



September 1998 *Serving the Rotherham Runner*  
First Wednesday each Month

•Vets Yorks Relays

## Yorkshire Vets Title stays at Rotherham

We took the trophy back this year, but our nameplate goes on again. RHAC not only won the Yorkshire vets for the sixth consecutive time but placed the B string third. Some opinion has it that bronze medals are merited- but this is a club competition so they aren't awarded.

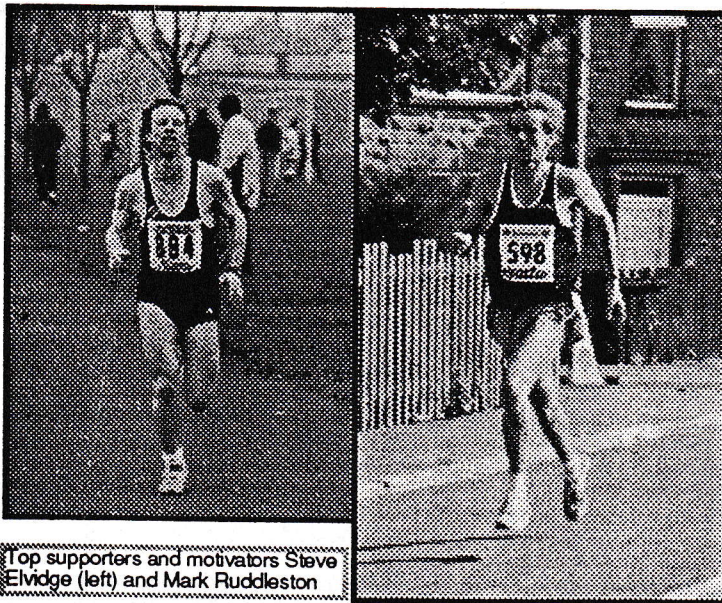
Our fears about developments elsewhere came to nothing on the day, but one day they will, we will keep vigilant. In fact Sheffield AC looked most organised and improved on this occasion due to a large extent to Nick Duggan, and old hand Pete Shaw got second fastest time on the day to Alan Buckley. With Paul Venables getting back to match fitness it was Pete Neal who ran our fastest, on the lead-out leg, a 12:53 (third-fastest) effort which would rank highly in any circumstances and which threw us in top position ahead of Hull. Alan Chell's brilliant 13:13 put RHAC "B" in third at this point and in fact they continued to challenge, Phil Roberts and John Atkinson holding us fifth and fourth before Steve Gaines took advantage of a weak Sheffield fourth leg to bring the B string home third. At the front, it was business as usual with first Paul Venables, then Peter Morris and Martin Connolly easing away from the opposition for a very clear win.

## Ladies back to golden ways

The ladies trio of Gill Bunker, Paula Fisher and Hilary Garrison had no opposition really, only Rotherham, Barnsley and a short Longwood team setting off, but you can only race those that turn out. At over-50 we finally managed to get a team out after several false starts in recent years, and a good team too with Malcolm Palfreyman running well together with Terry Hawley and Tony Turner. A fine performance saw off Hallamshire's trio but Messrs Jennings and Probin are a different prospect and we had to settle for second to Bingley AC. Nonetheless, two golds and a silver is not a bad haul. It has to be said that the standard is getting poorer than it was but that is in stark contrast to our support which gets stronger each year.

•Cross Keys Oldham Road & Fell Relay

## RH Raiders deliver the Goods Parkes' return a major factor



Top supporters and motivators Steve Elvidge (left) and Mark Ruddleston

Saddleworth Moor, the venue for this event, used to be part of Yorkshire. The raiding party assembled by Mark Ruddleston and Peter Neal to visit Steve Elvidge's patch had a good result last Saturday, but it was fellow Yorkshiremen who came undone.

RH surprised Holmfirth at their own game by seeing them off in the annual Cross Keys relay at Uppermill, Oldham, and title holders East Cheshire into the bargain. Three-mile road stages (1 and 3) alternated with two and a half miles of fell (2 and 4) all changing over and finishing at the Cross-Keys pub where I can vouch the beer was very acceptable too. Not too much flat ground on this course to say the least; Holmfirth had good experience of this terrain with Thompson and Watson on the road stages but captain Mark Ruddleston held them well on the lead-out leg, only late on did he yield a small lead of about 20 yards. Ace in the hole for Rotherham was Chris Parkes on stage two. In his first real fell race he smashed a huge minute and a quarter out of our rivals, needless to say to the general astonishment of all present, and later found to be the fastest fell stage of the day.

Darren Hale's weeks on the beat in Blackpool haven't slowed him down. He negotiated heavy holiday traffic to join us from his base in Preston and though by stage three everyone was time-trialling he put in a smart leg to hold the margin of lead,

which made the equation simple. Could John Comrie, unused to the fells, and putting his racing back together after some very indifferent running, hold off a top fell runner? He did just that, which can't have been easy with best part of a mile uphill steep to start off, but it was getting uncomfortably close at the end. No matter, he did it, and with a respectable time into the bargain. Winning becomes a habit!

Peter Neal's vet outfit made it a Rotherham one-two by walking off with the vets prizes, though the outcome was unclear until after the event. The inspiration for RH in this event came from Steve Elvidge, who weekly and more joins us from his home in Holmfirth to run at Rotherham. Steve's wife hails from Oldham, and on some nights the Cross Keys is his local! They were joined by Phil Roberts and Steve Gaines, Phil looking very strong on the initial road leg and handing fourth place overall to Steve Elvidge with Peter Neal taking the road and Steve Gaines bringing home a convincing win in seventh place overall.

## •Selby Relays

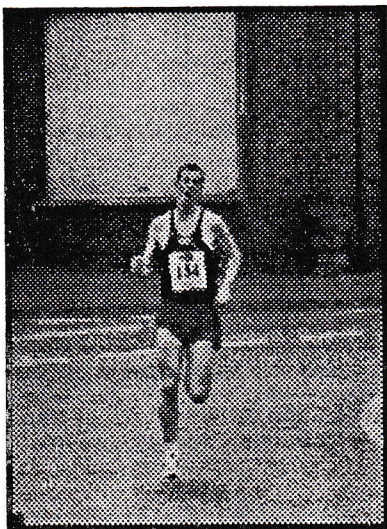
## Tune on top form But GB team goes awol!

A strong little hit-team took on the Selby Town relays this year, a pleasant event attended mainly by the East Riding outfits from Hull and York. City of Hull traditionally win it, but they were not strong enough on the day for the Rotherham quintet in which Darren Ward and Warren Vayro both made promising debuts. Darren held the first stage well with 13:18 and together with Mark Ruddleston's on form 13:07 this was strong enough to give a decent lead to Dave Tune who ran a 12:22 course record to maintain interest. With a huge lead, Warren ran a nice 13:08 time trial and although Hull had Darren Bilton running 12:26 on stage 5 he had no chance of catching RHAC, especially as we had Luke Field defending the lead, his

12:55 underlining what fierce relay runner he has become in such a short time.

John Comrie, Mick Tune, Peter Morris and Peter Humphries starred in the B team, Peter Morris having graciously accepted this spot despite his good form, and run 13:13 which could have been faster if needed.

Dave Tune (pictured at Barnsley 10k)- scored a great third place at Erewash and has been in winning ways but is understandably sore at last week's GB Half marathon verdict!



•Doncaster 5k

## Great Holladay Finish caps Club Success

Though he missed the race last year, on some previous occasions class opposition has been put to the sword by Dave Tune in the Doncaster 5k. This time it was Ian Mitchell (Longwood) who could only hold it for one of the three laps before Dave stormed away to a 14:41 finish some 19 seconds in front. Highlight otherwise was a great effort by Rob Holladay who was given a hard time by Chesterfield's Adrian Clarke, Rob held on to him for half of the race before surprising him with a devastating finish burst which saw him third in 15:10. Then, only 15 seconds adrift, Luke Field sixth in 15:25 and another 8 seconds to Mark Ruddleston in eighth place. As to the ladies, Julie O'Mara, Janet Hindley and Claire Goldsborough claimed the team prize to add to the men's and vet's by running third, fourth, fifth respectively, though they were well away from brilliant winner Birhan Dagne who hammered Channah Fothergill into the bargain.

Rotherham Veterans were in form too, with Paul Venables placing third in 15:54, Peter Morris (16:11) fifth taking the first O-45 title and Steve Elvidge back from injury with a pleasing 16:47 just shading John Atkinson into eighth place. In tenth was Malc Palfreyman, his 16:49 taking the O-50 title, where Tony Turner placed third in 17:44. Steve Gaines 17:12 got him third O-45. Hilary Garrison and Gillian Bunker emphatically won their veteran titles, placing first and second in 18:53 and 19:39 though unfortunately they had no third scorer.

## •Vets Barnsley Boundary Relay

## Vets Success knows no Boundaries

I seldom get the chance to celebrate a win myself so it was all the more enjoyable to be first past the post on stage ten of the Barnsley Boundary Relay which Rotherham vets won handsomely back in the summer by over half an hour as it turned out. It has to be said that all the work was done by earlier stage runners, with a stormer from Paul Venables a major contribution. The conditions were exceptionally wet and muddy to the extent that the course record attempt foundered by some margin, but this was a superb effort and a really worthwhile event (our ladies having led the way by winning their event last year). Very sporting too; Malcolm Palfreyman having stepped in at late notice to a long 'unrecced' stage was guided more than once by Barnsley's Paul Middleton- when Malc could have left him late on he sportingly didn't do so.

Steve Gaines was main instigator for RHAC, in which he was joined by Malcolm Palfreyman, Jerry Spencer, Tony Turner, Terry Hawley, Pete Neal, Paul Venables, Steve Elvidge, Alan Chell and Peter Humphries on stages varying from 4 miles to 11 and a half.

## Yorkshire & Northern Relays preview

Rotherham's senior entry list for the Yorkshire Six-stage Relays, to be held at Wakefield on Saturday the 12th September (1.55pm), looks stronger than I can ever remember. Whilst Paul Bennett was not eligible anyway, he is now in the USA, and only (!) Dave Tune and Andrew Aked are ruled out up-front because of the qualification rules. Needless to say, a good number of runners will not be match-fit or may have work or holiday commitments but even so an impressive line-up should be ensured. Final selection will be this Wednesday- and because we entered three teams just about everyone is in the possibles list. We may well take two senior teams, and fielding a complete vets team is in the offing (although there is no official vets category here). Darren Hale, Rob Holladay, Luke Field, Mark Ruddleston and Chris Parkes are amongst those who have declared availability.

A full junior entry has also been sent, the events begin at Thornes Park with the under-13 girls at 11.15am.

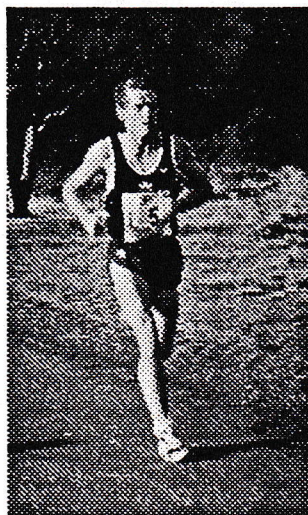
Road planners will be putting heads together shortly for the Northern 6-stage event which is again at Sheffield, but with the unusually early date of 26th September (Saturday, 1.30pm start). Closing date is 7th September -ie the entry has been sent. The Womens Four-stage is also at Sheffield on the 18th October (Sunday) at 10.45, this event being followed by the Young Athletes events, closing date 28th September for all of them.

## Alan Willis

Competitors at the Armthorpe 10k stood silent for a minute on Monday in memory of Alan Willis of Doncaster and Stainforth, who died last week. Alan (43), a former Stainforth runner, was diagnosed to have cancer only about 3 months ago and despite a brave fight which saw him spectating at the Doncaster 5k he died in hospital after viral complications. It is only a very short while since Alan was vying with our veteran runners in the road leagues, where he finished O-40 runner up last year. Notably after that he was 9th at Doncaster and 3rd at Hallcross '97.

We extend our deepest sympathy to his family and friends, and to his colleagues at Doncaster & Stainforth AC.

Club Championship Races will resume October 4th with the Maltby 10. I will publish a complete and final list in the club rooms in a week or so and also in next month's Briefing.



Luke Field pictured at Ferriby:  
on top form with wins at  
Kimberworth and Harrogate

## September/October Fixtures

|             |  |
|-------------|--|
| Sat 5 Sep   | Lincolnshire Wolds 10                      |
| Sun 6 Sep   | Boroughbridge 10 11.05am                   |
| Sun 6 Sep   | Chesterfield Half 10am                     |
| Tue 8 Sep   | Autumn Coast 5k, New Marske                |
| Wed 9 Sep   | Ding dongs                                 |
| Sat 12 Sep  | Penistone 10k                              |
| Sat 12 Sep  | Yorkshire Road Relays                      |
| Sun 13 Sep  | Kirkstall Abbey 10k Leeds                  |
| Sun 13 Sep  | Ashbourne Half 10.30am                     |
| Sun 13 Sep  | Yorkshireman Off-road marathon Haworth vrs |
| Sun 13 Sep  | Elsecar 8 11am                             |
| Sun 13 Sep  | Netherthong 10k                            |
| Sun 20 Sep  | Bells 10k New Marske 2pm                   |
| Sun 20 Sep  | Horwich 10                                 |
| Sun 20 Sep  | Selby Half noon                            |
| Sun 20 Sep  | Tuxford 10                                 |
| Sun 20 Sep  | Woodhall Spa 10k 11.30am                   |
| Sat 26 Sept | Northern 6-stage Relay Sheffield           |
| Sun 27 Sep  | Three Villages Half, Pocklington           |
| Sun 27 Sept | Robin Hood Marathon, Nottingham            |
| Sun 27 Sep  | Horsforth 10k Leeds 11am                   |
| 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  | Northn Womens 4-Stage Relay Sheffield      |
| Sun 18 Oct  | Northn Young Athletes Relays Sheffield     |
| Sun 25 Oct  | Holmfirth 15 10.30am                       |
| Sun 25 Oct  | Worksop Half                               |
| Sun 25 Oct  | SY Cross-country 1 no venues yet           |
| Sun 1 Nov   | Barnsley 10k                               |
| Nov 8       | SY Cross-country 2                         |
| Nov 22      | SY Cross-country 3                         |

## Running News

•The Swinton Strawberry Fayre 4.4 mile run attracted 104 entries this year, a lot of them from Rotherham, and a pleasant day out it proved as usual. Mark Ruddleston's usual gloomy view of his chances proved pessimistic as he nipped home in front of Barnsley Harriers' Chris Earl with Darren Ward close behind. James Robinson ran fifth, and Janet Hindley was first lady.

•Mark was again in form (27:43) last Monday in the annual Killamarsh 5 where he headed the 80-strong field comprising mainly north Derbyshire runners. His running this year has done a great deal to focus our efforts in local and more distant events. Steve Marshall back from injury placed 8th.

•A varied group of RH runners took part in the 5-mile event organised at Wilsic last Wednesday by members of Doncaster & Stainforth, courtesy of Vicky Haigh who is a member of both clubs whilst RH first claim. A handicap start event (as per Xmas Day) was won by Don Gill with Peter Neal running the fastest time on the day. The start list ran from the fast (ie Tune, Parkes, Holladay) to the not so fast (ie myself, Ruddleston, P- though Peter did visit many parts of South Yorkshire in his efforts to find the route). There was a free barbecue to round off the evening which was most enjoyable despite the cold. Thanks to Vicky and other organisers.

•Askern 10  
Notable mainly for the return to racing of a certain Mr. Parkes: he got the better of Dave Bond but Adrian Clarke was too strong on the day.

•Colleagues will now be used to the annual on/off see saw concerning local races. So here goes with the 1998 version. I am told that Hallcross, after a long and impressive series, is OFF. What a great pity for a fine race, but doing it and organising it are different things. The Worksop Half is however ON again. No details available at the time of going to press, but the Worksop club secretary assures me it's on.

In case you were not aware, Maltby Ten is ON, dated Sunday October 4th at 10.30 am, closing date September 26th. Our friends at MRC have considerable problems staffing an event like this and it is commendable that they are doing so notwithstanding. We could help a great deal by a bit of assistance on the day if not running, and I will be happy to hear from anyone who can join me.

•David Haywood has given me a photocopy of a letter dated 19th June which he sent to London Marathon Ltd Box 1234 asking for club entries to the same! His handwritten comment "Not forgetting it this year !! It's Gone!" As an early reminder, if your entry is rejected we should have club entries for allocation or ballot; keep your rejection slip.

•Winning numbers for August, drawn on the 26th: £63 Terry Rook no.197; £10 each Peter Humphries no.42; Steve Tompkin no.220; Tim Perks no.259. 186 sold, thank you Brian.

•Paul Bennett's transfer to the USA has now completed; we wish Paul and Claire well, thank them for their efforts with us and look forward to an eventual running reunion.

•Rob Holladay intends staying with RHAC after his move to Teeside this month. This is a big boost for our efforts as it looked possible he would be transferring to one of the northern clubs. And it is due in large part to the efforts of all of you who have turned out in black this year.

•The September date for the northern 6-stage is aggravating for Darren Ward and Peter Mirrlees as they qualify on October 1st after transfer and would therefore normally be available. We are not sure yet of Julian Davey's qualification date.

•Dave Tune is left high and dry as Great Britain decided this week not to send a team to the international half-marathon on the basis that not enough runners of the quality were available. Not good news to say the least for those who were, and who had been preparing for it for months.

•Luke Field has had an impressive summer- not just the Kimberworth 6 title to his credit but the Harrogate 10k to add to it.

© Armthorpe 10k

# RH Teams Sweep up Again

Another fine black-vest turn-out impressed a lot of impartial spectators and was to prove decisive, Rotherham in fact taking all three team prizes through Chris Parkes, Rob Holladay and Tim Drake, veterans Paul Venables, Malc Palfreyman and John Atkinson, and ladies Janet Hindley, Hilary Garrison and Diane Taylor (NB entries on the day do not count). I spectated myself and was very impressed, notably by the support given to top runners by lesser, and vice versa.

Whilst top performers in their categories were probably Chris Parkes and Paul Venables, there were numerous good results on the day as time lists may show, though the windy conditions will likely spoil a lot of results; I would guess them at least 30 seconds down.

Early stages looked like an RHAC picnic, but it was not to be, as Tony Graham (Tipton) upset the lead trio of Chris Parkes, Darren Cooney and Rob Holladay, with only Parkes going away with him. Chris lost 10 yards at around half way but held it from there, but after heavy recent work and training could make no late impression, finishing second in 31.00 some 5 seconds adrift. Dave Bond was half a minute behind. Darren appeared to suffer in the middle stages perhaps from lack of racing, but held it together well and looked good at the end with fourth place, while Rob had to settle for sixth on the day. Paul Venables had a superb run which would often have won the vets award, just inside 33 minutes, but Alan Buckley had a stormer too and was fifth overall.

Malcolm Palfreyman had a convincing victory at O-50, his 34:15 being more than a minute in front. Janet Hindley ran 38:11 to take second spot in the ladies, with Hilary Garrison first lady vet 35 in 39:08.

## Selby Relays

|   |                  |       |
|---|------------------|-------|
| 1 | Rotherham HAC A  | 64:50 |
| 2 | City of Hull AC  | 67:19 |
| 3 | York Acorn A     | 70:09 |
| 4 | Knivesmire HA    | 70:21 |
| 5 | Rowntrees A      | 70:53 |
| 6 | Selby Striders A | 71:15 |
| 7 | Rotherham HAC B  | 73:51 |

30 teams



| RHAC "A"           |        |
|--------------------|--------|
| D.Ward             | 13:18  |
| M.Ruddleston       | 13:07  |
| D.Tune             | 12:22* |
| W.Vayro            | 13:08  |
| L.Field            | 12:55  |
| *new course record |        |
| RHAC "B"           |        |
| J.Comrie           | 15:03  |
| M.Tune             | 13:41  |
| P.Morris           | 13:13  |
| A.Reilly           | 15:51  |
| P.Humphries        | 16:03  |

Published at Wickersley Comprehensive School by Peter Humphries who is pictured left completing the final stage of the Barnsley Boundary Relay which saw RHAC veterans a convincing open category winner.

I was enticed into the team as a last-minute reserve to keep it all-vet on the promise of the glory stage, which would be the shortest (4 miles) and downhill.

All true, I have to say, but Steve Gaines failed to mention the depth of water, mud, nettles and cowshit.

Nonetheless it was a priviledge and pleasure to join the nations top vets!

## •A choice of ding-dongs!

Arranged accidentally for the same date are:

### Dinnington Ding-dong

Now planned for  
9th September, 6.45 off.

A straight race to Dinnington (rugby ground), plan your own route. Distance is variable but around nine miles usually. Food and drink at Dinnington RUFCA afterwards. Enter on the night.

### Kimberworth Ding-dong

A short road event (about 2 miles) to support the Kimberworth Church fund. Goes from the Travellers at 6.45, enter on the night.

## Yorkshire Vets Relays

Mickletown July 12th 1998

### Over 40 male

|          |                   |       |
|----------|-------------------|-------|
| 1        | Rotherham HAC     | 52:14 |
| 2        | City of Hull AC   | 53:29 |
| 3        | Rotherham HAC "B" | 54:13 |
| 4        | Sheffield AC      | 54:42 |
| 5        | Spenbrough DAC    | 55:38 |
| 13 teams |                   |       |

|          |            |       |     |
|----------|------------|-------|-----|
| RHAC "A" | P.Neal     | 12:53 | 1st |
|          | P.Venables | 13:08 | 1st |
|          | P.Morris   | 13:10 | 1st |
|          | M.Connolly | 13:03 | 1st |

|           |            |       |     |
|-----------|------------|-------|-----|
| RHAC "B": | A.Chell    | 13:13 | 3rd |
|           | P.Roberts  | 13:42 | 5th |
|           | J.Atkinson | 13:34 | 4th |
|           | S.Gaines   | 13:44 | 3rd |

### Over 35 ladies

|   |               |       |
|---|---------------|-------|
| 1 | Rotherham HAC | 48:37 |
| 2 | Barnsley AC A | 51:32 |
| 3 | Barnsley AC B | 55:48 |

|      |            |       |      |
|------|------------|-------|------|
| RHAC | G.Bunker   | 15:55 | 1st  |
|      | P.Fisher   | 17:17 | 1st  |
|      | H.Garrison | 15:25 | 1st, |

fastest time

### Over 50 men

|   |                        |       |
|---|------------------------|-------|
| 1 | Bingley AC             | 41:20 |
| 2 | Rotherham HAC          | 42:03 |
| 3 | Hillamshire H          | 43:08 |
| 4 | Doncaster & Stainforth | 44:51 |

|      |              |       |     |
|------|--------------|-------|-----|
| RHAC | T.Turner     | 14:05 | 2nd |
|      | T.Hawley     | 14:06 | 2nd |
|      | M.Palfreyman | 13:52 | 2nd |

8 teams

RHAC were invited after the event to stage the next Vets Road Relays for a change of scenery.

We accepted in principle but I think we talked the organisers into continuing at Mickletown, which after all is a good venue and has become traditional.