

1996

RHAC BRIEFING

November Serving the Rotherham Runner First Wednesday each Month

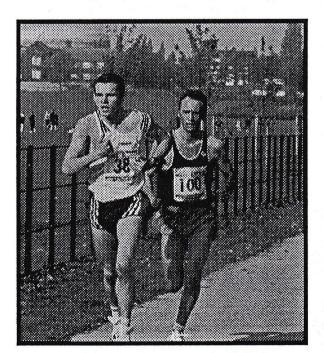


•AGM report **Rotherham HAC** a whole club success

Preparing and delivering my report to the AGM this year as road and cross-country teams manager was made easy, and made wholly pleasurable by the fabulous performance of all the Rotherham runners, in events near and wide this year. RHAC has never seen such an effort, and no club anywhere close has done anything like it. It's easy to miss what is happening if you are a part of it, it all seems so normal.

Take the club championship as a typical example. Each year between about 9 and 19 runners complete Each year between about 9 and 19 runners complete the ten races. This year, with one race left available (Woodhouse 7 on 22/12), no fewer than 32 runners have completed or are in a position to complete ten! At Ferriby in February we had 29 runners, at the Norton 9 there were 45. Later at Damflask, 16 of the top 30 times were from RHAC as were over a quarter of the teams. At the Maltby 10 a quarter of the field was from Rotherham, 13 of them in the first 18 runners.

The success of the domestic races and socials and winter series has gone hand in hand with success in individual and team events. It's not just domination in South Yorkshire, the black vests are everywhere.



9k at the Hallcross (above) as Whitbread Chase winner Richard Harris takes on unattached runner Luke Field. Richard (6th) won the battle by only a few seconds. Luke, who was seventh, has since joined RHAC

•Northern 6-Stage Parkes Comes of Age

Losing Dave Tune, as we had feared, through the after-effects of blisters picked up at the international half-marathon, we moved Mark Ruddleston up from the B team first leg to take last stage in the A team, and he made a good job of it. Still suffering from his not infrequent injuries, Chris Parkes gallantly stood by us with Dave absent and ran the second leg.

Rob Holladay set us off at the sharp end as usual, coming home third close behind Bingley and Salford, and Chris Parkes on two despite not being fully fit kept us wellin the spotlight in sixth place. We never lost this early impetus really, with a very sound leg from Lee Collingwood which was nailed home by Andrew Aked, Paul Rowland and Mark Ruddleston. This was all the more outstanding a performance on the day as Andrew, making his debut with us, was suffering from the beginnings of a chest infection and Paul has been lacking race competition.

Mark's loss from the B team dropped their standing a little but a very Analysis from the B team dropped then standing a fittle but a very consistent set of times gave us a good result; most notable were a fastest stage 21.30 from Paul Bennett (opting out of A team contention owing to lack of road training) and 21.46 for Ian Lanceley who is getting back on course after an injury lay-off. The 10th place on the track (9th club as Salford impressively had two teams in the top 10) is of course an improvement on last year even without our top runner, which in itself is pleasing. Confidence is high already for next year.

Chris also ran well at the national (National Report contd p2) and the following day lifted the Worksop title into the bargain.

Membership

PLEASANT SURPRISE FOR RH

There was another huge boost to our racing team this month with the signing from Barnsley AC of Peter Pleasants. Peter has been a regular class performer in BAC teams against us for some years and will also be well-known to RH members for performances like his 2:24:07 run at London in 1995. Note however that he is also very sharp over 5 and 10k when he sets his stall out, having run 14.37 on the track. Having been out injured, he is ready to start back racing probably in December. He is very keen to join the road relay scene; there and elsewhere he will be very welcome.

We also welcome to our ranks 20-year old Luke Field (Darfield) who has been placing well as an unattached runner in various local events, seventh senior at Hallcross, 18th at the Worksop Half and 41st at Barnsley. Luke has only been running for a year, having trained himself, and is now looking for some regular training. He looks a most promising prospect.

Peter's transfer to us will see him qualified as from 1st August 97, one of a growing list waiting in the wings, including Gary Durham (ex Maltby qualifies Dec 1st), Martin Connolly (ex Sheffield AC, qualifies Feb 1st 97), Richard Harris (ex Rother Valley, qualifies April 1st 97), Darren Cooney (ex Sheffield AC, qualifies May 1st 97) and Jacqueline Shannon (ex Steel City, qualifies May 1st 97).

It is interesting that any runner who wishes to leave a club which is merging with another can do so (there is a two-week time limit after the official announcement), join another and qualify immediately owing to the 'merging clubs' rule (though NCAAA must ratify that). There are runnours of at least two menors in these size there are runnours of at least two runners joining us in these circumstances and I can confirm one of them. Doncaster and Stainforth have merged, and there is still possibility that Sheffield and Hallam will do so. If they did, my interpretation is that Martin Connolly and Darren Cooney would qualify straight away.

RHAC Briefing November 1996

	5		
Nort	hern 6 Stage Rela	y (4 m	iles)
Roth	erham A		
R.He	olladay	19.58	3
C.Pa		20.33	3
	llingwood	21.02	2
A.A.		21:30	
	wland	21.15	
M.R	uddleston	21.17	7 10th
Roth	erham B		Iout
P.Be	nnett	21:30	
	vidge	21.53	3
M.T		22.09	9
I.La	nceley	21.40	
	berts	22.24	4
P.N	eal	22:00)
			31st
1	Salford		1.58.31
	Bingley		1.59.23
2 3	Sunderland		2.01.33
4	Border		2.02.39
5	Morpeth		2.02.54
6	Leeds City		2.03.32
	(Salford B)		2.04.43
7	Gateshead		2.04.57
8	Chester-le-Street	4	2.05.09
9	Rotherham		2.05.35
10	Liverpool Pem &	e Sef	2.05.41
othe	r selected		
12	Longwood		2.06.16
13	Derby & C		2.06.23
15	Wakefield		2.06.53
24	Sheffield		2.09.54
27	Hallamshire		2.10.57
31	Rotherham B		2.11.42
59	Steel City		2.20.11
60	Stainforth		2.20.13
62	Barnsley		2.20.39
01	C . 1 . 1		

Ladies Northern 4-Stage (2 miles)

teams finished

84

Rotherham A	2	
J.Jennings	11.49	
C.Boyd	12.43	
H.Garrison	12.25	
J.Hindley	12.58	11th 49.55

Rot	herham B		
C.D	auris	13:10	
S.Bu	irton	13.22	
D.U	nwin	13.41	
G.B	unker	13.14	22nd 53.27
1	Leeds City	44.12	
2	Hallamshire	47.18	
2	Livernool H	47 23	

3	Liverpool H	47.23
11	Rotherham	49.55
22	Rotherham B	53.27

National 6-Stage Relay Sutton Park October 26th

C.Park	es	17.19	14th
D.Tune		17.09	5th
P.Row	18:30	22nd	
M.Rud	dleston	18.25	28th
L.Colli	ngwood	18.06	24th
M.Tun		19.19	31st
		31st	
1	Bingley Harr		1:40:39
2	Salford Harr		1:42:08
3	Birchfield Harr		1:42:21
4	Cannock & Stat	ffs	1:43:45
other s	elected		
12	Leeds AC		1:45:54
13	Morpeth HAC		1:46:15
18	Redhill RR		1:46:53
20	Gateshead HAC	2	1:47:09
28	Notts AC		1:48:19
30	Liverpool P&Se	fton	1:48:46
31	Rotherham HA		1:48:48
34	Sale Harr		1:49:22
35	Wakefield DAC	2	1:49:27
46	Longwood Ha	rr	1:51:18
47	Trafford AC		1:51:18
65 tear	ms qualified 61 t	eams f	inished

cont from p1/ National 6-Stage

Expectations after last year's 17th place were high, but as it turned out misplaced on this occasion. We stood down a number of good reserves, then lost first reserve Pete Morris on the day with bronchial trouble. It was however the loss of Rob Holladay which was crucial; taken badly ill on the day, he has not run since. Rob is one of our keenest, most reliable supporters and only desperate trouble would give rise to this situation; his dad Dave even drove to Sutton Park to make sure we knew.

With Chris Parkes written down as leg one anyway, the others simply moved up one and fortunately Mick Tune was able to deputise for us on the final stage.

Chris kept his head well on the lead, this really is fierce company, and threw Dave Tune in good placement for the second stage. Dave was not quite back to form after the effects of his halfmarathon and none of the times were really sparkling, though Mark went well on stage four.

This was, in the circumstances, just a reasonable performance. But we all know it isn't the club's true position. All in all, its not a disaster or even a setback- just something we look forward to putting right next time.

•Barnsley 10k RH all second- but it took the RAF!

Chris Parkes again, as he spearheaded the RHAC contingent at Barnsley, running to assure a perfect club championship 1000. His motivation is amazing. In a difficult windy race headed impressively by Martin Jones (Horwich) in 29.30, who saw off the Kenyan challenge, Chris sat back a bit first time round, putting his effort in on lap two for a fine 9th place. Paul Bennett had a superb run, finishing 12th in 32.31 but failing to complete the necessary paperwork.

RH veterans were most impressive, Peter Morris a strong 16th in 33.20 but disappointed to find RAF's Rob Payne 25 seconds in front at the end. He was given a hard time by Paul Venables (3rd KAF'S KOD Payne 25 seconds in front at the end. He was given a hard time by Faul vehables (ord vet), only 9 seconds adrift at the tape and getting nearer every day to his old form. The team scoring separated off seniors and vets, which reduced our chances, but good runs from Ken O'Mara back on form and Jeff Crofts set us up for second place with Steve Inglis just heading Phil Smales for the last scoring spot. Peter Neal, back off a holiday rest, made up the second-placed veteran team. It was good to see Tim Drake back with a 36.01 effort, it looked hard work.

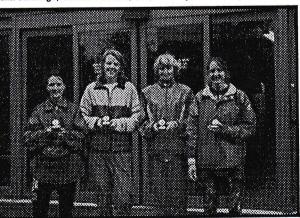
The ladies too were second in the team places, led by Janet Hindley (12th). Rose Grimley was first O-50 and Janice Streets first O-45; Jacqueline Shannon scored 24th and Pat Wells 77th.

Woodman Wednesday November 13 First race of five Enter on the night £1.50 Limited changing at the pub Straight race, age categories as usual. Good beer and a bite afterwards. A small number of officials/marshals is needed- tell PH if available.

A new route for improved safety, this is not the Woodman 10k. Route: start and finish near the roundabout 50 yds from the pub near the Midland on Midland Rd. Start- past the Butchers' Arms, past White Lion to underpass (must use)- sharp back left on pavement in front of B&Q- Potter Hill Greasbrough- full length of Fenton Rd on left on grass - through bollards under main road, finish just before roundabout behind Woodman.

Last year's awards to be made after the race. Winners: Alan Mirfin & Peter Neal, mementoes also to Pat Rooney, Steve Cartwright, Alicia Brookes, Gill Cartwright, Bob Newbould, Mick Cochrane, Peter Purdy, Phil Eddison, Ian Brookes, Gill Bunker, Malc Senior, Dave Draycott, Darren Whitehead, Roy Butterworth.

Pictured below Rotherham's medallists from the Yorkshire Relays: Julia Jennings, Caroline Dauris, Caroline Boyd and Hilary Garrison



ROTHERHAM HARRIERS & AC ADULTS CHRISTMAS PARTY FRIDAY 29TH NOVEMBER 96 7.30 TO 11PM ROTHERHAM RUGBY CLUB, **CLIFTON LANE** PRESENTATIONS-THE MONTHLY DRAW-RAFFLE DANCE TO 60'S/70'S MUSIC

£2.00 TICKET to pay on the night

Page 2

		1L	25	31.	41.	55	6L	75	85	9L	105	11L	125	13L	145	155	16S	175	185	19L	205	21L	225	23L	24L	255	27 t	otal	OUT	BEST 1
					- 10				OTT	D- 14	eva	A 101	eva	WH	SY4	C10	Dr	WG	D5k	A10	A10	M10	нх	WH	H15	Btk	W7		OF	TOTAL
		F10	N9	520	RH	SY1	DH	SM	SH	Pow	512	AIUI	(515		514	<u>C10</u>														
			1.1																	100		98	98		100			1577	16	993
Bunker,G	F35	100	99			99	99			100	98				99		96			100	100	·····		99	100		1	1070		
Taylor,D	F	99	96		100							96				96			92		100		A	100			\mathbf{t}	973	10	
Clarke,J	F					98					96	94	99		98		95		95				96			99		968	10	
Grimley R	F50		98			97	98		100		95		97		97				91				*******	98			††	1149	12	
Pike,J	F50	98	97			96	97					97	96		96	97	92		90				95	90						
					[ļ			100		100		100		1000	10	1000
Parkes,C						100		100			100	100	100				100		ļ			100		97		100	++-	1442	15	
Comrie,J		95	99		99	96					98	95	96			98			89		********	98	ļ	97	100	95	++-	1068	11	
Neal,P		97			100	98				100		98	99	L	98	ļ	88		ļ	95	· · · · · · · · · ·					95		1000	11	**********
Roberts,P		96			1		99			71		90			95		92		ļ	94	********	97		99		<u> </u>	++-	933	10	
Durham.G			· · · · ·		1	T	95	1		96	97	92	95		ļ		91	******	88	*******	********	91		********			+-+-	1364	15	
EddisonP		92	92	1		89	1	1	98	94		89	91		89	96		ļ	83	*******	93	*******	*******	94				1304	17	*********
Butterworth,R					93	77	92		92	83	83	82			80				75	90	85	******	*******	85		86	·····	892	10	
Smales,P		·•••••		1		81	*******	1	1	92	92		88		87		82			ļ	ļ	92		+·····		93	· · · · ·	945		
Burton,R		84	80	97	91	73		1	83	1				96		<u> </u>		ļ	ļ	86		81	÷							*********
Charnock,A			74	*******		66	********	1	1	77	82	76		93	76	84		<u> </u>	73		84	*******		89		82	·	1370 927	17	*********
O'Mara,H	V40		····		94		d		96	80			83			l	77		81	ļ	<u> </u>	83		÷					11	
Webster,B	V40		79		1	70		1		84		80	80		81	88			74		*******		82	90		84	.	1142	14	
Atkinson,J	V40				+		†		1	93	95	93	94	1	92	I	87	99	86	<u> </u>	92		ļ					831	9	
Rhodes,M	V40		65	94	86	63	85		84	68		74	74		75	82				81	82			ļ		81		1244	16	
Gaines S	V40	93	*******	+		92		1	99			1	92	-	1		84	<u> </u>	85		ļ	90	*******		99	.	·	828	*********	**********
Mirfin A	V50		+	*******	88		······	1	1	79	81	77	76	[78	86	1	<u> </u>	l	83	86			88	ļ	. .	·	1117	*********	4
Booth,K	1 4 30		1	100			J	95	1	1				98	85	92						84		ļ			. .	821	9	
Clarke,J	1150	76	68			57				55	1	64	68		72	73	68	95	66	77	79		73	********	ļ		4	1390		
Newbould R		83		1		68		1	1	82		79	78	94		87	71				Ļ	77	*******	86	4		<u>_</u>	805		d
Adams,P		80	88		+		1	1		90	86	1	82	1	84	1				ļ		<u> </u>	84	L	98			788		78
	V50					1		1	80	1	1	69	81		82	78	67	94						ļ	94	75	2	788		
Benton,G	V40		64	· ·····				1	86	70	78	70	72		1	81			70	88	80	71		81	ļ			988		78
Richards,D		91			1	84	1	1	1	90			84	1		1	78		82	ų		ļ	88	3	ļ	9(776		77
Morris,P	V40		· · · · · ·	1	·	94		1	1	1		97			96		98	3	94	l		ļ		Ļ	ļ	99	2	775		
	V50		71	+	84			1	1	1	77	*******	71	1	73	76	70)	71	79	83	5		ļ	Į			891	12	4
Bryden,A	V40	4				5 91		90		86	*******	1	1	99		1					1		1		ļ			751	********	
Purdy P	V40	*******			+		1	1	77		1	68	70		74	1	1		72	78	8 81	ļ		83	ļ	79	9	748		
Browne,A			66		+	•		1	1	1	93		93			94				93	91	89						733		4
Spencer,J	V40				0		+		93	90	88		1	Ť	1	93	3	1		1			1		97			722	********	
Harney,B	v 50	85			92		·	·		67	********	71		1	1	79	66	5			1	64	1		1	<u> </u>	11	669	9	66
Burke,D		78	3 70	· · · · · ·	8	4	- 	+	01		·}		+		· • · · · · ·			1	1	1	1	1	1	1	1					

Club Championship

Only the one race left now, at the Woodhouse 7 on December 22nd. The circumstances are clear cut in part but couldn't be more interesting elsewhere.

Gillian Bunker has sorted the ladies event out, no problem, and her brilliant year's total so far of 1577 from 16 races is a magnificent achievement. Her best 10 of 993 is not going to be beaten; we have a new ladies' champion. The fight for second and third place however is fascinating. After racing in RHAC colours regularly but infrequently for a year or two, Diane Taylor has sparkled on to the scene this year with 11 races so far and leads Jane Clarke by 5 points. Jane has raced well and consistently since her emergence as a quality runner last season, and has in fact beaten Diane on a number of recent outings. But Diane's consistent turn-out has given her the advantage. If Jane were to win at Woodhouse she could cast off a 94 score and go ahead- unless Diane scores 97 or more.

At over-50, Rose Grimley leads Janet Pike by one point and has a 91 which can be shed whilst Janet has to improve on a 95; if they both run Rose must be favourite

In the men's, Chris Parkes has scored the golden thousand, the first time this has been achieved (though Chris himself had a 500 when 50 was the top score several years ago). Here again the fascination is in second and third place where John Comrie and Pete Neal are tied on 980. Sam has a better 11th score, so he will be second and Peter third if things stay as they are. However Peter can ditch a 95 whilst Sam has to improve a 96. This means Sam would have to come fourth at Woodhouse to improve, Peter would have to beat him and come fifth or better. Great stuff!

About ten years after taking the senior award, Hugh O'Mara is on line to pick up the vets 40 award as things stand, being on 850 for best 10, but there are flies in the ointment in the shape of John Atkinson and Steve Gaines both on nine races, John on 831 and Steve on 828. Either would upset Hughie if they go on the 22nd; if they both go it's even more interesting.

Alan Mirfin has wrapped up the vet 50 category with a most deserved season of good running. Phil Eddison looks like taking the B section award which would mean Roy Butterworth taking C section. As for most races completed, John Clarke's 19 cannot be approached. There is incidentally a ladies' B award which only Janet Pike can win, the others not having completed. Woodhouse is going to be an entertaining event.

November Fixtures

Sun 3 Nov Sun 3 Nov Sat 9 Nov Sun 10 Nov	Barnsley 10k noon Guy Fawkes 10, Harrogate 10.30 Aaron XC Relays, Leeds SYXC League 1 Graves Park 11am
Wed 13 Nov	Woodman 10k 6.45 Winter Series
Sat 16 Nov	Brampton-Carlisle 10 2pm
Sun 17 Nov	Roundhay Park 5&3 Leeds 10am
Sun 17 Nov	Richmond Castle 10k 11am
Sat 23 Nov	Gateshead Cross-country Races
Sun 24 Nov	SYXC League 2 Cantley Pk 11am
Sun 24 Nov	Clowne Half 10am
Sun 1 Dec	Percy Pud, Loxley
Sun 1 Dec	Abbey Dash 10k, Leeds 10.30am
Sat 14 Dec	Round Rotherham
Sat 14 Dec	Yorkshire Cross-country, Leeds
Sun 22 Dec	Woodhouse 7, Hatfield

Runners' News

• Tim Drake and Adrian Roberts are in training again, all seems to be going well though they have a lot to do. Both are intending to run the South Yorks cross-country events. Chris Beighton has problems though, he is running at the moment but under considerable difficulty with achilles injury and is planning to be operated on. Rob McCarthy is back training again after an operation.

 Andrew Aked is currently under treatment for a chest infection which spoiled his run at Don Valley and thus kept him out of the national relay. Apparently after leaving his former club, Sutton HAC, he came under a lot of pressure to join Notts AC, which obviously he resisted before coming to RHAC earlier this year. Notts AC finished 28th in the national relays last week and were not slow to give Andrew some earache about their position in front of Rotherham! Not too big a deal I suppose, but it will add a little spice to forthcoming events where we might meet- such as Notts University Relays for example.

•Club Officials

No change this year except that Gillian Bunker has taken over as treasurer from Peter Wood, who has retired. We take the opportunity to add best wishes to Peter who has served the club well for many years, and welcome Gillian to her new post.

Ladies Racing

I am aiming to meet with Gill Bunker (elected representative) and Julia Jennings (team captain) and any other interested members to aim at some improvement in the organisation of Ladies' team running, particularly championship events. The problems seem to be mainly that with limited numbers it often falls down to the same ladies eachtime to represent the club, apart from their own running and non-running commitments. The ladies results over a couple of years are brilliant (eg 95 Northen Cross-country, 96 National, Yorkshire Vets Relays) but then we miss important top events such as National vets cross-country and National Road Relay. Our advance planning is not what is could be. All contributions welcome.

• Cross-country Venues and Scoring Please note that the race times have changed. All men are first off at 11 am, then all the ladies at 11.45 with younger groups coming later viz: U17 with the seniors; 12.15 U11 Boys 12.20 U11 Girls; 12.25 U13 Girls; 12.35 U15 Girls; 12.50 U13 Boys; 1.05 U15 Boys.

Scoring: four to score, all teams finishing four listed first (lowest total wins etc), then all three-finishing teams (ie short teams) then two finishers then single club entrants. Last team gets 1 point, next last 2 points, etc upwards. All complete teams get a bonus point.

£1.50 for your number; keep it for all four races (note change of venue race 2). Starts next Sunday.

London Marathon

As usual, we have asked for the allocation of entries for the club. This has usually been five entries which we have balloted to members who have been rejected by the organisers. You need to keep your rejection slip and either send it to Pete Humphries or bring it as suits. If we have received the rejections and entries in time, we will do the ballot at the Wednesday social in December (or at the annual Awards Night if timing allows). We have to turn them round quickly.

Christmas Day Race

You can guess the date, it starts at 11 am, and is a handicap start event. Just an advance warning that entries may close early, perhaps on 16th December. You will need to quote some (preferably recent) race times. Open of course to all club members old and new.

Worksop Half

Worksop was a triumph for the RHAC teams, Chris Parkes saw off the much improved and consistent Adrian Clarke (Chesterfield) by a short margin

National Vets XC Relays RH Vets Now Close to the Top

Our quartet of Dave Hindmarsh, Paul Venables, Steve Gaines and Peter Neal and second team of Dave Richards, Alan Gregory, Phil Eddison and Pete Humphries kept us well in the major end of the competition. Regrettably, they haven't sent us the official results yet so I will hold over further comment until the December Briefing.

As measure of how well we are doing, just take the result- sixth place for the A team and 18th for the B team. Sunderland are the power in the land at the front but even with a slightly depleted team we were almost there. And as a measure of how well we intend to do, take the fact that we all saw our sixth place in the national relays as "good progress, could do better".

despite his efforts at the National Relays the day before. Alan Chell took the first veteran prize and in the over-50 class Malc Palfreyman was the winner. Rotherham had the first team (6 to count unusually) with Parkes, Phil Roberts, Allan Chell, John Comrie, Phil Smales and Malc Palfreyman.

•Holmfirth 15

Our involvement in this difficult event has dropped off in recent years, this year it took a slight up-turn with Peter Neal (15th 1.28.46) taking second over-40 and a county medal and Steve Gaines 26th with 1.31.33.

Gill Bunker was second county medallist over-40 with 1.45.02 and our contingent was completed by Peter Adams, Brian Harney, Ken Horan, Jen Baker, Stan Bagshaw and Dave Weatherburn. A hard event like this is still a good bet for those who take their club championship seriously!

Whitbread Chase

Not a targeted race but a superb RHAC turn-out nonetheless. "There's a lot of these black vests here" the lady next to me said. A superb result as well, Richard Harris' winning his first race in Rotherham colours, although ultimately he needed a little assistance from Darren Teasdale. This is a very challenging course, and it was not long before the breakaway of five or six runners had resolved itself into the trio of Paul Venables, Teadale and Harris. Running in the vet's relays the following day, Paul pulled back off the pace and it was Richard who took the race on, setting the pace for all the second and third lap.

Teasdale (Hallam) sprung him with 250 yards to go however and had the event won but took scant notice of the marshalls who were pointing, shouting and screaming for him to turn into the uphill 100 yards finish lane. He went 20 yards off course, and Harris, suddenly finding himself back in with a chance, legged it up the hill, there was no catching him. This was a fine run, he is looking very strong, and it was matched by a top-class performance from Phil Roberts who shot through the field from well back to take third place off Kevin Lilley (Sheff AC).

Venables took fifth (and first vet as planned) whilst Martin Connolly is getting gradually back on song and came home sixth. Phil Smales seventh place is testimony to the improvement he has been making all round, he is seldom out of the scoring teams at the moment.

•Northern Young Athletes Relays Thanks largely to the efforts of Dennis Russell and Malc Whitaker, we were well represented at the Young Athletes Relays and will print the results in the December issue.

1996-7 Cross-country Fixtures

Sun 10 Nov	South Yorks League 1
Sun 24 Nov	South Yorks League 2
Sat 14 Dec	Yorkshire Cross-country
Sun 5 Jan	South Yorks League 3
Sun 5 Jan	Yorkshire Vets Cross-C
Sun 19 Jan	South Yorks League 4
Sat 25 Jan	Northern Cross-country,
Sat 15 Feb	National Cross-C Relays,
Sat 8 Mar	National Cross-country,
Sat 22 Mar	British Vets Cross-country,

Winter Series

The 1996-7 series gets under way with the first race (see The 1996-7 series gets under way with the first race (see panel) at the Woodman, Midland Rd, Masborough on the 13th. This series gained in popularity through last winter and was very enjoyable both as competition and as a social event, being well supported by Maltby, Kimberworth and Rotherham. Other guests would be welcome if you know of any who are interested. It was also quite rewarding to organise due largely to the agreeable nature of all the participants. This time we plan Woodman, Green Bricks in December, one to be done by Kimberworth then Maltby, and another done by Kimberworth then Maltby, and another somewhere to round it off at five.

Page 4

After the serious injury to a colleague at the Prince 10k last year and another fortunate escape in training recently, we need to address the problem of runner safety if we are to continue to operate. The following points, intended for your consideration, may help:

Our enquiries during the summer suggested that all running clubs are insured by BAF for claims by third parties against them or against individual members for occurrences arising from their normal activities. Pointto-point races such as this are normal activities, according to BAF.

However, it is not unusual these days for insurance companies to seek to avoid liability, so we have to say its OK in theory. In any case, BAF does not insure any injury or loss you may suffer personally.

Runners are responsible for their own safety, being aware of the nature of the event they are participating in. Wear white/light clothing, keep to paths or verges where possible.

Irrespective of the above, we will seek to organise events which do not require crossing of main roads or use of areas with heavy traffic.

Published by Peter Humphries at Wickersley Comprehensive School by kind permission of the Head of School. This publication is aimed at the improved road and cross-country running of all Rotherham Harriers members.

Contact no: 01709 549125

The support of Yorkshire Windows is greatly appreciated.

> Graves Park Cantley, Doncaster Leeds Beckett Pk Campsall, Doncaster Ilkley 1pm Clifton Park, Rotherham Durham Mansfield Havant Sunderland