



*Yorkshire Vets Relays July 16th Mickleton*

# STRENGTH IN DEPTH CARRIES THE DAY

Men retain, women attain Yorks titles

RHAC retained the men's relay title for 1995 and the ladies joined them by taking theirs for the first time. The loss of Chris Beighton for the mens 3-mile relay could have been a problem but rivals Leeds did not show up, neither did South Yorks champs Steel City. Maybe their depth is not what it could be. It might not have mattered, as the squad ran superbly well on the day. Alan Gregory (13.13) rose to the occasion as usual and held Duncan Gaskell to a small gap, and new man Dave Hindmarsh (13.19) did a good job on leg two to maintain the challenge. So far Sheffield, and Holmfirth (led by a resurgent Graham Ellis) had swapped the lead, as they did again on leg three with Ellis leading. But the crucial difference was that Steve Gaines (12.57) had such a storming run that the gap simply stayed as it was, and when Pete Morris (12.43) saw the Holmfirth runner looking back after 300 yards the eventual outcome was clear, and Rotherham's winning margin made it look a lot easier than it was. Pete was just edged out of fastest time by Ellis (12.33). Jerry Spencer, Dave Richards, Peter Purdy and Geoff Turner put RHAC's 7th.

The ladies' race was no match. All three have been running well and Gillian Bunker (16.25) gave Hilary Garrison a decent lead for leg two. Hilary (15.53) put a massive amount of daylight between RHAC and Halifax, leaving Caroline Boyd to time-trial the last leg. Amazingly, Caroline (15.52) ran a staggering time on the last leg, just clipping Hilary's and taking fastest on the day. What she might have run if she had been challenged is anybody's guess.

*Armthorpe 10k 28th August*

**Armthorpe hasn't seen so many black vests since the coal mines closed.** I wish I had been there because it can't be often that so many runners from one club dominate an event like this. Winner, five in the top ten, winning teams for men, ladies and vets, and ace representation all down the field. And yet, it's what we're coming to expect.

*Doncaster Town Centre 5k 19th July*

**Rotherham's domination of the eastward events** continued with fine placings in this attractive race, which perhaps deserves greater numbers in future. A bunch of half a dozen ran the first of three laps but on lap two Dave Tune was off and gone. A slightly tired Rob Holladay had a lot of trouble with Mark Lavender but saw him off finally and after looking to be dropped to fifth Lee Collingwood decided otherwise and stormed home in fourth place. Pete Morris ran well in the vets race, shaded by Holmfirth's Graham Ellis, who is back to form.

## STOP PRESS

	Cross-country	Fixtures 1995-6
Sun 22 Oct	SYXC League 1	Rotherham
Sun 12 Nov	SYXC League 2	Penistone, prob Cannon Hall
Sun 26 Nov	SYXC League 3	Campshall
	Yorkshire	Not yet advised
	Yorkshire Vets	Not yet advised
Sun 21 Jan	SYXC League 4	Graves Park
		(combined with Champs)
Sat 27 Jan		Northern M & W Lincoln
Sat 9 Mar		National M & W Newark



**Becoming a familiar sight**- a lot of black vests bunched at the front of a race field. Here is Adrian Roberts just leading out the Swallownest 10k with (l to r) Jeff Crofts, eventual winner Mark Ruddlestone, John Comrie and Ian Lanceley in close attendance.

**Northern Road Relays 30/9/95- Men's 6-stage (2 teams)**

A.Chell	I.Lanceley	M.Ruddlestone	P.Roberts
A.Gregory	J.Comrie	M.Thompson	P.Rowland
A.Roberts	J.Crofts	P.Bennett	P.Venables
C.Beighton	J.Spencer	P.Eddison	R.Holladay
D.Hindmarsh	K.O'Mara	P.Morris	S.Gaines
D.Tune	L.Collingwood	P.Neal	T.Drake

**Northern Road Relays 30/9/95- Women's 4-stage (2 teams)**

A.Goggin	D.Unwin	J.Cliffe	J.McWilliam
A.Green	G.Bunker	J.Hindley	J.O'Mara
C.Boyd	H.Garrison	J.Jennings	K.Bennett
R.Grimley			

**Northern Young Athletes Road Relays 7/10/95**

U-17 (4x) 1 team	U15 Boys (4x) 1 team	U13 Boys (4x) 1 team	U15 Girls (3x) 1 team	U13 Girls (3x) 1 team
C.Kehoe	J.Russell	D.Russell	L.Whittaker	E.Thomas
L.Kaighin	A.Hudson	K.Cawthorne	S.Goldsbrough	S.Hinchcliffe
R.Rhodes	I.Whittaker	S.Hammonds	S.Austin	K.Ashforth
D.Taylor	K.Green	R.Lomas		K.Allinson
J.Morris	O.Thomas	M.Bradbury		S.Rickett
P.Padfield	R.Norburn	J.Gallagher		S.Collingwood
	D.Broadhead	R.Moss		
	W.Padfield	S.Tierney		
	J.Silk	A.Rollett		

**Yorkshire Road Relays 16/9/95 at Wakefield**

Men (6x) any no. of teams from

P.Venables	K.O'Mara	A.Gregory	G.Turner
P.Neal	I.Lanceley	J.Spencer	D.Hindmarsh
J.Comrie	T.Drake	P.Eddison	D.Richards
M.Ruddlestone	P.Morris	P.Purdy	P.Humphries
P.Roberts	S.Gaines	J.Crofts	T.Hawley

Women (3x) any no of teams from

G.Bunker	J.Clark	C.Boyd	H.Garrison
S.Burton	J.Cliffe	J.Hindley	D.Unwin
R.Grimley	A.Green		

U17/U15 combined relays (4x)- any no. of teams from

C.Kehoe	L.Kaighin	R.Rhodes	D.Taylor	J.Morris
P.Padfield				
J.Russell	A.Hudson	I.Whittaker	K.Green	O.Thomas
R.Norburn	D.Broadhead	W.Padfield	J.Silk	

U13 Boys- straight race not relay

D.Russell	K.Cawthorne	S.Hammonds	R.Lomas	M.Bradbury
J.Gallagher	R.Moss	S.Tierney	A.Rollett	

runners themselves are barred from any county relay competition.

This leaves the ladies with a less competitive side. Of course the men's team is depleted further by the National league track & field play-off (which we are certainly not complaining about- it's vital that we get there as soon as we can) and by one or two other unavailabilities. In the circumstances we have some very impressive names carrying the RH flag on the day and I am sure they will give us a respectable place. One or two names may be a little surprising, and are explained by the fact that we are considering fielding a complete veteran's team as part of the event, though it is not decided.

**Young athletes**

It is really good to see so many younger athletes entered for the Yorkshire races and subsequently for the Northern event at Sheffield. We should thank all of their coaches for their work, perhaps more especially Mick Hague, Dennis Russell and Malc Whittaker.

**Road Relays-Northern**

The relay entries require some comment. Again, because of my holiday dates I only had three days (including Sunday) to get the Northern entries off, so I may well owe an apology to someone who should not have been entered, or someone who should and isn't. Since the senior entry is £8 per team men and £5 for women I simply entered the maximum 2 teams each and wrote in all the names that seemed possible. The Ladies' entry may not be as strong as it seems- newcomer Anne Goggin is included but probably won't qualify by then and there are of course numerous injury problems which may not mend in time. There again, several may not be able to turn out for other reasons. Rumour is that Kim Bennett may be back but we have to wait and see. Nonetheless, they will not have a bad team judging by the way some of them have been running.

As regards the men, there are no known problems at this stage, with many in-form runners in the frame. If Paul Rowlands is fit and available it will be a welcome bonus as his relocation to southern parts has not been without difficulty. Rob Holladay returns to Loughborough two days before the event but is willing to run with us. There could be real competition for places.

**Road Relays-Yorkshire**

Once again we set out to see how Rotherham's second team measures up to other clubs' first teams. Being defeated by stronger clubs or stronger teams on the day is part and parcel of the sport but being defeated by the rule book before we put on a shoe is something quite unacceptable. Without going into detail, if you need clarification, the problem is that we cannot enter runners unless born in Yorkshire, or resident 9 months. This rules out a surprising number of our top runners. A huge area round Rotherham is in Humberside, Lincolnshire or North Notts and Derby. And of course the

## News News News News News

•Provided all goes well, as anticipated, club financial problems are solved for a while. There is an offer of £5000 sponsorship from Yorkshire Windows provisional on our getting it matched by the government funding known as "sportsmatch". This activity is now under way. This is a one-off situation so we cannot be complacent.

Much of our expenditure is on track and field athletics and competing at national standard puts up the travel costs. When our men's team achieves national status, which we hope is this year, costs of course will rise again. Success is not cheap in this game, as in any other, but the benefits to the club in general and specifically in quality of top runners joining us would make it more than worth while.

•The veteran's teams are keen to follow up their recent successes by competing in the National Vets Cross-country Relays at Bishop Burton College nr Hull on October 22nd. This has been in Cardiff for the last two years. City of Hull have organised events here before and this will probably be a fine event but it seems a bit odd that both men and women's national events will be run as combined races with a senior open event, as seems the case. Surely a national title race is worth its own slot. Relay races are shambolic enough by nature without this added problem. Then again, it's only four-stage (men), three (women). Also unusual. And it clashes with South Yorkshire's first fixture.

•Next years' 12-stage Northern Relay will be again at Haigh Hall, Wigan. Reports say the athletes liked the course that much. Not the ones I listened to! But as they say, it's the same for everyone.

•Running "ringers" in pre-declared relays is not currently popular. It never was really, but it has often been done. Usually its result is relatively harmless because the "ringer" or replacement is a poorer runner than the original, but it isn't on. Even in ordinary races it causes trouble. At the Northern 12-stage Manchester HAC did it and were spotted by the race referee. They owned up and have been banned from this year's 12-stage. City of Hull did it and denied it, but a subsequent photo showed they were telling porkies. They have been banned from this years 12 and 6-stage. Incidentally, the race referee spotted Rotherham runners not as declared but this was a matter of "out of order" legs and he excused us with a warning. It all arises due to unexpected late arrivals leading to a switch of running order. Moral: all runners arrive before the start please, unless arrangements have been clearly made.

•Though it is not strictly the business of this Briefing, it is a pleasure to comment on what a brilliant season the ladies have had. This is particularly in track & field, but they have also competed well in all disciplines and at all age groups and at all abilities. Also superb organisation. Top class.

•Adrian Robert's quickish time at Damflask, which aroused some comment, was no fluke. He went off and won the Thurlstone Chase the following week, picking up 100 for the club championship but more importantly setting a marker for the forthcoming relays.

•The very enjoyable Firbeck 10 was held on Weds 12th July, the fastest to Firbeck being Phil Eddison and new member Anne Goggin. Phil was shadowed for a good way by Dave Ritchie who is hopefully returning to training, but when the question was put Phil was away. Ann joins us from Retford and is most welcome indeed, we hope she will have a lot of successful running with us. She certainly looks in good form, as she was also fastest at the "find your own way" Listerdale event last week. Fastest man was Phil Roberts. Julia Jennings and Tim Drake took an early lead but Tim has not been sighted since. We lost some runners on the Listerdale 7 in 1988; rumour has it they formed a colony in the swamp. YOT handicap winner was man in hat.

Sat 9 Sep Penistone 10k noon  
 Sun 10 Sep Off Road Marathon, Haworth 8am  
 Sun 10 Sep Gainsbrough 10k  
 Wed 13 Sep Romania Fun Run Herringthorpe 6.45  
**Sat 16 Sep Yorkshire Road Relays, Wakefield**  
**Sat 16 Sep National T&F Qualifier, Cannock**  
 Sun 17 Sep Fight Cancer 5k Fun Run Rother Valley Coll Dinnington noon  
 Sun 17 Sep Turrett Challenge 5 Whirlow 11am  
 Sun 17 Sep Great North Run  
 Sun 24 Sep Grimsby Open Track Mtg 10.30  
 Sun 24 Sep Robin Hood Marathon & Half, Nottingham 10am  
**Sat 30 Sep Northern Road Relays, Sheffield**  
 Sun 1 Oct Bradway Fun Run 10.30  
 Sun 1 Oct Louth Open XC, noon  
 Sun 1 Oct Three Villages Half, Pocklington 10.30  
 Sat 7 Oct Skipton Open XC 11.30  
 Sat 7 Oct Northern Young Athletes Relays, Sheffield  
 Sun 8 Oct Ma Itby 10 10.30am  
 Sun 8 Oct Horsforth 10k 11am  
 Sun 8 Oct Chesterfield Half 10.30  
 Sat 14 Oct Manchester Uni XC Relays  
**Sun 15 Oct Hallcross 10k 11am**  
 Sat 21 Oct Mens National Road relays (6x), Sutton Park  
 Sun 22 Oct Bridlington Half noon  
**Sun 22 Oct National Vets XC Relays, nr Hull**  
 Sun 22 Oct SYXC League 1 Rotherham  
 Sat 28 Oct Womens National Road relays (4x), Sutton Park  
 Sun 29 Oct Worksop Half  
**Sun 29 Oct Holmfirth 15 10.30**  
 Mon 30 Oct Dublin Marathon  
 Sun 5 Nov Holmfirth 15 ???  
 Sun 12 Nov Darlington Dash  
 Sun 12 Nov SYXC League 2 Penistone, prob Cannon Hall  
 Sun 26 Nov Clowne Half 10am  
 Sun 26 Nov SYXC League 3 Campsall  
 Sun 3 Dec Percy Pud, Loxley 10.30  
 Sun 3 Dec Abbey Dash, Leeds  
 Sat 16 Dec Round Rotherham Run

Great Scottish Run

26	1.11.45	J.Comrie
99	1.17.44	P.Purdy
800	1.34.28	R.Burton
864	1.35.20	P.Doherty
1019	1.37.13	A.Charnock
1184	1.39.00	R.Langley
1373	1.40.56	J.Baker
1375	1.41.00	D.Burke
1604	1.43.13	D.Draycott
1759	1.44.29	P.Wells
1760	1.44.30	K.Horan
2392	1.50.09	A.Langley
2443	1.50.42	T.Rooke
	?	I.Reid

almost 6000 ran

there are some complaints about times-these are the official ones, therefore not my fault. Our colleagues above must have enjoyed last year's event to return all that way. And in the sweltering heat not everyone finished successfully.

Sam's time is superb especially in the context of a very hot day and on a course which is not reknowned for pb times.

Below:

Sam (aka John Comrie) seen at speed passing Keeper's Pool in the National 12-Stage Relay this year.



### September/ Autumn Races

21 Today

This is the 21st edition of the Briefing, first issued in November 93. In that time, competitive racing at RHAC has progressed tremendously, and shows no signs of letting up. It has been worth all the hard work I have put into it, and all the costs involved. The fact is though that it would all be worthless without the effort and commitment that you, the runners, have shown. For a long time Rotherham has been a sleeping giant, and it is awakening.

Road and Cross-country running were not at a high point in October 93, to say nothing of club organisation. Below for your interest is a reminder of some significant happenings as things have improved, scanned from each issue:

1 Nov 93 Head Terry Deeley at Wickersley Comp agreed to free production of Briefing as a pupil exercise. Financial hard times meant we soon had to pay for production costs, but this early goodwill set us on the right track.

2 Dec 93 28 runners braved a snowstorm for a planning meeting at the rugby club. To me this was one of the most significant meetings the club ever had. It didn't reach many decisions but it highlighted a lot of strong feeling and strong support. Were you there?

3 Jan 94 Arthur Oxley put his belief, experience and training squad behind our initiative. Janice McWilliam began the Wednesday club meetings at the Homestead which have since proved invaluable.

4 Feb 94 Ladies 2nd in Yorkshire and 4th in Northern Cross-country but the men did not compete. However a record 32 runners entered the Ferriby 10.

5 Mar 94 RH put 7 teams in the first 15 at Ferriby, spearheaded as so often by Dave Tune and Peter Neal. Tragically, we lost Arthur Oxley shortly after he had seen us take 19th place in the National Cross-country relays.

6 Apr 94 RH had its first ever 12-stage relay success, qualifying in 12th place in the Northern event. 41 runners went to the Norton 9 and we took 3rd place at Notts University in their relay.

7 May 94 RH ran out of its allocation of road league numbers at the first event at Maltby!

8 Jun 94 Neal and Tune continued the double act, winning at Ernest Harper 10 and Askern 10k respectively.

9 Jul/Aug 94 Rotherham swept the mens and women's awards at the South Yorkshire relays at Damflask putting 5 teams in the first 10. Lead by Yorks silver medalist Chris Beighton the vets took the Yorks 10k team award.

10 Sep 94 Vets retained the Yorks relay title. Paul Venables came back from SAC and Rob Holladay home from the States. Angela Green rejoined us from Sale.

11 Oct 94 RH slipped up at the Northern 6-stage! But a very positive AGM report announced the rolling together of road and cross-country race planning.

12 Nov 94 Pauls Venables and Rowland headed the SY cross-country field, Holladay close behind. Good young athletes performances at U17 in the Northern relays and cross-country.

13 Dec 94 A brilliant team performance at the Abey Dash with Dave Tune earning an England vest. Women's cross-country strength recognised with an area vest for Julia Jennings.

14 Jan 95 Well-attended awards evening back at Albion Road

15 Feb 95 Ladies 6th in Northern cross-country. RHAC (as usual) more or less swept the board in the South Yorks cross-country.

16 Mar 95 Rotherham athletes won races at five different venues on one day!

17 Apr 95 RH improved to 16th in the National Cross-country relay and a below-strength side took a commendable 44th place in the Nationals. Consistent RH Ladies impressed with 14th place.

18 May 95 Rotherham qualified for the second successive year for the National 12-stage with 12th place at Wigan. Chris Parkes back at RH.

19 Jun 95 Vets 15th in National Road Relays, Tune & Parkes winning everywhere.

20 Jul/Aug 95 Damflask relay titles retained by senior men.

If you weren't mentioned, you probably could have been. What has developed in this short time is in-depth support and growing strength in depth- and a lot of brilliant performances too numerous to report here. And of course not just at the top of the field but all down it. We have to keep these improvements going. If we stand still, we will go backwards! But we won't!

### Club Championship Races 1995

Races gone and counted: 1 Ferriby 10; 2 Norton 9; 3 Spen 20; 4 Doncaster Half; 5 SYRL 1; 6 Sheffield Half; 7 SYRL 2; 8 SYRL 3; 9 Eyam Half; 10 Askern 10k; 11 Club 10; 12 SYRL 4; 13 Stainforth 10; 14 Damflask relays.

Results wanted for: 15 Thurlstone Chase, 16 Doncaster 5k, 17 Armthorpe 10k,

Off: Rotherham 10k

Remaining:

19 Maltby 10 on Oct 8th  
20 Hallcross 10k on Oct 15th  
21 Worksop Half on Oct 29th  
22 Holmfirth 15 also on Oct 29th

Additional race to replace Rotherham 10k:

23 Abbey Dash on Dec 3rd

As a result of Worksop and Holmfirth being on the same day, club members may be unable to complete 10 races as planned.

Anyone in that position should let me know straight away and we will include an extra distance race such as Clowne Half to compensate. If no-one mentions it, the list will stay as above. Closing date for any more alteration is 30 Sept after which the list is final.

Suggestions for 1996 welcome. Should we include some cross-country?

### RHAC Annual General Meeting Thursday 19th October

Your opportunity to question, fire or elect club officials - or to become one yourself. Watch out for venue & time

### Dinnington Ding-Dong

must be either 13th or 20th September (because of light). Watch notice boards. Very few ran last year- events like this must be better supported if they are to continue.

Track & Field Awards (also Cross-country) may be held on Friday 22 September, the rugby club is being checked as a possible venue.

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