

October
1997Serving the Rotherham Runner
First Wednesday each Month

Yorks relay results

RH Sterling Performance

The Rotherham Senior Men, Women, and Under-17 men all achieved silver medals at the Yorkshire relays last month at Wakefield, the first time we have had such a concerted success. Pride of place should go to the under-17 team of Jamie Russell, Richard Lomas and Steven Bates bearing in mind that they are in fact under-16. Only a big strong Holmfirth team kept them out as after initial good work from Russell and Lomas, Steve Bates impressively pulled back Halifax- but he never had a chance of catching Holmfirth. Good squad strength was evident as Rotherham N placed 8th through Ian Whitaker, Cain Green and Jamie Silk.

The U-17 ladies were amongst the medals too, lifting the bronze award through the efforts of Lindsay Whitaker and Rachel Hart after Carla Foster had posted the fastest time of the event on stage one. Good representation at U-15 too with Lyndsay Carnell, Nichola Chell and Charlotte Birch whilst the under-15 boys posted two complete teams from a squad comprising Kirsten Cawthorne, Damien Russel Andy Blackner, Philip Marshall, Simon Francos and with David Bates and Simon Toseland making their inaugural appearances after transfer from Doncaster and Wombwell respectively. This was a brilliant turn-out from RHACs youngsters which is a great tribute to the effort of coaches and parents together, special mention due I would say to Dennis Russell and Malc Whitaker.

The Under-13 events are team races but not relays, I don't know why, perhaps its against age rules. Anyway Tacey McNaney just missed out on individual bronze but lead her team of Linsay Muscroft and Joanna Toseland to the third spot, whilst the boys fielded Richard Stephenson, Adam Booth and John Gill.

The ladies are no strangers to Yorkshire medals, having previously run third. A very sound performance, and no shame to come second behind Leeds AC ladies who are a power in the land. Julia Jennings set us off well and the progress was continued by Katy Storey making a welcome senior debut. Hilary Garrison pulled back one place to third and Julie O'Mara shot into second place fairly quickly, but there was never any chance to catch first and she took a sensible view of the leg.

I reckon this the strongest squad all round we have put out for a while. Jane Clarke had a particularly good stage in the B team and together with Sharron Marshall, Sharon Burton and Caroline Dauris won an impressive 6th place.

The men too ran second but in their case the final destination of the medals was anything but certain, right up to the end. It was probably a tactical mistake to run Rob Holladay on stage one as he was forced to run from the front into a strong breeze for much of the two-lap course with a variety of lesser performers sitting in behind him. Though he gave us the lead, he might have caused more damage on stage two or later. As it was, Mick Tune held our prospects up by keeping with the changing lead and only Hallamshire managed to get clear away from Paul Rowland on three.

The event looked lost but a typical flyer from Luke Field put us back into first place, confirmed by Mark Ruddleston's run. It was all touch and go, and as it proved we had not done enough early on for Alan Chell to hold off a strong Hallamshire runner on the final leg. We always knew that a strong team could take Bingley and Leeds in this event; as it turned out Bingley were all but absent with only Colin Moore looking strong, they finished well down, whilst Leeds did not field a full team, their sixth runner (on stage 1) not being pre-entered, and their fourth place effort resulting in disqualification. The young Hallam team ran well and deserved their success, but we could have beaten them. As it is, I can only say how proud we should be of the team we fielded on the day, their attitude and effort were exemplary and they thoroughly deserve their medals.



Luke Field (above right) lines up for the six-stage team after some impressive relay running. Seen here Luke is at the Dewsbury 10k

Yorks Vets Relays

Vets Still Lead in County 1-6-10 Says it All

Rotherham Vets' stranglehold on the Yorkshire Relays was maintained at Mickletown with a devastating performance which saw Ian Temperton on bright form, barely shaded for first place on stage one and running fourth fastest time of the day which set up first Steve Gaines then Peter Neal for powerful performances which effectively held off a resurgent performance from Sheffield AC. The 13 second lead Peter Morris took into the anchor stage was more than enough as he blasted out the fastest time on the day leaving us winning more impressively than we thought we might.

The loss of top men like Chris Beighton, Paul Venables and Dave Hindmarsh cannot be shrugged off, but Temperton, Gaines, Neal and Morris were more than equal to it and what's more the B and C string performances were brilliant. Steve Gaines only just got the nod from Steve Elvidge for the A squad, and Steve's 13:16 time was a key feature in the impressive 6th position achieved together with Phil Eddison, Geoff Turner and Alan Chell. Welcome returns for Jerry Spencer and John Atkinson too; they joined Terry Hawley and Alan Gregory to complete a tremendous effort by the RH club.

Northern entry list

Tune Takes Six-stage Option

Rotherham Six-stage prospects took a leap this week with the news that Dave Tune lines up in a distinguished outfit which on paper at least is as strong as we have ever fielded. Dave is non-travelling reserve for the GB world cup half marathon team, and we still have to face the possibility he could be called up late, but he has resisted the lure of a GB appearance in Holland on the same day in favour of Belfast the following week- which allows him to appear at Don Valley on Saturday with a bunch of team-mates which he has done so much to encourage.

After a couple of seasons in SAC colours fighting off the attentions of Rob Holladay, newly-qualified Darren Cooney now looks like taking on the task of pitching Rob in at the deep end on stage two, which of course he would relish. Possibly Dave will go next, which could ask a top performance from Paul Bennett following. Paul has not always done himself justice in the relays, but he is up for the event and on his day he is fearsomely fast, none more so. This could line up Luke Field and Lee Collingwood for a demanding conclusion. Luke has forced his way into the A squad with some brilliant relay running which belies his relative lack of experience, and Lee is no stranger to late stages of relay teams where stern questions may well be asked.

There is some strength in depth in our entry, even with impressive absences due largely to injury, such that I reckon the slowest six of the 24 (always supposing you could identify them) would qualify us for the national event by placing in the first 15 teams. As it is we will probably go with a B team comprising John Comrie, Mark Ruddlestone, Ian Lanceley, Martin Connolly, Mick Tune and probably Peter Morris though Peter Neal, Phil Roberts and others are possible. Best promotion to the A team if the need arises could well be John Comrie. John has been storming around the longer distances and seems to recognise no limits at the moment. Peter and Ian are both back from injury; Mark is back on extended good form and Mick has run some real class stuff lately. With less-demanding work arrangements Martin is threatening to get back to his standards of a couple of seasons back which saw him running the same sort of relay times as our best runners.

It would not be any great weakening if we had to call in reserve runners on the day; Steve Inglis has had a short lay-off, Richard Harris has been ill. Steve might step in whilst Peter Neal, Phil Roberts will be there on the day as alternatives. Sadly, Peter Pleasants appears to have had a setback in his return to racing and Andy Aked has had flu, but Ken O'Mara has announced his intention to come back into contention with a serious run at Penistone, and by their runs in summer relays, local races and road leagues Steve Elvidge, Steve Tompkin and Tony Carroll have attracted attention. Our list is completed by Tim Drake who has been in the throes of moving house to Geordie-land due to a job switch. The entry list of 24 is below:

Northern Relay Entry list

6x4miles 2 teams allowed

24 names allowed

R.Holladay	L.Collingwood
M.Tune	M.Connolly
D.Tune	D.Cooney
I.Lanceley	P.Morris
J.Comrie	S.Elvidge
M.Ruddlestone	A.Aked
P.Neal	T.Carroll
P.Roberts	P.Pleasants
L.Field	P.Bennett
P.Rowland	S.Inglis
T.Drake	K.O'Mara
R.Harris	S.Tompkin

Right:
John Comrie and Steve
Elvidge discuss the
course after their 1-2 in
the annual Dinnington
event.
Thanks to Don Creamer
for organising.

Yorkshire Vets Relays Mickletown July 13

Rotherham A		
I.Temperton	12:51	2nd
S.Gaines	13:14	1st
P.Neal	13:09	1st
P.Morris	12:45	1st
(fastest stage)		
Rotherham B		
P.Eddison	13:55	10th
G.Turner	14:22	10th
S.Elvidge	13:16	7th
A.Chell	13:33	6th
Rotherham C		
A.Gregory	14:26	16th
J.Atkinson	14:00	11th
T.Hawley	14:06	10th
J.Spencer	14:13	10th

1	Rotherham A	51:59
2	Sheffield A	52:41
3	City of Hull A	53:33
4	Steel City A	53:39
5	Holmfirth	54:22
6	Rotherham B	55:06
7	Spenborough A	55:43
8	Barnsley A	55:49
9	Bingley	56:39
10	Rotherham C	56:45
11	Steel City B	57:25
12	Longwood	57:32
13	Ackworth A	58:26
14	Sheffield B	58:35
15	Otley A	59:27
16	Wakefield A	62:00
17	Otley B	64:37
18	Wakefield B	65:26
19	Ackworth B	65:32

Ladies

Caroline Boyd	16:14	4th
Hilary Garrison	15:40	2nd
Julia Jennings	15:12	2nd

1	Sheffield	45:34
2	Rotherham	47:06
3	Spenborough	49:04
4	Barnsley A	51:04



Runners News

••Paul Venables reports his knee operation apparently a success, he is back in training. In Chris Beighton's case, we wait to see.

••Swansea Bay 10k on September 21st saw Dave Tune heavily engaged with the Kenyan connection, five of them getting in the first seven with Dave placing 10th in 29:44, just shaded by Rob Birchall. First non-Kenyan home was Ian Hudspith of Morpeth, running 5th in 29:18 in north of England colours.

••I am sorry that the September issue was a bit of a pot-boiler, short on news and done in a rush- reduced circulation resulted. Let me therefore take the opportunity to repeat our welcome to Keith Williams from Spenboro and Tony Turner from Kimberworth, both class vets who have come to RHAC first claim during the summer. Both qualify April 1998. Keith ran as planned at Penistone, not all that happy at his performance but nonetheless running 6th overall. This would of course have landed him a team award but being a non-scorer it was left to Ken O'Mara (12th) and Phil Smales to join a great third place run from Martin Connolly to take the team award. Martin wasn't delirious either, certainly a good performance but he does not like coming down the big hill.

Martin's return to good training, and hence racing, is looking better and better. He ran at Tuxford last week, and although he ended up running around 56 minutes it was a much better performance than that. He actually ran on top of a tetanus injection after being soundly bitten by a dog whilst out training, in, shall we say, a tender part of the anatomy.

••Darren Hale's continued good form was something which didn't slip past the author in the September issue; he is at present on a civilian medical course as part of his planned exit from the Royal Army Medical Corps due in March. His RH qualification date is Feb 1st.

••John Comrie won the Dinnington Ding-dong, 8.5 miles approximately to Dinnington RUFC last month, shadowed all the way by Steve Elvidge who finished second. Results continued Terry Hawley, Tim Perks, Phil Smales, Peter Humphries. This being a self-navigating event times are irrelevant.

••Holbeach 10
A fine 54:56 from Mick Tune to take third place on an unpleasant day at Holbeach. The event was won in 54:09 by Lincoln Wellington's A. Shepherd. Mick has posted some good performances dating back to the Doncaster 5k or beyond and is lined up for the Rhiems Half marathon after the six-stage.

••NB No matter what AW says, the northern women's event is not on with the mens' on October 5th but on the 19th, Sunday, at 10.30.

••Maltby Ten off
Sad news from our colleagues at Maltby RC that their annual ten-mile race is not to take place; I gather lack of backing and manpower are major factors. It's a great pity as this was a class event, well done, and highly popular among RHAC members to say the least. We have to sympathise with MRC; I know from personal experience just how much work is involved in organising a big event like this. Runners seldom realise that it takes months for the organisers, literally, of doing little else, and sometimes the rewards are flimsy and appreciation scanty. I hope it can be got going again, but whether or not they have given us a great race which built up a fine tradition over its 13 year history.

••National Vets Cross-country relays
Advance notice of vets events is often noticeable by its absence. Veteran road and cross-country running is administered by various different groups who do not seem

October Fixtures

Sat 4 Oct	Skipton Cross-country 11.30
Sun 5 Oct	Horsforth 10k, Leeds 11am
Sat 4 Oct	Northern 6-stage relay, Don Valley
Sun 5 Oct	Maltby 10 is off
Sun 5 Oct	Selby Half noon
Sun 12 Oct	Hallcross 10k 11am
Sun 12 Oct	Rowntrees 10
Sun 12 Oct	Burton on Trent Half 11am
Sat 18 Oct	Whitbread Chase 1.30pm
Sun 19 Oct	Northern Young Ath relays, Don Valley
Sun 19 Oct	Northern Womens Relays, Don Valley
Sat 25 Oct	Cutlers Relays, Sheffield
Sun 26 Oct	Womens/Girls National Road Relays, Sutton Pk.
Sun 26 Oct	SY Cross Country (1) Graves Park 11am
Sun 26 Oct	Holmfirth 15
Sun 26 Oct	Worksop Half
Sun 2 Nov	Barnsley 10k 1pm
Sun 2 Nov	Barnsley Vets 10k 11.30
Sun 9 Nov	SY Cross country 2 Cannon Hall 11am
Sun 23 Nov	Clowne Half 10am
Sat 13 Dec	Round Rotherham Run

to inter-relate, in fact it's a shambles really. We were concerned at the lack of information concerning the annual National Veterans Cross-country Relays, at which we have done so well over the last few years, especially as the event has always been in mid-October. For two years it was at Cardiff, then two at Hull, last year at Sutton Park, each time organised by the region. I have traced it via Arthur Walsham at Northern Vets to the midlands, where it is to be organised by Mike Wrenn, so presumably again at Sutton Park. He says he will notify us but it won't be until December at earliest, possibly in the new year.

••Monthly Numbers Draw
Drawn at the Homestead 24/9/97 £70 No.9 Mark Ruddleston; £10 each no.106 Brian Gent, no.258 Tim Perks, no.187 Terry Rook. 200 numbers sold, thank you Brian.



Martin
Connolly
back on
racing form

Erewash 10 31/8/97

1	Joseph Kibor	Kenya	46:08
2	Andrew Pearson	Longwood	47:32
41	Darren Hale	RHAC	52:03
51	Lee Collingwood	RHAC	53:12
52	John Comrie	RHAC	53:33
74	Ian Lanceley	RHAC	55:26
89	Andrew Parkin	RHAC	56:35
180	Phil Eddison	RHAC	60:49
270	Roy Butterworth	RHAC	64:33
415	Richard Burton	RHAC	69:41
416	Alan Charnock	RHAC	69:41
54th L	Paula Fisher	RHAC	72:17
560	Malcolm Rhodes	RHAC	74:53
727	Graham Benton	RHAC	80:24
960	runners		

Yorkshire Relay Results

U13 Girls		
4	T.McNaney	9:40
6	L.Muscroft	9:50
22	J.Toseland	11:18

1	Wakefield	21pts
2	Rowntrees	23pts
3	Rotherham	32pts

U13 Boys		
7	R.Stephenson	12:27
16	A.Booth	13:40
21	J.Gill	14:32

U15 Girls Relay

L.Carnell	13:08	9th
N.Chell	14:06	10th
C.Birch	14:09	9th

1	Wakefield
9	Rotherham

U15 Boys Relay

K.Cawthorne	10:48	7th
D.Russell	11:38	9th
A.Blackner	11:39	9th

P.Marshall	11:22	12th
S.Francos	12:15	15th
S.Toseland	11:41	13th

1	Hallamshire	30:54
9	Rotherham A	34:03
13	Rotherham B	35:18

U17 Girls Relay

C.Foster	12:06	1st
(fastest lap)		
L.Whitaker	13:07	2nd
R.Hart 14:37	3rd	

1	Wakefield	37:37
2	Halifax	38:36
3	Rotherham	39:50

U17 Boys Relay

J.Russell	9:57	4th
R.Lomas	9:56	3rd
S.Bates	9:32	2nd

I.Whitaker	10:43	8th
C.Green	10:35	8th
J.Silk 11:52	8th	

1	Holmfirth	28:18
2	Rotherham A	29:25
8	Rotherham B	33:10

Junior/Senior Womens Relay

RHAC A		
J.Jennings	10:54	4th
K.Storey	11:27	4th
H.Garrison	11:41	3rd
J.O'Mara	10:49	2nd
RHAC B		
S.Marshall	12:33	9th
S.Burton	13:00	8th
J.Clark	11:49	7th
C.Dauris	12:30	6th

1	Leeds	43:28
2	Rotherham A	44:51
6	Rotherham B	49:52

RHAC Club Championship Series 1997

Remaining races:

23	Hallcross 10k	12 October
24	Worksop Half	26 October
25	Holmfirth 15	26 October
26	Percy Pud 10k	30 November

Club Annual Dinner

Saturday 1st November
at
Carlton Park Hotel
Tickets from
Mick Hague
or David Haywood

Price £18.00

Team Cross-country Fixtures 1997-8

NB All SY meetings start 11am

SY Champs Jan 18 entries close early on the day

Sun Oct 26 1997	Graves Park
Sun Nov 2 1997	Cannon Hall, Barnsley
Sun Nov 23 1997	Campsall Park, Doncaster
Sat Dec 13 1997	Thirsk
Sun Jan 18 1998	Cantley Park, Doncaster

Championship

Sat Jan 31 1998 Manchester

Sat Feb 21 1998 Mansfield

Sun Mar 1 1998 Belfast

Trial)

Sat Mar 7 1998 Cheltenham

Sat Mar 14 1998 Leeds

Sat Mar 28 1998 Lloyd Park, Surrey

South Yorks League 1
South Yorks League 2
South Yorks League 3
Yorkshire Championships
South Yorks League 4 &

North of England Championship
National XC Relays
British Championship (World

English Schools
English National XC Champs
British Vets National



Left:
In-form Mick Tune negotiating the curves at last year's 6-stage relay

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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.

Senior Men

R.Holladay	18:55	1st
M.Tune	20:06	4th
P.Rowland	19:42	2nd
L.Field	19:27	1st
M.Ruddleston	19:41	1st
A.Chell	20:42	2nd

1	Hallamshire	118:08
2	Rotherham	118:33
3	Holmfirth	122:13