



# April 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.

## ROAD EVENTS

### Norton 9

As at Ferriby, so at Norton. Tune (1), Neal(4) and Collingwood this time as RHAC blanket the race. 41 finishers. Page 4.

### Nottingham University Relay Success

Superb team turn-out sees RHAC 3rd in front of Notts, Wolverhampton & Bilston, Sheffield, Birmingham Uni etc. p4

Paul Rowland (left) after a successful Notts U relay leg, and team captain Adrian Roberts (below) both feature in a strong 12-stage relay team

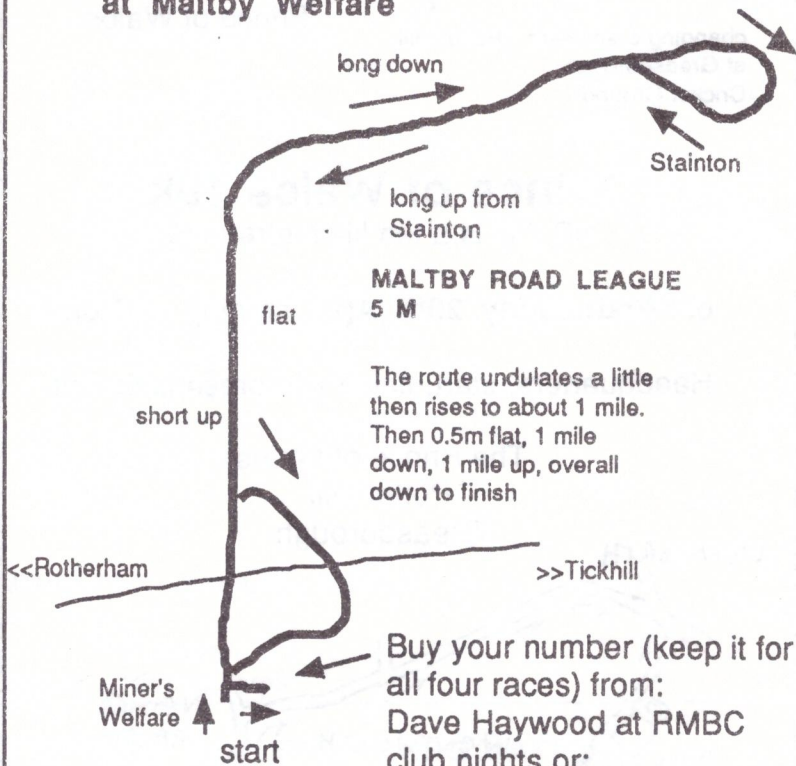


National 12-Stage Relay  
 Sutton Park  
 Birmingham  
 Sat April 30th

## Road League

It is essential we get a good turn-out straight away if we are to do well.

**WEDNESDAY 27th APRIL 6.45 at Maltby Welfare**



**MALTBY ROAD LEAGUE 5 M**

The route undulates a little then rises to about 1 mile. Then 0.5m flat, 1 mile down, 1 mile up, overall down to finish

Peter Humphries at the Prince 10k 20th April or: on the day at Maltby (ask PH)  
 Vets must state whether running (for all 4) as vet or senior  
 Team scoring is time aggregate  
**WE DID NEXT TO NOTHING LAST YEAR BUT WE ARE SO STRONG IN ALL THE CATEGORIES!**

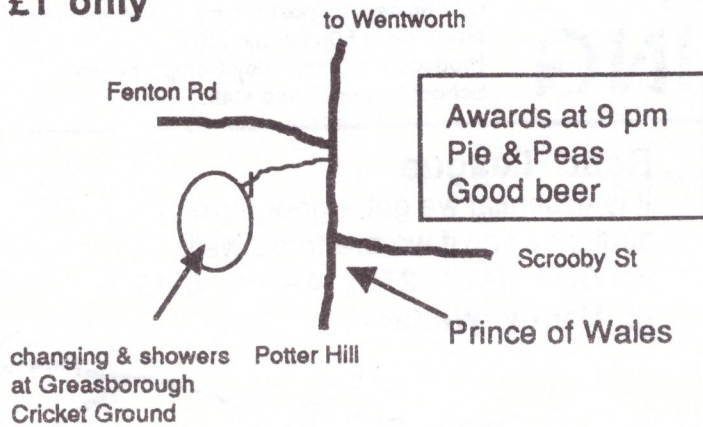
## RHAC INITIATIVES- THE RHAC RACE TEAM

Amongst our aims have been to bring back runners and attract new. Amongst our aims have been to improve communications. I hope you have seen these things happening. One of Arthur's ideas was to form a race team at RHAC and if you are a competitive runner, you may have been asked your views. If you haven't, no offence intended, there are just so many of you. If you are competitive and of reasonable standard, ask and I will gladly put you in the picture.

Rotherham Road League meeting--Dinnington on Weds 11th May.

Help is needed to:  
 Drive a lead car  
 Drive a trail car  
 Marshall at the entrance or truns

£1 only



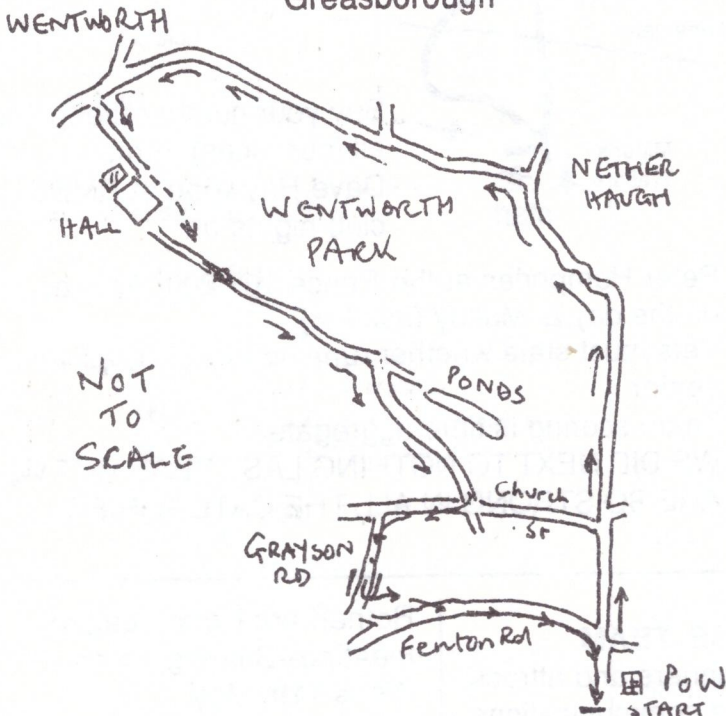
## Prince of Wales 10k

NB this is a ten kilometre race

on Wednesday 20th April starting at 7 pm

Headquarters, start, finish and presentation at

The Prince of Wales  
Potter Hill  
Greasborough



1st 5; vets 1,2,3; vet 45 1,2; vet 50 1,2; vet 60  
ladies 1,2,3; lady vet; lady O/50  
Local runners awards. Enter at PoW or RH (Pete H)

## Runners' and Races News

• Members may have heard that former RHAC runner Paul Venables has resigned his Sheffield membership, raising speculation as to his future placement. He has no immediate club plans but has said he will be coming along to run with us from time to time. On behalf of active runners, who greatly regretted that he ever had to leave, I can only say that he would be welcome back not only as a fine asset to the club but as an old and valued friend.

• It is good to see the Rotherham 10k now definitely on, and definitely dated for the day of athletics on May 29th. Entry forms will be available shortly, meanwhile see David Haywood or Mick Hague for details. It is worrying however that the negotiations over the Prince of Wales Half Marathon are not finalised. David has written to the Borough Council following a positive move initiated by Mick Hague, but the wheels of council committees do not always move quickly, and time is getting very short for a successful promotion of the event.

• Former Harrier Neil McRobb, currently living in Warminster and a member of Warminster R.C. will be running the London Marathon on April 17th sponsored for Great Ormond Street Hospital. Neil is in the MoD Police and working hours do not help his running but his parents told me he ran a 10k at Newton Solney recently in around 35m, finishing 40 out of several hundred, and has a revived interest in racing.

• I have made a slip-up in planning the club championship. The Great North Run has now officially closed so that it is possible that some members will not be able to compete if they want to. I propose in the circumstances to keep the Great North Run in the list, but also to include the Prince of Wales Half Marathon if it goes ahead - otherwise I will include the Worksop Half in autumn to make up.

• The date for the Pennine Marathon, also in our list, is July 3rd. Details to follow. It won't be flat.

• I have queried the date for the Yorkshire Veterans Relays (we are the title holders). It is planned for July 17th but so is the Barnsley 6. This does not seem sensible

• Paul Davis is making a steady return to running after around 8 months suffering viral problems.

Sat Apl 2	<b>Northern 12<sup>+</sup> Stage Relay</b>	Roberttown, Liversedge W.Yorks 11.30
Sun Apl 3	Bridlington 10k	Bridlington 11.15am
Wed Apl 6	Spencers Arms Dash	
Sun Apl 10	Scarborough Half	11.30 am
Sun Apl 10	<b>Doncaster Half Marathon</b>	Town Fields 10.30am
Sun Apl 10	Pennine 10k	Brighthouse 11.30
Sun Apl 17	London Marathon	
Wed Apl 20	Prince of Wales <b>10k (NB!)</b>	Potter Hill Greasborough 7 pm
Sun Apl 24	Hemsworth Half	Hemsworth Water Park 10.30am
Wed Apl 27	<b>SY Road League MALTBY</b>	Miners Welfare 6.30pm
Sat Apl 30	National 12-Stage Relay	Sutton Park., Birmingham
Sun May 1	Kimberworth 6	
Sun May 1	Humberston Half	Cleethorpes 10.30
Mon May 2	Penistone Hill Race	
Sat May 7	White Peak Marathon	Matlock 11 am
Sun May 8	Bingley Half	Bingley 11 am
Sun May 8	Examiner 10	Huddersfield 11 am
Sun May 8	Milton 6	Elsecar 11 am
Sun May 8	Eyam Half	Eyam 10.30
Tue May 10	Tigers 10	Sheffield
Wed May 11	<b>SY Road League ROTHERHAM</b>	Dinnington RUFC 7pm
Sat May 14	Rother Valley 10k	RV Country Park noon
Wed May 18	<b>SY Road League PENISTONE</b>	Penistone FC as last year 7pm
Sat May 21	SY Track & Field Sen&U17	Rotherham
Sun May 22	Ernest Harper 10	Pinegrove Club, Sheffield
Wed May 25	<b>Askern 10k</b>	Askern Miners Welfare
Sat May 28	Doncaster 24h Race	
Sun May 29	<b>Rotherham 10k</b>	
Tue May 31	Hallam Chase	
Wed Jun 8	<b>SY Road League ARMTHORPE</b>	Armthorpe Welfare 7pm
Sun Jun 26	Sheffield Marathon & Half	
Wed Jun 29	SY Relays	Damflask
Wed Jul 20	Prince of Wales Half Marathon	Herringtonthorpe

## YORKSHIRE VETERANS ATHLETIC ASSOCIATION

### 1994/95 RACE PROGRAMME

Race Entry Fee £1 (entry on the day) except championship events which are always pre-entry and at the entry fee advertised.

Venues/Dates/Times are subject to change for reasons outside our control.

MONTH	DAY/DATE/TIME	VENUE	ORGANISING CLUB	EVENT
*MARCH	Sunday 20th 11 am	Bradford	St Bedes AC	Track & Road 10K
*MAY	Sunday 11.00am	Heslington, York	Rowntrees	10KRoad& Track
MAY	Sunday 8th 1 lam	Huddersfield	Longwood Harriers	10M Road Champs
JUNE	Sunday 26th 10am	Leeds	Cardinal Heenan	10K Road Champs
JUNE	Tuesday 7.00pm	Leeds, Beckett Park	Leeds City	Vets Champs 1500M
*JUNE	Wed 22nd 7.30	Ilkley	Ilkley Harriers	Fell Race 10K
<u>JULY</u>	<u>Sunday 1 7th 11am</u>	<u>Micklethorpe, Nr Castleford</u>	<u>Wakefield</u>	<u>Road Relay Champs</u>
JULY	Sunday 24th 1 2am	Leeds, Beckett Park	YVAA	Track & Field Champs
*JULY	Mid Week Race	TBA		
*AUGUST	Sunday 29th 1 1am	Harrogate	Harrogate AC	Road & Track 10K
*SEPTEMBER	Sunday	Otley	Otley AC	XC IOK
*OCTOBER	Sunday 1 lam	Leeds, Crossgates	Crossgates Harriers	10K Track & Road
*NOVEMBER	Sunday 1 lam	Bradford, Thackley	Bingley	10K Track & Road
JANUARY 1995	Sunday 8th 1pm	Thirsk	Thirsk & Solversby	XC Championships
FEBRUARY	Sunday 26th 1 1am	TBA	TBA	Road Race AGM & Prize Giving

\*NOTE 7 RACES TO SCORE OUT OF 8 FOR SEASONS INDIVIDUAL CHAMPIONS.

Tim Cook: 0484 689618

March 1994

Norton 9 6th March	108	P.Humphries	56.37	202	K.Thomas	61.50	316	F.Carden	68.58	
1 D.Tune	44.58	120	D.Russell	57.28	204	S.Wright	61.52	329	P.Ruddleston	69.37
4 P.Neal	46.35	137	J.Beckett	58.30	209	R.Grimley	62.00	360	T.Rooke	72.15
25 L.Collingwood	50.48	139	J.McWilliam	58.48	220	D.Draycott	62.44	396	P.Little	76.00
27 J.Crofts	50.53	147	S.Brookes	59.10	230	M.Hill	63.20	397	A.Taylor	76.00
28 A.Gregory	50.57	148	P.Staley	59.12	235	K.Ridgeway	63.38	411	I.Lathia	77.29
37 D.Ritchie	51.36	161	N.Grimley	59.40	239	P.Doherty	63.49	426	J.Gaines	80.52
59 M.Garrett	53.14	170	D.Whitehead	60.01	270	B.Morgan	65.47	427	S.Gaines	80.55
61 I.Lanceley	53.26	172	E.Iliffe	60.13	273	J.Lynch	66.06	428	M.Spriggs	82.20
73 M.Teather	53.59	181	D.Beaver	60.45	274	G.Benton	66.07	438	R.McCarthy	88.59
86 R.Howarth	54.38	198	A.Charnock	61.34				447	ran	

RHAC just missed the team prize, coming second to a visiting squad from Mandale, Middlesbrough. Apart from Peter and Dave, Rose Grimley and Janice McWilliam were among the prizes.

**Spen 20 5th March**

21 T.Drake	2.01.58
27 J.Comrie	2.05.33
34 R.Howarth	2.07.01
38 I.Lanceley	2.07.23
39 J.Spencer	2.07.23
47 P.Purdey	2.08.48
89 D.Morris	2.19.02
105 E.Iliffe	2.20.51
158 P.Henry	2.33.08
174 K.Thomas	2.36.18
200 M.Rhodes	2.41.50

264 ran

3rd team

A better than usual turn-out on this gruelling course. The London Marathon preparation is going well but it is sad to hear that Peter Henry has been advised not to run on medical grounds.

**Hornsea Seaside 10 13th March**

6 Gillian Bunker	71
13 Janet Pike	76.12
16 Adele Morris	77.59

2nd team

**Southwell 10k 20th March**

1 Jane Clark	44.08
3 Janet Pike	44.34
4 Adele Morris	46.1

**Nottingham University  
Relays 19th March**

A team 2.6 miles

1 T.Drake	13.33
2 P.Rowland	13.15
3 D.Tune	12.39
4 P.Neal	12.48
5 P.Morris	13.43

3rd team

B team

1 R.Self	15.39
2 M.Thompson	14.18
3 A.Roberts	14.13
4 J.Smith	14.35
5 G.Claxton	14.18

C team

1 M.Tune	14.27
2 A.Clark	15.04
3 J.Clark	15.41
4 S.Gaines	14.21
5 P.Bennett	13

Ladies team

1 G.Bunker	17.32
2 J.Jennings	15.31
3 C.Boyd	17.08

5th team

**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
Sun 29 May	Rotherham 10k
Sun 5 June	Stainforth 10
Wed 8 June	SY Road League 4 (last) at Armthorpe
Sun 26 June	Sheffield Marathon or Sheffield Half
Wed 6 July	RHAC Club 10 (Tickhill) (provisional date)
Sun 3 July	Pennine Marathon, Huddersfield
Sun 17 July	Barnsley 6
Wed 20 July	Prince of Wales (if on) see p.2
Sun 18 Sept	Great North Run, Newcastle
Sun 9 Oct	Maltby 10
Sun 16 Oct	Hallcross 10k, Doncaster
Sun 6 Nov	Holmfirth 15 (provisional date)
Sun 20 Nov	Barnsley 10k (provisional date)
Sun 6 Dec	Abbey Dash (10k), Leeds

A very sound team performance. Tim Drake gave us a sound start, maintained by Paul Rowland. Dave Tune and Peter Neal hauled back the leaders and Peter Morris held on well to put us third behind Omega and Staffordshire University. Numerous well-known clubs came well behind including neighbours SAC and Birmingham Uni, Wolverhampton & Bilston. This is our best ever placing at this event. The B and C teams both ran well, but we don't have their placing yet. The ladies team of three finished a creditable fifth and included a fine run of 15.30 by Julia Jennings.

**The 24  
selected for  
the Northern  
12-stage were:**

Paul Bennett  
Paul Rowland  
Dave Tune  
Adrian Roberts  
Peter Neal  
Mick Thompson  
Tim Drake  
Gary Claxton  
Geoff Crofts  
Steve Gaines  
Peter Morris  
Chris Beighton  
Alan Gregory  
Jamie Smith  
Lee Collingwood  
Mark Ruddleston  
Hugh O'Mara  
John Comrie  
Tony Kelsall  
Dave Ritchie  
Alan Chell  
Steve Elvidge  
Richard Self  
Jerry Spencer

The 12-stage team  
on the day was:

Long leg  
Short Leg

- 1 Paul Bennett
- 2 Paul Rowland
- 3 Dave Tune
- 4 Adrian Roberts
- 5 Peter Neal
- 6 Mick Thompson
- 7 Tim Drake
- 8 Gary Claxton
- 9 Geoff Crofts
- 10 Steve Gaines
- 11 Peter Morris
- 12 Chris Beighton

Travelling Alan Gregory  
Reserve

# 12-Stage Success

**Saturday April 2nd at Roberttown, West Yorkshire saw a reward for a lot of hard work and dedicated running when RHAC qualified for the National 12-Stage relay.**

RHAC ran 12th on the day, well ahead of the next team, and were placed first for the first 4 legs. The actual finishing place was 13th, behind SAC who were however disqualified.

Some say we have never qualified before, though Don Creamer reckons he remembers a time. Either way, this success is long overdue for a club as good as ours, and it has not come accidentally. For me, the most significant and encouraging facts to emerge are these. First, it is a natural result to follow other good performances (notably at the National Cross-country Relays and Nottingham University Relays) by a group of runners who know each other, trust each other, and support each other. Second, it is also down to good communications and good planning-with and by the runners. Third, it is not due to star performances! This team delivered without some of RHAC's top runners being involved (though of course, some were), and no doubt reserve runners would have done just as well on the day. It is this support in depth that is crucial to future and repeated success.

This should not be seen as our goal. It is only one step along the way, and our many initiatives will bring more impressive results as time goes by and as our strength increases. Meantime however, thanks to all runners, reserves and selected team of 24. Especial thanks to those not finally selected for their support and understanding.

**THE NATIONAL RELAY IS AT SUTTON  
PARK, BIRMINGHAM ON 30TH APRIL,  
SUPPORT OF COURSE WOULD BE WELCOME.  
This is a new race, with a new entry form. Team  
selection Weds 6th April**