



September 1994 BRIEFING

Available free to members on the first Wednesday of each month.
Can be sent by post (stamped self-addressed envelope or 50p per month)
Produced at Wickersley Comprehensive School by pupils and staff.

The RH news briefing is aimed at improving and then maintaining the standard of road running at RHAC. Your contributions of results, opinions, plans and photos are vital to its success. I regret however that we cannot publish members' letters or other contributions unless previously arranged.

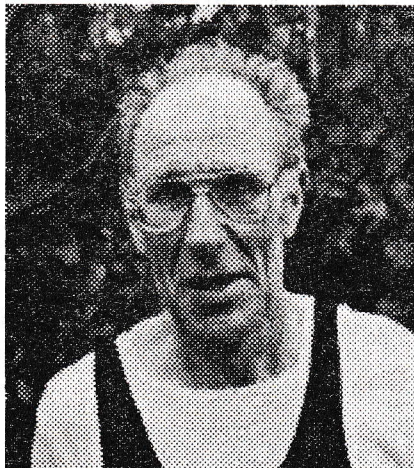
Armthorpe 10k

RHAC took 2nd team prize at the Armthorpe 10k through Lee Collingwood, Peter Neal and Chris Beighton. Lee's time of 32.12 put him in eighth place overall. His training clearly is now beginning to pay off.

The race was won by the unattached Toby Tanser, whose home address is in Iceland. He also won the Askern 10. We are hoping to drop him a line.

Meanwhile, at the Meadow Court 8

Dave Tune won the trip to Barbados with Lee Collingwood and Ian Lanceley also prominent. The latter, 7th in a time of 43 minutes has been showing steady and serious improvement over the year.



Eisecar Challenge

On Sunday 4th September, John Lynch (above) and Pete Ruddlestone were 1st and 2nd O-60 in the above, with Jennie Baker, Sharon Nixon and Stan Bagshaw also picking up prizes. Full results next issue.

RHAC VETS RETAIN YORKSHIRE TITLE

Rotherham Vets again cleaned out at the Yorkshire Over-40 relays on July 17th, comfortably beating Leeds City into second place and just as last year putting their B side into an impressive 8th place overall.

In fact all our runners ran to form and to potential over the flat 4 x 2.6 mile course at Methley. With Peter Morris and Chris Beighton to take legs three and four, it all seemed to depend on what Alan Gregory and Steve Gaines got up to. Last year Alan gave us a lead on leg one, this year it was fourth but only 5 seconds adrift and right in the leading bunch. Steve Gaines took over the lead and there was no prospect of Pete and Chris losing it.

Malcolm Palfreyman ran a fine 13.18 first leg to set the scene for a really impressive B team eighth place with David Richards, Geoff Turner and Jim Brogan.

The ladies turned out at too short notice really but Janet Like, Gill Bunker and Hilary Garrison did well to finish third, the highlight Hilary's 15.31 third leg which was fifth fastest on the day.

Rotherham A	A Gregory	13.01	4th
	S.Gaines	12.59	1st
	P.Morris	12.46	1st
	C.Beighton	12.28	1st
Rotherham B	M.Palfreyman	13.18	7th
	D.Richards	14.20	9th
	G.Turner	14.01	8th
	J.Brogan	14.09	8th
Rotherham Ladies	J.Pike	17.58	5th
	G.Bunker	16.03	4th
	H.Garrison	15.31	3rd

RELAY ARRANGEMENTS

Yorkshire Men Sat 17th September start 2.45 (6 x 2.83m)

At Thornes Park, Wakefield. All expenses paid. (NB runners should have Yorkshire qualification)

Prizes to first three teams, first B,C and D team. We have entered four teams.

First team to be from:

Paul Rowland	Peter Neal	Jeff Crofts	Tim Drake	Pete Morris
Paul Bennett	Adrian Roberts	Gary Claxton	Mick Thompson	Steve Gaines
Alan Gregory	Nigel Brookes	Ian Lanceley	Aln Chell	Dave Ritchie
Tony Carroll	Rob Holladay	Ken O'Mara		

B,C and D teams to be selected from the above plus any other elected runners. Already declared available in addition are David Richards, Ian Newsome.

Yorkshire Women Sat 17th September start 1.45 (3 x 1.87m)

At Thornes Park, Wakefield. All expenses paid. (NB runners should have Yorkshire qualification)

Prizes as per men's race. We have entered three teams (9 runners)

First team to be from

Julie O'Mara	Julia Jennings	Janet Oxley	Hilary Garrison	Gillian Bunker
Caroline Boyd	Dona Unwin	Caroline Dauris		

B and C teams from the above plus any other elected members.

Northern Men Sat 1st October at Sheffield (Don Valley) 2,15 pm 6-stage

A and B teams entered to be selected from

Paul Rowland	Peter Neal	Jeff Crofts	Tim Drake	Pete Morris
Paul Bennett	Adrian Roberts	Gary Claxton	Mick Thompson	Steve Gaines
Alan Gregory	Nigel Brookes	Rob Holladay	Ken O'Mara	Dave Tune
Lee Collingwood	Chris Beighton	John Comrie	Mick Tune	Peter Elliot
Dave Ritchie	Phil Eddison	Malc Palfreyman	Richard Self	

National Men Sat 22nd October at Sunderland 6-stage (qualify via Northern; new list of names)

Northern Women Sat 1st October at Sheffield (Don Valley) 1 pm 4-stage

A and B teams entered to be selected from

Julie O'Mara	Julia Jennings	Janet Oxley	Hilary Garrison	Gillian Bunker
Caroline Boyd	Dona Unwin	Caroline Dauris	Kim Bennett	Rose Grimley
June Harney	Sharon Nixon	Angela Green		

My apology that because of holidays and closeness of closing dates I have not been able to contact all runners concerned in advance. Some have been nominated speculatively as security.

Team selection on or before Mon 12th (Yorkshires) & Mon 26th Sept (Northern)

All will be contacted by PH, or phone 549125 if you wish. Athletes not included let me know if you think you should have been.

Remember, expenses will be paid.

FIXTURES

Sun 4 Sep	Boroughbridge Half	2pm
Sun 4 Sep	Erewash 10	10.30am
Wed 7 Sep	Rotherham Advertiser 10k	7pm
Wed 14 Sep	Dinnington Ding-dong	6.45
Sat 17 Sep	Yorkshire Relays Wakefield	
Sun 18 Sep	Huddersfield Moor End 10	11.30am
Sun 18 Sep	Swallownest 10k	10.30
Sun 18 Sep	Great North Run	
Sun 25 Sep	Robin Hood Marathon & Half	
Sat 1 Oct	Northern 6-stage Relays Sheffield	
Sun 2 Oct	Selby Half	noon
Sun 2 Oct	Louth Open Cross-country	noon
Sun 9 Oct	Maltby 10	10.30am
Sun 16 Oct	Hall Cross 10k	11am
Sat 22 Oct	National 6-stage Relays (Men), Sunderland	
Sun 23 Oct	South Yorks Cross-country (1) Graves Park	start 1pm
Sun 30 Oct	Snowden Marathon	9.30am
Sun 30 Oct	Boys/Girls Northern Relays, Wakefield	
Sun 30 Oct	Holmfirth 15	
Mon 31 Oct	Dublin Marathon	10am
Sat 12 Nov	AAA Women's Relays, Sutton Park	
Sun 13 Nov	South Yorks Cross-country (2) Valley Park, Rotherham	1pm
Sun 20 Nov	Barnsley 10k	
Sat 26 Nov	Gateshead Cross-country	
Sun 27 Nov	South Yorks Cross-country (3) Campsall	1pm
Sun 4 Dec	Abbey Dash, Leeds	
Sat 10 Dec	European Cross-country, Alnwick	
Sat 10 Dec	Yorkshire Cross-country, Pontefract	
Sat 14 Jan	Inter-counties Cross-country, Luton	
Sun 23 Jan	South Yorks Cross-country (4) & Championship, Cantley	
Sat 28 Jan	Northern Men Cross-country, Heaton Pk	
Sun 29 Jan	Northern Women Cross-country, Chester	
Sat 11 Mar	National Men Cross-country, Luton	
Sun 12 Mar	National Women Cross-country, Luton	
Sat 18 Mar	National Cross-country Relays	
Sun 26 Mar	World Cross-country, Durham	

VERY ADVANCE NOTICE.....NEXT YEAR

Sat 8 April	Northern 12 stage
Sat 30 Sept	Northern 6 stage
Sat 21 Oct	National 6-stage all venues to be decided

ANNUAL GENERAL MEETING (1994) of Rotherham Harriers & Athletic Club

The club's AGM will take place on
Tuesday 25th October
starting at 6.45 pm at the

Old Council Chamber, Grove Road, Moorgate,
Rotherham (top of Mansfield Road, same venue as
last year)

Your attendance is important

Dinnington Ding-Dong

This popular event will be on
Wednesday 14th September
off at 6.45

Ten miles (a little short) one-way
route, RHAC to Dinnington Rugby
Club

Fine pie & peas and beer. Usual
prizes (see notice boards)
Own transport back. We have
never lost anyone (yet).

GREAT SCOTTISH RUN

Seven members of the club went up to Glasgow on August 21st, and a great weekend was had by all.

The Half-marathon course was ideal for a personal best, and five of the club achieved this

By all account the journey did not go all that smoothly but with perfect weather and good support all along the course from thousands of well-wishers all that was put behind them. They even had a piper every mile along the route.



We hope to publish a group photo soon of Jennie Baker, Indira Lathia, Terry Rooke, Dave Draycott, Ken Horan, Dave Burke and Peter Ruddleston.

Peter (above) and his running group have been top class RHAC supporters this year both in domestic and open events.

My apology:

to Yorkshire O-70 10k champion Arthur Jeavons for calling him Alan last month. He incidentally ran 53.49 at Hardwick Hall where Brian Harney was our first scorer (38.51) followed by Malcolm Rhodes (42.45) and Roy Butterworth (43.00)

Club Championship List

Sun 6 Feb	Ferriby 10, Hull
Sat 5 Mar	Spen 20, Spenborough
Sun 6 Mar	Norton 9, N of Doncaster
Sun 10 Apr	St.Leger Half, Doncaster
Wed 27 Apr	SY Road League 1 at Maltby
Wed 11 May	SY Road League 2 RHAC at Dinnington
Wed 18 May	SY Road League 3 at Penistone
Wed 25 May	Askern 10k
Wed 8 June	SY Road League 4 (last) at Armthorpe
Sun 19 June	Sheffield Marathon or Sheffield Half
Sun 26 June	Stainforth 10
Sun 3 July	Pennine Marathon, Huddersfield
Sun 17 July	Barnsley 6
Wed 7 Sep	Rotherham 10k
Sun 18 Sept	Great North Run, Newcastle
Sun 9 Oct	Maltby 10
Sun 16 Oct	Hallcross 10k, Doncaster
Sun 30 Oct	Holmfirth 15
Sun 20 Nov	Barnsley 10k
Sun 6 Dec	Abbey Dash (10k), Leeds

Runners' News

Paul Venables has rejoined RHAC as a first claim member and we wish Paul a warm welcome back and many years of successful running with us. Paul now has to serve nine months before scoring for RHAC but the NEAA appeals committee will probably reduce this to round about new year

Angela Green has resigned her membership of Sale Harriers which makes her immediately an RHAC member, as Sale kindly have not opposed her transfer. Many colleagues will remember her as Angela Creamer, and be aware that she is in fact a life member of the club. Angela is running well again and enjoying it, and may well join us primarily for veteran's events when family commitments allow.

Kim Bennett has had second thoughts about coming to run with us, but happily has decided to give it at least a trial period. Kim came to us with Arthur Oxley, and as her home and roots are in Grimsby is understandably concerned about her club future, especially as travel is a problem at the moment for her, and also as she does not know many people here. I have been able to reassure her at least on financial grounds that there is no problem. Kim's running standards fit well with our standards and aims, and I am sure her presence will be mutually beneficial. Also, RHAC has long been known as a very sociable club and I am sure members will rapidly make her feel very much at home. Hopefully our first outing will be the Northern Relay on October 1st.

Apart from fronting the winter time-trials for a couple of years, Trevor Fisher has also been acting as the main provider of club vests, a task which in past years has sometimes been beyond RHAC, at no loss to members. Our thanks are due for this vital service.

It is good to see Peter Henry running again, not long after being told his running days were over. Apart from his own running, I believe Peter has been instrumental in bringing other runners to us, notably Ian Lanceley, who we report on page 1.

Leaving the road aside for the summer, there have been some impressive track performances from Rob Holladay - notably winning an open senior 3000m in Leeds in 8.28, running second in the UK under 20 3000m at Birmingham in 8.32 and also second running for Yorkshire in the U-20 inter counties at Blackpool.

Peter Purdy had not started training again when I last saw him, although his medical problem was sorted. Put simply, he was turning white and blue after training (and quite used to it apparently). Heart problems were feared but it turned out to be a thyroid problem. Peter clearly now likes the easy life but hopefully he will come back again.

Janice McWilliam too has some sort of problem which needs attention and has kept her out for two months, with at least another to follow. Speedy recovery Janice.