

HORSFORTH HARRIERS NEWS

Marie steps down, Tina steps in

At the recent AGM it was mostly as you were, with one big exception - Marie Hart resigned as ladies captain.

Marie has suffered with long term injury and has not been able to contribute as she would like - more on this inside from Marie herself. And she has the small matter of a wedding to sort out...

One thing is for certain - Horsforth Harriers owe a huge debt of gratitude to Marie for all her work over the years both as a runner and as an organiser. Hers will be big shoes to fill.

Tina Dickinson has bravely offered to step into those shoes and is already immersing herself in the role.

Tina already is heavily involved in the running of the club, most visibly with organising the Vets for the Grand Prix races, but also behind the scenes on committees that run the club and our races, with all the hard work that involves.

In order to ensure that Tina doesn't meet herself coming back - and also has the odd half hour to get out for a run herself - may I make a personal plea that all ladies offer Tina their complete co-operation and help.



Steve Large on the winners rostrum in Cyprus where he was second veteran and fifth overall in the Cyprus Half Marathon. See Steve's full report inside.

And that equally applies to Hilary who continues as co-captain for the ladies.

As for the men, Marc remains our captain and also fills several other key roles within the club, so - please - make his life easier too by not waiting to be asked and take a pro-active role in the club. I thank you!

Captains Columns

Your captains are at your service. Any ideas, observations and even the occasional grumble should be addressed to: **Captains Corner, 106, Long Row, Horsforth Leeds LS18 5AY.**

Marc writes:

The other day a friend referred to me as their 'role model'. I was flattered, of course, but later I thought about just what that meant. It made me realise just how dependant we are on each other for all kinds of things.

To most of us our running club is more than just somewhere run. We could do that quite well on our own. It's a place where we feel safe with friends and somewhere we can turn



Marc at Bunny Run One. Thanks for pic to Paul Wood and www.woodentops.org.uk

up on our own and be sure that there will be someone there to talk with as much or as little as we feel like talking.

We all look to someone else for something but more importantly someone is looking at you. So don't disappoint your friends, and rejoice in the knowledge that some of them are being inspired by you even though they may not tell you.

Marc

Hils writes:

Welcome to Tina who has taken over as ladies captain, I know she will be more than able and I look forward to working with her; a big thank you to Marie who has retired from captaincy and best wishes to her in all her future projects.

I am always pleased to see new members joining the club and hope you will be encouraged to race, perhaps in one of the teams? Please make sure that if you intend to compete in any race as a Horsforth Harrier you wear a club vest. Your race entry fees are reduced if you run as a member so the vest is mandatory. I have vests for sale at the club-rooms every Tuesday price £13. If you cannot get to the club you can contact me on **0113 250 5673** or e-mail: johnandhil@talktalk.net

My 'shop' also has rain jackets, hoodies, sweatshirts, performance t-shirts, and a catalogue from which you may choose any garment.

Now the nights are getting lighter the training groups will be enjoying more off road running, it's just great to escape from the cars onto the paths and trails so prepare to enjoy.

Hils.



Hils pictured at the Liversedge Half Marathon. Thanks for photo to Flaming Photography - check out their excellent website: www.flamingphotography.co.uk

And, for the very last time, (as ladies captain anyway) Marie writes:

Your retired captain here.

Hello to all the lady runners. Some of you know me, some will be thinking...well, I've never seen her...don't know who she is....an invisible captain.

A club as great as ours, and considering the depth of women runners, needs two lady captains with their finger on the 'trainer' so to speak. To motivate, advise, promote team events, build confidence, the list is endless and as I'm not in a position to carry out this valuable role anymore I have decided it's time to retire from captaincy, though not from the club I hasten to add.

There have been some fantastic team events

and results but also the joy of seeing people compete and give their all for the sake of the team has been totally rewarding. Whether it be short, fast relays, cross country races, county races etc., etc., when I've asked and you've said 'Yes OK, I'll give it a go' I've always felt so proud of you as individuals and as a team, showing off our Horsforth Harrier clobber with pride.

Whoever my successor is, (*it's Tina, as we now know - Ed*) I give her my full support but am happy in the knowledge she'll be joining forces with a formidable lady...Hilary, who I have to give my utmost thanks to for all her help and support and friendship. Without her organisational skills we'd have missed out on a few team events this past year.

It's not an easy job (teeth grinding occasionally) so your captains need all your support and willingness to assist them when they are building up teams.

Enjoy your running and supporting your captains. Together you'll get the results you want.

Marie



"I never get my photo in the Newsletter No2". Martin Coates narrowly avoids a sub zero soaking on the Auld Lang Syne race. Photo from David Bretts site: www.dsb-photos.co.uk

Ladies and Mens Vets claim PECO XC top spots

Despite a short notice change of date for the rearranged final race, another big Horsforth team turned out on a cold day at Eccleshill to ensure that the ladies finished as Premier League Champions, while the men's team secured top spot in the Veterans League and advanced up the Premier League table to finish in third place.

For the ladies the win marked a sensational turn around in form. Having effectively been relegated from the Premier League last year - they were only saved by new entrants to the league - they set about this season's fixtures with a will and held off the challenge of very strong Abbey, Ilkley and Kirkstall teams with much more consistent performances across the season than their rivals.

The men took control of the Veterans League table from the early part of the season and

looking back, were never troubled. In the Premier League the performances improved towards the end of the season as the side steadily climbed the table to finish in a 'podium position'.

There will be a Presentation Evening, which host club Abbey Runners have fixed for 8.00 pm, 24th April, at the Faversham in Leeds.

It is not necessary to buy tickets in advance, turning up on the evening is enough. And although some of us will be heading for London that weekend for the marathon, we need to have representatives there to pick up our trophies, both team and individual!

Picture, from Marc Springer, shows a cheerful, if cold, Horsforth team prior to the start of the final race.



Yorkshire Vets News

The next race in the Grand Prix Series takes place at Walton, near Wakefield on 31st May - a largely off road course on good tracks and paths. Tina is already canvassing for names to form the teams. Please see her if you plan to run. The Grand Prix races are good places to start your racing career - small, friendly and you are guaranteed to score points as a vet wherever you finish. You MUST run in a club vest though. And if you are not old enough to be a vet yet, you can still run as a guest. We are sat at the top of most of the Vets league tables going in to race three but we need big, strong teams to maintain our challenge.

The Vets 5K Championship takes place at the first of the three race John Carr Series on 6th May. Please note that you must pre-enter this race (or the series) as (a) the Vets Championships demand pre-entry and (b) there's no entry on the night.



Malcolm Johnson pictured at the most recent Meltham Vets race. Picture from Flaming Photography for which many thanks.

A Day at the Races

The next planned Social Event is a trip to Ripon Races on 17th May.

Cost will be £10.00 (approx) to enter the racecourse and if there is sufficient interest we will lay on a coach, price of this to be determined. We would plan to leave Horsforth about 12.30 pm to get to Ripon in time for the first race at 2.00 pm. If you want to go on this trip then please contact Bev Chaplin and let her know. You can contact Bev by e-mail at:

b 9 chaplin@hotmail.co.uk

For those wanting to make a full day of it Andrew Charles has organised a full English Breakfast at the Kings from 11.00 am. Cost of this £3.00 (drinks extra!). If you plan to head to the Kings first let Bev (or Andrew) know this too.

How much you plan donate to bookmakers at the racecourse is naturally down to personal means and preference!

Steve & Karen Large run Cyprus

Combining a race with a holiday may not be to everyone's taste, in fact judging by the comments of some non-running friends there are those who think it's totally barmy.

However, if you visit Cyprus in the middle of March you will find several hundred like minded foreigners pounding the streets of Paphos to cover a choice of race distances including 10k, half marathon or the full marathon in what is a truly international running event.

Cyprus is an island in the Mediterranean with stunning scenery and a beautiful coastline, steeped in history with many impressive archaeological sites and renowned in Greek



A relaxed Karen Large in Cyprus. All photos thanks to Steve, Karen and a Cypriot barman from their hotel!

Mythology as the birthplace of Aphrodite, Goddess of Love. In the height of summer it is exceptionally hot but its spring time climate is similar to our best summer days and more suited to running.

All of the races are run on the same morning with staggered start times. The two shorter races start from Paphos town harbour and basically run an out and back course with the final few miles following the seafront back to the harbour. The full marathon is point to point with competitors being bused to the start. Their route follows the coast line for much of the way until joining the half marathon route for the final 6 miles.

It had taken Karen and me only a moment to decide not to do the full marathon, siding with the aforementioned non-runners who think you need to be mad to do that kind of thing on holiday! Instead we chose the half and duly sent off our somewhat pricey entry fees of forty euros each. Most flights to Paphos are midweek, so arriving Wednesday provided time to acclimatise and relax. Our hotel was an all-inclusive, so the hardest thing was trying to eat and drink sensibly for a day or two prior to the event.

We were told that this spring has been unusually cool and wet in Cyprus and on the Friday evening we experienced some really stormy weather. The rain had cleared by morning but the wind remained fierce for the next two days, including the day of the race. On Saturday we drove out along the course and to the start of the full marathon. We realised the unfortunate marathoners not only had a hilly start to their event but would have a head

wind for almost all of the run, which left us even more relieved not to be doing it.

So on Sunday we lined up with around 160 other competitors for the half marathon. There was a really friendly atmosphere, seeming much more relaxed than many of the events in the UK. Several other runners from the Leeds area recognised our Horsforth vests and were quick to say hello and chat and Karen found herself running the first few miles with a friendly club runner from Dewsbury. It was a sunny day but the wind kept the temperatures bearable. It hindered progress for the last a few miles but as usual had little positive effect when running with it! The course was mainly flat although there was one long drag up from about 5(?) miles to the turn around at half way which then gave some relief on the way back down.

The out and back route enabled you to gauge your position against other runners which actually was not that helpful to me as I found myself with a big gap both behind and in front and knew I was unlikely to improve or lose my position from that point.

From year to year the winning times are quite variable. In 2008 the race was won in 1:22 and second place was 1:25. Prior to the race the hotel barman asked me what time I would run and was quite interested when I told him around 1:20. He had previously won the race himself in 1:19 and said he would come down to watch and give some support. In fact he popped up in several different places around the

course with his camera and generously gave me a disc with the pictures on our last day (some of which are included here). On the day I was happy with a finishing time of 1:21. It gave me 5th place and second vet (the race being won in 1:16). Karen was also pleased to complete the event in 1:56. The presentations took place in front of the old fort with loads of prize categories for all three races.

All in all we both thought it was a really well organised and enjoyable event; would we do it again? Yes, definitely at sometime in the next few years.

Interested? You can get more info from the race website www.cyprusmarathon.com

Steve and Karen at the finish in Paphos.



Angus needs your help...

Yorkshire Three Peaks Challenge Charity Event...a request for your support

Operating from the Airedale Air Conditioning factory on the A65 in Rawdon is a charity called the Multiple Sclerosis Therapy Centre. The factory has provided accommodation and support to the charity for the last 25 years.

Multiple Sclerosis is a slow degenerative disease affecting the nervous system that leads to pain and disability for the sufferer. There is no cure.

The therapy centre provides some relief to patients suffering from MS through a process called “hyperbaric oxygen therapy” (HBO). This is a form of treatment which involves providing the body with extra oxygen. At the centre, patients are provided with 100% oxygen whilst sitting inside a pressurised

chamber. This is the same system that you may have heard of, that is used to treat deep sea divers if they suffer decompression illness or “the bends”.

My wife, Janice, works at the centre on a voluntary basis and many of you will be aware that she has is undergoing treatment for breast cancer. Recently she has changed her role at the centre from worker to patient as HBO is beneficial in treating some of the severe side effects of cancer treatment. There are indeed several cancer patients that use the Therapy Centre facilities.

This is a local charity that provides relief for many sufferers but is chronically short of funds. *(continued overleaf)*

Peak number one - Pen-y-Ghent - as seen from the starting point at Horton-in-Ribblesdale.



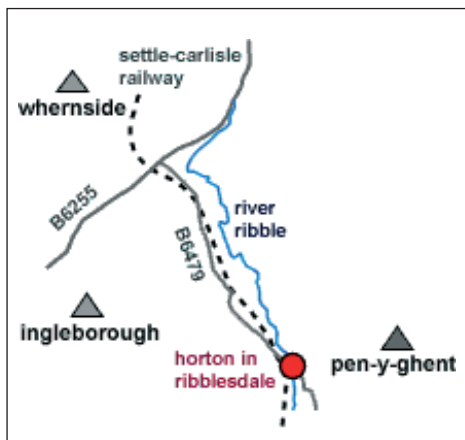
They are hoping to raise some extra cash by organising a sponsored Yorkshire Three Peaks Challenge walk. I've volunteered my support, so if you wish to sponsor me for a few bob or even participate yourself and give a donation/collect some sponsorships, that would be great.

Just one snag for anybody wishing to join us on the walk (other than the 25 mile distance) - it is organised for Saturday 13th June which is the day before the Bradford Millennium Way. So if you are representing Horsforth Harriers then the walk is not for you, but you can stump up some cash if you like.

If you want to chat about the charity or find out more information about the walk and transport arrangements etc. I'm at the club

most Tuesday evenings, or you can phone **0113 250 4193** in the evenings, or e-mail: **andy.teanby@mbplc.com**.

Thanks, Angus Teanby



Happy Birthday to us!

At the recent AGM, under any other business, it was pointed out that 2010 will see the 25th anniversary of the founding of (the modern day) Horsforth Harriers.

Paul Forkins and Steve O'Hara were charged with the responsibility for coming up with ideas for marking the occasion and will be looking for suggestions and help as well as items of historic Harrier significance with a view to producing a possible 'Horsforth Harriers History' book. Please get in touch with Paul or Steve if you have any 'historical artefacts'!

One volunteer worth ten pressed men...

...so they say. We need marshals and helpers for our own Apperley Bridge Canter on 21st May. The club's healthy financial status (as revealed at the AGM!) is dependent on the success of the races we organise as a club. We plough much of the money raised back into the membership by subsidising team entries and socials etc., so it's a bit of enlightened self interest to give up a couple of hours one Thursday night to ensure the ABC goes without a hitch. Names to Tina Dickinson please as soon as possible.

And it's still probably OK to volunteer to help out on this year's Leeds Half Marathon - should be local to Horsforth, marshaling runners through Woodside and onto Hawksworth Road on 10th May.

Please contact either Bob Foulkes or Ian Park, if you, or a family member (especially if you are running the event) can help.

Race Results

- a Fat Bloke writes

First off, let's head over to the Grovelling Apology Dept., where I have to mention that I missed out Steve Hall from last time's Rombalds Stride results round up. As if that weren't bad enough, he was first Harrier home in 25th position overall in a time of 3:48:37. Sorry Steve, and thanks for tipping me off about the omission...

Right, now back to what passes for normal service... 22nd February and the sold out - as ever - Snake Lane 10 at Pocklington. Alan Squire lead the way in 61:52, followed by Lee Greenhalgh 62:02, Marc Springer 62:39, Kevin Watson, 2nd M60 65:59, Garth De Roux 68:02, Martin Coates, new PB, 68:31, Julia Day 76:28 and Shirley Walker 93:34. The same day the lone - and brave - Richard Sunley ran the National Cross Country Championships at Parliament Hill, London while other Harriers were on the roads in

Huddersfield at the 10K, with Phil McGeever first home in 44:07, with support from Ian Robertshaw 49:09, Justin Balfour 52:00, Vicky Ward 54:44 and Michael Anderson 66:22.

The first weekend in March saw three Harriers at the Haweswater Half. Kevin Watson took 1st M60 honours in 1:30:39 followed by Angie Pattinson 1:49:20 and Alice Ridout 1:52:12. The indefatigable Graham Dawson took on the Norton Nine near Doncaster in 1:57:34.

8th March saw the final PECO XC race as detailed elsewhere. Malcolm Johnson however, was running a half marathon personal best of 1:51:19 at the splendidly named Newton's Fraction half marathon in Grantham.

The following weekend Steve and Karen Large were in Cyprus as you'll no doubt have read earlier, but nearer to home thoughts turned to pre-marathon twenty milers. Julia Day and Angie Pattinson headed over to Trimpell, near Morecambe, finishing in 2:43:46, and 3:00:16 respectively. Phil McGeever and Hilary Wharam were running twenty miles at the Spen 20, Phil in 2:33:21 and Hilary in 3:58:09. Alan Squire was off-roading at the Trollers Trot in 3:40 while Richard Sunley was running the Ultrafit St. Annes 10 miles, finishing fifth M40 in 61:37.

Cartmel race course hosted the inaugural running of the Sticky Toffee Pudding (fell) races - a choice of varying distances and start times. Ian and Julie Park opted for the the long 16K 'Challenge' race with the earlier start time, finishing in 2:08:11 and 2:22:17 respectively. Another pre marathon 20 miler, the East Hull 20 saw Garth De Roux cross the line in 2:35:23 while Ian Robertshaw completed the Barnardo's South Leeds Stadium 5 Miles in 38:09. The main business of the weekend saw strong Horsforth teams contest the second of the Yorkshire Vets Grand Prix races at Meltham. After the race the ladies were still heading all the league tables while the men headed two of three of the tables, trailing Pudsey & Bramley in the first four to

**SUBS -
DUE NOW!**

**The last issue of the
newsletter was largely
a reminder that club
subscriptions are now due
and we have to make payment
to England Athletics before
the end of this month.**

**Please get your payment -
if you haven't already -
to Angus Teanby. Post to:
Alandale, New York Lane,
Rawdon, Leeds LS19 6QJ if you
can't see Angus in person.**



Angie Pattinson pictured at the recent Bradford Epilepsy 10K. Picture again from Flaming Photography.

count table by a mere four points.

One of the country's most scenic races, the Coniston 14 (it's just short actually, but don't tell anyone!) attracted a small group of Horsforth Harriers with Alek Karagic setting the pace 1:34:53 with Tony Walker 1:37:42, Garth De Roux 1:41:40, Rachel Howard 1:51:58 and Lyndsey Clegg 2:14:50. the following day Tony and Lyndsey were in action again at the Bradford Epilepsy 10K - a brave - or plain bonkers - commitment to racing! Phil McGeever was first harrier home in a new PB time of 40:32 with a couple of minutes Tony behind in 42:34, while exactly one minute later came Mike Mooney in 43:34, then Justin Balfour 45:46, Angie Pattinson 46:57, Shirley Walker 53:21, Jennette White 51:48 and a probably rather tired Lyndsey in 53:28. Steve Wood managed to secure an entry to the very popular Wilmslow Half Marathon, finishing in 1:36:55, also running a half marathon the same weekend was Gill Gaskin,

this time in the rather more distant Prague in 1:46. Nearer base, Carol Ramsden 51:10, and Phil Ramsden 65:01, together with Sarah Greenlees, 58:08, ran at the Arkendale 10K. Ian Robertshaw completed the Liverpool Half Marathon in 1:58:52.

At this point, as we end the March results, it would be as good a place as any to have a quick round up of the Hyde Park 5K 'parkrun' races throughout March, kicking off with 7th March which featured Tony Walker 21:56, Paul McDonnell 25:44, Karen Allan 29:42 and Kat Munn 33:07. The next weekend Paul 26:00, Karen 29:35 and Kat 33:05 all ran again and on 21st March Paul 26:28, Karen 28:57 and Kat 33:15 were joined by Becky Hill, returning from injury 21:24, and Steve O'Hara presumably taking it easy and defying the doctors in 30:43. As March ended Karen 29:05, ever present through the month, and Steve, 30:47, returned along with Caroline Faithwaite, 30:46. April's results next issue.



Garth De Roux pictured at the Coniston 14. Not sure who took the picture as it came from Garth, but thanks anyway!

Onwards, and into April starting at the Wakefield Hospice 10K which saw a presumably delighted Steve Large set a new 10K PB of 36:03, shaving 12 seconds off previous and which saw him finish 19th overall in a field of nearly 1200 runners. Behind Steve, Kevin Watson, 39:20, finished 1st M60, Garth De Roux 40:34, Becky Hill on the comeback trail 44:28 and Karen Large 51:38. Other lucky - and quick on the application - runners were taking on the multi terrain challenge that is the Baildon Boundary Way, with Lee Greenhalgh, 1:34:11, leading the way, followed by Phil McGeever 1:39:58, Theresa Duckett 1:50:09, Lyndsey Clegg 2:17:42 and Hilary Wharam, - first in in a field of one F65 - 2:37:19 although Hilary claims she was at least two minutes faster!

Penistone Quarry were Marc Springer, 18:40, just ahead of Steve Large 18:43, followed by Gill Gaskin 23:23 and Karen Large 26:50.

Can I take this opportunity to thank those

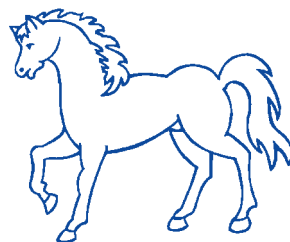
members - notably newer members! - familiarity breeding contempt? (in the loosest sense of the word you'd hope!) - for sending me results, times and photographs which I might not have otherwise obtained or discovered. Please keep up this valuable work for which I am incredibly grateful. Keep it coming!

Apologies though to anybody missed out, mistimed or misquoted. Let me know and I will correct or redress the balance in the next issue.



Say 'Cheese!' Or 'Sticky Toffee Pudding'!
A Fat Bloke snaps the race photographer on the 16K multi terrain race. Pic courtesy of www.sleepmonsters.com.

Tuesday night - normally training like mad in Horsforth evening - was race night for several Harriers who took themselves off to Howarth to run the Woodentops (it's another story, ask me some time, but not here) organised Bunny Runs, which celebrate the coming of spring and, erm, chocolate eggs. Racing over the fells from



HORSFORTH HARRIERS

welcome runners old and new at Horsforth Hall Park (Cricket Pavilion), Ring Road, Leeds 18 every Tuesday at 7.00 pm

For further details please telephone:

Marc Springer on 07968 712055

or Hilary Wharam on 0113 250 5673

See our website at: www.horsforthharriers.co.uk