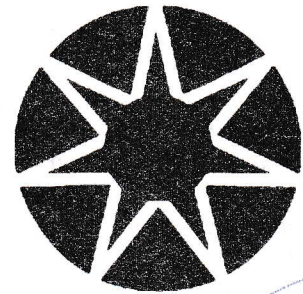


October 1994 BRIEFING



RHAC OFF THE BOIL BUT ON COURSE

Rotherham failed to live up to its expectations, and its promise, last Saturday at the Northern 6-stage relays in Sheffield. For a number of reasons (see report p 2) we only managed 21st on the course, with one team in front disqualified that made 20th. "Imagine our dismay" as they say, to find that 19 teams were accepted for the nationals.

The late season men's relay results have been a low point without a doubt, but my message is that we should ignore them. We are going forward as we intended to go forward, the club's strength increases almost weekly, and the actions and attitudes of the competing members could not be better. Indeed not long ago, finishing 20th would have been seen as a good result rather than a disappointment. These are the standards we have rightly set ourselves.

In fact many positive things came from the Yorkshire and Northern relays: I could quote good efforts and times from promising newcomers like Ian Lanceley and Ken O'Mara at the Yorkshires; fine running performances from such as Rob Holladay at Wakefield and Paul Rowland at Sheffield. I could refer to the high standards of the ladies' teams at those venues. I could refer to the fact that since I took this job last October, RHAC has not been let down by a single runner on any one occasion.

It's a shame that unavoidable absences, illnesses and injuries depleted us recently but that is something which is always likely to happen and I can only applaud the way that our runners have addressed the problem, and performed to their best ability on the day. Undeniably, we need more strength in depth at the top end of the senior men's field, and it is a pleasure to me to see many of my colleagues actively working to achieve just that.

There are three things we can all do (and we are doing them) to improve matters in that context. Firstly, we can persuade back and welcome back our own missing members. I have had some success in this area, though it has to be said that runners don't "retire" for nothing so it isn't easy.

Second, we need to bring to Rotherham HAC promising or established runners as and when we find them. Particularly we should look at young runners entering this district (perhaps for educational purposes) or taking up the sport. The influx of students to university cities must be a fertile source of quality runners for clubs fortunate enough to be situated there.

Since they won't flood into Rotherham town, we have to find them- if you are full or part-time at a college or university, if you train there or anywhere else with young athletes, remember you could play a vital role in making clear what RHAC offers, and signing up some new members. There is no need for unattached runners to remain unattached

As a club we need to take our race team to areas where we can raise our profile, and such is planned for the near future.

Thirdly, and more near to home, we need to put our own trained youngsters on the right track (!). The youth policy of RHAC seems to me to be that runners be extensively and carefully trained by dedicated coaches, but that they must run only on a track if under 19 or 20, and after that it is expected that they will vanish from the sport. Our roads and cross-country racing strength in age group 20-30ish has barely a single runner who was brought up as a member of RHAC. This is not natural, and it is not sensible. The view that youngsters should not run on the road, for health reasons, is nonsensical when applied to relatively infrequent races, though it clearly makes sense in training terms.

We should be putting boys and youths (and female) teams out in road and cross-country relays so that the athletes can enjoy the variation of competition, but more crucially so that they can know and identify with the senior athletes who would also be taking part or encouraging. I bet that barely a young runner knows any of our senior athletes today, That's not what a club should be like, and it isn't surprising none graduate to senior level.

This procedure would greatly benefit track and field also in the long term as youngsters who become part of road and country running would inevitably provide the depth needed for track distance running.

We have made major strides this year and our standards and expectations are now very high. I am looking forward to reporting this to the AGM and making clear to the membership at large how this has come about and who the people are who have made it happen. Basically, it is all of you, but there are some special cases! Also, ways and means of continuing the progress. I am looking forward to helping you to do that, should the membership see fit.

WOMEN

1	Spensborough A	31.33
2	Hallamshire A	32.05
3	Halifax A	32.37
4	Rotherham A	33.04
5	Barnsley A	33.06
6	Bingley A	34.05
7	Rotherham B	34.36
8	Halifax B	34.47
9	Skyrac A	35.00
10	Bingley B	35.10

19 teams finished

MEN

1	Bingley A	114.34
2	Wakefield A	114.40
3	Leeds City A	115.39
4	Spensborough A	116.19
5	Barnsley A	117.03
6	Hallamshire A	118.26
7	Pudsey & Bramley A	118.47
8	Holmfirth A	119.08
9	Rotherham A	120.08
10	York A	121.57
11	Sheffield A	122.15

B TEAM

Alan Gregory	34th	21.35
Mick Thompson	29th	20.28
Ian Lanceley	25th	20.44
Dave Richards	26th	22.08
Steve Newsum	26th	22.15
Steve Gaines	24th	20.39

A TEAM MEN

Lee Collingwood	24.32	58th
Paul Rowland	22.55	30th
Dave Tune	22.41	17th
Ken O'Mara	24.19	22nd
Chris Beighton	24.01	20th
Paul Bennett	23.36	20th

A TEAM LADIES

Julia Jennings	13.00	6th
Caroline Boyd	14.13	8th
Hilary Garrison	13.58	7th
Janet Oxley	14.06	8th

A TEAM

Julia Jennings	3rd	10.26
Hilary Garrison	5th	11.18
Janet Oxley	4th	11.20

B TEAM

Gillan Bunker	11th	11.29
Caroline Boyd	8th	11.30
Donna Unwin	7th	11.37

A TEAM

Rob Holladay	3rd	18.43
Ken O'Mara	6th	20.07
Paul Bennett	9th	20.24
Pete Morris	8th	19.36
Jeff Crofts	9th	20.43
Tim Drake	9th	20.35

B TEAM

John Comrie	25.00	65th
Gary Claxton	24.55	63rd
Jeff Crofts	24.49	59th
Mick Thompson	24.56	54th
Steve Gaines	24.41	51st
Tim Drake	24.32	44th

B TEAM

Gillian Bunker	14.29	26th
Sharon Nixon	15.08	26th
Donna Unwin	14.47	23rd
Joanna Cliff	14.16	18th

YORKSHIRE RELAYS

Another very solid performance from RHAC Ladies.

Sides which beat us each had a sprinter and three stages was not enough for us to catch up. As the excellent B team result indicates, the more the stages, the greater our strength.

Our concern about the rules in force for the Yorks relays seems to have been misplaced as some of the runners ahead of us did not appear to be Yorkshire-qualified. We will make our own decision next year about who we take. With a (deliberately) weak side this was not a bad result.

NORTHERN RELAYS

Though this was not a "qualifying" competition for the ladies, they were surely in an impressive position. With the promise of better to come, one might add. Especially fast running from Julia.

Lee was not happy with his run, but but such can happen to anyone at any time, particularly after or during illness. Paul Bennett is getting back to speed but on the day we just failed to pull back the deficit. Our cause was not helped by several runners arriving late, causing unnecessary rearrangement of teams. This could have cost us our place, especially considering that six teams finished 16th to 21st within 200 metres of each other at the end.

FIXTURES

Sun 9 Oct	Maltby 10	10.30am
Sat 15 Oct	Manchester Univ XC Relays 6x2,3x2	2pm
Sun 16 Oct	Hall Cross 10k	11am
Sat 22 Oct	National 6-stage Relays (Men), Sunderland	
Sun 23 Oct	South Yorks Cross-country (1) Graves Park	start 1pm
Sun 23 Oct	Bridlington Half	
Sun 30 Oct	Snowden Marathon	9.30am
Sun 30 Oct	Boys/Girls Northern Relays, Wakefield	
Sun 30 Oct	Holmfirth 15	
Sun 30 Oct	Worksop Half	
Mon 31 Oct	Dublin Marathon	10am
Sat 5 Nov	Guy Fawkes 10k Cleethorpes	
Sun 6 Nov	Barnsley 10k	
Sat 12 Nov	AAA Women's Relays, Sutton Park	
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	Abbey 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 Cross-country, Luton	
Sun 12 Mar	National Women Cross-country, Luton	
Sat 18 Mar	National Cross-country Relays	
Sun 26 Mar	World Cross-country, Durham	
Sun 2 Apr	London Marathon	

ROAD DATES have been a shambles this year with cancelled and rearranged fixtures all over the place. Double check your dates!

Congratulations for especially fast running again from Rose Grimley with first off a personal best at Swallownest (!) in winning the vets award, then this week a 65-minute ten at the Cottam event.

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

PHIL'S HILLS

PHIL ALLEN is organising weekly HILL TRAINING every Monday at Herringthorpe Stadium, 6.30 (with spikes!). We will feature this next issue together with details of other winter training groups, but briefly it is offering three separate supervised hill circuits for athletes of varying abilities, based on a timed interval system.

There is likely to be an uptake from Doncaster athletes as well as our own.



Above: Peter Ruddleston and colleagues at the Great Scottish run.

The smiles suggest this is (a) before the race and (b) before the bagpipes

Club Championship List

Sun 6 Feb	Ferriby 10, Hull
Sat 5 Mar	Spenneth 20, Spenneth
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

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.

Don't assume the club is run by others.
Don't assume the club will be run in the way that you want..

If there is something you **do** like, or something you **don't** like, go to the

ANNUAL GENERAL MEETING (1994) of Rotherham Harriers & Athletic Club

The club's AGM will take place on
Tuesday 25th October
starting at 6.45 pm at the

Old Council Chamber, Grove Road, Moorgate,
Rotherham (top of Mansfield Road, same venue
as last year)

Your attendance is important