



North of England 6-stage relays

# Top Yorkshire Again

## Cooney, Holladay experience tells

The Rotherham relay team ran a race of utmost maturity last week at Don Valley Stadium in the last 6-stage event to be held there prior to building work. It is a nice position to be in when you lose a lot of runners unavailable or injured and still can rely on the quality and experience of a squad like this one.

Richard Harris had the unenviable task of stepping up to the A team at late-ish notice but coped well, doing everything we asked of him. The importance of time gaps is more significant than placing here, and although 33rd we were not too far adrift. The irreplaceable speed and experience of Darren Cooney and Rob Holladay pulled us back into serious contention as planned. Darren is back to form after a deliberate rest from competition, and his 20.37 put us 17th. Robert posted 20.39 in picking up another 7 places to tenth, not only displaying total understanding of what was needed, but also escaping from misdirection by officials at the half-way stage by hurdling the finish fencing. His way was 'official' blocked into the loop and with another runner was forced into the finish lane- we gather a well-known Hallamshire official was involved!

It is a new approach to us to pull back through the field in such a marked way, as we did also at the Yorkshire event. If adopting this method, putting your likely 'slower' runner on first, it can only succeed if your 'slower' runner is not really that slow, and if your team is quick and above all experienced at the relay game, which has to be learned in many cases. Bingley never recovered enough from their first stage (44th) and it gave us great joy to put West Yorkshire's (and last year's North of England) top club behind us, especially after the faint praise RHAC has received from the West Yorkshire press over the years.

Darren Hale with 21.15 pulled back another place, and although not quite at his best it did nicely on the day, as he gained us one and set the scene for a fairly typical Chris Parkes display, sprinting out of the start straight to the scepticism of many but then pulling back runners as though stood still. His 20.02 eighth fastest of the day threw Luke Field right in amongst it. Although some gaps were too big, Border, Sale, Morpeth and Bingley were in close attendance but Luke put them to the sword, notably holding back a late surge from Bingley's Andy Peace which looked threatening.

Largely because of vets involvement elsewhere due to altered relay dates, but also because of illness and injuries, we struggled a little at second team level. We eventually put out a competent competitive team which always looks good and is highly desirable, but we owe a

considerable debt to a number of runners who ensured we had a team by turning out when less than 100% prepared, notably Lee Collingwood, Steve Tompkin and Martin Connolly, who together with Tim Drake, Mark Ruddleston and Mick Tune ran us 33rd out of 76.

This was a super performance, holding last year's position and at last it is being noticed elsewhere that RHAC is appearing regularly in the top frame. Clearly we suffered a bit with Dave Tune and Andy Aked having to withdraw, but we have been working hard for a number of years to keep, and find runners of sufficient quality and depth that we can overcome such problems. Andy has been ill and Dave with difficult big international races before and after was not happy to stand down and hoped he would not have to- but there are different pressures on runners in his position and happily we all understand that.

And so to the National 6-Stage on 24th October with, we think, all our potential available including new qualifiers. Last year we finished an all-time best 10th place with a superb performance from Darren Cooney, Andy Aked, Paul Bennett, John Comrie, Le Collingwood and Luke Field. If we can do that without Dave Tune, Rob Holladay, Chris Parkes, Darren Hale and others, there is no telling what we might do now.



Darren Hale hands over to John Comrie at Cross Keys (results back page), Oldham. Team captain Mark Ruddleston supervises

**Yorkshire 6 Stage Road Relay****Thornes Park Wakefield 12/9/948**

Senior Men 6 x 4 miles approx

1	Bingley H	01:53:47
2	Rotherham HAC	01:56:05
3	Leeds City AC	01:59:23
4	Hallamshire H	01:59:32
5	Wakefield DAC	02:01:09
6	Holmfirth H	02:01:25
7	Barnsley AC	02:02:41
8	Keighley & Craven	02:02:57
14	Rotherham HAC"B"	02:06:12

24 teams

RHAC "A"

M.Ruddleston	19:26	4th
R.Holladay	19:07	2nd
W.Vayro	20:00	3rd
D.Hale	19:44	2nd
C.Parkes	18:22	2nd
L.Field	19:26	2nd

RHAC "B"

J.Comrie	20:32	11th
R.Rhodes	21:52	16th
P.Neal	21:10	15th
S.Elvidge	20:50	13th
J.Atkinson	21:15	14th
P.Morris	20:30	14th

other RHAC

T.Drake	21:16	19th
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Senior Ladies

4 x 2 miles approx

1	Leeds City AC	43:43
2	Wakefield DAC	45:23
3	Hallamshire H	45:43
4	Rotherham HAC	46:03
5	Barnsley AC	46:11
6	Sheffield AC	47:04
9	Rotherham HAC "B"	49:36

14 teams

RHAC "A"

C.Foster	11:24	7th
H.Garrison	10:58	4th
G.Bunker	12:03	4th
K.Storey	11:38	4th
S.Marshall	11:35	8th
P.Fisher	12:34	9th
L.Whitaker	13:09	9th
C.Dauris	12:18	9th

Under 17 Men

4 x 2 miles approx

1	Rotherham HAC	29:20
2	Holmfirth H	29:31
3	Leeds City AC	29:46

9 teams

RHAC	J.Russell	10:12	3rd
	I.Whitaker	09:33	2nd
	S.Bates	09:35	1st

Under 15 Girls

3 x 2 miles approx

1	Bingley H	36:15
2	Rowntrees	36:52
5	Rotherham HAC	38:56

9 teams

RHAC	L.Carnell	12:49	7th
	R.Smith	13:51	6th
	G.Wright	12:16	5th

**Club Championships**

Club Races recent/forthcoming

Maltby 10

Holmfirth 15

Percy Pud 10k

Woodhouse 7 if on

one long race to find

## Yorks 6-stage Relays

# Normal Service has been Resumed

RHAC retook its place as top in South Yorkshire at this event. At the same time, last year's depressed standards appear to have been put in reverse; Bingley turned out a squad of top runners and duly did for us on the day, but this was a fine Rotherham side which promises well. The fact that it would easily have won last year is of little consequence, but in noting that we were well behind the BH international stars, the Yorkshire Post and others of course failed to observe that we have again run Leeds out of it by a considerable margin; and, of course, that RHAC stands currently well ahead of any South Yorkshire opposition.

We started in fine style with a brilliant effort from Mark Ruddleston which put us 4th along with some of the county's top runners. Rob Holladay pulled in two more with a stylish 19.07 followed by Yorkshire debutantes Warren Vayro and Darren Hale which led up to Chris Parkes scurrying round in the fastest time of the day, 18.22 (jointly with Steve Green (Bingley)). Luke Field ran well too, but it was pure time trial stuff with more than two minutes in front and behind.

John Comrie launched the B team with a reasonable 20.32 where Robert Rhodes also debuted for us, finding it a bit hard on the day, with vets quartet Peter Neal, Steve Elvidge, John Atkinson and Peter Morris completing the team. Tim Drake ran a lone 21.16 which might have been quicker with team support.

Carla Foster and Katy Storey stepped into the senior ranks and helped RHAC to fourth place in the ladies' event with Gill Bunker and Hilary Garrison who ran our fastest time in 10.58. Otherwise notable was a fine 11.35 from Sharron Marshall, first off in the B team, showing what an improvement she has made. Backed up by Paula Fisher, Lyndsey Whitaker and Caroline Dauris, the ladies B team came 9th. Leeds City as usual were well away at the front.

The very promising RH under 17 men's squad got it right on the day and brought home the gold medals, beating the usual rivals Holmfirth by some 11 seconds at the end. With Richard Lomas still recovering from injury, RH fielded Jamie Russell, Ian Whitaker and Steven Bates on the day. Jamie's 10.12 third place gave a good opportunity to Ian which he was not slow to take, running a top-class 9.33 fastest time of the day which left Steve only 2 seconds behind Leeds, a situation which he rapidly remedied clocking 9.35, keeping Holmfirth well at bay, and looking very comfortable into the bargain.

**•Club AGM**

The Annual General Meeting of Rotherham Harriers & AC will be held at the council chambers on Moorgate (the usual venue) at 6.30pm on Thursday 15th October. Elections will be held, we understand that president Brian Harney and secretary Ralph Rowbotham intend to stand down after doing a sterling job for RHAC. If so, we will amplify after the AGM.

**Winter Series 1  
Woodman****Wednesday 11th  
November 6.45****Usual categories  
Usual attractions**

**South Yorks Cross-country**

The format is the same as last year, with the senior event first (11am). Numbers can be obtained (keep for all four events) at the kiosk or on the day, please in the latter case give yourself time. The venue for the last event may not be Cantley as has become traditional, we wait to see. The start is at Graves Park with the second event, on Remembrance Day, moved in Rotherham to Herringthorpe Valley Park.

**Great North Run**

Good times for Dave Tune, as you may have seen on BBC, and Lee Collingwood, who is happy enough with his 1.11 to kick-start his winter season after reduced training. John Atkinson certainly had a good one and will now be seeking to join Equity after his starring TV role; Terry Hawley not quite as happy after his run but Tony Turner and Jerry Spencer just about on the mark.

**Maltby 10**

Won in a new course record of 51.30 by Askern's Dave Bond, who is a difficult prospect on a course which is deceptively difficult and wide open to the wind. Some 90 seconds adrift was Luke Field, perhaps a bit over his current sharpest distance but a pb nonetheless, and Paul Venables easily first vet in third place but not quite able to hold the front on the day. Paul has trained hard and is back on fine form. Around 200 runners turned out, not bad considering last year's omission and the Great North Run on the same day. Full results awaited.

**Dinnington 6 Cancer Charity Run**

Andy Parkin (33.42) back in the frame here as usual but headed on the day by Dinnington's own Terry Eastwood (32.36), who runs in the colours of Steel City Striders. Steve Wraith (33.54) close behind with Don Gill, Peter Humphries and Simon Francos who at only 14 years of age is quite a prospect at road running.

**Hallam off-road 10k**

Second place at Graves Park was won by James Dixon who gladly now seems free of the injury which marred his spring season. James is strong on courses like this and as he also has a fair turn of speed we look forward to his joining our racing teams now he has qualified after transfer from Wombwell AC. Other best placed RH runners on the day were Kerry Booth (18th) Steve Phillips (19th), John Beckett (21st) and Sharon Burton (3rd vet lady)

**Yorkshire Cross-country**

RHAC has agreed to host the Yorkshire County Cross-country on Saturday 10th January, the likely venue being Herringthorpe Valley Park with a new course lined up for the approval of the YCCA organisers. Despite the possibility of a hill or two, the big attraction of this venue is the enormous area available - a three-lap course is easy, whilst for example Clifton Park would need about 6 for the 11k senior men's event. Also access and parking is no great problem.

**Winter Series**

The same formula more or less is intended for our domestic winter races, with

## October/November Fixtures

Sun 4 Oct	Great North Run
Sun 4 Oct	Horsforth 10k
Sun 4 Oct	Scarborough Coastal Classic
Sun 4 Oct	Maltby 10 10.30am
Sun 11 Oct	Lyons Maid (Rowntrees) 10 York 11am
Sun 11 Oct	Humberston Half 10.30am
Sun 18 Oct	Bridlington Half noon
Sun 18 Oct	West Lindsey 10k Gainsborough 11am
Sun 25 Oct	Holmfirth 15 10.30am
Sun 25 Oct	Workshop Half 10.30am
Sun 25 Oct	SY Cross-country 1 Graves Park 11am
Sun 1 Nov	Barnsley 10k 1pm vets 11.30am
Sun 8 Nov	SY Cross-country 2 Rotherham
Wed 11 Nov	Winter Series 1 Woodman
Sun 22 Nov	SY Cross-country 3 Campsall
Sun 22 Nov	Clowne Half 10am

the first race same as last year's course at the Woodman, Masborough on Wednesday 11th November kicking off at 6.45pm. Subsequent races to be decided but it could well be the Green Bricks if all works out as planned.

**Penistone 10k**

An outright win in handsome style by Paul Venables. This is not the sort of course for front runners to show weakness on, and the harder it is the more likely that Paul will find them out. This is a good reward for a lot of hard work to get back into real race form, and not without setbacks along the way.

**Elsecar 8**

Won in record time by Chris Parkes; he even ran back to check his route with other runners at one point. Also conspicuous in RH vests were Darren Ward, Peter Mirrlees, John Comrie and Luke Field though Luke suffered a bit.

**Robin Hood Marathon**

The day after running eighth fastest time in the North of England relays, Chris Parkes opted to run the Robin Hood Marathon and won without fuss in 2.25.43; he was only narrowly third at the half-marathon mark behind half-marathon winner Eamon Hyland and headed the 1400-strong marathon field by some 4 minutes.

Whilst still in principal at least waiting for leg surgery, Chris has flashed back into spectacular prominence with some vintage distance performances but also, belying his own claim not to be very fast compared to top-standard runners, has posted some very sharp times over the shorter courses. This particularly in our relay teams, which has done a power of good to our results.

Whilst possibly able to compete and complete, Chris safeguarded his immediate chances of competing in a variety of other events by opting out of the London-to-Brighton run, as had been planned.

**Horsforth 10k**

This being the Yorkshire vets championship, a number of Rotherham Vets stood down from the northern 6-stage squad the day before so as to get this one right and by and large some good results came out of it. Notable in particular was a fine double from Paul Venables, in smart form to lift the vet-40 title (11th overall in 33.03) whilst Malcolm Palfreyman has become hard work to take on at over-50 and duly took that category in 35.00 (29th overall). So, remarkably, RHAC has three county 10k road champions at the same time with Luke Field having scooped up the open award by winning the Harrogate 10k back in July.

Mark Ruddleston took ninth place in 32.45, and with Peter Neal running a gentle 36.43, Jerry Spencer 36.49 and Jim Brogan 37.01 Rotherham took the vets team award. A sort of Yorkshire Vets 10k Team title, though it isn't official.

Darren Hale has been putting himself and Rotherham Harriers clearly in the picture in Lancashire lately. Running from his base in Preston, though his work takes him equally to Warrington and Blackpool, it has not been easy for him to maintain his training. Nonetheless, he has recently won the Horwich 10, and the Lancashire County Half Marathon championship last week, on both occasions running well clear of opposition. Darren has been a strong supporter of our relay teams since his qualification, and is a fine RH ambassador in the enemy territory.

\*The National 6-Stage Road Relay is to be held on Saturday 24th October at Sutton Park, Sutton Coldfield as usual.

\*The North of England 12-Stage Relays move to a Sunday in 1999, to be staged at Haigh Hall, Wigan on Sunday 28th March.

\*Winning numbers for September, drawn at the Homestead on 30/9/98: £65 Frank Wagstaffe no.62 ; £10 each Sharon Burton no.172, June Harney no.170, Dave Weatherburn no.243. 190 sold, thank you Brian.

\*This month we welcome newly qualified runners Peter Mirrlees (ex Milton Arms), Darren Ward (ex Doncaster & Stainforth) and Julian Davey (ex Rowntrees) and look forward to a successful partnership.

### Armthorpe 10k

1	T.Graham (Tipton)		30:55
2	C.Parkes		31:00
4	D.Cooney		31:44
6	R.Holladay		32:46
8	P.Venables	2nd V40	32:59
16	M.Palfreyman	1st V50	34:15
21	T.Drake		34:38
25	J.Atkinson	V40	35:10
28	J.Dixon		35:19
51	T.Turner	V50	37:18
65	J.Hindley	2nd L	38:11
74	S.Phillips		38:32
78	S.Wraith	V45	38:40
88	H.Garrison	LV	39:08
94	P.Adams		39:33
102	R.Butterworth		39:47
133	N.Shaw		40:54
146	D.Taylor	L	41:26
147	D.Beaver	V45	41:37
160	A.Beighton		42:28
161	K.Thomas		42:30
192	M.Rhodes	V50	43:15
207	R.Burton		43:46
208	A.Charnock		43:47
222	V.Haigh	L	44:38
264	D.Weatherburn	V55	46:55
278	D.Wright		48:23
285	I.Horsley		48:56
297	S.Bagshaw	V60	49:34
306	C.Mullarkey	LV	49:48
312	M.Sargeant		50:15
367	A.Jeavons	V60	56:42
382	J.Mallinder	L	62:48
385	J.Beaver	LV	66:34

390 runners



Chris Parkes pictured at Cross Keys, is in spectacular form again, but injuries loom

### Northern Mens 6-stage Road Relays

Don Valley 26/9/948

1	Salford Harriers	02:00:25
2	Sunderland Harriers	02:02:42
3	Trafford AC	02:03:13
4	<b>Rotherham HAC</b>	<b>02:04:43</b>
5	Border Harriers	02:04:52
6	Bingley Harriers	02:04:58
7	Sale Harriers	02:05:09
8	Morpeth HAC	02:05:24
9	Chester-le-Street DAC	02:05:26
10	Liverpool HAC	02:06:24
11	Leeds City AC	02:06:38
12	Salford H "B"	02:06:57
13	City of Hull AC	02:08:30
14	Derby & Cty AC	02:08:42
15	Sheffield AC	02:08:49
16	Hallamshire H	02:08:55
17	Preston Harriers	02:09:03
18	Chesterfield DAC	02:09:41
19	Liverpool Pembroke	02:09:57
20	East Cheshire & T	02:10:15
27	Barnsley	
36	Rotherham HAC "B"	

RHAC A	R.Harris	21:25	33rd
	D.Cooney	20:37	17th
	R.Holladay	20:39	10th
	D.Hale	21:15	9th
	C.Parkes	20:02	5th
	L.Field	20:45	4th

RHAC B	M.Connolly	23:17
	M.Ruddleston	21:16
	T.Drake	22:22
	M.Tune	23:02
	S.Tompkin	23:26
	L.Collingwood	22:07

### Cross Keys Road & Fell Relay

1	<b>Rotherham HAC</b>	<b>01:11:49</b>
2	Holmfirth H	01:12:02
3	East Cheshire & Th	01:15:50
4	Pudsey & Bramley	01:17:09
5	Holmfirth H "B"	01:17:36
6	<b>Rotherham HAC Vets</b>	<b>01:17:52 1st vets</b>
15	East Cheshire	01:27:18 2nd vets

RHAC	M.Ruddleston	16:29	road	2nd
	C.Parkes	18:38	fell	1st
	D.Hale	16:17	road	1st
	J.Comrie	20:25	fell	1st

RHAC vets				
	P.Roberts	17:24	road	5th
	S.Elvidge	21:11	fell	4th
	P.Neal	18:04	road	6th
	S.Gaines	21:13	fell	6th

fastest road G.Raven (EC&T) 15:57  
fastest fell C.Parkes

Published by Peter Humphries at Wickersley Comprehensive School by kind permission of the Head of School.

This publication is aimed at the improved road and cross-country running of all Rotherham Harriers members.

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Whilst I aim at the first Wednesday each month, because of school closures/holidays etc  
(a) there is no August publication and  
(b) sometimes publication is delayed to the following week

**The support of Yorkshire Windows is greatly appreciated.**