



ROTHERHAM STAR RISING

National 17th is RH's just reward

It was sweet seventeen for the RHAC racing team at Sutton Park's National 6-stage relay on October 21st, and really no more than was deserved by a buoyant team with in fact a lot of good support standing by. When the hard work has been done it is pleasant to reap a little reward, though the runners probably surprised themselves a little on the day by the quality of their performance. It was in fact in May 1994 that we reported in this magazine that a top 25 place was within reach, though it was the 12-stage spring relay that we thought at that time more accessible. We are now faced with even more hard work- not to maintain this standard but to improve it to the levels we know are possible. Even without new personnel, a brief look at the talent that did not turn out at Sutton Park confirms that the outlook is good, but don't forget that no-one will step aside for us; what we want we have to take.

On the day, Rob Holladay lead us off with typical enthusiasm but this time he overcooked it a bit on the early uphill and suffered as a result, having to hang in hard on the second half for

what was, for him, a disappointing place and time, but in the general sense quite acceptable as the times and gaps were pretty close. Close enough in fact for Dave Tune to haul back a vast number of runners on leg two to send Paul Bennett out in 8th place. Paul has blistering road pace lurking but lingering stomach trouble knocked the edge off his performance, nonetheless a good return in 18.31. We were not surprised to drop, to 16th, after Dave's run but it was clear at this stage that with Lee Collingwood and Paul Rowland both with points to prove and Chris Beighton on the anchor leg there was no danger of a poor result. Lee looked in fine form, and for Paul Don Valley was just a bad memory. When they handed Chris 17th place on the last leg it was all safe- you could not choose anyone better to hold a place, which he did with a typical 100 percent effort.

The result saw us home as second Yorkshire club behind clear winners Bingley, and sixth in the north of England, just Salford, Border, Morpeth and Liverpool getting between us. These were 1st to 5th in the northern event, though not in order, and you may recall RHAC placed 11th.

A great deal of confidence is encouraged in the runners by the quality of the replacements available (not to mention incentive to run well) and Adrian Roberts as travelling reserve could not be a better example. Together with Paul Venables (holiday) he had helped get us to the final and with fit-again Mark Ruddlestone standing by, all of the 12-stage talent from earlier in the season, Peter Neal maybe now injury-free and we hope Chris Parkes, available from Feb 1st, there is a good chance we can put together a 12-stage team of some standard. Note the date: **Saturday 6th April**, the venue: **Haigh Hall, Wigan**. Saturday 27th at Sutton Park is a likely arrangement for the national, which has not yet been announced.

Lee Collingwood back on form (never off it really). After a great run at Sutton and fourth at the Worksop Half, he will overhaul John Comrie in the championship- but there's a snag...Lee can only win the short series, so Sam's the man....see p4

To help raise club funds it is proposed to start a weekly draw, £1 a number, winning numbers drawn Wednesday nights. Winner gets 3/5 of total, club gets 2/5s; if we get 50 regular supporters we can raise £1000 per year for the club. Don't wait to be asked, give your names to Brian Harney a.s.a.p. We can all help to get the club on a sound financial footing.

Main Targets for the end of 1995 are:

Abbey Dash (Leeds 3/12) (the last road championship race; RHAC starred last year with a great team win; we're going again) and

Yorkshire Cross-country (Barnsley 9/12) (a bit of a mess last year). OK Dave Tune is ruled out but the rest are more or less ruled in. We are strengthened by the decision of Mick Thompson and Paul Bennett (below) to retain their Yorkshire qualification which they earned by residence last year (rule 9(3))



Rowland Bounces Back

No-one said that the Hallcross 10k was a trial race for the national relay, but Paul Rowland, disappointed along with his supporters at his mysteriously below-par northern relay leg 2 last month, saw the opportunity to set the record straight and claim his national place which must have been in jeopardy. This he did with 32.22 which brought him home first Rotherham runner in 6th place, just enough to hold off Chris Beighton who was first veteran, and Adrian Roberts- 22 seconds covering all three.

Having been given the nod for the national Paul ran us a very useful 18.38 on leg 5, and then celebrated in style the following day with victory in the first South Yorkshire cross-country event on our own patch. A guest runner from Middleton set the early pace but soon came back to leave Dean Leather (BAC) and John Pyrah (HH) leading by some 40 metres. On leg four it all changed as Rowland rocketed past them up the hill to reverse the situation, a placing which he maintained to the finish. Mark Ruddlestone impressed in 9th place with Phil Roberts and Ian Lanceley not far adrift.

The other RHAC winner on the day was U-17 Katey Storey, by a large margin, whilst Lyndsey Whittaker ran third (second SY) in the U-15 race. Kirsten Cawthorne ran a good second place in the U-13 boys. Rotherham ladies packed well to come home 6th, 7th, 9th and 10th through Janet Hindley, Caroline Boyd, Julie O'Mara and Gillian Bunker.

In the vets section, Dave Hindmarsh ran very well considering he had sped over from Hull where he already had run the first leg of the national vets relay, and was closely behind Chris Lindley who is making a return to the competitive scene after illness.



Rotherham Harriers and Schools

All sport clubs no matter what sport rely on school children; we at Rotherham Harriers are no exception. In fact school children are the key to the future of Rotherham Harriers.

Presently, we have many children from the various schools of Rotherham who have been successful at athletics.

Richard McNabb (Maltby) is the AAA U17 400m champion, Robert Hollinger (Wickersley) is the U15 AAA 80m hurdles Champion. Both of these boys were 2nd in the English Schools Championships. Jamie Russell (Old Hall) finished 10th in the U15 high jump and he is still in the same age group next year, he was also the youngest member of the South Yorkshire Team competing at the Championships.

Rotherham Harriers had several champions at this year's South Yorkshire Championships; Robert Hollinger in the U15 80m, Jamie Russell in the U15 high jump, Owen Thomas (Wickersley) in the U15 Discus, David Woodhouse (Wingfield) in the U15 400m, Andrew Hudson (Rawmarsh) in the U15 Javelin, Germaine Hale (Dinnington) in the U17 girls high jump, and Damien Russell (Old Hall) won the U13 3 events Championship.

At the Rotherham Harriers Pentathlon Championship Robert Hollinger U15, Jamie Russell U14 and Martyn Bray U13 (Wath) won their respective age group event.

Most of the youngsters who compete for Rotherham Harriers also compete for their

school, both on the field and at cross country.

At this year's Rotherham Schools Y7 Championships, Richard Lomas (Wath) won the 800m, Kristen Cawthorne (Rawmarsh) won the 1500m and Kelly Allinson (Clifton) won in the 100m.

Year 8 champions included: James Tattersall (Brinsworth) 80m, James Fox (Old Hall) 200m, Jamie Russell 800m and Iain Whitaker (Oakwood) 1500m.

Year 9 champions included: Robert Hollinger 80m, Michael Bradbury (Wickersley) 200m, David Woodhouse 400m.

The Schools Cross Country League has just finished with the championships being held on Thursday 2nd November at Wingfield (2pm). The successful runners at this meeting will represent Rotherham Schools at the South Yorkshire Schools Championships in February 1996, where selection will be made for the SY Schools team to compete at the English Schools Cross Country Championships.

Successful runners in this year's school cross country league included; year 8 - two wins for Kristen Cawthorne and one win for Richard Lomas. In the year 9/10 age group Jamie Russell has three wins and Iain Whitaker two wins, these two runners are only in year 9.

In the girls races Katie Storey Y10/11 (St

Bernards) has won all six races and Lindsay Whitaker (Oakwood) has performed well in coming 2nd on several occasions. Good performances by year 8 girls in the Y8/9 age group included; Nicola Chell (Dinnington), Sarah Collingwood (Oakwood), Heidi Cooper (Rawmarsh) and Karie Ashforth, Laura Barnes and Kelly Allinson (all Clifton). Four of the boys mentioned, i.e. K. Cawthorne, A. Hudson, J. Russell and I. Whitaker represented Rotherham Harriers in the Nike U.K. Cross Country Relay Finals at Durham and finished a credible 6th, this was after winning the Midland Area Championships.

Most of the athletes, although from different schools actually train together at Rotherham Harriers and over the last couple of years some of them have travelled to various parts of England competing either for Rotherham Harriers or for the South Yorkshire representative team, the venues include: Nottingham, Liverpool, Blackpool, Durham, Birmingham, Stoke, Leeds, Hull, Middleborough, etc.

So by training and competing for your local athletic club, you not only keep fit but also make new friends and get a chance to travel.

Thanks to Dennis Russell for this report

National 6-Stage Road Relay

1	Rob Holladay	18.15	29th
2	Dave Tune	17.27	8th
3	Paul Bennett	18.31	16th
4	Lee Collingwood	18.24	15th
5	Paul Rowland	18.38	17th
6	Chris Beighton	18.43	17th
Result			
1	Bingley HAC	1.45.20	(north 2)
2	Salford HAC	1.46.05	(north 5)
3	Tipton H	1.46.32	(midland 1)
4	Border HAC	1.46.55	(north 1)
5	Southampton C	1.47.04	(south 1)
6	Chelmsford AC	1.47.23	
7	Morpeth HAC	1.47.31	(north 3)
8	Blackheath H	1.47.57	(south 2)
9	Swansea H	1.47.57	
10	London Irish AC	1.48.39	(south 5)
11	Birchfield H	1.48.51	(midland 5)
12	Liverpool HAC	1.49.02	(north 4)
13	Hounslow AC	1.49.13	(south 3)
14	Omega AC	1.49.24	(midland 4)
15	Telford AC	1.49.34	(midland 3)
16	Aldershot FD	1.49.50	(south 4)
17	Rotherham HAC	1.48.58	
18	Thames H&H	1.50.06	
19	Stourport AC	1.50.12	
20	Liverpool Pem	1.50.20	
other selected			
25	Derby & City	1.50.58	
26	Leeds City	1.51.06	
28	Sunderland H	1.52.04	
39	Barnsley AC	1.53.43	
44	Wakefield DH	1.54.38	
45	Sale H	1.54.46	

Fastest Times			
1	K.Cullen	Chelmsford	16.34
2	P.Taylor	Border	16.55
3	S.Brooks	Bingley	17.04
4	H.Chepkwony	Bromsgrove	17.07
5	L.Matthews	Salford	17.09

RHAC went to show the flag at the Cutler's this year- above right. A very good showing all round, with some impressive times. Yet we expect so much now that we thought we should have landed a win! A learning experience.

Cutters Relay (2m XC) 29/10

Rotherham A			
D.Tune	8.46	2	
P.Rowland	9.07	1	
P.Bennett	9.12	1	
L.Collingwood	9.10'	1	
A.Roberts	9.26	3	
Rotherham B			
P.Neal	9.37	14	
M.Ruddlestone	9.32	9	
K.O'Mara	9.46	8	
M.Thompson	9.28	8	
G.Gaines	9.58	9	
Rotherham C			
A.Gregory	10.23	25	
P.Morris	9.55	21	
J.Comrie	10.35	19	
P.Rowland (guest)	10.41	19	
M.Ruddlestone (2)	9.34	17	
RHAC Ladies A			
J.Jennings	11.05	3	
J.Hindley	11.28	1	
J.Cliffe	11.52	2	
RHAC Ladies B			
C.Boyd	11.53	6	
D.Unwin	11.57	5	
G.Bunker	12.24	5	

Result			
1	Leeds City AC	45.35	
2	Sheffield University	45.38	
3	Rotherham HAC	45.41	
4	Birmingham University	45.52	
5	Nottingham University	47.23	
6	Leeds University	47.28	
7	Sheffield AC	48.08	
8	Leeds City B	48.17	
9	Rotherham B	48.21	
10	Manchester University	48.28	
Ladies			
1	Sheffield University	34.09	
2	Rotherham HAC	34.25	
3	Manchester University	35.13	
4	Birmingham University	35.34	
5	Rotherham B	36.14	
6	Leeds University	36.18	
7	York University	37.09	

Runners' News

• Ferriby 10 will be the first club championship race for 1996 with the rest to be decided. Ferriby is based at Cottingham School with start and finish at the same place and a new course.

• Anne Goggin's appeal against 9-month suspension has succeeded, and she is qualified to run for us as from 1st December. We have to register her as an overseas athlete, being of Irish nationality. Janet says Kim Bennett returns to the UK on November 9th.

• Dave Tune and Lee Collingwood intend to run the Brampton-Carlisle 10 shortly. Are any club members interested in making up a team?

• Chris Parkes has been injured but is back in training. Chris qualifies for RHAC on 1st February. Simon Ellis, who was national junior champion not long ago, has got back into racing at the Horsforth 10k. Though it didn't go particularly well, it is a positive step and good to see him back.

• A note for athletes transferring clubs: you should join a new club within 28 days of resigning from your previous club if you intend to compete. You should enter any race under your new club name straight away, and run in their colours, but declare yourself "non-scorer".

• Thanks to Peter Ruddlestone for his excellent birthday/retirement party held in the Limes (18/10). It was extremely well-attended and he did us proud. We hope you will have many years of happy running and "other activities" with us Peter.

• I am reliably though unofficially informed that due to lack of interest at the pub, the Woodhouse 7 is probably off this year.

• Congratulations to Rose Grimley, her 39.57 for the Bruges 10k, run on June 25th this year, sees her ranked as Britain's number two over-50 veteran according to AW. In the same issue, Linda Stanton's tremendous pole vaulting season is recognised by one of four *Observer* Best New British Athlete awards. We should add our respects also.

• Qualification: you qualify to compete personally or for your club in the county championships of the county in which (a) you were born and (b) where you have lived for nine months immediately prior. If this gives you two options, you can only take one during a calendar year- the choice is up to you.

• Paul Venables narrowly missed retaining the Maltby 10 title on a surprisingly slow-running day. Results again showed a healthy RHAC presence in the individual and team awards.

• The AGM elected club, road and cross-country officials unchanged except for President Brian Harney; ie. road sec and racing manager Peter Humphries, XC-Dave Johnson, elected advisers Mike Widdop, Adrian Roberts, Gillian Bunker, Dennis Russell, Steve Gaines plus club captains. Plus YOU, all you have to do is say it.

November Fixtures

Sun 5 Nov	Barnsley 10k
Sat 11 Nov	Aaron XC Relays, Leeds 1.30
Sun 12 Nov	Darlington Dash
Sun 12 Nov	SYXC League 2 Penistone, Cannon Hall
Sun 19 Nov	Roundhay Park 5, Leeds 10.30
Wed 22 Nov	Woodman 10k 7pm (Round the Houses 1)
Sat 25 Nov	Gateshead Cross-country Races
Sun 26 Nov	Clowne Half 10am
Sun 26 Nov	SYXC League 3 Campsall
Sun 3 Dec	Percy Pud, Loxley 10.30
Sun 3 Dec	Lakeside Half, Lincoln 10.30
Sun 3 Dec	Abbey Dash. Leeds 10.30
Sat 9 Dec	Yorks Cross-country, Barnsley
Sat 16 Dec	Round Rotherham Run
Sun 17 Dec	Woodhouse 7 (-may be off-)
Sun 31 Dec	Family fun run (6m) Worksop College, noon
Mon 1 Jan	New Years Day 10k Cleethorpes 11.15
Sun 21 Jan	SYXC League 4 (inc champs) Graves Park

Forward Dates for your Diary

Sat 27 Jan	Northern Cross-country (M&W) Lincoln
Sun 4 Feb	Ferriby 10 noon (Club Champs 1st race)
Sat 9 Mar	National Cross-country (M&W) Newark
Sat 18 May	National Vets 8-stage Relay, Heaton PK

Club Championship Round-up

It is not only at the very top competitive level that Rotherham has been so impressive this year. In the club championship open races, where competition is usually just as fierce, the club has turned out superbly all season. Just as area and national success impresses the general membership, this sort of general club performance in turn inspires the top runners- it is hard to know which comes first. What is beyond doubt is that the massive presence of black vests locally and over a wider area focusses the attention of a lot of runners outside Rotherham.

Especial mention should be made of the ladies' turn-out which has not been great in the past. Jayne Clarke and Janet Pike have led for a while, but having completed the 10 races have been overtaken by Rose Grimley with a typical quality series of results, whilst the head of the table also highlights the efforts of Adele Morris, Jen Baker and Pat Wells. Together with colleague Ken Horan they have been amongst our most supportive runners this year. Gillian Bunker and Julia Fretwell are not far behind. The only real remaining question is whether Hilary Garrison will turn out at the Abbey Dash, in which case she could overtake Rose. I hope to increase the ladies' awards to reflect the support of this season.

On the men's side, there are of course the 'usual' names, but most pleasing is that as well as Ken and Graham Benton, Rob McCarthy, Roy Butterworth, and Rob Newbould already feature in the qualifying list. Alan Gregory (V40) and Peter Humphries (V50) cannot be caught. Only the vastly improved Ian Lanceley can qualify as B section winner and indeed he could yet be among the open awards, but Graham Benton and Malcolm Rhodes are on a knife edge for the C section where Malc holds a 4 point lead. (this is pre Worksop/Holmfirth)

John Comrie has run consistently well and kept a wary eye on Peter Neal all season, but injuries have thwarted Peter's efforts. The black cloud on Sam's horizon however was the news that Lee Collingwood, without ever targetting the championship, has run the championship races and realised he could be the man. Short of absolute disaster, his late entry to the Worksop Half, and the Abbey Dash will see him overtake Sam. Sam will not be sorry to hear however that Lee has not run enough long races and will therefore win the short series award, leaving JC as club champion. A just reward.

Last year's winners and runners-up were: open-Pete Neal, John Comrie and Jeff Crofts, vets 40 Alan Gregory and 50 Dave Weatherburn, Ray Howarth most races (11). B and C section winners were Kevin Thomas and John Clarke. Ladies' winner and only qualifier was Rose Grimley.

This truly is the best year RH has seen, and it is you, the runners, who are responsible.

Let me have your suggestions for races 1996, and also please your preferred night and venue for the annual "road" evening which this year needs to be something special!

RHAC News Briefing is aimed at improvement of the middle and long distance running of all members. Members' plans, results and news are welcome irrespective of performance but articles and letters cannot be printed without prior arrangement. Photos are especially welcome. Produced by Peter Humphries and colleagues at Wickersley Comprehensive School Computing Department by kind permission of the Head of School.

National Veterans Cross-country Relays: 40-44

D.Hindmarsh	18.44	10th
A.Gregory	19.07	10th
S.Gaines	18.25	7th
P.Morris	18.47	8th

Result

1	Tipton H	71.14
2	Warrington AC	71.45
3	Sunderland H	72.15
4	Morpeth H&AC	73.03
5	Salford H	73.28
6	Wirral AC	73.42
7	Nene Valley H	74.10'
8	Rotherham HAC	75.03
9	Bedford & Cty	75.25
10	Blackpool & Fd	77.06

The veteran O/40 men again showed their commitment by placing well in the national, held in the scenic grounds of Bishop Burton College near Beverley. This time Steve Gaines was the star performer, currently showing a good turn of pace. In the absence of Chris Beighton (work), Dave Hindmarsh courageously turned out twice in one day (Clifton Park), such is his devotion to the sport (and to fast motor-cycling).

The event had a fine atmosphere but was as you might say "somewhat laid-back" with seniors in the same race wearing the same sort of numbers. Nonetheless, the standard was very good. This event has been held for the last two years as part of the Micky Morris races at Cardiff.

RH Vets are well on course for a march up the rankings (currently national 15th on road) in the relays of 1996 and 1997. I believe we can make the single-figure placings next May.

To keep your interest in the winter months we are arranging

ROUND THE HOUSES (PUBLIC HOUSES, THAT IS)

a series of

FOUR RACES (from 4m to 10k)

EACH WINTER RACE £1.50,

Commemorative award to all runners who enter all 5.
Prizes in categories on the night, and at end of series

First Race- it's back!

WOODMAN 10K

WEDS NOVEMBER 22ND 7 pm OFF