



National 12 Stge Relays

# Super RH follow Cooney's lead

Spearheaded by a great Darren Cooney launch which saw him in the top 25 times on the day, RHAC relay team held brilliantly on course to finish a very tidy 18th at Sutton Park in the National Twelve Stage final on April 24th.

It's easy to forget the years we spent in the wilderness before qualifying for this event, and once we did in 1994 our results have gone 42nd, 47th, 39th, 23rd, and then last year "did not finish" although we had the galling experience of running stunningly fast to an equivalent top ten. This year's eighteenth is therefore the best ever for RHAC, in what is the premier event for road running in the country. And in this context the country is Great Britain, not England.

Once Darren had given us that start, and mindful of the runners to follow there was never any doubt that a good result was likely. There are now too many seasoned 'professionals' who know what relay running is about. Maybe we are seeing here the old adage that 'success breeds success'.

Having said that, we had three debutants at the event, Ian Whitaker at 16 with a great future in front of him but already showing serious road speed, Darren Ward who is relishing the opportunities now open to him after his earlier career at Doncaster, and remarkably for his pedigree, Paul Venables, who down to injury and other circumstances never got to Sutton Park either with RHAC or Sheffield during his spell there.

Richard Harris took the second long stage and delighted himself and us with a sub-28 time for the first time; he really is flying along now, and on 2 and 4 we had Lee Collingwood back towards proper form and a rejuvenated Mark Ruddleston with only a few seconds separating them. Not at all a bad quartet to start off in this company; the start of the national really is fierce.



Andy Aked turned in a useful 28.02 on stage 5, whilst this is well off his sort of time he was coming off an injury lay-off and it is a mark of what a good clubman he is that as soon as he is anything like capable of a decent time he is willing to turn out. The following short stage went a bit wrong for Ian Whitaker, but he did all the right things, notably not going silly on the hilly start, and looked set for a good stage when he tied up at the turn, possibly with stitch, and was needless to say in such company, passed by a good few. But he got back, and the time was no slower than many others on the day. He will have learned from the experience and no doubt has many good relay stages to come.

With Paul Venables and Phil Roberts taking the next long/short pair there was no need for alarm, they pulled back four with two very good stages and Darren Ward did likewise on the next long leg. John Comrie ran for his club too, having only just completed the Rotterdam Marathon he did well enough and we looked sound for a top twenty spot. The main point of interest now was whether Sheffield AC with their new student imports could get ahead of us at the end, the relative positions had turned and turned about through all the later stages. Having missed the Northern through other commitments, RH vets played a major role at Sutton Park, and it was perhaps fitting that Steve Elvidge (long 11) and Martin Connolly on 12 should round off the day. Steve ran a good stage, though not at his fastest perhaps after a bit of bug trouble, and Martin being ex-SAC himself did not take much convincing that he needed to shift a bit. Which he did, his 16.02 a fine return towards form.

All in all, with the obvious missing runners, we have to see this as a major performance which underlines just how far we have come in these events, and in general. I team managed on the day, and Peter Morris and team captain Peter Neal travelled as reserves. Once again, I wonder whether any Rotherham team enjoys such a high standing in Britain, even including the impressive RUFC. And yet we could well go higher!

First South Yorkshire lady at Dinnington, Hilary Garrison pictured here at a previous Sheffield 10k

Due to a large batch of exam assessments, this issue is late, and done too fast and consequently will not cover all that it ought to cover. Your understanding is appreciated.



Road League

# Harris-Aked 1-2 Launches '99 Campaign

Sometimes when you feel depressed, you wake up one morning and the sun is shining and you wonder what all the fuss was about, life is so easy. Only two months ago after a poor cross-country local turn-out, and facing a struggle for a northern 12-stage team (albeit for good reasons) I felt just like that. The 12-stage northern and national could not have gone better in the circumstances, but what came as the ray of sunshine was the turn-out at the first South Yorks road league at Dinnington.

Arguably, if you can't turn out on your own patch then you are in trouble, but this was by any measure a fine effort, with a clear lead established in both men and veteran men's events, and ladies. Rotherham provided just over one in five of all the runners, and there was a slight increase on last year's appearance figure with the men +half a dozen and the ladies about a dozen.

Richard Harris of course was South Yorkshire champion three years back but he has never run this fast, and had a stormer of a race to take first place for the first time. But not the last I feel sure judging by how well he is going. No small sharpener on the day would have come from Andy Aked, who if he can now stay injury-free may get back to his rightful form- which is seriously fast, and he is moderately pleased with his 25.45 second place in the meantime. It is especially pleasing to see both these top club supporters doing well; both have had more than their share of injury but both have been always willing to support us if humanly possible, not always to their satisfaction or best interests timewise, but always to our advantage.

Mark Ruddleston, another who could be fitted to that category, only just missed third having eased out D&S' Simon Wright. Lee Collingwood and John Comrie were not far behind. In the vets, Paul Venables won handsomely from Steve Winslow (BAC) with backup from Phil Roberts and Alan Chell, a whole flock of black vests shortly following. Jerry Spencer is in serious contention at O-50, only three seconds behind Pete Wakefield. A fine run from Iain Whitaker as first junior in 27.28 and second junior (29.15) was Paul Marshall, who shows great promise as a road runner also.

The ladies too swept the board with Janet Hindley, Caroline Dauris and Vicky Haigh 1-2-4 but first on the night vet Hilary Garrison with a fine 29.55, RH getting 1-2-3 here with Sharon Burton and Paula Fisher. Gill Bunker was first O40 and Rose Grimley, after a long recovery from injury put in a 35.19 which gained her second place over 45.

National 12-Stage Relay

Sutton Park, Sat 24th April

1	long 5.5m	D.Cooney	26:33	13th
2	short 3m	L.Collingwood	15:28	18th
3	long 5.5m	R.Harris	27:59	16th
4	short 3m	M.Ruddleston	15:31	18th
5	long 5.5m	A.Aked	28:02	15th
6	short 3m	I.Whitaker	16:41	26th
7	long 5.5m	P.Venables	28:26	22nd
8	short 3m	P.Roberts	16:04	22nd
9	long 5.5m	D.Ward	28:56	18th
10	short 3m	J.Comrie	16:36	19th
11	long 5.5m	S.Elvidge	29:31	20th
12	short 3m	M.Connelly	16:02	18th

1	Tipton H	04:06:22
2	Salford H	04:11:18
3	Morpeth H	04:11:41
4	Birchfield H	04:12:17
5	Sale Manchester	04:14:06
6	Bingley H	04:16:08
7	Swansea H	04:16:13
8	Staffs Moorlands	04:17:05
9	Leeds CAC	04:18:16
10	Blackheath H	04:18:42
11	Westbury H	04:18:52
12	Border HAC	04:20:39
13	Thames H&H	04:22:49
14	Coventry GH	04:22:52
15	Bedford & C	04:24:33
16	Highgate H	04:24:49
17	Fife AC	04:25:39
18	Rotherham HAC	04:25:49
19	Sheffield AC	04:26:06
20	Liverpool Pem	04:26:11
24	Notts AC	04:27:28
28	Hallamshire	04:29:40
30	City Hull	04:30:33
32	Homfirth	04:31:14
33	Derby & C	04:31:24
36	Redhill RR	04:31:59
42	Barnsley AC	04:35:59
59	complete teams	04:51:02

## SY Road League 1 Results

R.Harris	25:34	A.Gregory	28:31	R.Butterworth	33:11
A.Aked	25:45	J.Spencer	28:36	C.Green	33:36
M.Ruddleston	26:02	S.Gaines	28:37	R.Myers	33:37
P.Venables	26:11	P.Eddison	29:02	N.Grimley	33:38
L.Collingwood	26:28	P.Purdy	29:03	M.Whitaker	35:14
P.Roberts	27:12	P.Marshall	29:15	H.O'Mara	35:25
J.Comrie	27:14	T.Turner	29:28	M.Rhodes	35:32
A.Chell	27:14	P.Smales	30:05	A.Bryden	36:41
J.Atkinson	27:24	S.Marshall	30:06	P.Keen	37:25
I.Whitaker	27:28	M.Herrington	30:12	P.Widdowson	38:21
P.Morris	27:42	P.Humphries	31:50	M.Sumption	38:33
P.Neal	27:57	M.Cochrane	31:53	R.Spensley	38:58
		N.Shaw	32:27	M.Jackson	39:27

## Ladies

H.Garrison	29:55
J.Hindley	33:12
S.Burton	33:42
P.Fisher	33:44
G.Bunker	33:56
C.Dauris	34:02
R.Grimley	35:19
V.Haigh	35:30



Out and about

Monthly numbers drawn 28/4/99: £60 no.20 Lee Butler, £10 each no.184 Jack Osborne, no.39 Carl Smith, No.94 John Atkinson. 180 sold, thank you Brian.

Mick Tune's trip to Morocco immediately after the north of England 12-stage was a great success, Mick did the full course of this super-marathon event in 28hrs 23 m 35s to finish 4th Brit out of 440 runners in the marathon and on the finalo day 1st Brit in 18th place in the 9.6k event. Overall, 122nd out of about 860 runners. All in temperatures of 120+ (in old money).

Good to see Peter Mirrlees back in the top of the lists; Peter finished second at the Milton 6 in a splendid 33.02. After the disappointment of having to withdraw from the 12-stage team, we hope to get Peter lined up to take on the Damflask relays with us, maybe one or two others such as Selby might also suit. We could do with his speed. Also at Milton was James Dixon (10th), who is welcome back to the race scene, and on the first results page also feature Mick Teather and John Beckett. RHAC's more veteran runners were on form with Stan Bagshaw and Arthur Jeavons taking 1st O-70 and 75 respectively.

David Haywood has sent for the club entries for the 2000 London Marathon.

Recently on the injured list, Ian Temperton is returning to Doncaster after his spell with us. Brief though it was, he was a part of the outfit which did so well at Aldershot taking national bronze medals and nothing will take that away. We thank Ian for his efforts whilst with us and wish him well in his continuing career.

No news on the injury front from Chris Beighton, Steve Tompkin or Luke Field. I will try to get a status quo on these and others for the June issue. Warren Vayro however is recovered from the car-smash injuries which kept him out of our teams just as he was beginning to enjoy the experience. We look to get him

back in sharpish although he is now away from Rotherham, living back home in Northallerton.

Many thanks to helpers at the Dinnington event, which went brilliantly. SY Police and St. John's, Dave Weatherburn who liased at DRUFC and marshalls Don Creamer, Geoff Green, Steve Tompkin, Arthur Jeavons, Dave Haywood and Glen James.

Darren Hale's attempts on the Rotterdam and subsequently Sheffield Marathon ended in frustration, forced to pull out of both I will line up some detail of his plans in June.

May and later Fixtures

Wed 12 May	SYRL 2 Worsbrough
Sun 16 May	Leeds Marathon & Half
Sun 16 May	Sandal Castle 10k
Tue 18 May	Aire 5k Esholt
Wed 19 May	Askern 10k
Sat 22 May	Tadcaster 10
<b>Sat 22 May</b>	<b>National Vets Relays, Sutton P.</b>
<b>Sun 23 May</b>	<b>Liverpool Womens 10k</b>
Wed 26 May	SYRL 3 Penistone Football C.
Sun 30 May	Nidderdale Fell Race
Sun 30 May	NE Lincs 10k, Grimsby
Sun 6 Jun	Goole River Bank Chall
Sun 6 Jun	Thirsk 10
Sun 6 Jun	Woodhall Spa Half
Wed 9 Jun	SYRL 4 Armthorpe
Sat 12 Jun	Chatsworth Challenge
Wed 23 Jun	SY Relays Damflask
Wed 30 Jun	Maltby Abbey Dash 7pm
Sun 18 Jul	Selby Relays

Club Championship as at 11/5/99

Tigers 10 to be confirmed, categories incomplete

		1	2	3	4	5	6	7	total
	cat	F10	N9	DH	SM	SH	RL1	T10	
Aked A							99		99
Atkinson J	V40	97					92		189
Bagshaw S			83						83
Beaver D		91					72		163
Benton G	V40	83	84	85		86	58		396
Booth K			96		98				194
Bryden A		84	85	86			64		319
Bunker P			95	95					190
Burke D					96				96
Burton R		89							89
Butterworth R		88	94	88		95	71		436
Bywater C					85				85
Charnock A		87							87
Chell A	V40						93		93
Clarke D	V60						93		93
Clarke J		86							86
Claxton G							88		88
Cochrane M							75		75
Collingwood L							96		96
Comrie J		98			100		94		292
Durham G	V40						87		87
Eddison P	V40	94	97				83		274
Elvidge S	V40	100	100		100				300
Eshelby A			90						90
Fielding P						94			94
Gaines S	V40			99			84		183
Gallagher J				83					83
Grafton J	V50					88			88
Green C						70			70
Gregory A	V40					86			86
Grimley N						68			68
Haigh P			88	94					182
Harris R							100		100
Hawley T		95		98					193
Herrington M	V40				99	77			176
Hind J	V50			84		92			176
Holland M						96			96
Howarth R		93	82						175
Humphries P		90					76		166
Jackson M							59		59
Joyce A				92			73		165
Keen P							63		63
Lynch J			87						87
Marshall P							81		81
Marshall S	V40						78		78
Morris P							90		90
Myers R							69		69

Neal P	H	V40	91	91		89			271
O'Mara H						66			66
Palfreyman M		V50	96		99				195
Phillips S						93			93
Purdy P							82		82
Rhodes M		V50	85	86		89	65	98	325
Ridgeway K		V60				91			91
Roberts P				99			95	99	194
Ruddleston M							98	100	98
Sargeant M		V40				83			83
Shaw N			92	92		98	74		356
Smales P							79		79
Spencer J					97				182
Spensley R							60		60
Staley P						89	89		178
Sumption M								61	61
Thornhill K						82	84		166
Turner T		V50	98	96			80		274
Utley M				90					90
Venables P		V40		100					197
Ward D				99					99
Weatherburn D		V50					57		57
Whitaker I							91		91
Whitaker M							67		67
Widdowson P							90	62	152
Wraith S		V40		87		97			184
Wright S				93			97		190
Bunker G		F	100	99			96		295
Burton S		F		98			98	100	196
Clarke C		F			99				99
Dauris C		F					95		95
Day L		F					97		97
Fisher P		F35		96		100	97	99	293
Garrison H		F		100			100		200
Grimley R		F					94		94
Haigh V		F				100		93	193
Hindley J		F						99	99
Howe S		F					98		98
Reid I		F45					99		99
Sanderson J		F		98	95				193



**Sheffield Half Marathon**

17	Steve Elvidge	V40	1:17.06
62	Martin Herrington	V40	1:25.16
108	Neil Shaw		1:29.08
115	Stuart Wright		1:29.27
126	Martin Holland		1:30.12
180	Paula Fisher	F35	1:32.58
236	Roy Butterworth		1:35.20
322	Paul Fielding		1:38.29
403	Derrick Clarke	V60	1:40.58
452	Jim Hind	V50	1:42.30
541	Kenneth Ridgeway	V60	1:44.42
559	Philip Widdowson		1:45.01
567	Malcolm Rhodes	V50	1:45.16
694	John Grafton	V50	1:49.43
737	David Weatherburn	V50	1:51.26
923	Graham Benton	V40	1:57.41
947	Craig Bywater		1:58.43
1193	Irene Reid	F45	2:10.22
1247	Kevin Thornhill		2:14.37
1286	Michael Sargeant	V40	2:18.14
1332	Sonia Howe	F	2:25.10

**Sheffield Marathon**

6	John Comrie		2:44.59
11	Malcolm Palfreyman	v50	2:49.57
15	Kerry Booth		2:59.55
27	Steve Wraith	v40	3:06.38
175	David Burke		4:02.17

**Rother Valley 10k**

11	Keith Williams	v45	34.58
15	Malcolm Palfreyman	v50	35.39
17	Gary Durham	v40	35.53
64	Peter Bunker	v45	39.29
77	Roy Butterworth		40.11
97	Alan Joyce	v40	41.08
172	Malcolm Rhodes	v50	44.39
219	Caroline Davis	f	46.17
347	Alex Brown	v60	53.30
441	Sonia Howe	f	63.30

**Milton 6**

Sunday 9th May 1999

1	Neil Moore	BAC
2	Peter Mirrlees	RHAC
10	James Dixon	RHAC
37	Mick Teather	RHAC V40
44	John Beckett	RHAC
1st O/70	Stan Bagshaw	
1st O/75	Arthur Jeavons	
1st lady V55	Rose Grimey	
regret only 1st page available		

**Blacksmith's Hammer  
held 7/4/99**

29.15	Phil Roberts	RHAC
29.24	Martyn Gaynor	KS
30.32	Stephen France	KS
31.08	Iain Whitaker	RHAC
31.10.	Muneer David Saif	KS
31.20.	Richard Borysiewicz	VHR
32.03.	Steve Durdy	MRC
32.04	Mark Haffner	KS
33.18	Andy Rowe	KS
33.30.	Cain Green	RHAC
33.38	Pat Rooney	KS
33.44	B. Charles	U/A
33.49	Peter Humphries	RHAC
33.51	Ian Brookes	KS
34.02	Brian Lockley	KS
34.08	Malcolm Senior	KS
34.14	Ian Soakell	KS
34.57	Mark Hill	U/A
35.11	David Booth	KS
35.46	Peter Neal	RHAC
35.52	Jamie Kennedy	KS
36.13	Henry Marston	RHAC
36.14	B. Phillips	U/A
36.15	Mick Swift	KS
36.16	Gill Bunker	RHAC
36.19	Dennis Beaver	RHAC
36.37	Lesley Day	RHAC
37.00.	Bev Soakell	KS
37.12	John Fitch	KS
37.49	Tim Smith	VHR
38.31	Malcolm Whitaker	RHAC
38.42	Brian Lowndes	MRC
39.00.	Roger Cook	KS
39.41	Bob Houghton	MRC
40.12	Michael Jackson	Macc Harrier
40.39	David Thorpe	MRC
40.56	Phil Widdowson	RHAC
41.05	Stephanie Borysiewicz	VHR
41.05	A. Tomlinson	U/A
41.30.	Paul Hanson	U/A
41.40.	Jim Gallagher	RHAC
41.50.	Sarah Fitch	KS
42.15	G. Barlow	U/A
42.33	Angela Ford	KS
43.46	Jan Sears	MRC
45.42	Ryan Beaver	U/A
48.31	J. Davis	U/A
59.37	Emma Richardson	U/A
54.28	Vicky Barrett (part course only)	U/A

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**Contact no: 01709 549125**  
**e-mail: hpeterh@hotmail.com**

Whilst I aim at the first Wednesday each month, because of school closures/holidays etc

- (a) there is no August publication and  
(b) sometimes publication is delayed to the following week

**The support of Yorkshire Windows is greatly appreciated.**