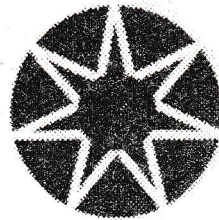


RHAC ROAD & CROSS-COUNTRY BRIEFING

Number 12



Nov '94

Target Fixtures for late 94

Aaron Relays, Leeds Saturday 12th November

New runners welcome, we can add teams late
Already going includes Dave Tune, Paul Rowland,
Lee Collingwood, Peter Neal, Mick Tune, Rob
Holladay (prob), Mick Thompson, Andrew Clark,
John Clark, Steve Gaines, Jim Brogan, Tim Drake

Abbey Dash, Leeds Sunday 4th December

We have declared this a RHAC team event
includes Dave Tune, Paul Venables, Peter Neal,
Mick Thompson, Lee Collingwood, Paul Rowland,
Adrian Roberts, Ian Williams, Pete Humphries,
Tim Drake

Yorkshire Cross-country 10/12 for those who qualify

Woodhouse 7 18/12 (OK its only
local- enjoy it)

and further ahead

Northern Cross-country 28- 29/1/95

Notts Uni Relays 19/2(?)

Norton 9 5/3/95

**National Cross-country Relays
18/3**

Further information, entries,
intention to run in any of these
(all standards welcome):
contact

Pete Humphries 549125

**Point-to-Point
Wednesday 16th Nov
start 6.45
usual prizes in categories
£1**



FINE GRAVES PARK TURN-OUT

Sure, a good number of runners were absent but
nonetheless the first cross-country fixture of the
year was a resounding success on all fronts with
team wins for the men, women and youths.

Pauls led the way (pictures), with Paul Venables (below) comfortably first and
in-form Paul Rowland (above) flying in second, and no fewer than six RHAC
runners in the top ten (Rob Holladay 4th, Gary Claxton 8th, Adrian Roberts 9th,
Chris Lindley 1st vet in 10th, Alan Cheil 16th, Paul Bennett and Steve Gaines
close behind.

Julia Jennings ran a strong second, with Julie O'Mara in 3rd place winning her
section and scoring a joint team place. Strong support was evident from Janet
Oxley, Joanna Cliff, Sharon Nixon, Donna Unwin and Gillian Bunker among
others (results not to hand).

With good RHAC placings all down each field, this promises well for the series
with the next race at Herringthorpe Valley Park on Sunday November 13th.



PAUL BACK WITH A BANG

First also in the Maltby Ten,
Paul Venables is running as
well as ever. He does not
team score until 1st
December but is already
doing no harm at all to his
fellow team members. At
Maltby, RHAC had the first
and second team in any
case.

Northern Young Athletes Road Relays

It was good to see an enthusiastic performance from RHAC's youth section at
Wakefield last Sunday where the squad ran 24th in a field of more than 40 teams,
especially considering that all are in their first year of competition. We were the
only South Yorks club competing in an event where the north-east was especially
strong both in numbers and standards. Fastest leg was Craig Kehoe in 13.25;
Craig was also first home in the youth's cross-country race the previous Sunday
at Graves Park.

1	Lee Keoghan	23rd	13.39	Graves Park	
2	Craig Kehoe	25th	13.25	Craig Kehoe	1st
3	David Taylor	25th	15.38	Lee Keoghan	5th
4	Paul Hoyland	24th	15.07	Matthew Griffiths	7th
(1	Jonathon James	30th	14.16)	Robert Rhodes	8th

ROAD SECRETARY'S REPORT TO THE AGM (abbreviated)

ROAD SECTION REPORT 1994

Mr Chairman, fellow members:

For a number of years, the club's runners have been reporting increasing concern for our lack of success, organisation and motivation. Rotherham became known in fact as an excellent social club which could not turn its runners out.

Running is of course a sport which demands a very high level of personal motivation. As organisers it isn't necessary to motivate athletes-- it is only necessary to avoid demotivating them"...by bad communications...by lack of information....by persistent late call-ups...and so on.

When I took this job, what was clear from the outset was that it must be the athletes and their coaches who guide the organisers, not the reverse, and secondly that changes had to be made and would be serious, not cosmetic.

I have enjoyed the advice of a huge group of practicing athletes throughout the year, and it is they who have brought about the transformation in fortune which we have had this year. We began by calling a meeting of all interested in planning road fixtures to support and finance, and it was pleasing that on a villainous November night twenty six members of RHAC braved a heavy snowstorm at the rugby club. We didn't make enormous progress on the night, but the intention, and the pattern was set. I still have the list of names, and am happy to acknowledge all of them, not least club coaches Jim Brogan and Mick Hague and club captains Adrian Roberts and Julia Jennings.

Secondly, and most important is communications. This club suffers dreadfully from not having a clubhouse for its activities, and I would take this opportunity to ask the AGM to agree with me that the new club committee elected tonight should make the ultimate effort to rectify this position as soon as possible. The introduction of a club news briefing and telephone lists has achieved remarkable results in a short time. The payment of sensible expenses to runners at agreed events has also been important.

I think that since last October we have indeed stopped demotivating our athletes, certainly on the road and I feel now also in cross-country. Toward the end of the year, our efforts caught the eye and imagination of Arthur Oxley, a man you might say of plain speech and direct action, and fine progress was the result with winning turn-outs in the Woodhouse 7 and South Yorkshire Cross-country final.

So too in the Ferriby 10, National cross-country Relays (men 19th, ladies 13th), Norton 9 and Nottingham University Relays (3rd). Arthur, tragically, was not to see all of these events, but we have done what he would have liked to see happen. That is, continued from strength to strength.

Any worries as to how the general club membership would see developments were dispelled when in the middle of Winter no fewer than 32 athletes travelled to Hull for the Ferriby 10, a weight of numbers which has been maintained through the entire year, so we should pay tribute to the ordinary club runner, who apart from his or her own racing has supported our club's elect and inspired them throughout the year.

On the topic of inspiration, it is an appropriate time to say that whilst the membership generally has responded magnificently, two runners in particular have been so supportive and helpful that without them, I do not think our success would have come.

First, David Tune, who after our loss of Arthur Oxley held his training group together. He has run brilliantly all year, winning just about all the races he has run, and carrying with him an elite group of runners, and has given a commitment to his club both in and outside of races.

Secondly Peter Neal. Though not nominally club captain, Peter has done a captain's job in every respect. He has come back to the sort of form that was always lurking and has been an irreplaceable link between the various groups of runners making up our top strength.

The club's elite and racing strength has been successful all year, and is now active and buoyant. Many are actively encouraging the new membership that we need to go where we want to be. Also a most responsible attitude has developed, and I am happy to tell the AGM that from the many occasions on which we have entered races not one single athlete has let the club down during the year.

On the home front, we have had time trials, point-to-points, 10k races at the Woodman and Prince of Wales (both well-supported) and traditional and new races to Tickhill and Firbeck among others. For these, we are indebted to Don Creamer, who I also thank for his continued belief in our eventual success. The solid work of David Haywood and Reg Peart, who has scored the club championship results for us is also much appreciated. Janice McWilliam's activities in promoting social events has a marked effect on the quality of our organisation.

The veteran men runners, notably Alan Gregory, Pete Morris, Steve Gaines and Chris Beighton have had a magnificent year, retaining the Yorkshire Championship at road relay and winning the 10k apart from numerous individual successes, and of course these are part of our top senior strength. The ladies too, with class performances at the Yorkshire and Northern Relays where they placed fourth and eighth, and a competitive veteran section who were 3rd at Yorkshire.

The senior men were disappointed by their 20th place in the Northern 6-stage relay, when 19 qualified; even that is a good sign as there have been years when this would have been seen as a good result. We qualified for the National 12-stage relay for the first time in the club's history.

One of the most encouraging pointers is that consistently, both men and women, Rotherham B teams have been best placed, which tells the depth of our strength. The most gratifying performance, though not of great significance outside our own county, was the day in June when we put five relay teams in the first ten at the South Yorkshire relays at Damflask, winning the mens, veterans, ladies and B team events, and with 36 runners taking part, a number which totally eclipsed all other clubs involved.

There is still plenty to do, but the days when this was a track and field club with other sections which contributed finance but otherwise were unimportant are certainly gone.

Mr Chairman, with the continued support and confidence of the executive committee and others behind the scenes, and with the continued belief of the athletes, we can only get stronger. Indeed, it is already visible. Last Sunday the S.Y. Cross-country event at Graves Park had, a depleted field from last year but the Rotherham turn-out was up at all levels, and we won ladies youths' and men's team events.

ROTARY / ROTHERHAM HARRIERS - JOGLER

The Rotherham Rotary Club in association with members of the Rotherham Harriers and Athletic Club and others are arranging a sponsored charity run from John O'Groats to Lands End during the period Friday 14th July 1995 until Sunday 23rd of July 1995. It will be a fund raising event, the recipients of the proceeds having yet to be determined, possibilities are the Roy Castle fund, Muscular Dystrophy, and possibly a local Rotherham Charity also.

The run itself would commence at 9.00 a.m. on Sunday the 16th of July, having travelled up to Scotland from Friday evening, and take a little under five days. The run would be non-stop, including travelling through the night. The route would be from John O'Groats south down the principal route including the A9 to Edinburgh and then to Newcastle via Wooller and the A1, Darlington, Northallerton, and the A61 down to Derby, the Fosseyway down to Cirencester and a combination of main roads including the A38 through the south-west down to Lands End.

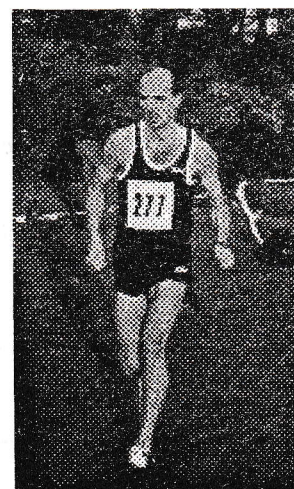
The format is that there will be eighteen runners, in four teams (2 x 4 - 2 x 5), each team will run approximately thirty miles and the members will divide this between themselves as they see fit. Past experience shows that the stages take between three and a half to four hours and teams would complete seven or eight stages during the run. Periodic rest stops will be arranged which include Hotels, Scout Accommodation, Truck Stops, etc., although we are looking into the possibility of erecting tents. One of the stop-overs will be at participants' homes in Rotherham overnight Tuesday/Wednesday.

One of the most important elements of the run is the back-up organisation which will probably be two people with a caravan and they will be responsible for organising some simple catering and for making sure that teams get off from the bases to their next stage. There can be no break-downs in this area and it is the very essence of a team event. There will be a trial probably in the Spring from Newcastle down into the Midlands. The teams will be mixed ability, some will have been involved in such a venture before for the Rotherham Harriers Centenary in 1987 and this will be my third such event. The D.C. Cook Organisation is providing five vehicles, petrol will have to be bought by the participants as part of the total cost of the run. I anticipate that the cost of the event will not exceed f200 and it may be reduced if we are able to obtain some form of sponsorship.

Sun 6 Nov	Barnsley 10k
Sat 12 Nov	AAA Women's Relays, Sutton Park
Sat 12 Nov	Aaron Relays, Leeds 1pm
Sun 13 Nov	South Yorks Cross-country (2) Valley Park, Rotherham
1pm	
Sat 26 Nov	Gateshead Cross-country
Sun 27 Nov	South Yorks Cross-country (3) Campsall 1pm
Sun 4 Dec	Abey Dash, Leeds
Sat 10 Dec	European Cross-country, Alnwick
Sat 10 Dec	Yorkshire Cross-country, Pontefract
Sat 17 Dec	Round Rotherham (50)
Sun 18 Dec	Woodhouse 7
Mon 26 Dec	Ward Green 6
Sun 1 Jan	Cleethorpes NYD 10k
Sat 14 Jan	Inter-counties Cross-country, Luton
Sun 23 Jan	South Yorks Cross-country (4) & Championship, Cantley
Sat 28 Jan	Northern Men Cross-country, Heaton Pk
Sun 29 Jan	Northern Women Cross-country, Chester
Sun 12 Feb	Dewsbury 10k
Sun 26 Feb	Snake Lane 10 Pocklington
Sun 5 Mar	Norton 9
Sat 11 Mar	National Men & Women Cross-country, Luton
Sat 18 Mar	National Cross-country Relays
Sun 26 Mar	World Cross-country, Durham
Sun 2 Apr	London Marathon

VERY ADVANCE NOTICE.....NEXT YEAR

Sat 8 April	Northern 12 stage Haigh Hall, Wigan
Sat 30 Sept	Northern 6 stage
Sat 21 Oct	National 6-stage both venues to be decided

FIXTURES

In-form Alan Chell (above) lead home the RHAC winning team at the Worksop Half last week (Andy Smith, Gary Hammonds, Jeff Crofts, Ian Lanceley, Mick Garratt)



John Comrie (seen above at the Spen 20) was first RHAC again at the Holmfirth 15. John said the race was not that well attended, but there are so many to choose from.

The "Road" Evening, which we will now rename, will return to Albion Road this season, being probably on Wednesday 11th January or 18th.

London reject entries were sent for as usual and rejected applicants will hopefully get balloted as normal. Keep your rejection slip and make sure you are financially sound at RHAC

The Christmas Day Race approaches. There will be entry forms in the kiosk and maybe with the December Briefing.

Last chance to get your phone number correct before the December reissue of the list. Contact PH if you have recently changed.

Sad to report that Acker Robinson, a member of many years standing, is now very ill, from time to time at Weston Park Hospital but also at home.

As discussed previously, the road and cross-country sections of the club have been merged. The rule changed proposed and accepted at the AGM was complicated, but was basically intended to reflect exactly how we have been working this year. New officials are listed below.

We have heard of a useful young athlete lost to the club because of off-hand reception on a club night when first arriving. Of course, some are "dumped" at the club at times, but we should always be careful to ensure that any newcomer, child or adult, is directed to the appropriate club coach or other official. To help with this, there will be a list, with photos, on the "kiosk" notice board before long.

Club Championship List

Sun 6 Feb	Ferriby 10, Hull
Sat 5 Mar	Spen 20, Spenborough
Sun 6 Mar	Norton 9, N of Doncaster
Sun 10 Apr	St.Leger Half, Doncaster
Wed 27 Apr	SY Road League 1 at Maltby
Wed 11 May	SY Road League 2 RHAC at Dinnington
Wed 18 May	SY Road League 3 at Penistone
Wed 25 May	Askern 10k
Wed 8 June	SY Road League 4 (last) at Armthorpe
Sun 19 June	Sheffield Marathon or Sheffield Half
Sun 26 June	Stainforth 10
Sun 3 July	Pennine Marathon, Huddersfield
Sun 17 July	Barnsley 6
Wed 7 Sep	Rotherham 10k
Sun 18 Sept	Great North Run, Newcastle
Sun 9 Oct	Maltby 10
Sun 16 Oct	Hallcross 10k, Doncaster
Sun 30 Oct	Holmfirth 15
Sun 6 Nov	Barnsley 10k
Sun 6 Dec	Abbey Dash (10k), Leeds

Your suggestions for next year's race series would be appreciated

ROAD and CROSS_COUNTRY OFFICIALS

Club captains for road/cross-country: Julia Jennings, Peter Neal

Road Secretary & Racing Manager: Peter Humphries

Cross-country Secretary: Dave Johnson

Domestic Events: Don Creamer

Colleagues, deputies, advisers: Steve Gaines, Phil Allen, Jim Brogan, David Haywood, Gillian Bunker

The RH news briefing is aimed at improving the standard of road and cross-country running at RHAC. Your contributions of results, opinions, plans and photos are vital to its success. I regret however that we cannot publish members' letters or other contributions unless previously arranged. Available free to members on the first Wednesday of each month.

Can be sent by post (stamped self-addressed envelope or 50p per month)

Produced at Wickersley Comprehensive School by pupils and staff.