



May 1997
we are a veteran

Serving the Rotherham Runner
First Wednesday each Month

A Glimpse of the Future

A lifetime of failure to qualify for national relay finals became almost a distant memory as the RH racing team continued its fight to place our club in the highest echelon of the sport. Forty-second on our first appearance in 1994, we ran faster but dropped to 47th in '95, then ran 37th last year. This year's splendid effort placed us 24th on the day, elevated to 23rd by Notts AC's mysterious disqualification.

Twenty-third in Great Britain is already an achievement to be enormously proud of. Compare it for example with Rotherham Rugby club's current 19th position in England, and Rotherham United's 68th spot. RHAC's track and field placing is of course also in the top 24. Twenty-third wasn't easy, and it will do nicely for the time being- but that's all. Of course we are bringing runners into the club, but undeniably one of the most piquant aspects of our progress is that some of our own 'home-bred' runners are putting the results in to. Derby have been our targets recently but they seem to have dropped behind, Sunderland have been getting away but looked fragile as they dropped behind us also last week. Now the target clubs seem to be Leeds AC, Gateshead and (despite their

disqualification) Notts AC. The 6-stage event might be interesting, not least with messrs Parkes, Cooney and Pleasants possibly in contention- but we all have better things to do than speculate.

All of you are bringing about this revolution, by your running and by your belief, by your support of your club at all levels and thus by attracting runners of quality and sociability to RHAC. And most of all by the way you have raised your own standards in recent years. We placed seven runners in the first nine at Dinnington last week, but I was just as proud of the enormous mass of runners who swelled the field. There were no joggers present.

Inglis Youngest Ever in RH Rise full ranking p.2

road league 1

Collingwood Sorts out Number One

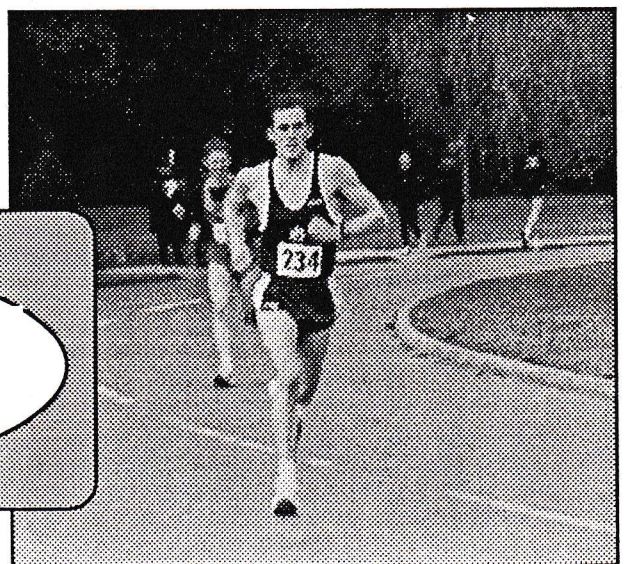
For the second year in succession, Lee Collingwood is hitting the high spots exactly right for the relays, road leagues, and start of the track season. After a telling 5.5 mile fifth long stage at Sutton Park on Saturday Lee wasn't too up market about his road league chances but tired or not he certainly looked the part as he ran steadily away from Mark Lavender to a 25 minute win by a handsome margin at the end. This is the third year in succession that he has been amongst Road League One at Dinnington, but a first-time number one.

This was the tip of the iceberg; Rotherham placed seven in the first nine at this first of four races. The series is based on both individual and team competition on aggregate times; having watched the finish it is almost certain that RH now leads the men, veteran and combined ladies team events. A fine night ensured a good turn-out especially from RHAC, and good organisational backup and helpful assistance from South Yorkshire Police ensured a quality event and worthwhile business for the rugby club. Our thanks are due to Dave Weatherburn for his liaison with our Dinnington RUFC hosts and to marshals Arthur Jeavons, Dave Haywood, Geoff Green, Jerry Spencer and Don Creamer, whilst Chris Ledwidge took the weight off me by seeing to the RH numbers.

Lee is pictured right at the Notts University Relays

New Signing Hale Presents his Credentials

Yorkshire marathon champion Darren Hale brought a 26-minute calling card to Dinnington just three days after running a fine 2.31 which saw him second at Sheffield. Although he ran in his armed forces colours he entered as RHAC non-scorer having transferred from Sheffield on the morning. He ran a staggering 26 minute third place, followed up by Ian Lanceley who is looking very lively now, having sharpened up considerably since the big relay events came along. Six, seven, eight and nine saw a sort-out for Steve Inglis, Peter Morris, Richard Harris and Mark Ruddleston. A very fitting quartet really; Steve was fresh from his 12-stage triumph, Peter Morris had told us he was running well and clearly is, Richard Harris had generously taken on the last long stage at Sutton and Mark was disappointed to have to withdraw with tonsillitis.



Flashback

1995	1996	1997
1 Paul Venables RHAC 24.59	1 Chris Parkes RHAC 24.32	1 Lee Collingwood RHAC
2 Martin Connolly Shelf 25.17	2 Mark Lavender Barns 25.13	2 Mark Lavender Barne
3 Peter Pleasants Barns 25.27	3 Lee Collingwood RHAC 25.18	3 Darren Hale RHAC
4 Lee Collingwood RHAC 25.34	4 Darren Hale Shelf 25.50	4 Ian Lanceley RHAC
5 Mark Lavender Barns 25.42		

Steve Inglis turned out as the youngest ever Rotherham competitor in the National Relays having been denied inclusion in the northern squad by North of England AA because they have a different age ruling. He was in no way overawed, and with Luke Field and Andy Aked, who were quickest short stages at Leeds stepping up to longer stages at Sutton, he took advantage to come home fastest for RHAC over the 3.5.

Peter Neal and Phil Roberts travelled as reserve; also in the squad were Chris Parkes, Jeff Crofts, Paul Venables, Mark Ruddleston, Paul Bennett, Ken O'Mara, Mick Tune, Steve Elvidge, Andy Parkin and Alan Gregory.

With Paul Rowland (not included) and intended replacement Paul Bennett forced to work, we lost Mark Ruddleston (tonsillitis) and Paul Venables (knee injury) late on.

Sutton Park stage by stage.

Stage 1 (5.5m): Andy Aked; 27:31; position 37. Andy stepped into the first stage at late notice and did a really fine job. Though he ran relays at Sutton Harriers and is widely experienced as a front runner, he is a newcomer to the national and kept his head well. The competition here is savage; he put us right amongst the counters.

Stage 2 (3.5m): Steve Inglis; 15:17; position 39. I simply asked Steve to try and hold whatever Andy left him, he did a very cool job which belied his lack of experience. He looked very much at home and ran our fastest short leg, putting Dave Tune in touch with some takable opposition.

Stage 3 (5.5m): Dave Tune; 25:58; position 18. Dave was not at all amused by events at Leeds and stormed out on stage three with a vengeance. He was fourth fastest on the stage.

Stage 4 (3.5m): Ian Lanceley; 15:26; position 23. Not certain of a place up to the northern, after injury woe last season, Ian has run brilliantly since and made sure Dave's efforts had a lasting effect.

Stage 5 (5.5m): Lee Collingwood; 27:46; position 22. Lee is now very experienced at this game, and there was never any doubt that he would hold matters together.

Stage 6 (3.5m): Tim Drake; 15:57; position 26. We were concerned that London would still be with him, he only came in as reserve for that reason but Tim was more than good enough on the day.

Stage 7 (5.5m): Rob Holladay; 27:12; position 23. Launching the second half for a change, Robert was adrift in the spaces a bit but his speed and reliability were crucial; it put our confidence sky-high.

Stage 8 (3.5m): Martin Connolly; 15:42; position 22. Martin has been around a while and always responds to the big occasion. He is not quite back to full speed, but this did nicely for the time being.

Stage 9 (5.5m): Luke Field; 28:20; position 23. After the fastest RH short leg at Leeds Luke stepped up to take long without demur; plus he ran like a seasoned time-trialler.

Stage 10 (3.5m): John Comrie; 16:18; position 24. John looked very comfortable but London was in his legs a bit.

Stage 11 (5.5m): Richard Harris; 28:44; position 24. Richard too was a long-stage volunteer, with Peter to follow the event was over as far as I was concerned, they are so reliable.

Stage 12 (3.5m): Peter Morris; 15:55; position 24. Peter (together with Martin) ran at Salford the previous week to make sure we could pick him; he is one of the best time-triallers we have ever had and brought us home majestically.

National 12-Stage Road Relays

Sutton Park 26/4/97

Andy Aked	long 5.5	27:31	37
Steve Inglis	short 3.5	15:17	39
Dave Tune	long 5.5	25:58	18
Ian Lanceley	short 3.5	15:26	23
Lee Collingwood	long 5.5	27:46	22
Tim Drake	short 3.5	15:57	26
Rob Holladay	long 5.5	27:12	23
Martin Connolly	short 3.5	15:42	22
Luke Field	long 5.5	28:20	23
John Comrie	short 3.5	16:18	24
Richard Harris	long 5.5	28:44	24
Peter Morris	short 3.5	15:55	24

1	Salford H	north	4:06:37
2	Coventry Godiva	midland	4:06:45
3	Birchfield H	midland	4:07:53
4	Shaftsbury Barnet	south	4:08:59
5	Tipton H	midland	4:09:27
6	Swansea H	Wales	4:10:11
7	Morpeth HAC	north	4:10:14
8	Bingley H	north	4:10:59
9	Mizuno RC	Scotland	4:11:28
10	B Hounslow	south	4:11:53
11	Southampton RC	south	4:13:04
12	Cardiff AC	Wales	4:13:15
13	Leeds CAC	north	4:15:48
14	Aldershot Farnham D	south	4:16:16
15	Gateshead HAC	north	4:16:36
16	Bristol AC	midlands	4:16:46
17	Thames Valley H	south	4:17:42
18	Chelmsford AC	south	4:17:48
19	Westbury H	midlands	4:17:53
20	Blackheath H	south	4:18:55
21	Swindon H	south	4:19:10
22	Sale H Manchester	north	4:19:15
23	Rotherham HAC	north	4:20:06
24	Liverpool P & Sefton	north	4:20:52
25	Brighton & Hove	south	4:21:06
26	Thames H&H	south	4:21:13
27	Bridgend	Wales	4:22:59
28	Sunderland HAC	north	4:23:17
29	Basildon AC	south	4:24:36
30	Highgate H	south	4:25:18
31	Liverpool HAC	north	4:25:24
32	Derby & Cty AC	north	4:25:49

other selected:-

36	Redhill RR	north	4:27:20
37	Longwood HAC	north	4:27:39
45	Wakefield DAC	north	4:29:50
47	Hallamshire H	north	4:30:24
68	finishers		
2	incomplete		
	Notts AC disqualified		



Darren Cooney and Rob Holladay form a superb 1-2 at Bridlington, Rob having the final say. Darren is now qualified and together with Dave Tune they lifted the Reading Half title.

The South Yorkshire Road Leagues are fixed for:

SYRL1	April 30th at Dinnington	Great start at Dinnington. RHAC must be in the lead in all team categories.
SYRL2	May 14 at Worsborough	
SYRL3	May 28 at Wombwell	
SYRL4	June 11 at Armthorpe	

All Wednesdays as usual, watch out for date/venue changes later, but the above are fairly definite.

See you at Worsborough.

Runners news

•Club Championships List

Friends living in the direction of Bassetlaw report that the Worksop Half Marathon is off this year, if so we will have to find a replacement. I won't hurry however, as it has been off and on again on previous occasions and has always survived up to now. The Club 10 however is a different matter. I cannot persuade myself to ask you to take the risk of racing over the dangerous terrain involved; all the other series races are fully marshalled and organised. I am suggesting Erewash 10 as a replacement. Nonetheless, we will go ahead with the Tickhill 10, but in common with many other club only events it is not fully controlled for a variety of reasons, and you will as ever take main responsibility for your own safety as is the case in the Winter Series, Listerdale, point-to-points etc. Of course we will continue to look for safest routes and events, but time, costs and resources are all against us.

•Team Selection

It might be worth clarifying for newer members, or for general interest, just how we come by the final make-up of representative teams on road and cross-country. It depends to some extent on the rules of the event. Many events are open, the teams are made up of the first three or four club members home. Most big events however demand an entry list made in advance. For the Yorkshire, Northern and National Cross-country we can enter any number, cost per head being a criterion but within reason anyone interested can ask to be included. Obviously we approach the fastest runners well in advance. We can enter as many teams as we wish at present in the Yorkshire Road Relays and Damflask (South Yorks) but others are limited, and so are the numbers of names entered. Thus, with the entry limit in brackets, we can enter only two teams in the Northern 6-stage road (18) and National Cross-country (18) Relays, and only one in the Northern 12-stage (24), National 12-stage (24) and National 6-stage (18) Road relays.

At one time, entry of all our quick competitive runners would still leave a lot of vacancies which we would fill with various others. Now, not only is selection of teams a hard choice, but selection of pre-entries is just as hard. Selection of the recent northern and national 12-stage outfits is fairly typical. We are always watching the form and performance of all our runners; the one criterion which we work by is that we select the fastest team available on recent race evidence.

Exactly what is meant by 'recent' is an open question, we usually say that 'runners will wish to be sure of their race fitness before being included'. We are unwilling to have "qualifying races"; they would cause more trouble than enough. Club captain Peter Neal and myself generally pick the squad but there is always advice from experienced colleagues, and the observations of all interested parties are always welcome and taken into account (this entry is generally about a month in advance). Similarly anyone feeling they are being unreasonably not considered should approach us. Anyone known to be unavailable, through injury or work arrangements for example, will be left out. Promising runners may well be left out if they have not competed in an open event of comparable distance. The final team, with travelling and stand-by reserves, is now sorted out about a fortnight ahead.

If left out at this juncture you could ask yourself the question "have I run faster on a recent occasion than any of the included runners at the sort of distance involved?". The answer ought to be no.

•Chris Beighton is definitely to undergo an operation on the ankle injury; he is waiting for a date to be decided. Paul Venables may well be joining him after a knee injury sidelined him, the other knee this time. The National Vet's Relay squad is very strong but these absences will have a telling effect, not to mention the disappointment for the runners themselves both

May Fixtures

Sat 3 May	Tadcaster 10 noon
Mon 5 May	Bramley Half 11am
Sat 10 May	Rother Valley 10k noon
Sun 11 May	Bingley Half 11am
Sun 11 May	Galtres Run, Easingwold
Sun 11 May	Milton 6 Elsecar 11am
Wed 14 May	Otley 10 7.30
Wed 14 May	SYRL(2) Worsbrough 7pm
Sat 17 May	National Vets Relays, Sutton Park
Sun 18 May	Mid Staffs 10k Stafford 3pm
Sun 18 May	Eyam Half 10.30
Sun 18 May	Nether Edge 6 10am
Sun 18 May	Keswick Half 11.30
Sun 18 May	Skegness 6 11.15
Wed 21 May	Askern 10k
Sun 25 May	Ripon 6 11.30
Sun 25 May	Barnard Castle 10 11am
Wed 28 May	SYRL(3) Wombwell 7pm
Sun 1 Jun	Woodhall Spa Half 11.30am
Sun 1 Jun	Thirsk 10 2pm
Sun 8 Jun	Humberston Half 10.30
Sun 8 Jun	Winterton 10k 3pm
Wed 11 Jun	SYRL(4) Armthorpe 7.15pm

teamwise and personally.

•Chris Parkes has had to miss a number of planned events but hopes to be still on course for an attempt on the Comrades Marathon. There are promising signs of action towards recovery but he has been getting conflicting diagnoses and advice, which doesn't help at all. He has not lost a lot of fitness, and no-one could have stronger background; he says he is up to 50 miles no problem. In fact Chris rates his chances of a Comrades record higher for next year, when the event is overall uphill, as he is better running up than down! The event is 50 miles one-way, oppositely in alternate years.

•Winning Numbers for April drawn 23rd: £80 no.225 Peter Neal; £10 each: no. 269 Steve Elvidge, 16 John Comrie, 186 Alan Simpson. 220 sold, thank you Brian.

•Dave Collingwood & Co. are organising a team relay at Burghwallis tomorrow, Thursday; teams drawn by lot from the entry on the night. RH members are invited but if you intend to go contact Lee on (01302) 700825 first.

•London
Pride of place to Sam Comrie's excellent 2.31. He certainly got it right this time. Further details to follow.

•Sheffield Marathon
With Darren Hale still in yellow, first RH blood was to Mal Palfreyman with a storming 2.44.58 to take 11th place and first over-50, and Yorkshire senior bronze medal into the bargain. It looked a hard course to me but Malcolm had its measure. Steve Phillips returned a fine 2.53.53 whilst in training for longer events.

In the Half, Luke Field was off the pace having run a long relay stage on the Saturday but nonetheless he scored a 75 minute time. Jeff Crofts (76.35) and Phil Wilson (77.02) were in close attendance.

•Vets Relays
The National Vets Road Relays take place at Sutton Park on Saturday 17th May; we have over 40 and over 50 men and over 35 and over 45 ladies teams entered.

Although the over 40 vets are weakened by the loss of two of the countries top runners in Chris Beighton and Paul Venables we still look very competitive. Although Jerry Spencer and Steve Atkin are also injured, a strong squad could include Pete Neal, Peter Morris, Alan Gregory, Malc Palfreyman, Steve Gaines, Ian Temperton, Dave Hindmarsh, Peter Purdy, Steve Elvidge and a number of stand-by reserves.

1	R.Harris	R	26:59
2	M.Haffner	K	27:15
3	P.Roberts	R	28:37
4	P.Neal	R V	29:01
5	S.France	K	29:16
6	P.Eddison	R V	29:48
7	M.Gaynor	K	30:22
8	T.Stuart	M V5	30:39
9	J.Beckett	R	30:48
10	S.Cartwright	K V	30:59
11	P.Haigh	R V	31:06
12	J.Rust	M V	31:10
13	D.Whitehead	R	31:25
14	G.Durham	R	31:31
15	K.Booth	R	31:44
16	B.Harney	R V5	31:50
17	T.Perks	R	31:57
18	G.James	K	32:16
19	S.Simpson	K	32:21
20	M.Cochrane	R V5	32:36
21	D.Gill	R V	32:45
22	P.Vickers	B	33:07
23	M.Senior	K V	33:09
24	P.Rooney	K V	33:22
25	M.Utley	R	33:35
26	D.Littlewood	B V5	33:40
27	P.Pleasants	R	33:40
28	T.Smith	R V	33:48
29	C.Read	U V	33:49
30	I.Soakell	K	34:11
31	M.Marsters	R V	34:20
32	B.Newbould	R	34:21
33	R.Burton	R	34:30
34	J.Jennings	R FV	35:09
35	N.Shaw	R	35:20
36	D.Buxton	M V	35:23
37	A.Charnock	R	35:30
38	D.Draycott	R V	35:37
39	R.Houghton	M V	35:41
40	D.Beaver	R V	36:24
41	M.Carr	R V5	36:27
42	S.Burton	R FV	36:29
43	M.Rhodes	R V	36:42
44	H.Marston	R V5	37:11
45	R.Elliott	K V5	37:21
46	A.Mirfin	R V5	37:26
47	D.Thorpe	M V	37:33
48	B.Lowndes	M V	37:33
49	I.Brookes	K	37:54
50	C.Dauris	R F	37:56
51	R.Cook	K V	37:56
52	D.Sears	M V	38:22
53	D.Burke	R	38:41
54	K.Horan	R V5	38:45
55	J.Baker	R FV	38:45
56	T.Jackson	R	39:22
57	G.Cartwright	K F	39:32
58	I.MacDonald	R V5	39:44
59	P.Widdowson	R	40:00
60	B.Soakell	K F	40:42
61	J.Sears	M FV	40:53
62	S.Poole	K	42:12
63	A.Morris	R F	42:13
64	J.Pike	R FV	42:13
65	R.Streets	R V5	42:21
66	T.Sarjeant	R V	42:22
67	J.Streets	R FV	42:22
68	J.Taylor	U V	42:53
69	A.Ford	K F	42:58
70	D.Creamer	R V6	43:25
71	I.Horsley	R V5	43:34
72	H.Antcliffe	U V	44:55
73	P.Blank	R V5	46:50
74	E.Jackson	R FV	47:03
75	P.Ruddleston	R V6	50:44
76	J.Dobson	R FV	51:08
77	V.Barrett	U F	67:15
78	R.Barrett	U V	67:15

Blacksmiths Hammer

Harris & Haffner Hammer Home

Inter-club camaraderie and very sporting respect for an unfortunate colleague were the obvious winners on a superb night at the Blacksmith's Arms Thorpe Hesley last month. Put on as part of the many efforts to support Mick Appleyard, who has motor neurone disease, the entries and raffle raised £104 to the appeal which now is just short of £1000. To cap a fine effort, local runner John Taylor, who picked up one of the awards, was sponsored by his wife Helen from amongst her work mates and she has handed Reg Peart (one of the appeal organisers) £76 as a result. Well done indeed.

We are very indebted to members of our neighbouring clubs for their kindness in joining us, we had representatives from the Barnsley area and a fine support from Maltby and Kimberworth. Also to landlord Keith Somerset for hosting us, to marshals including Dave and Kath Haywood who marked and sorted the raffle; to Pat Rooney who devised the course and marked it out.

And of course to the runners. Richard Harris and Mark Haffner were quick enough to have me off my bike a couple of times trying to keep in front of them. Richard had it by a fair margin ultimately, with Mark well in front of Phil Roberts who nonetheless has come back to life racewise. Awards went to the above with Peter Neal, Phil Eddison and Steve Cartwright as first three vets. Tony Stuart was first over-50 and an organiser's error missed Brian Harney, who was next, on the night with Mick Cochrane third.

Similar errors crept in to the ladies list, due to overcrowding at the bar! The corrected list shows first lady Julia Jennings followed by Sharon Burton and Caroline Dauris with vets Jen Baker, Bev Soakell and Janet Sears. Awards were also made to 'visitors' Steve France, Jim Rust and Paul Vickers, and to locals Chris Read and John Taylor.

Maltby RC are due to hold a charity event in early July which we will preview in the June edition. Keep a note in your diary.

RHAC Club Championship Series 1997

Already gone:

1	Ferriby 10
2	Norton 9
3	Spenneth 20
4	Retford Half
5	Doncaster Half
6	Sheffield Marathon
7	Sheffield Half
8	SYRL 1 Dinnington

Remaining:

9	SYRL 2 Worsbrough	14 May
10	Askern 10k	21 May
11	SYRL 3 Wombwell	28 May
12	Woodhall Spa Half	1 June
13	SYRL 4 Armthorpe	11 June
14	Swallownest 10k	22 June
15	Damflask Relays	25 June
16	Wharncliffe Chase	6 July
17	Doncaster 5k	16 July
18	Yorkshire Wolds Half	26 July
19	Askern 10	10 August
20	Armthorpe 10k	25 August
21	Erewash 10	31 August
22	Maltby 10	5 October
23	Hallcross 10k	12 October
24	Workshop Half	cancelled?
25	Holmfirth 15	26 October
26	Percy Pud 10k	7 Dec

If any races cancelled/altered: amendments may be made later.

Be aware that races to be dated may be out of sequence.

No.16 Damflask assumes unrestricted entry will continue. If not, it will be replaced.



Top club supporters Alan Charnock and Richard Burton at Bridlington 10k

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

The support of Yorkshire Windows is greatly appreciated.