



The Giant Awakens...

For as many years as we can remember, Rotherham has been a sleeping giant. This year the giant has clearly awakened. Following the lead of the ladies last year, our men's team by gaining promotion to the British League has placed us in the top 32 in the UK. Only three northern clubs boast both men and women in the B.L., the others being Liverpool and Sale. And there are only fourteen in the UK.

Congratulations go first to the athletes- the field event specialists and the runners who have brought it about. Also though, things like this don't just happen. The sheer hard graft of coaches and organisers and team managers is what does it, and Mick Hague and his colleagues deserve a big share of the praise.

The ordinary club runner will be proud of RHAC's various achievements this year in both T & F and road. So he or she should be, because it is the support, the belief, encouragement and backup of the 'ordinary runner' that makes the whole system work and I can simply say that over the last two years they have shown that a club could not have a finer membership.

Yet all is not happiness- many members are rueful at not having our own races this year eg 10k and half-marathon. I think management shares this regret, and will do something about it. As Mick says, we are in a new realm in the sport, and we need a new - dare I say 'professional'- approach to organisation, funding, and so on. The direct involvement of 'ordinary runners' would help and no better time to set it off than the AGM on the 19th, at which all views can be raised.

For the record, RHAC men will run 4 fixtures against Leeds, Sheffield, Edinburgh, Bristol, Wigan, Telford and Morpeth- dates and venues to be decided. The ladies run only 3. In three weeks time the road racing team take on the nations top 50 clubs in the national 6-stage relay and a top 32 place might just be achievable!

**Annual General Meeting of the Rotherham Harriers and A.C.
6.30 Thursday 19th October
at the Old Council Chamber,
(Graves Road, off Moorgate)**

RH DOUBLE NEVER IN DOUBT

A great combative first stage from Rob Holladay inspired RHAC to their best-ever performance in the northern relays held at Don Valley Stadium last week. This is only the second time that we have qualified for the national relay, and at the end of the day our 11th place was very comfortable indeed. The 12-stage relay, held in April, and the 6-stage are the premier road events in the northern clubs' calendar with usually 16 teams qualifying for the national finals and this is the first time in the club's history that both the 12-stage and 6-stage teams have been successful.

Perhaps even more significant is the absolutely brilliant 26th place overall won by the B team on the day, which put them in 3rd place and bodes well for the next 12-stage effort. Fastest times on the day were Julia Jennings and Dave Tune (below)



Darren Cooney threatened to take the field apart on leg 1 but Holladay took him on shortly after the off and was neck and neck up to about 3.5 miles when Morpeth slipped into second place. It is difficult to equate times on this slightly-altered twisting up-and-down course but Rob's 19.55 left some well-known names trailing.

Expectations dropped a little when Paul Rowland on leg 2 had a run which left him very disappointed. He certainly looked in trouble from the start and his time was poor by his standards, though looked at another way it wasn't that bad. It could be viral, even the effect of pressure- but it could happen to anyone and Paul will soon get over it. What didn't happen was that heads didn't drop: Paul tried hard and Dave Tune whipped us back into top contention at 7th with a sharpish 19.45, just outside the top ten times on the day.

Paul Bennett on 4th kept up the momentum with a tidy 21.09 (11th) and whilst Paul could certainly run a lot faster with road preparation this is very acceptable, especially as the top clubs take no prisoners on stages 3 and 4. (Hudspith, Moore, Taylor, O'Brien and Rushworth were on 4th).

We had thought Paul Venables and Adrian Roberts were the right experienced runners to defend the gaps on legs 5 and 6 but the gaps simply weren't there. Paul looked very keen indeed and held our position in heavy traffic, his 20.44 being more or less what you would have expected as he has few poor ones. Adrian too did well, determined yet keeping calm (as far as circumstances allowed) through the shambles of lapping runners and late attacks.

With Peter Neal and Tim Drake sidelined and Chris Beighton working, selection had really centred on one or two places and Mark Ruddlestone and Lee Collingwood in particular could just as well have run A team places. While Rob Holladay was contending the lead, Mark was not to be misled by the early pace but he is getting back to form and after a circumspect first lap he swallowed up a stack of runners to come home strongly in 21.06. / page 2

from page 1/ Ken O'Mara's 22.06 kept us well up with the pace and with the pressure off Lee ran a fine 21.08, putting himself, with Mark in strong contention for a national 6-stage leg. Lee had stepped down to the B team because of 'low mileage' following his recent marriage- married life can't be that bad!

Peter Morris ran a typically dependable 21.38 to put us 26th, a position which John Comrie (22.18) held with the gaps opening. Ian Lanceley, who is continually improving, ran a fine enthusiastic 22.16 on the last stage.

Barring unforeseen circumstances, all seem keen for the national event (except Paul Venables who is on holiday) which is at Sutton Coldfield on 21st October (1 team only) and we now have the difficult but very welcome task of naming the team, though we have the benefit of known form and fitness, leg times and maybe a race in the meantime. It has to be remembered that this is a new race and a new entry.

The Rotherham ladies also placed 11th after a very solid team performance in the earlier four-stage relay. Julia Jennings is always one of the faster runners and did not disappoint with an opening 11.54, continued by Janet Hindley (12.45). Hilary ran an especially pleasing 12.23 and Jo Cliffe, who is returning to form finished strongly with 12.17. Whilst they have not hit the top placings, the ladies teams have consistently scored well and have not failed to turn in a sound performance since way back.

YORKS RELAYS

RHAC "RESERVES" NOT THAT BAD!

Rotherham ladies put in another sound performance at the Yorkshire 3-stage relays held at Wakefield last month. The ladies' distances and small teams mean that it is essential to have sprinters available and we consistently lose out here, the ladies don't seem to get the chance to run any distance in the big events. Their times were very even however and they always threatened to pull up through the field. Their 5th place exactly matched the mens', a coincidence which was to be repeated two weeks later at the northern events.

RHAC men did remarkably well; in the context I would rate this as one of the best Rotherham performances of recent years. With some ineligible or otherwise unavailable runners and a whole batch taking part in the vital British League qualifier (in all I reckon 8 or 9 'first choices'), we put out the equivalent of a second team as RHAC A, but the commitment and enthusiasm were such that a remarkable 5th place resulted- an achievement to be proud of. We were never near the medallists, but only a minute behind Barnsley's full-strength squad.

Apart from the "known dependables" the most encouraging times came from Mark Ruddlestone, returning to form, and the improving Phil Roberts and Ian Lanceley. If we can continue to use this relay as a development and testing ground it will be

Northern Ladies 4 stage (2m)		
Rotherham HAC		
J.Jennings	11.54	14th
J.Hindley	12.45	12th
H.Garrison	12.23	10th
J.Cliffe	12.17	11th

Result	
1 Leeds City	46.22
2 Liverpool HAC	46.28
3 Spenborough	46.53
5 Sheffield	47.01
11 Rotherham	49.19
other selected places:	
18 Barnsley	51.49
28 Steel City	55.40

Northern Mens 6 stage (4m)		
Rotherham HAC 'A'		
R.Holladay	19.55	3rd
P.Rowland	21.38	16th
D.Tune	19.45	7th
P.Bennett	21.09	11th
P.Venables	20.44	11th
A.Roberts	21.26	11th

Rotherham HAC 'B'		
M.Ruddlestone	21.06	28th
K.O'Mara	22.06	36th
L.Collingwood	21.08	30th
P.Morris	21.38	26th
J.Comrie	22.18	26th
I.Lanceley	22.16	26th

Result	
1 Border Harriers	1.59.43
2 Bingley	1.59.48
3 Morpeth	1.59.50
4 Liverpool HAC	2.01.25
5 Salford	2.01.43
6 Sunderland	2.03.46
7 Chester le St	2.03.49
8 Liverpool Pembroke	2.03.55
9 Sale	2.04.28
10 Gateshead	2.04.33
11 Rotherham	2.04.37
other selected places:	
13 Leeds City	2.04.48
16 Barnsley	2.07.00
17 Wakefield	2.07.24
20 Salford 'B' (1st B team)	2.08.01
21 Morpeth 'B' (2nd B team)	2.08.06
22 Sheffield	2.08.17
25 Holmfirth	2.09.55
26 Rotherham B (3rd B team)	2.10.32
39 Hallamshire	2.13.50
48 Doncaster	2.15.45
50 Steel City	2.16.38

Northern Young Athletes Relays

Don Valley Stadium on Sat 7th
October start at 11am

The support for the 6-and 4-stage teams was great. These youngsters are the future of our club. Give them a shout on Saturday.

Yorkshire Relays Results

Ladies Yorks 3-stage (1.87m)

RHAC 'A'		
J.Hindley	11.11'	9th
C.Boyd	11.18'	6th
J.Cliffe	11.15'	5th
RHAC 'B'		
G.Bunker	11.32'	16th
S.Burton	12.28'	15th
H.Garrison	11.35'	11th

Result	1 Leeds City
	5 Rotherham
	11 Rotherham B

Mens Yorks 6-stage (3.85)

RHAC 'A'		
M.Ruddlestone	19.32'	8th
K.O'Mara	20.8'	6th
P.Neal	20.29'	10th
J.Comrie	20.20'	9th
P.Venables	19.29'	6th
I.Lanceley	20.54'	5th
RHAC 'B'		
P.Roberts	20.15'	11th
A.Gregory	21.46'	19th
P.Morris	20.18'	15th
D.Richards	22.59'	15th
P.Humphries	23.10'	18th
P.Smales	21.59'	18th

Result	1 Bingley
	2 Leeds C
	3 Holmfirth
	4 Barnsley
	5 Rotherham

October/ Autumn fixtures

Sat 7 Oct	Skipton Open XC 11.30
Sat 7 Oct	Northern Young Athletes Relays, Sheffield
Sun 8 Oct	Maltby 10 10.30am
Sun 8 Oct	Horsforth 10k 11am
Sun 8 Oct	Chesterfield Half 10.30
Sat 14 Oct	Manchester Uni XC Relays
Sun 15 Oct	Hallcross 10k 11am
Sat 21 Oct	Mens National Road relays (6x), Sutton Park
Sun 22 Oct	Bridlington Half noon
Sun 22 Oct	National Vets XC Relays, nr Hull
Sun 22 Oct	SYXC League1 Rotherham
Sat 28 Oct	Womens National Road relays (4x) Sutton Park
Sat 28 Oct	Cutler's Relays, Sheffield
Sun 29 Oct	Gateshead 5k road races 11am
Sun 29 Oct	Workshop Half
Sun 29 Oct	Holmfirth 15 10.30
Mon 30 Oct	Dublin Marathon
Sun 5 Nov	Barnsley 10k
Sun 12 Nov	Darlington Dash
Sun 12 Nov	SYXC League2 Penistone, Cannon Hail
Sun 26 Nov	Clowne Half 10am
Sun 26 Nov	SYXC League 3 Campsall
Sun 3 Dec	Percy Pud, Loxley 10.30
Sun 3 Dec	Abbey Dash. Leeds
Sat 9 Dec	Yorks Cross-country, Barnsley
Sat 16 Dec	Round Rotherham Run
Sun 17 Dec	Woodhouse 7



RH turnout at the Great Scottish Run: l to r: Ken Horan, Bob Langley, Peter Purdy, Dave Burke, Pat Wells, Peter Ruddlestone, Terry Rooke, Anne Langley, Dave Draycott, Jen Baker, John Clarke, Alan Charnock, Richard Burton (honest!)



A Blast from the Past!

Who-what-where-when?

Any ideas?

There are some clues...

Runners' News

RHAC posted 6th team in the Grantham Canal Run, a 33 mile trail race, on 27/8/95 with Kerry Booth (4.15.30) 18th, Peter Adams (4.29.42) 39th and Derrick Clarke (4.52.39) 68th.

Chris Beighton was well satisfied with a 32.10 performance in the Taunton 10k in view of disagreeable windy conditions last month. Chris was guest of ex-harrier Frank Taylor who ran a 35 minute time- not as fast as he was but it's good to know he is still enjoying his racing.

Ten year old Mark Langley ran a creditable 31.20 over the 4.75 miles of the junior Great North Run. Well done.

Cross-country numbers for the South Yorks season are on sale in the clubroom. £1.50 for your number, which you keep for all four races (includes the championship in January). Club colours to be worn. As our top vets will probably be at the national relays (Hull) on Oct 22, a special effort from veteran runners would be useful at Rotherham, Clifton Park.

Hugh O'Mara and Chris Ledwidge were missed from my "imminent vets" list due to our not having a record of their d.o.b.'s.

Mick Sheard at the Woodman, Masbrough, is keen to have the Winter Woodman back so it will be on this year, probably in a mid-November date to be finalised.

Anne Goggin has been very disappointed to hear that her application for shortened qualifying period has been turned down, she has to wait full nine months. In fact as one of her main interests is cross-country she has to wait 13 months! Officially, she "didn't make a strong enough case". Both Rotherham and previous club Retford had no objection- this is one of the possible reasons for allowing a shortened period stated in the BAF handbook, but they don't seem to accept it. It is particularly awkward for someone like Anne, who only entered the district last year, joined the local club in a proper manner (many would 'illegally' run unattached) and found

that they did not provide the competition she wanted. There may in fact be a future rule change to allow such newcomers an early transfer. Meanwhile, she is appealing against the verdict.

There will be time trials this year. However, the need for them, and their usefulness has changed over recent years. Ten years ago they were the main means of competition for most club members, and RHAC hardly featured in open events. In a deliberate effort to raise club standards the then road committee on which I was partnered by Peter Neal, Gary Roche and Dave Houghton among others, introduced the club championship series, which resulted in far improved representation of RHAC in inter-club races, a trend which has continued right up to the present day. In consequence of course the time trials have declined. But they are still useful for a number of reasons, though we expect never to see the fields of 120+ again.

If you have any views on club championship races for next season, make sure I get to hear them. Remember that, as it stands, it is a road championship.

Rob Holladay won the Penistone 10k last month, beating off challenges notably from the Barnsley runners. Being a local lad he would be well aware of the dangers of a course which is mostly uphill drag with a short unhelpful downhill to finish.

Many happy returns to Hon Sec Ralph Rowbotham, who was 60 last week.

The annual Dinnington Ding-dong, from Herringthorpe to Dinnington RUFC, was made into a "find-your-own-way" this year, perhaps mainly to solve marshalling problems for organiser Don Creamer. It didn't please clear race leader John Comrie who found his own way to Thurcroft without problem but then took the scenic route via unconfirmed locations which sound like Letwell or Firbeck. In the circumstances Phil Roberts won easily. A fine social evening was had by (nearly) all.

Some colleagues are proving reluctant to let me have their news, especially race performances. Pbs are pbs no matter who you are or what they are. Your club values your efforts and particularly your improvements.

And finally.....

a quote from G.K.Chesterton:

"Beware the day your dreams come true"

The success of the club in the last couple of years puts us in dangerous territory. Getting there is one thing, staying there and going on is quite another. We need new members, of all varieties, we need new organisers, new coaches and new ideas. We need more quality runners, organisers, coaches and ideas. You can all play your part. It is your club.

Club Championship Races 1995

Races gone and counted: 1 Ferriby 10; 2 Norton 9 ; 3 Spen 20; 4 Doncaster Half; 5 SYRL 1; 6 Sheffield Half; 7 SYRL 2; 8 SYRL 3; 9 Eyam Half, 10 Askern 10k; 11 Club 10; 12 SYRL 4; 13 Stainforth 10; 14 Damflask relays.

Results wanted for: 15 Thurlstone Chase, 17 Armthorpe 10k,

Off: Rotherham 10k

Remaining:

19 Maltby 10 on Oct 8th

20 Hallcross 10k on Oct 15th

21 Worksop Half on Oct 29th

22 Holmfirth 15 also on Oct 29th

Additional race to replace Rotherham 10k:

23 Abbey Dash on Dec 3rd

This list is now final

News Briefing is produced for the improvement of middle and long distance running in the Computing/IT Department of Wickersley Comprehensive School by kind permission. Members' plans, results and news are always welcome irrespective of performance but articles and letters cannot be printed without prior arrangement. Photos are especially welcome