$$\frac{R+z}{sin(\alpha)} = \frac{R}{sin(\beta)} = \frac{d}{sin(\psi)}$$

Know R, z, and α (=el+90°), solve the first equality for β

$$\alpha + \beta + \psi = 180^o$$

This gets you ψ, and then the spherical earth distance is

$$R \cdot \psi = S$$

You can also solve for h, the flat earth distance, using:

$$h = \frac{R+z}{cotan(\alpha) + cotan(\beta)}$$