



National 6-stage Relays

6-Stage Goodbut we aim Higher

Rob Holladay hammered into the 17-minute bracket on stage two at Sutton Park last week to keep the Rotherham bandwagon on course and in very respectable company. It is good to see this sort of time again, which is more like Robert's standard. His commitment to the sport and to his team has been commendable, during his final training year and relocation to the Middlesbrough area, and certainly his best is yet to come.

A sign of the times; it was not only Rob who dropped in from distant parts. For the first time as far as I know, there was no Rotherham-based runner in our team, the other participants coming now from Preston, Newark, Barnsley and two from Doncaster. Though of course there are several Rotherham based runners of the quality, unfortunately currently on the injured list.

Darren Cooney got us off to a sound start, mindful of the need for smart running in such fierce company as national stage one. After Rob had moved us on a few places, it was good to see Andrew Aked running so competitively on stage three and moving through the field. Andy has always shown tremendous club spirit since he joined us in 1996 and on this occasion he first of all had to hide the disappointment of being omitted from the team after a lay-off due to illness, but made himself available anyway and stepped in when Dave Tune had to pull out with a knee tendon injury. Most of us don't see much of Andrew, and are therefore not aware just how quick he is. Whilst not close to his fastest, this was very acceptable on the day.

Dave's injury kept him also out of last week's Barnsley 10k but he took two of our athletes down to Sutton Coldfield and supported his team, and again RHAC were well backed up with Peter Neal and Peter Morris (travelling reserves), Steve Gaines, Alan Gregory, Mark Ruddleston and Mick Field joining me shouting from the undergrowth. The conditions were dreadful both for runners and spectators, winds, rain and cold in equal measure spoiling the autumn colours.

"What went wrong?" was the query after the event. Very unfair in a way, as coming eighteenth in a Great Britain national is not exactly bad, and a lot of teams would jump at the chance. Furthermore, it's easy to slip up at this level either by lack of resources or on the day, and for example our former rivals Derby and Notts are well adrift; Sunderland who pipped us in the northern were behind on the day; Morpeth had low resources this time;



Rob Holladay, fast man at the national 6-stage. Rob intends to do all the big cross-country fixtures, shown opposite.

Bingley were not strong but maybe just got away with it. Up to last year, everyone would have been delighted with 18th, it is a sign of the times.

As such, it is a welcome sign because everyone is thinking on the right lines. None of us is satisfied with 18th, we know we can beat that and we expect to, even when Dave and Chris are absent injured. In answer to the question, nothing particular went wrong, no recriminations, the team just didn't come together as it might have done on the day. We never hit our potential position, and our second half trio of Lee Collingwood, Darren Hale and Luke Field would like to have kept pulling us up through the field on the day, but it's just one of those things. At times we place support and involvement higher than actual results, with them the results will come, without them we are nothing.

Winter Series starts again next
 Wednesday 11th November at the
 Woodman, Masborough.
 Off at 6.45. 9 miles road (mainly).
 Wear white, wear light, be right.

Cross-country Dates 1998-9

Sunday 25 October	SY League 1 Graves Park 11am
Sunday 8 November	SY League 2 Herringthorpe Valley 11am
Sunday 22 November	SY League 3 Campsall Doncaster 11am
Sunday 17 January	SY League 4 TBA
Saturday 9 January	Yorkshire Herringthorpe Valley Park Rotherham
Sunday 10 January	Yorkshire Vets Graves Park 1pm
Saturday 30 January	Northern Graves Park 11.30
Saturday XX March	National Newark (date to be confirmed)

Sth Yorks Cross-country

Country Clean Sweeps could be Over

RHAC came through the first league fixture last month in a reasonable overall position, but it was thanks to the thin black line, and our traditional standings in the sections are at odds. Only five senior men were there on the day, though Andy Aked picked up this season where he left off last year with a powerful performance, spectators reported he ran away from the field as though they were standing, the field on this occasion being led by Simon Wright and Darren Teasdale. Fifth place in the first event is a poor result it has to be said, and we won't pull the deficit back this season. Scorers on the day were Aked, James Robinson, who is looking a good prospect, in 15th, Steve Phillips and Tim Birks with John Beckett close behind.

The male vets were somewhat better, though here too we slipped up numbers-wise. The difference here is that with good performances in the remaining three the loss can be overturned, if the runners wish it. Alan Chell placed well in 14th and was supported by scorers Peter Morris just acclimatising after an illness, Jim Brogan (34th) and Peter Humphries (68th, which tells all you need to know).

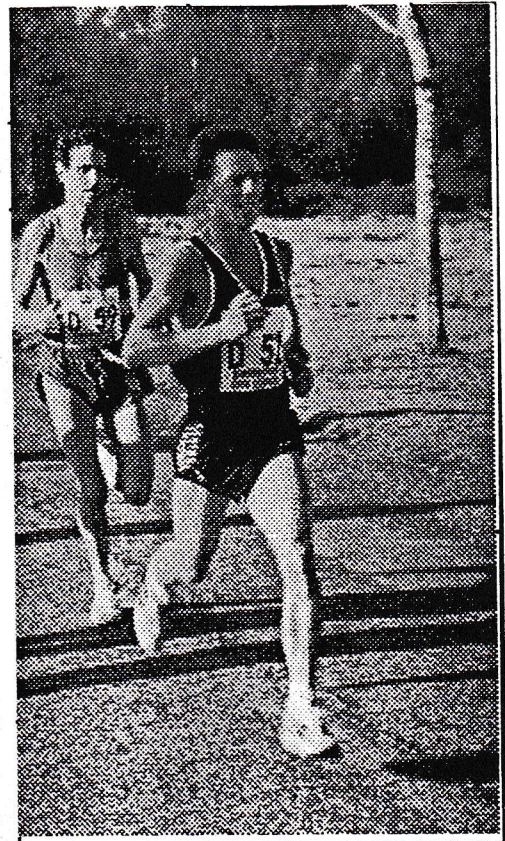
The ladies however were well dominant, with a fine run from Janet Hindley heading Jane Shields home, Carla Foster, Sharron Marshall and Gill Bunker running fourth, fifth, sixth for an emphatic result. Gill gave us a glimpse of the determination which has transformed her into such a fine competitor. Having been unluckily brought down when Sharron slipped in the mud, Gill completed the race with a broken arm. It is projected to keep her out of running for only a few weeks, with luck.

The under-17 men swept the field also, with Steve Bates winning and Ian Whitaker and Jamie Russell in close attendance second and third. Teresa McNaney took the under-15 girls race.

Sunday sees the second SY Cross-country fixture on home territory, this time at Herringthorpe Valley Park (as Clifton Park will be in use for Armistice Day). We will be trying out the new course intended for the county fixture in January; it could be far more hilly in HV Park than this (see diagram). The intention is after the usual start, to turn sharp back at the double row of trees, pass round under the tennis courts, out and back to the right of the fence and gate, return to start area but do a complete circuit of the field going up to the Crematorium. Three laps for the senior men.

(...some...) November Fixtures

Sun 1 Nov	Barnsley 10k
Sun 8 Nov	SY Cross-country 2 Rotherham
Sun 8 Nov	Darlington Dash is off
Wed 11 Nov	Winter Series 1 Woodman
Sun 22 Nov	SY Cross-country 3 Campsall
Sun 22 Nov	Clowne Half
Sun 29 Nov	Percy Pud 10k



Andy Aked

Don't forget your Xmas Day entry!
Entries will close Weds 16th December

National Cross-country Relays

A change of date this year to match the move of the county fixtures, the national relays are to be held in two weeks time, Saturday 14th November, at the usual venue of Berry Hill Park, Mansfield. There is no pre-entry of runners for this event, only teams, we can run who we like on the day from bona fide qualified members.

Whilst we will be as usual inviting obvious runners, it is vital that you contact us if wanting a run especially if you have not been in the relay teams recently. I have entered teams as follows:

U 15 Boys at 11 am two teams (4x2k)
U 13 Girls at 11.30 two teams (3x2k)
U 15 Girls at 11.55 two teams (3x2k)
U 13 Boys at 12.20 two teams (4x2k)
U 17 Women at 12.50 one team (3x2.5k)

Junior Women at 12.50 one team (3x2.5k)
U 17 Men at 1.20 two teams (4x3k)
Senior Women at 2pm three teams (3x3k)
Senior Men at 2.40pm three teams (4x5k).

ENTRIES: IMPORTANT NOTES

Relays on 14th November no pre-entry, let Pete Humphries (01709 549125) know, or ladies might prefer to contact Janet Hindley (01302 325341) or juniors contact Dennis Russell or Malc Whitaker as usual.

For all other senior cross-countries ie Yorkshire, Northern, National, entries have become expensive (we lost as much as £300 on non-runners last year). They have to be made well in advance and names must be named. My failure in this respect for last year's national got us in trouble, and I do not intend it to be repeated. Yorkshire and Northern entries will close at around the end of November.

Therefore, runners wishing an entry contact PH in good time. Runners who have run in relays (road) or cross-country events this year will be approached. Others may be asked for a £2 deposit (cost of entry) to be refunded when they run. Yorkshire Vets entries: you can enter yourself (see panel) or contact Peter Humphries or Peter Neal before December 16th (last club Wednesday before Xmas).

Ladies Northern 4-stage Relays

Trying Times for Ladies

Very trying times for the ladies at the Northern four-stage relays last month. With runners to spare the performance and organisation went oblong on the day with the end result that both A and B teams were disqualified. Aggravating to say the least, especially as countback shows a performance equivalent to eighth place, which would be the best for some while.

There is little point in trying to fix blame; the gist of the events is that the A team lead-off was not ready on time, someone else took it but had to set off over a minute late after the start, the B team runner naturally arrived back first, and the A team second leg was sent out after her. The race referee can have had no alternative.

Some positive things come from the wreckage; a number of runners have volunteered to help in future by sharing out the organisation; all seem determined to put matters right; and of course in the circumstances there were some good performances. Notably Julie O'Mara pretty quick with smart runs also from Hilary Garrison and Janet Hindley, then a much improved pb by Sharon Marshall with promising youngster Carla Foster close behind.

Janet Hindley has taken up the job of organising our teams for some future time, particularly as Julia will be indisposed for some while for the best of reasons, Julia and husband Mick Jennings expecting in just a few weeks. A good opportunity for us all to send our best wishes.



Julie O'Mara, fastest at the ill-fated northern relays and strong in the half-marathon

Runners, running...

•County Cross-country

The rearrangement of the county fixture date has led to an interesting clash, with both Yorkshire County and Yorkshire Vets Cross-countries lined up for the second weekend of January, the former at Rotherham (Herringthorpe Valley Park) on Saturday the 9th and the latter at Graves Park Sheffield on Sunday the 10th. OK, they are on different days, but can you see many people running both? It might well stretch the resources of many clubs to turn out a senior team without vets in it, so we might expect reduced fields in one or other of the events. Or both.

•Joy for Alan Chell, international 10k winner. Whilst on a work-related trip in the USA Alan ran 34.30 for the Grand Rapids 10k in Michigan on October 17th, an event run in high humidity at 9am, 70 degree temperatures. The event was won in 32 minutes, and in the difficult conditions locals apparently ran without tops. (Alan does not specify which locals exactly).

•But aggravation for Paul Venables, as the national selectors seemingly make no attempt to weigh up the credentials of their runners for the international vets cross-country championship. Paul was hoping he had done enough, particularly after running second in the northern vets cross-country to take the over-40 title and then 6th in the national vets at Croydon but also putting up a string of impressive road performances including the county 10k title. Certainly runners who finished in front of him are selected, but also some are that finished behind. Whilst obviously disappointed, Paul isn't surprised. Neither are we, selectors seldom look further than the end of their noses which means usually, the home counties. There is no excuse for this behaviour, they only have to look at their own results lists. We may be officially seeking clarification of selection policy, but what good will it do?

•Sharp running at the Worksop Half from Paul Venables (4th in 1.12.56) and John Atkinson (9th in 1.14.40).

•The ICT revolution touches us all, we may soon need to organise our own internet web site! Meanwhile, Henry Marston tells me there is something of interest for RH members at <http://members.aol.com/hfmarston> for those with access.

•Lincoln Ducks 'n Drakes 10 along the towpaths was won by Richard Harris last month, with Darren Ward second and Martin Connolly fifth.

•Julie O'Mara's Great North time was 1.23, in 19th place. Julie tells me she was looking for 1.20 and will be back next year: times were of course slow on the day due to conditions. She is currently injured, after a spell of mountain biking with Ken but hopefully will be back shortly. On the injury/absence front, Chris Parkes struggles still, John Comrie is slow getting back, Dave Tune being careful, Dave Hindmarsh well but hardly running, Chris Beighton doing some running but problems not resolved, Steve Inglis off running for a while though may see things differently in the Army shortly.

AGM 1998

Elected at the AGM were amongst others:
President: Ralph Rowbotham 01709 382675
General Secretary: Bert Norburn 01709 367532

Cross-country Secretary: Dave Johnson 01709 562516

Road Secretary: Peter Humphries 01709 549125

Joint committee cross-country & road: Steve Gaines, Mark Ruddleston, Peter Neal, Julia Jennings, Dennis Russell. This committee is in continuous session.

(Note for colleagues: Dave Johnson fields a lot of official stuff, road and cross-country teams are arranged and managed jointly, usually by PH. All members should express their views directly either at RHAC or the social environment, which is currently the Homestead. The comments of active runners and other club workers are always welcome and often acted on).

Under-13 Secretary: Julie Gill

'Fell running' has become 'Trail Running' section but includes the former.

All other officials remain unchanged.

•Numbers drawn at the Homestead last Wednesday 28th October were £65 no..280 Ted Parkinson, £10 each no. 51 Elaine Jackson, No.256 Indira Lathia, no.205 Craig Bywater. 190 sold, thank you Brian.

National 6-stage Relay

Sutton Park 24/10/98

1	1.44.16	Birchfield H
2	1.44.45	Salford H
3	1.44.56	Tipton H
4	1.46.41	Shaftsbury Barnet H
5	1.46.48	Mizuno RC
6	1.47.00	Southampton RC
7	1.47.26	Sale H
8	1.47.56	Bingley HAC
9	1.48.00	Westbury H
10	1.48.03	Aldershot F&D
11	1.48.41	Chester-le-Street AC
12	1.49.03	Puma Thames Valley H
13	1.49.18	Cardiff AAC
14	1.49.18	Bristol AC
15	1.49.40	Blackheath H
16	1.50.12	City of Stoke AC
17	1.50.44	Leeds City AC
18	1.51.06	Rotherham HAC
19	1.51.15	Redhill RR
20	1.51.25	Phoenix AC
21	1.51.33	Sunderland HAC
22	1.52.06	Coventry Godiva H
23	1.52.39	City of Hull
24	1.52.49	Basildon AC
25	1.52.49	Colchester H
26	1.52.54	Vauxhall AC
27	1.53.05	Cheltenham & CH
28	1.53.07	Morpeth HAC
29	1.53.08	Preston H
30	1.53.14	Bedford & CH

other

34	1.52.53	Hallamshire H
42	1.55.36	Notts AC
45	1.56.13	Derby & CAC
55	1.59.35	Sheffield AC

ran

RHAC:

D.Cooney	18:08	23rd
R.Holladay	17:56	17th
A.Aked	18:22	16th
L.Collingwood	19:08	20th
D.Hale	18:42	19th
L.Field	18:50	18th

	northern	national
pre 1993	qualified once only	
1993	did not qualify	
1994	20th	40th
1995	11th	17th
1996	10th	31st
1997	4th	10th
1998	4th	18th

Maltby 10

1	D. Bond (Askn)	51:38	
2	L. Field	53:05	
3	P. Venables	54:52	1st vet
4	B. Duncan (Rtrees)	55:39	
11	G. Durham	59:53	
17	J. Robinson	61:35	
21	M. Herrington	62:07	V45
33	K. Booth	63:30	
51	H. Garrison	66:25	LV
86	M. Hill	72:40	V45
89	P. Fisher	73:35	LV
116	D. Burke	79:19	
123	A. Bryden	80:37	V50
128	S. Bagshaw	82:27	V60
143	A. Jeavons	93:04	V70
150	runners		

ROTHERHAM HARRIERS CHRISTMAS PARTY AT ROTHERHAM CRICKET CLUB ON

SATURDAY 12th DECEMBER, 1998

8:00 - 11:30pm

LIVE MUSIC (60/70s style) with
'SOMETHING FOR THE WEEKEND'

£2 ADMISSION ON THE DOOR (16 and over only)

Ladies 4-stage relay times

Don Valley 2miles app.
RHAC A & B teams

Janet Hindley	12:11
Hilary Garrison	12:03
Carla Foster	12:38
Julie O'Mara	11:53
Sharon Marshall	12:31
Gillian Bunker	12:56
Sharon Burton	13:41
Lindsay Whitaker	14:42

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

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.

Wednesday 11th November
6.45 off

The Woodman

Winter Series 1st race
approx 5.5 miles

road, pavement, grass verge
for your safety

Route: start at roundabout on Midland Rd, past Butchers, White Lion, underpass, front of B&Q, Potter Hill, left at Crown, loop up Mansbrough Rise, left back on to Potter Hill, left at Crown, this time straight up Fenton Rd (on the left grass verge please: obligatory for safety, non-compliance may result in disqualification) underpass at Jenkins, finish at rear of Woodman.

Bite to eat, good beer after
£1.50 on the night
Usual awards

