



Top Honour for Tune

What a great year Dave Tune is having! The 64.48 he ran at the Liverpool International Half-marathon, better detailed in Athletics Weekly, is a massive performance, and has justly earned him his Great Britain vest for the World event in Majorca on September 29th. We could devote a newsletter to his results alone, he has found time in addition to inspire his training partners and has been a driving influence in the attraction that this club has developed for top runners, and its status in the eyes of the media.

RH 10k SQUAD LIFT NORTHERN TITLE

Holladay well on song

The Rotherham 10k team lifted the gold medals last Sunday in the second running of the Northern clubs' 10k championship at Leyland, spearheaded by a tremendous 30.13 from Rob Holladay, slicing more than a minute off his Armthorpe time, and placing him third behind Martin Jones (Horwich, 28.59) and Dave Swanston (Border 29.55). Rob was catching Swanston rapidly but ran out of space. In the process he reversed recent positions by putting Holmfirth's Dave Watson (5th, 31.36) emphatically behind him.

The rest must have done Mark Ruddleston good, back from the Channel islands overnight he blasted out a fine 32.37 for 7th place, just holding off S. Lydka from Kendal, with the same time. Lydka had earlier overtaken Pete Morris and Pete Neal, but no one else did as the veteran and soon-to-be-veteran duo scored 9th and 10th respectively with 32.42 and 32.53. In this team event there were no vet categories but we reckon Morris to be first vet anyway. Team captain Peter Neal will be pleased with his time also, his form has been up and down lately. Ian Lanceley came further along the comeback trail with 33.44 in 19th place, well inside his aim on the day.

There was poor representation from this side of the Pennines, and many top clubs missing- but you take on the teams who are there.

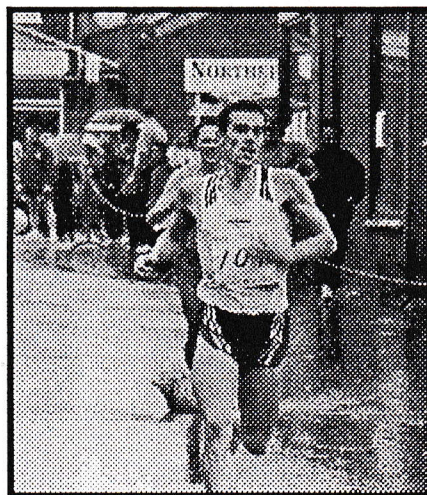
Result:

| | | |
|---|--------------------------|-----|
| 1 | Rotherham HAC | 29 |
| 2 | Preston Harriers | 68 |
| 3 | North Fylde AC | 86 |
| 4 | Lancaster & Morecambe AC | 95 |
| 5 | Kendal AC | 115 |

Armthorpe 10k

COONEY COMES HOME IN STYLE

Darren Cooney, who rejoined RHAC last month, marked his homecoming with a winning performance at the Armthorpe 10k on Bank Holiday Monday. The race set off fine but the later stages were to be hit by heavy rain storms which dampened the spectators' enjoyment for the first time in 13 years. It didn't dampen the pace at the front however, and pre-race favourite Cooney found it difficult to drop Paul Thompson (Holmfirth) and Adrian Clark (Chesterfield). They have improved a lot, and Darren perhaps was lacking a little race sharpness. But when it came down to it he had the speed and strength to hold them off by 20 yards or so at the end in 30 minutes 46s (finishing straight picture below). Rob Holladay could not resist turning out despite having just travelled back from foreign parts, and in the circumstances ran well for fifth place (31.25). Mick Tune, in keeping with the vast improvements he is making in performance, ran 11th (33.04) and they took the team prize in this 600+ race together with Gary Hammonds (35.26). In fact numerous RH members placed well, but entered on the day and were therefore discounted, Jeff Crofts, Mick Thompson and Steve Elvidge notable amongst them.



Phil Eddison (34.20), John Atkinson (34.38) and Jerry Spencer (34.45) were well amongst the leading vets, Jerry taking 3rd O/45, but perhaps the best performance was 34.01 from Malc Palfreyman, first Over-50 but again entered on the day so the award went to Rob Aconley.

Darren has done some training with Dave Tune and Lee Collingwood, and has quoted his benefit from this arrangement as a factor in his move, but also disillusionment with progress at Sheffield. But also his return to Rotherham (where of course he joins former colleague Martin Connolly who

qualifies 1/2/97) comes after 2 or 3 years of constant campaigning to improve standards of performance, standards of communications, and standards of organisation at RHAC. It is a campaign which has brought back Paul Venables and Chris Parkes before him, as well as attracting other top runners- and of course, keeping our own. Most important of all, this ongoing campaign owes its existence and success to the belief and activities of all the club membership, both the top runners and those who aren't. The gigantic Rotherham presence at the road leagues; all the 46 who ran at the Askern 10k; the massive turn-out at Damflask: the list is endless, but these are the people equally to thank.

Yorks Vets Champs

VETS BRUSH OFF BINGLEY

Rotherham Vets overcame the challenge from Bingley Harriers at the Yorkshire Road Relays with a majestic display of running which saw them retain the county trophy for the fourth consecutive year. Rotherham Ladies are devastatingly powerful this level and put their teams first and third to keep hold of their trophy also.

Rotherham 2 Bingley 0

Having won both events last year, the only move that we could have made up the ranking was to improve the B team positions, and this was duly accomplished. Last year Bingley's B team finished before us, but on this occasion RHAC had them, taking first, fifth and tenth places. Having swept all before them nationally in the senior competitions, Bingley strongly fancied to take over power in the veteran ranks, having imported well and having finished sixth in the national 8-stage a month ago, but it was not to be. Vets athletics is an unpredictable business, but the truth is that Rotherham's strength and depth at veteran level is awesome, and growing.

The same applies for the ladies, whose standards and team awareness are unparalleled at the moment, the horizon is clear. On the day, Julia Jennings marked her inaugural appearance for the team by heading the entire race for a spell (men and women ran together), which caused a bit of a stir amongst the first stage runners. She was to pay for it shortly after however, and was shaded second overall for fastest time by her Holmfirth adversary Julie Krol. But it was only a ten yards gap and Caroline Boyd buried the opposition without trace on leg two to hand over to Hilary Garrison who legged it home for an enormous victory over Barnsley AC. Having been set up well by Janet Pike on one, and Sharon Burton also making her first appearance in the relays, Gillian Bunker had a tremendous run to anchor the second team home in third place, a remarkable achievement which unfortunately could not take any medals due to the competition rules. But it does the club a power of good.

With Dave Hindmarsh sidelined with hamstring trouble, RH finally settled on Steve Gaines to join Paul Venables, Peter Morris and Chris Beighton in the A string, and though a number of alternatives would have been OK Steve's short-distance prowess was the deciding factor. It proved the right decision; he held on to Bingley and Sheffield tenaciously with a brilliant run and though headed home there was only 10 seconds in it when Paul took over. No-one was sure how far Paul has come back along the recovery trail, but when the stage two

leaders came into view it was the black vest of Venables which held the lead with Bingley breathing down his neck. He is not yet back to his original sharpness, but it is all going in the right direction, and this was a run of deep character and class.

We do know how Peter Morris has been running however, and he ran the opposition ragged on stage three to hand over a 40 second lead to Chris Beighton. Chris too has been out injured, and his current speed an unknown factor, but from the opposition point of view he is not the man you want to try to catch on stage four. And the fact that it was Dave Throup chasing him was maybe an additional factor in the searingly fast lap he turned in, for the fastest time on the day by some five seconds from Throup.

RHAC B team turned in a performance of first team class, the closeness of their times matching that of the A team. Alan Gregory always runs the first leg well, after which fast times from John Atkinson and Peter Purdy ensured that Bingley were paying attention. Phil Eddison was therefore chucked in amongst it on his maiden run as a veteran; he handled it well to bring us back first B team and fifth overall.

Our fine C team result of tenth place owed much to the determination of Dave Richards with a good run on first, and a welcome return for Hugh O'Mara to the team scene, he will be happy with the time for now, this being his first venture with us as a vet. Peter Humphries was pleased to be back after long injury on three though out of training, and there was a promising

anchor stage from track man Ian Instone, whose home base is across the river in Kippax.

Six of our twelve men and two of our six ladies were new to the vet scene, and there is more to come. There are exciting prospects for veteran athletics. Leeds have more or less folded, various teams were absent, participation from South Yorkshire was less than brilliant again. Whether it be runners or organisers fault, it certainly isn't ours, Rotherham march on.

| | |
|----------------|-------|
| RHAC A 1st | |
| Steve Gaines | 13.01 |
| Paul Venables | 13.00 |
| Peter Morris | 12.50 |
| Chris Beighton | 12.44 |

| | |
|---------------|-------|
| RHAC B 5th | |
| Alan Gregory | 13.43 |
| John Atkinson | 13.41 |
| Peter Purdy | 13.32 |
| Phil Eddison | 13.48 |

| | |
|----------------|-------|
| RHAC C 10th | |
| Dave Richards | 13.56 |
| Hugh O'Mara | 14.00 |
| Pete Humphries | 14.58 |
| Ian Instone | 14.36 |

| | |
|-------------------|-------|
| RHAC Ladies A 1st | |
| Julia Jennings | 15.01 |
| Carloine Boyd | 15.29 |
| Hilary Garrison | 15.32 |

| | |
|-------------------|-------|
| RHAC Ladies B 3rd | |
| Janet Pike | 17.10 |
| Sharon Burton | 16.38 |
| Gillian Bunker | 16.01 |

RH vets squad warming down



RH Dominate at Damflask.....

Damflask Relays- Men

Rotherham's stranglehold on the South Yorkshire Damflask Relays continued on 25th July when a typical Chris Parkes blast on leg one (17.27) set up a big lead which Phil Roberts (19.13) and in-form Mark Ruddleston (18.46) had no hesitation at all first defending then extending. Only Barnsley AC were threatening, with a typical determined effort based on Mark Lavender, Dean Leather and Peter Pleasant but whereas they had to drop on leg four, RHAC had the luxury of Robert Holladay lurking in the wings, and he was off and gone without trace to record the second fastest time of the day, 17.55 after Parkes.

We had been somewhat concerned at the absence of Dave Tune and Lee Collingwood, who would have been over-committed, but as it turned out it was uncalled for, we could have used any one or two of quite a list of runners all of whom ran well. The final result was we were almost 2 minutes in front of BAC, but maybe the biggest result of the day was third place from a brilliant quartet forming the Rotherham B team. First Steve Inglis (19.04) relishing the chance to join his senior colleagues, Ian Lanceley back from injury with 19.10, Mick Tune with an astonishing 18.55, he is getting faster and faster, and Steve Elvidge (19.08) with half an eye on imminent veteran status showing why he was for a while in the eighties Rotherham's top runner. They had to leg it to hold off Doncaster A however, by just one second.

Shortly behind came RH vets, they too missing star runners in Chris Beighton and Paul Venables, but the opposition just wasn't good enough for

Doncaster 5k

...and at Doncaster

The entire club turnout was superb, there is no other word for it, but Dave Tune unquestionably stole the limelight with a fierce display of road running which saw him leave Bingley international Mick Hawkins for dead on the last lap as he stormed home in 14m 28s to tumultuous applause from quite a big crowd. Some 20 seconds later, a battle royal between Rob Holladay and Darren Cooney finally came down in Darren's favour after Rob (4th, 14.56) had held third spot for most of the course and it was only the shortest of margins which saw Lee Collingwood shaded by Morpeth's Ian Archibald into 6th place in 14.59, he is again looking a real class prospect.

Still in the top dozen, Mark Ruddleston has had a good year since his return and is looking very quick again, but on the day new signing Richard Harris (15.45) took a sweet revenge for the reverse Mark gave him at Swallownest by a four second margin which just got him into the awards. Andrew Aked, in his inaugural run in Rotherham colours, just did for both of them in 9th place (15.42) and bearing in mind he has been out injured for some time looked pretty sharp, but lacking race practice he was disappointed not to be inside 15 minutes. Ian Lanceley (16.19), happily recovering from injury, ran well for 22nd but he was not quite on to Mick Tune (18th), showing strong form in 16.06, and young prospect Steve Inglis who just held Mick off by 2 seconds.

When the much-improved Gary Durham swept home in 16.35 hard on the heels of Steve Elvidge (16.31) and John Comrie (16.33) it made a fabulous twelve RH runners in the top 27, and that doesn't count third placed Darren Cooney who has switched since.

Amongst the senior ladies, Julie O'Mara (18.33) and Janet Hindley (18.44) placed third and fourth respectively whilst in the vets Julia Jennings was first home holding off a strong challenge from Goole's Sue Garrod.

Relay Season!

all on **Sat September 21st**, Wakefield Yorkshire 6 stage Men- (any number of teams) 4 stage Women- (any number of teams) and Yorkshire Junior events

on **Sat October 5th** at Sheffield Northern 6 stage Men- (2 teams) 4 stage Women- (any number of teams)

on **Sat October 26th** (prob) at Sutton Park **National** 6 stage Men- one team

on **Sun 27th** at Sutton Park **National** 4 stage Women (no qualifying needed)

on **Sun 20th October** at Sheffield Northern **Young Athletes** Relays

Junior athletes see Dennis Russell / Malc Whittaker, seniors contact Julia Jennings or Pete Humphries (549125) this week.

a very solid performance from the evenly matched John Atkinson (19.32), Malc Palfreyman (19.47) and Steve Gaines (19.48), rounded off by a typical dash from Peter Morris in 18.39 which was the fastest vet time on the day. Ken O'Mara, Peter Neal, John Comrie and Gary Durham ran 6th to give us an impressive four teams out of six finishers, in fact we had 7 out of 15 later then 2 more to make 9 teams finishing out of 33. Most ran more or less as expected, but with benefit of hindsight Phil Eddison (19.39) and Alan Chell (19.29) could have stepped up a team or two. Particularly pleasing was the turn out of younger runners, although we ran Steve Inglis in a senior team, his age group was also represented by Chris Aston (20.06), Rob Rhodes (20.19) and Paul Hoyland (22.47). The 48 fastest times featured 22 RHAC members' names.

Damflask Relays- Ladies

Finishing first, third, fifth and ninth, Rotherham had 7 runners in the fastest 11. Jane Clarke (23.39) and Julia Jennings (22.19) brought us home first emphatically after Julie O'Mara had blasted out a 21.37 leg one which was easily fastest on the day. The B team trio of Adele Morris (26.03), Sharon Marshall (24.48) and Janet Hindley placed an impressive fifth with Janet surprised to clock 23.03, she thought she was unfit.

We got the balance slightly wrong however, and in consequence lost the vets to Barnsley although the team of Sharon Burton (23.50), Caroline Boyd (22.52) and Gill Bunker (23.21) ran well, Caroline taking 4th fastest time. Julia could have run as a vet, Janet could have run in the A team and we would have won both- but we didn't know that in advance or course. We shouldn't carp, this was a brilliant performance, backed up with ninth place for the vets B team of Janet Pike, Jen Baker and Pat Wells.

A fine performance at the Plough afterwards too, good beer and chicken and chips.

Caroline Boyd (19.20) and Gill Bunker (20.11) were second and third O/40. In their category Rose Grimley (21.02) and Janet Pike (21.30) went one better by placing an impressive first and second.

Chris Beighton had to withdraw ill and that left Dave Throup (Bingley) without much of a challenge, but Pete Morris some 26 seconds behind was a bit unlucky not to hold Andrew Shepherd (Lincoln), taking third place in 16.04 but well in front of Stainforth's Ian Temperton who ran 16.21. The quartet of Malc Palfreyman (16.53), John Atkinson (16.54), Steve Gaines (17.00) and Phil Eddison (17.08) grouped well around the 17 minute mark but it was Malcolm who did them all for 10th place, showing great form since he has been able to train seriously again, taking second vet 50 to Malcolm Martin by 20 seconds.



Counting all races, there were 46 Rotherham competitors, a tremendous response from all of you, and top class support both for your club and for this worthy, well-organised event. Needless to elaborate, RHAC teams had a field day.

Pictured left: Rob Holladay very wet at Armthorpe but very quick at Leyland

It is with great regret that we have to inform colleagues of the death of Les Trueman of Maltby R.C. Les, who was 47, fell ill whilst on a club run with the Maltby club near Roche Abbey last week and died shortly later. He apparently had a massive heart attack. To his wife Anne and family, and to all of his Maltby clubmates, we extend our deepest sympathy.

Runners' News

• The Track & Field promotions are well merited and very timely; congratulations to all involved, particularly Mick Hague and Kath Lord

• Rob McCarthy continues to fly our colours in the enemy heartland, having dropped his pb to 33.41 in the Prestwich (North Manchester) 10k last month, and scoring 31st place out of 350 in the Tour of Tameside 6 race series (in 5h 20m overall). He has however had to undergo a hernia operation, and will be out for two months, but he is improving so well that this will only be a brief interruption I am sure.

• Club Tote winning numbers for July were: £82 John Clarke (no 177); £10 each Robert Streets (100), Mick Concannon (2), Phil Allen (63). 224 sold. August: £82 Peter Mullet (283); £10 each Tom Smith (74), Roy Tinker (67), Ian Newsome (230). 224 sold. Thank you Brian.

• Contrary to what we thought, talks are still proceeding concerning a merger of Sheffield & Hallamshire athletic clubs. Progress or otherwise is not known. Doncaster area clubs say their merger is to go ahead.

• Our only representative at the front end of the Barnsley 6, Rob Holladay ran 21st in around 32.20 on a fiendishly hot day which saw the runners in no end of trouble. This is the second time he has been up there amongst it at Barnsley (inter-county championship) but running in a Rotherham vest rather than a county vest. I am baffled as to why this should be, though of course black/white star is always good to see. Rotherham Ladies won the club team award. Rob incidentally won the Harrogate 5k back in July.

• Steve Inglis won the Strawberry Faye Run- it was officially a "fun run" though of course as usual you have to get down to the bottom of the field before it really is. Only a small event, but for Steve, who is 16, it was a first. We can confidently expect that it won't be long before he has some more.

• Lee Collingwood and Mick Tune have showed some very strong form over the summer months, both on and off the track. Lee is back to the sort of form he threatened a few years back; Mick now has his sights set on the Manchester marathon.

• New members have been prominent in the summer campaign, it is a tribute to the efforts of all of you who turn out in Rotherham colours. Though of course you aim first to enjoy and improve your own running, the knock-on effect is clear and new and potential colleagues invariably mention the mutual support and friendliness of our members. We think it's normal, perhaps elsewhere it isn't. We welcome Richard Harris who has joined us from Rother Valley Swallows since the South Yorks Road League finished, and Jacqueline Shannon (ex

Steel City) who ran around 42 minutes in her first run in black at Armthorpe.

• Pat Rooney says the Kimberworth club will be combining with us for a Winter Series again, as probably will Maltby when we talk to Dave Thorpe. The first will probably be the Woodman, a November date, with events in Dec, Jan, Feb and March. It is possible that the monthly time trials will be discontinued this year, though it is not just down to me- but they seem to have lost support and, maybe, usefulness. Views are welcome; bear in mind the enormous number of competition events now available compared to what used to be.

• Injuries to Chris Parkes and Chris Beighton have dampened our enjoyment of the summer's successes, we hope they will recover speedily. Paul Venables happily seems to be on course for complete fitness, having competed at the Spencer's Arms Dash (last one tonight), and enthusiastic about his planned programme, which if all goes well includes Penistone 10k and Yorkshire relays. Tim Drake is back early and looking lively, and Adrian Roberts reports progress too.

• Early results from the Glasgow Half show a fine repeat of his 1995 performance from John Comrie with 72.37 to take 26th place in a highly



competitive field. Quite a bunch of our runners took the trip; I have been promised photo(s) and results for the next issue. Sam headed a small but keen group of RH entries at the Worrall Gala 5-mile Chase; only 24 runners (mostly HH) but hot and up and down (I was one of them). He couldn't match Hallam's Simon Dale (26.23) but he pipped Paul Young for second place (26.42) and John Atkinson was first vet 4th in 28.04. Gary Hammonds made up the team placings (though there wasn't one) 7th (28.57) and Gary's son Sean did very well to run 34.39, he is only 13.

• Les Outwin tells me there will be no cross-country until November

Club Championship Report

With 20 races gone, the competition might seem to be fairly well settled, but with 6 races left it is no such thing. I have not yet received the results from Askern 10 or Armthorpe 10k, so they of course are not included yet, but also I am lacking the results of the Sheffield Marathon and Half, consequently at the moment they are not included either. Please note that assuming Barnsley 10k to go ahead, it is included and Percy Pud isn't. The full results list will be available at Herringthorpe on club nights, please as usual notify any errors or omissions. Space prevents publication this month, I will try next.

• Pictured left Brian Harney with training partner Phil Smales shortly before his debut in the England 100k team in Glasgow where he ran a superb 5th in 8 h 15m to help England to the home countries title. Chris Parkes opted out of that one in order to represent Gt Britain in Brittany in August but unfortunately had to pull out injured.

• I heard the sad news this week that former club coach Steve Moxon died in July from a heart attack. Steve coached, amongst others, a young Peter Elliott I think.

Sept/Oct Races

Sun 8 Sept
Sun 8 Sept
Sun 8 Sept
Sun 8 Sept
Wed 11 Sept
Sun 15 Sept
Sat 21 Sept
Sun 29 Sept
Sun 29 Sept
Sat 5 Oct
Sat 5 Oct
Sun 6 Oct
Sun 6 Oct
Sun 6 Oct
Sun 13 Oct
Sun 13 Oct
Sun 20 Oct
Sun 20 Oct
Sun 27 Oct
Sun 27 Oct
Sun 27 Oct
Sun 27 Oct

Billingham 10k 11am
Elsecar 8 11am
Penistone 10k
Gainsborough 10k
Dinnington Ding-dong 6.45
Great North Run
Yorks Relays, Wakefield
Bradway Fun Run 10.30
Three Villages Half, Pocklington
N Men 6 Stage Relay, Sheffield 2pm
N Wom 4 Stage Relay, Sheffield 12.30
Maltby 10 10.30
Horsforth 10k
BAF Sen & Vet 10k, Solihull
Rowntree 10 11am
Hallcross 10k 11am
Bridlington Half noon
N Young Ath Relays Sheffield 11am
Worksop Half 10.30
Holmfirth 15 10.30
Nat Womens 4xRelays Sutton Pk
no SY Cross-C until after this date

Relay Entries- check
with team manager
PH on 549125