

Yorks Relays

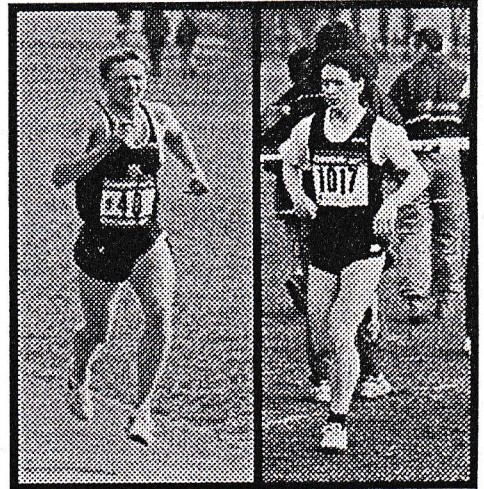
FINE EFFORTS AS LADIES TAKE BRONZE

The main news is the good news; this was a very fine turn out of young runners who did the club proud, and both the men and women ran well under adverse circumstances to bring us fourth and third place respectively.

It really is fine to see so many Rotherham young athletes turning out again in races like this, and whether they are in winning or placed teams or not their enthusiasm is infectious, and Dennis Russell and Malc Whitaker in particular greatly deserve RHAC's congratulations, together with a whole mass of parents and supporters. Highlights in the boys results was perhaps the second place of the under-15 boys with fine times from both A and B team runners, spearheaded by a sharp 10.04 for the 1.87 mile stage from Richard Lomas, who recently joined us from Steel City. As for the ladies, the under-17s put both their A and B teams in the placings, though regrettably the B team could not take the bronze awards. The star among good performances here undoubtedly was Katy Storey's 11.47, just 10 seconds outside fastest on the day.

When the women's event got under way, in gathering gloom and cold, there was no indication that we would place so well; it was consistent running from all four which swung the result, together with the fact that some well-placed teams could not raise the fourth stage runner. The ladies were justifiably delighted to take third place behind an extremely powerful Leeds, and Halifax. With some first choice runners unavailable or inelligible, Caroline Dauris stepped into the squad and showed promising form in her inaugural run.

In the men's race, RHAC was in various ways the most impressive club on the day; despite the difficulty we have (see P2) we support this event better than any other club at senior level. Three teams turned in very solid performances, highlights being fine stage one runs from Mark Ruddleston and Paul Rowland (Paul having dropped to the B team due to not being well on the day, in fact turned in the fastest RH time, it can happen) and a vibrant 20.06 from Steve Elvidge. Phil Roberts stepped up to the A team, and together with Lee Collingwood, Peter Neal and Ian Lanceley kept us well enough in the hunt for Peter Morris to storm home in 19.32, taking two places on the last stage. There was a promising debut from Robert Rhodes, ever-present Phil Smales is getting quicker! Steve Inglis is not quite old enough to run in the senior squad here, but he turned in a fast under-17 stage in 9.26.



Paul Rowland and Julia Jennings:
RH fastest at Wakefield

Northern 6-Stage Relays and Ladies 4-Stage Don Valley Stadium, next Saturday 5th Oct

Starts 12.30 (ladies) 2.00 pm (men)

Do yourself a favour and go along to spectate and support. This is a truly brilliant spectator event, start, changeover and finish on the running track and utilising the paths in and around the stadium. RHAC have two outstanding teams both men and women, the men have three international runners included in their squad and have been obliged to leave out some fine runners and supporters. Probable teams: RHAC A Rob Holladay, Chris Parkes, Paul Rowland, Dave Tune, Lee Collingwood, Andrew Aked. RHAC B Mark Ruddleston, Paul Bennett, Steve Elvidge, Mick Tune, Ian Lanceley, Paul Venables. Ladies probably select from Janet Hindley, Julia Jennings, Anne Goggin, Hilary Garrison, Caroline Boyd, Sharron Burton, Gill Bunker, Caroline Dauris.

GB Vests for Rob and Dave

There was plenty of good reason to walk tall last month, with both Rob Holladay and Dave Tune rewarded for some consistent good running and improvement by international calls at the highest level.

Rob returned 66.38 in the Hamburg four-nation under-23 international, finishing sixth (ninth overall) and securing first place for Britain along with his colleagues Mark Steinle (Blackheath, winner, 2nd overall) and Matt Vaux-Harvey (10th, 18th overall). A brilliant result especially considering he is new to this distance, I suppose under-23s often are!

Though it is a decent time by normal standards, Dave would be not so happy with the outcome of the Palma race, 1h09m, clearly the heat and humidity were the problem as quite a lot suffered apparently. But a great experience, and achievement to get there, and he will be on the scene for a long time. The effects of the race may well force Dave out of the Northern Relay event, which would disappoint him and us, but if so it can't be helped. The National awaits.

On behalf of all the racing RHAC members, congratulations to both Rob and Dave.

The 109th Annual General Meeting of RHAC

will take place on **Thursday 10th October at 6.30pm** in the Council Chamber, Grove Road (opposite top of Mansfield Road, same as last year). Voting is restricted to members over 14 though others are allowed to attend. If you like the way things are done and run, go along to ensure it continues; if you don't like it, go along to oppose. Either way, this is a democratically run club and all members should contribute.

Yorkshire Relay Results

RHAC A (6 x 3.83 miles)	1	Wakefield	36.56
Mark Ruddleston	2	Rotherham A	37.36
Lee Collingwood	3	Rotherham B	41.48
Phil Roberts			
Peter Neal			
Ian Lancelley			
Peter Morris			

RHAC B			
Paul Rowland	19.16		
Steve Elvidge	20.06		
Alan Chell	20.50		
Dave Hindmarsh	20.50		
Jerry Spencer	21.36		
John Comrie	20.42		

RHAC C			
Ken O'Mara	20.51		
Alan Gregory	22.00		
Rob Rhodes	21.32		
Steve Gaines	21.23		
Phil Smales	21.25		
Tim Drake	21.56		

1	Leeds	1.56.40
2	Bingley	1.57.14
3	Spenborough	1.58.17
4	Rotherham A	1.59.35
5	Holmfirth	1.59.52
6	Longwood	2.00.13
7	Sheffield	2.00.47
8	Wakefield	2.00.53
9	Knavesmire	2.01.17
10	Hallamshire	2.01.22
11	Rowntrees	2.02.30
12	Barnsley	2.03.06
13	Rotherham B	2.03.20
14	Pudsey & Braml	2.04.41
15	Halifax	2.04.55
16	York PSP	2.05.39
17	Hallamshire B	2.05.46
18	Keighley	2.07.05
19	Spenborough B	2.07.52
20	Wakefield B	2.08.44
21	Rotherham C	2.09.07
22	Otley	2.09.14
23	Leeds B	2.10.39
24	Barnsley B	2.12.48
25	Harrogate	2.13.24

RHAC Ladies (4 x 1.87 miles)		
C.Dauris	11.57	
C.Boyd	11.30	
J.Jennings	10.32	
H.Garrison	11.13	

1	Leeds	41.42
2	Halifax	44.38
3	Rotherham	45.12
4	Pudsey & Bramley	45.24
5	Spenborough	46.46
6	Bingley	46.50
8	Wakefield	47.25
9	Valley Str	47.46
10	Barnsley	49.49

U17 Women (3 x 1.87 miles)		
Katy Storey	11.47	
Clare Austin	12.59	
Lynsey Whitaker	12.49	

Rachael Kay	13.37
Carla Foster	12.53
Rachael Hart	15.30

U17 Men (3 x 1.87 miles)		
Steve Inglis	9.26	
James Silk	11.52	
Owen Thomas	12.47	

position not yet reported

U15 Girls (3 x 1.87 miles)		
Katie Walker	12.40	
Selina Hinchcliffe	14.30	
Nicola Chell	13.10	

Simone Goldsbrough	13.14
Laura Nunn	13.44
Charlotte Birch	13.40

position not yet reported

U15 Boys (3 x 1.87 miles)		
Richard Lomas	10.04	
Ian Whitaker	10.26	
Kristen Cawthorne	10.55	

Cain Green	11.05
Damien Russell	12.22
Martin Bradbury	11.48

1	Holmfirth	30.24
2	Rotherham	31.26
3	Holmfirth B	31.51
4	Leeds	32.10

U13 Girls
(straight race 2.4k)

Lynsey Carnell	10.45
Charlotte Chell	11.56
Eleanor Thomas	13.28

U13 Boys
(straight race 2.4k)

Simon Francos	13.14
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BITTERSWEET RESULTS - AND THE TEAM THAT NEVER WAS

But, as always, the down side! Performing at the Yorkshire Relays is a bittersweet experience. When Roger Norton, writing in AW, says "Below strength Leeds City beat even more below strength Bingley in an interesting race.....", what he doesn't say is that Rotherham are forced year after year to turn out below strength due to the ridiculous qualification rules. We only lose some of our runners, of course- on this occasion Dave Tune, Mick Tune, Paul Bennett and Andrew Aked in particular, though injured Mick Thompson would have been in the frame.

We could still go and win this event, and next year we might. But the loss of such quality runners has knock-on effects apart from their own contribution. First, our main strength recently has been the reliability of runners and the continuity of teams, and its hard to persuade top athletes that we should just do without a good number of them (whilst of course Leeds, Wakefield etc can pick who they choose); they just can't take such an event seriously, so we lose more support for the Yorkshires. What I find far worse however is that members and officials of other clubs are not aware of the rules or the situation. Barnsley officials thought on the day that we couldn't get top runners to turn out! Nothing could be further from the truth, and it hurts.

Dave Tune's ill-fated attempt to get a guest team into the relays was I am sure partly down to frustration at not being able to represent and encourage his club there. He got the support of Granville Beckett, Frank Gleadhill and Ron Needham (NEAA secretary, race referee and organiser) to run a guest team comprising non-Yorks-qualified and suspended runners (from Tune D, Tune M, Bennett, Cooney, Connolly, Harris, Aked), but the lone objection of another committee member scuppered the venture (allegedly on the grounds that the guest team would pace the Rotherham A team!!). In the event, Dave was allowed to guest solo on the first stage, which he headed home by a fair margin.

There is some rumour there might be an open-entry event next year (ie. the Wakefield Relays, incorporating the Yorkshire Championship), if so it would be timely because I am seriously considering the possibility that we drop the Yorkshire event and go to the Greater Manchester Relays next year. They are on the same weekend, and they will accept our first team as it is selected (though of course we can't win the GM championship). There again, a lot of runners like to compete in their own county championship. Could we do both?

Listed opposite are the current placings in the club championship, without Askern 10, Sheff Marathon and Half. These I have been promised.

Remaining races are Maltby, Hallcross, Worksop, Holmfirth, Barnsley 10k and Woodhouse 7.

please notify errors to PH.



In form Mark Ruddleston leads out the Penistone 10k, where he took the team award together with Paul Venables and Phil Smales. Martin Connolly would have been amongst them, he is not yet qualified (1 st Feb). The event was won by HH John Pyrah. Both Mark and Paul lost out on the steepish descent.

Runners' News

• Chris Beighton sadly is injured again and has not run for a couple of months, keeping reasonably fit cycling. We hope he will be back soon.

• Chris Parkes resumption of training has come before his injury problem cleared up, though it is improving. Perhaps it was not going to clear entirely, that must be his worry, but he has kept it sensible with Peter Purdy's help and has been doing less than 10 miles a time until very recently. He is aiming to run the relays, and later the Percy Pud. The South African invite to a class November 10k is on hold, a matter of wait and see, as is the New Year training trip although it is still well on the cards.

• Monthly Draw: £80 no.186, Brian Gent; £10 each: 78 Alison Brown, 19 Carl Smith, 72 Mick Hollowood. 220 numbers sold; thank you Brian.

• Doncaster PWAC and Stainforth DAC have each voted in favour of a club merger, which I understand is to go ahead on Jan 1st 1997. Askern DAC, who were also widely believed to be involved, voted emphatically 28-2 against and thus will remain a separate club.

• Richard Harris' appeal to have 9 months suspension reduced has failed, he will therefore qualify on April 1st, just in time for the 12-stage relay, fitness and form permitting. Whilst there are arguments for and against athletes changing between big clubs I cannot see how a nine month suspension in this case (transfer from Rother Valley Swallows, with their full support) serves the interests of anyone, or of athletics in general. Darren Cooney may also be making such an appeal, the grounds being "neither club objecting". We are not too optimistic, but if the rule is never applied, why is it in the rule book? For members' interest, the relevant BAF rule (Rule 5 Hardship Exemption) states:

"... (3) The First Claim and Hardship Committee shall have the power in any case where it considers that the general welfare of athletics will best be served by making an exception to the First Claim Rules, to grant exemption, either wholly or in part, from these Rules. Such exemption, either in whole or in part, may be granted on one occasion only.

Grounds for the granting of exemption, in whole or in part, shall include but not be limited to:-

- Where the application has been made as a result of a genuine change of residence, or
- Where the original Club is unable to provide the athlete with adequate competition or facilities, or
- Where both Clubs concerned (ie. the Club from which the athlete has resigned and the Club which the athlete now wishes to represent) have no objection....."

• Early returns from the Nottingham Robin Hood Half marathon show Kerry Booth 1.25, Roy Butterworth 1.26, Jane Clark around 1.30, Alan Brown 1.37, Ken Horan and Jen Baker 1.47, Phil Widdowson 1.52, Pat Wells 1.53, Indira Lathia 1.54. In the full marathon event, Malc Palfreyman had a superb 2.51 in 19th place, but category over-50 position not yet known. Phil Haigh did 3.16 in the

marathon; Richard Bennett won the 'fun run'. all of us.

• No surprise to see Mark Ruddleston at the Wentworth Dragon Dash 3 miler 'fun run' a week last Sunday, burning up Chris Earl and Peter Mirless to win handsomely, Ian Lanceley and Sam Comrie in close attendance. Mark however is well aware beating Peter on a Saturday and a Sunday are sometimes two different propositions.

• Meanwhile, last Sunday saw Steve Elvidge win the Bradway 'fun run', surprised slightly to be the only RH member there among the Hallamshire lads. We are definitely putting ourselves on the map at the 'fun runs'!

• Peter Neal ran off with the Dinnington Ding-dong, Nigel Brookes placing second and Steve Elvidge close by. The ladies' race was won by Anne Goggin, back after a long study break and looking forward to some serious competition. Peter also held off Richard Harris to win the Firbeck 10 the week before. Many thanks are due to Don Creamer for organising us these two very enjoyable sporting and social events, both of which were well attended.

• My apology to Sharron Burton for missing her from the list of vet category winners and places at Doncaster Town Centre.

• A fine second place at Gainsbrough 10k for Andrew Aked in a 32 minute time which connoisseurs of the course say is worth a lot more. Together with Paul Bennett and Mick Thompson, he picked up the team award as well. Sadly Mick has since been struck down with slipped disc trouble, which I understand is improving only slowly. Best wishes from

• The Annual Christmas Party, for seniors only, will be on November 29th at the Rugby Club and will take the form of a sixties' night. Tickets £2 from David Haywood, further details in next month's Briefing.

• A sharpish 10 mile time for Andy Parkin, running 6th with 56.31 last week at the Tuxford 10, the event won by Andy Tarry (Redhill) in 52.40.

Woodman 10k Wednesday 13th November. This popular event is the first run of the new Winter Series where Kimberworth, Maltby and Rotherham will again be combining. There may be a new course, off at 6.45 from the Woodman, Masborough (some changing at the pub, a bite after).

After this first event, we intend to make the awards for the last series where Alan Mirfin and Peter Neal were the winners, also some runner-up awards. Mementoes to go to the following: Alan Mirfin, 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. Any errors, inform PH.

The series probably will be Woodman, Green Bricks, Kimberworth hosting, Maltby hosting, and another in five consecutive months.

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 Leeds (?)
Sun 5 Jan possibly	South Yorks League 3
Sun 5 Jan	Yorkshire Vets Cross-C Ilkley 1pm
Sun 19 Jan	South Yorks League 4
Sat 25 Jan	Northern Cross-country, Durham
Sat 15 Feb	National Cross-C Relays, Mansfield
Sat 8 Mar	National Cross-country, Havant
Sat 22 Mar	British Vets Cross-country, Sunderland

Oct/Nov Races

Sat 5 Oct	N Men 6 Stage Relay, Sheffield 2pm
Sat 5 Oct	N Wom 4 Stage Relay, Sheffield 12.30
Sun 6 Oct	Maltby 10 10.30
Sun 6 Oct	Horsforth 10k
Sun 6 Oct	BAF Sen & Vet 10k, Solihull
Sun 13 Oct	Rowntree 10 11am
Sun 13 Oct	Hallcross 10k 11am
Sat 19 Oct	Whitbread Chase Tinsley 1pm
Sun 20 Oct	Bridlington Half noon
Sun 20 Oct	N Young Ath Relays Sheffield 11am
Sat 26 Oct	National Mens 6 stage Relay, Sutton Pk
Sat 26 Oct	Cutler's Relays
Sun 27 Oct	Worksop Half 10.30
Sun 27 Oct	Holmfirth 15 10.30
Sun 27 Oct	Nat Womens 4xRelays Sutton Pk
Sun 3 Nov	Barnsley 10k noon
Sun 3 Nov	Guy Fawkes 10, Harrogate 10.30
Sun 10 Nov	SYXC League 1 Graves Park 11am
Wed 13 Nov	Woodman 10k 6.45 Winter Series
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 Campsall 11am
Sun 24 Nov	Clowne Half 10am
Sun 1 Dec	Percy Pud, Loxley
Sat 14 Dec	Round Rotherham