



National 12 Stage

## SUTTON PARK: GOOD NEWS AND BAD

When young we soon learn that there will be good days and bad days. What is totally perplexing is that there are days like this, where despair and elation are impossible to untangle. The passage of a few weeks since the event has not helped, it simply depends how you look at it.

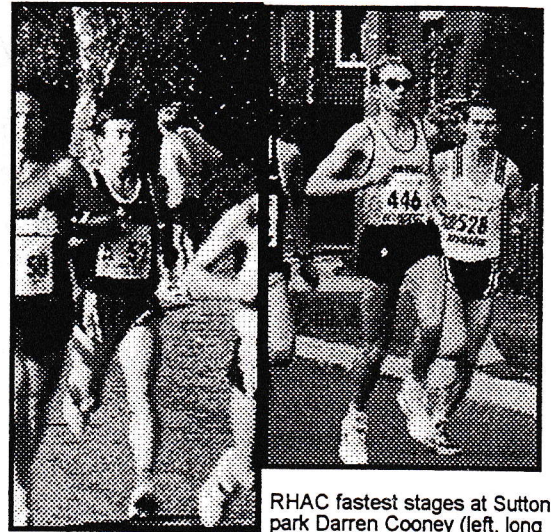
From viewpoint one, put simply, the record books will show us unplaced, as we did not finish stage three. From viewpoint two however, as the recorded and published times show, this was undoubtedly the finest performance of any RH team, even in that sense eclipsing the tenth place six-stage performance of last October and plainly indicating the trend in status that we are displaying. We got the equivalent of seventh position with more than two minutes penalty!

The facts speak for themselves. Rob Holladay ran the first long stage, a well-known danger spot that he has become masterful at, followed by Darren Hale who needed to keep shorter after altitude training for London. After a great start from Rob and Darren, Dave Tune flew us into fifth place before a hamstring injury stopped him in his tracks. Dave couldn't finish the stage, which must have done a lot for Mark Ruddleston's blood pressure as he was poised for lift-off on stage four. Peter Neal sorted out the officials, and to his very great credit, the race referee Mr. Riley let Mark go in nineteenth place which was a loss of some two and a half minutes on where we would have been placed.

Mark got his head round the problem wonderfully, his long explanations to all the spectators round the lap must have settled him, and Darren Cooney on long stage five put us right back amongst it with a sharp effort. Paul Rowland's short stage six was more like the Paul of old, he looked really good and obviously enjoyed it as we moved back through the field.

It would be all too easy in these circumstances to let the event go and I can only have admiration for the way the whole team got behind this effort as the second half six maintained a fine momentum which saw us move, albeit unofficially, to seventh place on the day. A fine Paul Bennett effort on long handed over to a revitalised Martin Connolly, and after Lee Collingwood and Steve Tompkin had maintained the march up the list it was Luke Field, back from injury and sharp again, and the reliable Pete Morris who rounded off a fine salvage job on what could have been a total disaster.

This was a really staggering effort and outcome, and both the performance and the demeanour of all the athletes left us all proud of them. But the result is not official at the end of the day, and it is hard to keep aggravation at bay! But we know what we can do, and we will be back.

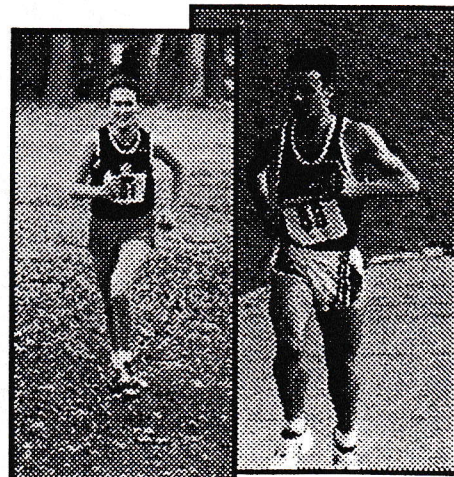


RHAC fastest stages at Sutton park Darren Cooney (left, long stage) and Darren Hale (short stage). DC is pictures at the six-stage last Autumn, DH is disguised as an SAC runner at Penistone

|    |       |                 |                          |      |
|----|-------|-----------------|--------------------------|------|
| 1  | long  | Rob Holladay    | 26.52                    | 17th |
| 2  | short | Darren Hale     | 14.54                    | 14th |
| 3  | long  | Dave Tune       | dnf timed at 28.30(19th) |      |
| 4  | short | Mark Ruddleston | 15.24                    | 19th |
| 5  | long  | Darren Cooney   | 26.26                    | 11th |
| 6  | short | Paul Rowland    | 15.03                    | 11th |
| 7  | long  | Paul Bennett    | 27.02                    | 9th  |
| 8  | short | Martin Connolly | 15.34                    | 10th |
| 9  | long  | Lee Collingwood | 28.16                    | 11th |
| 10 | short | Steve Tompkin   | 16.03                    | 11th |
| 11 | long  | Luke Field      | 27.39                    | 7th  |
| 12 | short | Peter Morris    | 15.48                    | 7th  |

### Result

|            |                      |                |
|------------|----------------------|----------------|
| 1          | Birchfield H         | 4.07.06        |
| 2          | Salford H            | 4.09.04        |
| 3          | Tipton H             | 4.10.04        |
| 4          | Swansea H            | 4.12.28        |
| 5          | Marpeth HAC          | 4.13.39        |
| 6          | Border HAC           | 4.16.56        |
| 7          | London Irish AC      | 4.17.53        |
| 8          | Westbury H           | 4.17.59        |
| 9          | Bingley HAC          | 4.18.15        |
| 10         | Coventry GH          | 4.18.20        |
| unofficial | <b>Rotherham HAC</b> | <b>4.17.15</b> |



The Vezmar Connection! Mladen will be happy to see Julie O'Mara and Rob Holladay running so well: both winning the first SY Road league at Dinnington (page 2)

## Dinnington Road League leading results

## Senior men

|    |                 |        |       |
|----|-----------------|--------|-------|
| 1  | Rob Holladay    | RHAC   | 24:50 |
| 2  | Mark Lavender   | BAC    | 25:37 |
| 3  | Luke Field      | RHAC   | 25:42 |
| 4  | Mark Ruddleston | RHAC   | 25:44 |
| 5  | Simon Ward      | D&S    | 25:48 |
| 6  | Tony Ward       | D&S    | 25:59 |
| 7  | Lee Collingwood | RHAC   | 26:04 |
| 8  | Dave Bond       | Askern | 26:18 |
| 9  | Dean Hinde      | HH     | 26:25 |
| 10 | Steve Winslow   | BAC    | 26:53 |
| 12 | John Comrie     | RHAC   | 27:05 |
| 14 | Steve Tompkin   | RHAC   | 27:37 |
| 17 | James Dixon     | RHAC   | 27:59 |

## Over 40

|   |               |      |       |
|---|---------------|------|-------|
| 1 | Peter Neal    | RHAC | 26:51 |
| 2 | Ian Temperton | RHAC | 26:56 |
| 3 | Alan Chell    | RHAC | 27:11 |
| 4 | Paul Venables | RHAC | 27:31 |
| 5 | John Atkinson | RHAC | 27:45 |

## Over 45

|   |               |        |       |
|---|---------------|--------|-------|
| 1 | Don Weigel    | Askern | 26:45 |
| 2 | John Kerr     | St.C.  | 26:52 |
| 3 | Peter Morris  | RHAC   | 26:56 |
| 5 | Steve Gaines  | RHAC   | 28:15 |
| 6 | Jerry Spencer | RHAC   | 28:36 |

## Over 50

|   |              |      |       |
|---|--------------|------|-------|
| 5 | Tony Turner  | RHAC | 29:15 |
| 6 | Terry Hawley | RHAC | 29:33 |

## Over 55

|   |             |      |       |
|---|-------------|------|-------|
| 6 | Alan Bryden | RHAC | 38:37 |
|---|-------------|------|-------|

## Ladies

|   |               |      |       |
|---|---------------|------|-------|
| 1 | Julie O'Mara  | RHAC | 29:54 |
| 2 | Janet Hindley | RHAC | 30:45 |
| 4 | Vicky Haigh   | RHAC | 38:41 |

## Lady vet35

|   |               |      |       |
|---|---------------|------|-------|
| 1 | Gil Bunker    | RHAC | 32:36 |
| 3 | Sharon Burton | RHAC | 34:37 |

## Vet 45

|   |             |      |       |
|---|-------------|------|-------|
| 4 | Jenny Baker | RHAC | 37:14 |
|---|-------------|------|-------|

## Mens team (4 aggr. times)

|   |               |        |
|---|---------------|--------|
| 1 | Rotherham     | 102:20 |
| 2 | Doncaster & S | 107    |

## Vets team (3 aggr. times)

|   |            |       |
|---|------------|-------|
| 1 | Rotherham  | 80:43 |
| 2 | Steel City | 85    |

## Ladies team (3 aggr. times)

|   |           |       |
|---|-----------|-------|
| 1 | Rotherham | 93:15 |
| 2 | Barnsley  | 106   |

## Road League

# CHICKENS LOOK HATCHED ALREADY

A fine start to the road league series at Dinnington, with Rob Holladay (24.50) storming home well away from Mark Lavender and leading a squad of six RH seniors in the first 14 with Luke Field and Mark Ruddleston notably placed third and fourth.

Even more marked at over-40 where we supplied the first five runners, Peter Neal (26.51) at the fore. A careful run from Peter Morris brought him back third at over-45 in 26.56 but he has only a nine second gap to Don Weigel who won.

Good work from the ladies too, with a senior 1-2 from Julie O'Mara (29.54) and Janet Hindley (30.45) and with Gill Bunker (32.36) leading the vet 35 class.

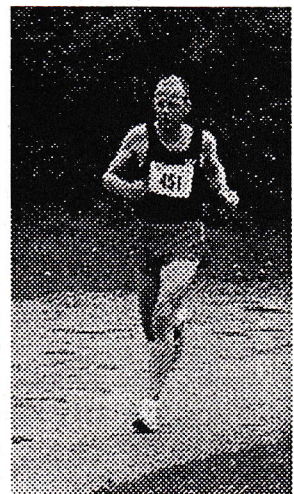
Teamwise this was a stormer, the senior men lead by five minutes, combined vets by five minutes, and combined ladies by more than twelve minutes. Unless we slip up uncharacteristically, the competition looks already over. But we know better than to assume that. Other leading results:

## Vets Relays

# VETS SEEKING THE SUN

RH Vets Racing Team goes into Sunday's national relays at Rushmore Stadium, Aldershot less strong than they would like but nonetheless packed full of good pedigree racers who are definitely in with a shout of medals. Making predictions well in advance is always risky, even more so at vets level where injuries take longer to clear up. Our earlier view that we could do well in this year's competition was based on all-round strength certainly, but also heavily perhaps upon the storming form of Chris Beighton and Dave Hindmarsh, with the prospect of fine new vets joining the ranks. Dave sadly is long-term injured and only running a little whilst Chris is progressing but not yet match-fit.

Against that however we can reckon on sharp work from new qualifiers Phil Roberts and Martin Connolly with Martin especially threatening to hit the big targets he was



In form Martin Connolly

seen at last years Rother Valley

well-known for a couple of years back. Alan Chell, captain Peter Neal and Steve Gaines are well in form and Ian Temperton is well-focussed on this event after a handsome performance at Leeds when called up to help out the senior 12-stage team.

Very worrying however is Paul Venables situation, having been hit by apparently a virus problem at the Dinnington Road League he reported OK again after Spencers' Arms dash but had to pull out of a training run with the same problem and is seriously doubtful. His refund speed would definitely be missed, but John Atkinson stands by and off the back of a good London performance he is just the replacement you would wish for.

Likely line-up is Phil Roberts, Alan Chell, Peter Neal, Ian Temperton, Martin Connolly, Steve Gaines, Peter Morris and Paul Venables with John Atkinson in for stage 8 if Paul doesn't pull round.

**Runners news**

Monthly numbers drawn 29th April £70 no.187 Terry Rook; £10 each no.238 Dennis Beaver, no.148 Paul Stephenson, no.122 Phil Haigh. 200 numbers sold, thank you Brian.

**Rother Valley 10k**

Gateshead's David Miles flew away with the Rother Valley event from Adrian Clark (Chesterfield), our leading runner being Martin Connolly in 4th (33.34), and first vet. Not far adrift Phil Roberts (7th) not quite happy in the heat, and Malcolm Palfreyman first over-50 not far after. The three of them took the team award.

This, though flat, is not a fast course and Martin reckons he is worth a 32 minutes score at the moment. We have to agree, following his brilliant 54 minute effort at the Tadcaster 10 which brought him home in second place. In fact he lead the race for nine miles. Malcolm, too, is not running many bad ones at the moment.

**Milton 6**

Luke Field's time out injured appears to have done him no harm. After a smart road league result and a very tidy 12-stage relay performance he romped away with the Milton 6 title on Sunday, his 30.44 taking a slice off Peter Pleasants' course record into the bargain. (Luke is pictured at the 6-stage relay.) Rotherham took the team here as well, through Luke with Darren Ward fourth in 32.35, James Dixon 5th (33.10) and Ian Lanceley welcome back 6th (33.50).

First vet 50 was Terry Hawley in 9th place (35.48) and first lady O45 to the great delight of all of us, Rose Grimley (44.38) returning after a long period of recovery from injury.

Not much feedback from the London marathon, though clearly our senior runners were not all that happy, John Comrie withdrawing at 16, Darren Cooney not running as well as he would have liked and only Darren Hale getting a fast time, though not as fast as might be. Times for our vet contingent looked good, amongst them John Atkinson, Jerry Spencer and Tony Turner. And of course Doug Rufus.

**Yorkshire Veterans Track and Field**

This meeting takes place on Sunday 16th August, 12 noon at South Leeds Stadium. All events, closing date 3rd August. See PH or kiosk for entry.

**May/June Fixtures**

|              |                                    |
|--------------|------------------------------------|
| Sat 2 May    | Tadcaster 10 noon                  |
| Wed 13 May   | SY Road League 2 Worsborough 7pm   |
| Sun 17 May   | Nat Vets 8 stage relay, Aldershot  |
| Sun 17 May   | Leeds Marathon & Half, 10am        |
| Wed 20 May   | Askern 10k                         |
| Wed 27 May   | SY Road League 3 Wombwell          |
| Sun 31 May   | Nether Edge 10k 10.45              |
| Sun 31 May   | East Cheshire Half, Ashton 11am    |
| Wed 3 Jun    | Mansfield 10k, Skegby              |
| Sun 7 June   | Northern 10k Runcorn               |
| Sun 7 June   | Chatsworth Obstacle, noon          |
| Sun 7 June   | Woodhall Spa Half                  |
| Wed 10 Jun   | SY Road League 4 Armthorpe 7.15    |
| Wed 17 Jun   | Kimberworth 10k 6.45               |
| Sun 21 Jun   | Swallownest 10k 10.30              |
| Wed 24 Jun   | SY Relays, Damflask pm             |
| FORWARD..... |                                    |
| Sat 26 Sept  | Northern 6 stage relays, Sheffield |
| Sun 4 Oct    | Great North Run                    |

**BLACKSMITH'S HAMMER**

|    |                |     |       |
|----|----------------|-----|-------|
| 1  | Chris Parkes   | RH  | 29:22 |
| 2  | Phil Roberts   | RH  | 29:36 |
| 3  | Peter Neal     | RH  | 29:56 |
| 4  | Terry Hawley   | RH  | 31:56 |
| 5  | Martyn Gaynor  | KS  | 32:08 |
| 6  | Mick Masters   | RH  | 32:19 |
| 7  | Rich Borry     | VHR | 34:08 |
| 8  | Mick Nunn      | KS  | 34:52 |
| 9  | Don Gill       | D&S | 35:17 |
| 10 | John Beckett   | RH  | 35:23 |
| 11 | Keith Ward     | KS  | 35:42 |
| 12 | Guy Beaumont   | U   | 36:13 |
| 13 | Ian Brookes    | KS  | 36:18 |
| 14 | Alan Blackburn | U   | 36:34 |
| 15 | Pete Humphries | RH  | 36:59 |
| 16 | John Sellars   | U   | 37:04 |
| 17 | Jamie Kennedy  | KS  | 37:13 |
| 18 | Dennis Beaver  | RH  | 37:43 |
| 19 | Gill Bunker    | RH  | 37:48 |
| 20 | Sharon Burton  | RH  | 37:48 |
| 21 | Brian Lowndes  | MRC | 38:14 |
| 22 | Tom Smith      | RH  | 38:16 |
| 23 | Mick Stuart    | MRC | 38:18 |
| 24 | Dave Booth     | KS  | 38:38 |
| 25 | Henry Marston  | RH  | 39:32 |
| 26 | Brian Lockley  | KS  | 39:36 |
| 27 | Mick Swift     | KS  | 39:44 |
| 28 | John Fitch     | KS  | 40:07 |
| 29 | Bob Houghton   | MRC | 40:15 |
| 30 | Jim Rust       | MRC | 40:16 |
| 31 | Bev Soakell    | KS  | 41:37 |
| 32 | Richard Green  | KS  | 42:33 |
| 33 | Ian Horsley    | RH  | 43:33 |
| 34 | Simon Taylor   | KS  | 43:49 |
| 35 | Alan Bryden    | RH  | 43:58 |
| 36 | Steve Poole    | KS  | 44:53 |
| 37 | Sarah Fitch    | KS  | 44:58 |
| 38 | Val Rivers     | VHR | 45:53 |
| 39 | Rod Rivers     | KS  | 45:53 |
| 40 | David Wilson   | U   | 47:46 |
| 41 | James Woodcock | U   | 48:21 |
| 42 | Jason Pryce    | U   | 51:40 |



Thanks to Pat Rooney for organising the Blacksmith's again- won by a certain Mr. Parkes who we are so pleased to see running again.

A decent turn-out from a number of clubs on a night when alternative events made it difficult. Chris was tempted to try Sheffield, but (wisely, we thought) gave it a miss. His interests however are clear.

Chris is pictured left at an earlier Prince of Wales 10k.

**Sheffield Marathon**

|    |                    |          |          |
|----|--------------------|----------|----------|
| 1  | Richard Ironmonger | Notts AC | 02:30:56 |
| 2  | Paul Richards      | Neath AC | 02:31:05 |
| 7  | Steve Tompkin      | RHAC     | 02:37:45 |
| 12 | Malcolm Palfreyman | RHAC     | 02:48:55 |
| 21 | Peter Adams        | RHAC     | 02:55:00 |
| 42 | Phil Haigh         | RHAC     | 03:02:46 |
| 65 | Kerry Booth        | RHAC     | 03:12:28 |

**SHEFFIELD EVENT LOSES ITS WAY**

Bizarre goings on at Sheffield in both Half and Full marathon which could see a revised view of permission for future events- which would be a pity especially in view of the dwindling number of such now taking place. Put simply, the course was undermanned. Not generally, but in one specific place, but that one the worst of all possible places, just a few hundred yards from the finish. A good batch of half and full marathon runners failed in the absence of any marshal to take the turn off Worksop Road, which led round the back of the stadium, opting instead for the direct route into Don Valley.

Thus Darren Teasdale and Simon Dale, lying 4th and 5th, ran on to the track 2nd and 3rd and were more or less promptly disqualified on the grounds that runners are themselves responsible for keeping to the route. A number of (cynical) colleagues have pointed out that for Darren to lose the route is not that unusual, but it won't do. More confusing, marathon runners who followed suite were not disqualified, if the reasoning was sound they should have been. Presumably the referee judged that matters could be put right later in the marathon, whereas in the half it was too late. So they ran several laps of the track to make it up later- unusual to say the least.

The marshalling error at that point also led to shambles as out-going marathon runners half a mile into their second lap swung left round the corner

**SHEFFIELD HALF**

|     |                  |        |         |
|-----|------------------|--------|---------|
| 1   | Carl Thackery    | Hallam | 1.06.63 |
| 2   | Ian Fisher       | Otley  | 1.07.51 |
| 3   | Rob Holladay     | RHAC   | 1.08.58 |
| 7   | Martin Connolly  | RHAC   | 1.13.51 |
| 43  | Steve Wraith     | RHAC   | 1.22.29 |
| 108 | Mark Utley       | RHAC   | 1.28.39 |
| 167 | Neil Shaw        | RHAC   | 1.31.38 |
| 204 | Diane Taylor     | RHAC   | 1.33.37 |
| 285 | Jacqui Shannon   | RHAC   | 1.36.49 |
| 319 | Martin Holland   | RHAC   | 1.37.51 |
| 355 | Adele Morris     | RHAC   | 1.39.02 |
| 386 | Phil Widdowson   | RHAC   | 1.39.47 |
| 542 | Graham Benton    | RHAC   | 1.44.39 |
| 717 | David Harris     | RHAC   | 1.50.49 |
| 766 | Dave Weatherburn | RHAC   | 1.52.32 |
| 855 | Pat Wells        | RHAC   | 1.56.12 |
| 874 | Darren Mellor    | RHAC   | 1.57.14 |

straight into the mass of slower half marathon runners closing on the finish.

I am not trying to knock the Sheffield organisers here; whilst undeniably a cock-up it is the sort of bad luck that could happen to anyone. And anybody willing to take on a big event like this deserves understanding rather than knocking. But I am puzzled by the reasoning behind the choice of route. It ducks and weaves continuously, and seems to take as many marshals as runners. There were dozens of them out on Sunday, but on such a course there is no safety factor at all. As Dave Haywood says, keep the finish straight.

**RH perspective**

Not a huge turn-out, our half-marathon runners led by Rob Holladay just shaded by Ian Fisher, Carl Thackery having stolen the thunder at his best distance. At marathon Malcolm Palfreyman (right) took the O-50 which is quite a habit these days; there was a promising debut for Steve Tompkin with Peter Adams also in good marathon form.

**SY Road League**

•Road league numbers are now available in the kiosk on club nights. The charge this year has gone up to £2 for all four fixtures, keep your number. There is no sponsorship this year, hence the price rise which organiser Mick Hill hopes will pay for prizes in the categories. It is still the best value race entry fee you will get anywhere. State your category on purchase. Dates (all Wednesdays) and venues (same as last year) are fixed now for:

April 15th Dinnington start 7pm

May 13th Worsborough start 7.15pm

May 27th Wombwell start 7.15pm

June 10th Armthorpe start 7.30pm

Prizes planned are first U-17, first 5 men/ 3 ladies, vet men 40-44 (3), 45-49 (3), ladies 35-39 (3), 40-44 (3), 45-49 (3). If numbers in category are sufficient, also men 50-54 (3), 55-59 (3), 60+ (1), ladies 50+ (3).

**Next Club Championship Races**

Road Leagues Worsbrough 13/5

Askern 10k 20/5

Road League Wombwell 27/5

Woodhall Spa Half 7/6

Road League Armthorpe 10/6

Damflask Relays 24/6

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This publication is aimed at the improved road and cross-country running of all Rotherham Harriers members.

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