October

1997

RHAC BRIEFING

Serving 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 impressivly 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 SimonToseland 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 damagae on stage two or later. As it was, Mick Tune held our prospects up by keeping with the changing lead and only Hallamshire managed tot keep 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 preentered, 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 sixstage 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 form 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 perfomance 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 Ruddleston, 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 sesasons 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

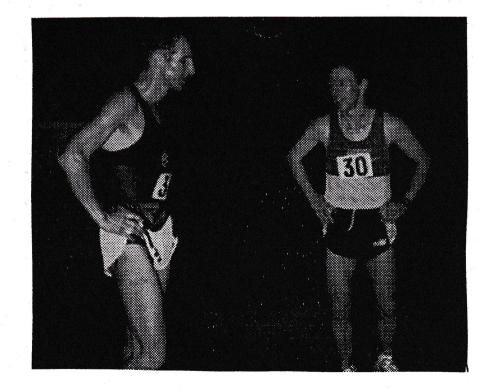
6x4miles 2 teams allowed 24 names allowed R.Holladay M.Tune D.Tune I.Lanceley J.Comrie M.Ruddleston P.Neal P.Roberts L.Field P.Rowland T.Drake R.Harris

L.Collingwood M.Connolly D.Cooney P.Morris S.Elvidge A.Aked T.Carroll P.Pleasants P.Bennett S.Inglis K.O'Mara S.Tompkin

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

Yorkshire Vets Relays Mickletown July13

IVIICKI	elown ji	шутэ	
Rotherha I.Temperi S.Gaines P.Neal P.Morris (fastest si Rotherha P.Eddiso: G.Turner S.Elvidge A.Chell Rotherha A.Gregor J.Atkinso T.Hawle J.Spencer	tage) m B n m C y n y	12:51 13:14 13:09 12:45 13:55 14:22 13:16 13:33 14:26 14:00 14:06 14:13	2nd 1st 1st 1st 1st 10th 10th 7th 6th 16th 11th 10th 10th
2 SH 3 C 4 St 5 H 6 Ra 7 St 8 Bá 9 Bi 10 Ra 11 St 12 La 13 Aa 14 SH 15 O 16 W 17 O 18 W	otherham A heffield A ity of Hull A eel City A olmfirth otherham B enborough A arnsley A ngley otherham C eel City B ongwood ckworth A heffield B tley A akefield A tley B akefield B ckworth B		51:59 52:41 53:33 53:39 54:22 55:06 55:43 55:49 56:39 56:39 56:39 57:25 57:25 57:32 58:26 58:35 59:27 62:00 64:37 65:26 65:32
Ladies Caroline Hilary G Julia Jenn	arrison	16:14 15:40 15:12	4th 2nd 2nd
2 R 3 S	heffield otherham penborough arnsley A		45:34 47:06 49:04 51:04



T.Carro P.Pleasa P.Benne S.Inglis K.O'Ma S.Tomp

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 lan 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 potboiler, 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 form 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 form 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 thaan 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 civilan 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

Sun 9 Nov SY Cross country 2 Cannon Hall 11am Sun 23 Nov Clowne Half 10am	Sun 23 Nov	Clowne Half 10am
Sat 13 Dec Round Rotherham Run		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

1

2

560

727

960

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

	Joseph Kibor	Kenya	46:08
•	Andrew Pearson	Longwood	47:32
	Darren Hale	RHAC	52:03
	Lee Collingwood	RHAC	53:12
	John Comrie	RHAC	53:33
	lan Lanceley	RHAC	55:26
	Andrew Parkin	RHAC	56:35
	Phil Eddison	RHAC	60:49
	Roy Butterworth	RHAC	64:33
	RichardBurton	RHAC	69:41
	Alan Charnock	RHAC	69:41
L	Paula Fisher	RHAC	72:17
	Malcolm Rhodes	RHAC	74:53
	Graham Benton	RHAC	80:24
	runners		

Yorkshire Relay Results

-			
U13 G 4 6 22	irls T.McNaney L.Muscroft J.Toseland	9:40 9:50 11:18	
1 2 3	Wakefield Rowntrees Rotherham	21pts 23pts 32pts	
U13 B 7 16 21	oys R.Stephenson A.Booth J.Gill	12:27 13:40 14:32	
U15 (Girls Relay		
L.Car N.Che C.Bire	ell	13:08 14:06 14:09	9th 10th 9th
1 9	Wakefield Rotherham		
U 15	Boys Relay		
D.Ru	wthorne ssell ickner	10:48 11:38 11:39	7th 9th 9th
S.Fra	rshall ncos seland	11:22 12:15 11:41	12th 15th 13th
1 9 13	Hallamshire Rotherham A Rotherham B	30:54 34:03 35:18	
U17	Girls Relay		
C.Fo		12:06	1st
L.W	est lap) hitaker art14:37	13:07 3rd	2nd
1 2 3	Wakefield Halifax Rotherham	37:37 38:36 39:50	
U17	Boys Relay		
	omas ates	9:57 9:56 9:32	4th 3rd 2nd
C.G	hitaker reen lk 11:52	10:43 10:35 8th	8th 8th
1 2 8	Holmfirth Rotherham A Rotherham B	28:18 29:25 33:10	
Jun	ior/Senior Wom	ens Relay	
J.Je K.S H.O J.O	AC A nnings itorey Garrison 'Mara IAC B	10:54 11:27 11:41 10:49	4th 4th 3rd 2nd
S.N S.B I.C	Aarshall Surton larke Dauris	12:33 13:00 11:49 12:30	9th 8th 7th 6th
1 2 6	Leeds Rotherham A Rotherham B	43:28 44:51 49:52	

RHAC Club Championship Series 1997

Remaining races: 23 Hallcross 10k 23

23	Hallcross 10k	12 October
	Worksop Half	26 October
24		26 October
25	Holmfirth 15	
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

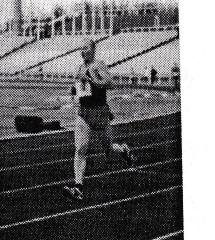
NB All SY meeting	s start 11am
SY Champs Jan 18	entries close early on the day
Sun Oct 26 1997	Graves Park
Sun Nov 2 1997	Cannon Hall, Barnsley
Sun Nov 23 1997	Campsall Park, Doncaster
Sat Dec 13 1997	Thirsk
Sun Jan 18 1998	Cantley Park, Doncaster
Championship	
Sat Jan 31 1998	Manchester
Sat Feb 21 1998	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 &

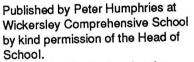
North of England Championship National XC Relays British Championship (World

English Schools English National XC Champs British Vets National

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



Senior Men			
R.Holladay M.Tune P.Rowland L.Field M.Ruddleston A.Chell		18:551st20:064th19:422nd19:271st19:411st20:422nd	
1 2 3	Hallamshire Rotherham Holmfirth	118:08 118:33 122:13	



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.

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