



November 1993 BRIEFING



Available at RHAC on time-trial nights.
If you cannot get to the club for a "Briefing"
•leave me an s.a.e. already stamped or
•leave me £1 for each 2 issues to be mailed (£2 for 4
etc)
Produced by P.Humphries for Rotherham HAC

YOUR ELECTED ROAD SECTION COMMITTEE

Road Secretary	Peter Humphries
Committee	Peter Little
	David Haywood
	Steve Gaines
	Norman Taylor
Cross-country	Dave Johnson

From the Road Secretary

I was reluctant to get involved in club organisation again (a feeling strengthened by what I thought a highly unsatisfactory AGM-I left before the end but was elected in my absence.)

What has persuaded me to make the effort again is the wide support for improvements from club road runners of all ranks. It will have to be like that; we will not make the necessary steps forward unless the runners drive the club.

Here are 8 initiatives which I thought might make an impact on the road section, but also more widely:

- contacts** list- names and contact numbers of all members
- info sheet**- not a club newsletter but a regular check on who's who, what's on, who's going where etc
- athletes** take charge-team road race entry to be improved by being planned and guided by the runners themselves and their coaches
- club support** for prestige events-we want our prestige road events, together with similar from other sections, to be discussed and agreed or modified by an athletics planning group (eg section secs plus coaches). RHAC then publishes, guarantees and totally supports all these events
- new Winter leagues**- a new series of Winter leagues incorporating time-trials (which may then be better supported), winter road and cross-country fixtures.
- newsline**- a dial-in answerphone number for up-to-date information about club activities ad races, entry details, start times, selected teams and persons taking part etc.
- road/cross-country** links: we believe planning should be linked since runners are largely the same
- footpaths** competition- for your interest, a new year-long event to encourage knowledge and use of footpaths as you do your distance training

Meeting to discuss and decide on the road section's priorities both for team entry and to support each other. The runners and coaches will decide.

Wednesday 24th November at 8.30
venue to be announced (club noticeboard) 17th or phone.

All coaches and competitive runners are invited without exception but it should be borne in mind the business on this occasion must lean towards the "sharp end".

RHAC made a hefty financial loss last year (after a healthy profit the year before)

The money went largely on Track and Field, some on Cross-country, almost none on Road.

Road didn't bring in a lot on the other hand, though there was of course club fees. Mind you, for many years we extensively supported the club from race income especially Prince of Wales.

The main reason Road does not spend a lot is the club ruling that support has to be for closed, championship events. This favours T & F and C-C but effectively eliminates Road since only the 12 and 6-stage road relays fit the requirement.

At the Executive Committee meeting on 5/11/93 I claimed that this situation has to change so that each section has its own fair share of the annual budget.

This does agree with Ralph Rowbotham's view, and the plan will be one thing discussed at a special Finance meeting on 25th November.

We need your information

****What races you are going to**

****Training groups or runs you organise**

****Your results especially if interesting to others**

****if your contact information changes**

****your initiatives or ideas for club improvement. I will act on them**

WHAT'S ON

Su	14 November	Cross	South Yorks League	Graves Park, Sheffield (NWL)
Sat	20 November	Road	Brampton to Carlisle 10	2pm
Su	28 November	Road	Roundhay Park 5	Leeds 10.30
Su	28 November	Cross	South Yorks League	Cannon Hall, Cawthorne (NWL)
Su	28 November	Road	Clowne Half	Clowne
We	1 December	Road	Time Trial	RHAC (6.45) (DWL)
Su	5 December	Cross	Northern Vets	Clifton Park
Su	5 December	Road	Lakeside Half	Lincoln 10.30
Su	5 December	Road	Abbey Dash (10k)	Leeds
We	8 December	Road	RH Point-to-point	Club 6.45 (DWL)
Su	11 December	Cross	Yorks Men/Women	Holmfirth (open entry)

Christmas Day
Race
There will be an
entry form and a
closing date.
Watch this space!

BUT WHO'S WHERE?

Let me know, by word or phone, or by writing on the noticeboard.

Support your team-mates****and get them supporting you.

Save travel costs**** Make your day more "at home" and

****GET IN THE TEAM PRIZES****

We do know already that:

Numerous club runners (Ray Howarth and others) are going to the Abbey Dash

We heard that Dave Tune was aiming for the Brampton-to-Carlisle 10

Paul Bennett and Mick Thompson are at the Cleethorpes New Year's Day 10k

Winter leagues : how they work.

1. The leagues operate on a monthly basis October to March inclusive starting November 1993.
2. Five runners per league. Three (or maybe four) races will be listed, you do two. The monthly time-trial will be one race. Cross-country and road will be included.
3. You run "against" the other four runners in your league. Scores: first=5, second=4, third=3, fourth=2, fifth=1, non-runner=0.
If you run more than two races, we drop your poorest.
4. At end of month, leagues reorganise one up, one down. Max score will be 10. Ties decided by your head-to-head result if there is one, otherwise by fastest time run no matter what race or trial.
5. These are general leagues. I will split out separate leagues for categories (O-40,50,ladies etc) whilst keeping the full list.
6. These leagues are for interest and to help with training. However, I will ask for some sort of awards to be made at close of season.
7. The competition does not replace or affect any other road or cross-country series.

The Leagues are mainly for interest-- I hope you will not take them too seriously. One real reason behind them is the hope that runners will get to know the identity and capabilities of fellow members better.

CONTACTS

Have you got your phone list?
Are your details right?
Does your number & name
need adding?
Let Road Sec know for the
update at end of December.

"ROAD" EVENING

This will be held in January, details to be announced.

We are looking at the possibility of going to Albion Road again.

At the evening there will be a vote for

RUNNER OF THE YEAR 1993

Nominations are required and invited Each nomination to be signed by 3 club members.

WINTER LEAGUES NOV

League no.	Nov tt	League no.	Nov tt
R. Self	1	M. Rhodes	5
A. Gregory	1	B. Siddle	0
H. O'Mara	1	E. Illiffe	0
N. Mitchell	1	D. Beaver	0
P. Neal	1	B. Spriggs	0
K. O'Mara	2	E. Hammonds	5
P. Whittaker	2	L. Godfrey	4
R. Haworth	2	P. Pritchard	3
A. Joyce	2	J. Lynch	2
M. Garett	2	A. Smith	1
D. Richards	3	R. Varo	5
J. Brogan	3	P. Henry	4
M. Masters	3	S. Nixon	3
P. Bussey	3	J. Harney	2
S. Greaves	3	P. Stephenson	0
P. Jepson	4	K. Baker	5
M. Cochrane	4	D. Butler	4
D. Whitehead	4	D. Creamer	3
H. Marston	4	M. Spriggs	2
D. Wilkinson	4	A. Nother	0
I. Langley	5	D. Weatherburn	5
A. Sigsworth	5	R. Rowbotham	4
J. McWilliam	5	R. Tinker	0
P. Humphries	5	A. Nother	0
J. Beckett	5	A. Nother	0

5 new names invited for a new league 2/3
 5 new names invited for a new league 5/6
 5 new names invited for a new league 9/10

This month two available races left
 Cross-country Graves Park
 Cross-country Cannon Hall

**Don't take it too serious!
 But if you feel badly
 misplaced- or want to opt
 in or out- let me know**

Time Trial October	Time trial November		
R. Self	21.21	R. Self	21.01
H. O'Mara	21.39	A. Gregory	21.16
P. Neal	22.04	H. O'Mara	21.27
A. Gregory	22.04	D. Richards	22.03
N. Mitchell	22.44	J. Brogan	22.05
R. Howarth	22.55	M. Marsters	22.21
M. Garett	22.59	K. O'Mara	22.38
K. O'Mara	23.40	P. Bussey	22.47
A. Joyce	24.11	S. Greaves	22.51
P. Whittaker	24.17	I. Langley	23.38
M. Cochrane	24.27	A. Sigsworth	23.48
P. Jepson	24.44	P. Jepson	23.53
D. Wilkinson	24.48	P. Whittaker	23.55
H. Marston	24.51	M. Cochrane	24.11
D. Whitehead	25.02	J. McWilliam	24.12
B. Spriggs	25.24	P. Humphries	24.26
M. Rhodes	25.34	J. Beckett	24.33
D. Beaver	26.09	R. Haworth	24.40
E. Illiffe	26.18	N. Mitchell	24.42
B. Siddle	26.22	E. Hammonds	24.48
R. Varo	26.51	D. Whitehead	24.49
P. Henry	26.53	L. Godfrey	24.50
P. Stephenson	28.14	H. Marston	25.10
S. Nixon	28.31	R. Varo	25.14
J. Harney	29.11	M. Rhodes	25.31
D. Weatherburn	29.39	P. Henry	25.54
R. Tinker	29.48	P. Pritchard	26.48
R. Rowbotham	33.54	J. Lynch	27.01
		A. Smith	27.36
		S. Nixon	27.59
		K. Baker	28.29
		J. Harney	28.36
		D. Butler	29.04
		D. Weatherburn	29.44
		D. Creamer	30.08
		M. Spriggs	30.53
		R. Rowbotham	31.54
			32.08
			32.43