	Swallownest 10k 10.30

Vets National 8-stage Relay

The line-up for the eight-stage looks promising to say the least. Last year's fifteenth place is definitely up for review; even without the injured Paul Venables we will be looking for a top ten place at Heaton Park, Manchester on the 18th May. But then, who knows what veteran advances have been made at other clubs? If we can improve so much, others can- but can half a dozen or more take these strides?

The side is heartened by the news that there is a definite good chance, not a certainty but a good chance, that Chris Beighton will be able to join us for a late stage, having finished nights at his work at 6 am. To add to the trio from last year of Peter Morris, Alan Gregory and Steve Gaines who recently and so effectively showed their good form in the 12-stage relay team, we have an intriguing selection from a whole battery of possibilities. Last year's remaining runners were Jerry Spencer, Peter Humphries, Geoff Turner and Dave Richards, but for various reasons they will be hard pressed to get into this side with an in-form Peter Purdy keyed up for the event, to add to Dave Hindmarsh and Chris Lindley (the latter having run a 34.10 10k in Leeds last week). Malcolm Palfreyman, despite a disappointment at Sheffield (1.16 wouldn't disappoint all of us!) is running really well again, and was always sharp over the short distances. I don't think Steve Atkin has raced since the Maltby 10, but he could always upset the selection, as could John Atkinson, Mick Garrett or Terry Hawley.

Final selection will be after the weekend, and the event itself starts at 1.30, and is eight equal legs of just over three miles. Spectators are always welcome, barring accidents this could be a good one.

Winter Series

Tonight's Prince 10k, which will be treated as a race in its own right, is also the last of the Winter Series. Support has been tremendous, and we will certainly look at similar events next year.

It is timely to have a look at the placings, which will be worked out finally on the night or after, depending on time. However, it can be said that there will (later) be some sort of memento for all who did all five races, there are currently 18 runners who have done all four. There are two series of results, shown below.

First series- just the straight results, four to count from five. Men score 100 down, ladies score 100 down. From Rotherham, Phil Eddison (379) and Peter Purdy (376) have already done four and may improve, but the big danger to them is from runners who only need one more race: Peter Neal (299), Phil Roberts (294) and Steve France (282). Though all results need checking, it is hard to see a winner from outside these. From Kimberworth, to add to France there are Steve Cartwright (355) and Pat Rooney (344). As for the ladies, it is hard to see Alicia Brookes (389) or Gill Cartwright (386) improving enough to overtake Gill Bunker (396) who might herself improve. But Hilary Garrison, on 299 for three, only has to have a reasonable run to take the title.

For the second series, tonight's scoring is on points again in M/W/vet categories (M,V4,V5,V6, L, LV35, LV50) with no separate result categories. There will be no results to discard here, all five to count. The qualifying list is below, it looks like a win for over-50 Alan Mirfin or Steve Cartwright, but who knows?

				total				wdng.b.	travmalt	nr.
Mirfin	A	RH	V5	98	90	87	97	4	372	
Cartwright	S	KS		96	88	98	90	4	372	
Rooney	P	KS	V	98	96	76	96	4	366	
Newbould	B	RH		92	95	94	80	4	361	
Brookes	A	KS	L	99	74	88	99	4	360	
Cartwright	G	KS	L	97	61	100	98	4	356	
Brookes	I	KS		91	94	82	79	4	346	
Cochrane	M	RH	V	96	57	99	93	4	345	
Purdy	P	RH	V	99	68	77	100	4	344	
Eddison	P	RH		98	71	78	94	4	341	
Weatherburn	D	RH	V5	97	85	63	95	4	340	
Bunker	G	RH	LV	100	66	58	98	4	322	
Draycott	D	RH	V	93	82	56	90	4	321	
Whitehead	D	RH		95	91	49	84	4	319	
Senior	M	KS	V	97	92	35	95	4	319	
Butterworth	R	RH		90	52	96	81	4	319	
Turner	T	KS	V	89	79	42	99	4	309	
Whittaker	P	RH		94	53	64	86	4	297	

I will happily check over results if anyone wishes to query them.

RHAC Club Championships

For this month, these remain as previously published. Final list in June Briefing.

Northern 12-stage, Wigan

1L	Paul Bennett	28.02	14
2S	Mick Thompson	18.16	12
3S	Dave Hindmarsh	19.14	15
4L	Dave Tune	26.43	11
5S	Nigel Brookes	19.02	12
6S	Ken O'Mara	19.13	12
7L	Lee Collingwood	28.14	12
8S	Phil Roberts	18.56	12
9S	Paul Rowland	18.05	10
10L	Peter Neal	29.20	11
11S	Jeff Crofts	18.58	10
12S	John Comrie	19.12	10

1	Bingley	4.06.48
2	Salford	4.09.03
3	Border	4.12.08
4	Sale	4.16.40
5	Morpeth	4.17.14
6	Leeds	4.18.34
7	Liverpool	4.18.43
8	Sunderland	4.18.56
9	Liverpool Pem	4.21.39
10	Rotherham	4.23.28
11	Gateshead	4.23.47
12	Derby	4.24.05
13	Wallsend	4.24.18
14	Altrincham	4.25.08
20	Barnsley	

National 12-stage, Sutton Park

1L	Rob Holladay	26.52	26
2S	Dave Tune	14.00	6
3L	Nigel Brookes	29.41	40
4S	Paul Bennett	14.40	29
5L	Mick Thompson	28.46	31
6S	Paul Rowland	15.07	28
7L	Peter Neal	29.32	31
8S	Alan Gregory	16.43	35
9L	John Comrie	30.24	39
10S	Peter Morris	16.00	39
11L	Mick Tune	30.26	41
12S	Steve Gaines	16.3	39

1	Bingley	4.02.04
2	Tipton	4.06.25
3	Cardiff	4.06.39
4	Swansea	4.07.00
19	Notts AC	
27	Liverpool Pem	
29	Derby	
32	Liverpool H	
38	Leeds City	
39	Rotherham	4.28.39
68	Barnsley	

RHAC News Briefing is aimed at improvement of the middle and long distance running of all members. Members' plans, results and news are welcome irrespective of performance but articles and letters cannot be printed without prior arrangement. Photos are especially welcome. Produced by Peter Humphries and colleagues at Wickerley Comprehensive School Computing Department by kind permission of the Head of School.

Doncaster Half

13	D.Hindmarsh	1.13.04
15	P.Roberts	1.13.49
18	A.Parkin	1.14.18
19	P.Purdy	1.14.19
20	S.Elvidge	1.14.55
32	G.Durham	1.17.20
37	S.Phillips	1.18.15
51	D.Morris	1.21.25
65	R.Butterworth	1.23.51
71	P.Haigh	1.24.59
75	H.Garrison	1.25.25
78	K.Booth	1.25.45
79	D.Bennett	1.25.48
98	M.Cochrane	1.27.42
139	G.Bunker	1.31.19
163	R.Grimley	1.32.49
178	J.Pike	1.33.52
203	K.Ridgeway	1.36.02
244	T.Redfern	1.39.53
252	M.Rhodes	1.41.34
286	K.Horan	1.44.36
291	J.Baker	1.44.44
294	J.Clarke	1.44.49
317	P.Wells	1.46.40
377	I.Lathia	1.55.43
391	J.Hind	1.59.38