

August 09

# HORSFORTH HARRIERS NEWS



**Congratulations to  
Mr & Mrs Elliott  
(Jon and Bev)  
on their recent  
marriage!!**

# 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:**

Make hay while the sun shines! The other day I heard an old man say “I don’t buy green bananas!” meaning he might not be around when they are ripe. Sayings like these are true to our sport. We have to do it now or possibly not at all. A young runner I know has been injured for a long time now and is frustrated that she can’t compete at the moment. Few people are lucky enough to do what we do and we should make the best of our talents as and when we can. So if you are thinking of running a particular race or trying a new aspect like a fell run or whatever, do it now!! If you wait till the banana ripens you might not be hungry anymore.



**Marc**

**Hils writes:**

It’s good to see so many members training on Tuesday nights, I note that It’s getting dark earlier now so please will all members make sure they bring a reflective bib (*or a bright/light coloured top with reflective strips*



**Marc goes bananas at the Harewood Chase multi terrain 10K in June.**

*on it - if you have nothing suitable there are some bibs available at the club. Ed)* ready to wear by the beginning of September.

Teams have been chosen for the Leeds Country Way, see Tina’s report, so please ask me if you need someone to show you the way when you do your first recce. Getting lost on race day is not an option!

Good luck to everyone in their races, we’ve had some good results already this summer so keep it up.

Following a member’s suggestion I have asked Steve Wood to put on our website that my group runs between 5 and 6 miles on Tuesday evenings, and I would like new people to be able to run 4 miles in 50 minutes or less before they think about joining so that it won’t be too much of a shock on their first night!

**Hils**

## Tina writes:

Hope you are all enjoying your running and achieving what you set out to do. The teams for the Leeds Country Way are just about finalised. Apologies this has taken longer than expected.

### Ladies Team

Leg 1 Becky Hill and Sophie Hawkswell

Leg 2 Sarah O'Sullivan and Gillian Gaskin

Leg 3 Angela Andrews and Nicola Wilde

Leg 4 Helen Barber and Denise Frost

Leg 5 Theresa Duckett and Helen Coutie

Leg 6 Bev Elliott and Marianne Burgess

### Mixed Team

Leg 1 Lyndsey Clegg and Cath Grey

Leg 2 Jen White and Jo Agar

Leg 3 Carol Ramsden and Tina Dickinson

Legs 4, 5 and 6 (men) - TBA - see Marc for full details of Mens team's pairings and pairings for last three legs for Mixed Team if in doubt.

Reserve: Christine Esbensen

By the time you're reading this you should all have your instructions including the changes to the routes (there are a few this year) and times to be at the start of your leg. If you are not clear about anything please ask. Thank you for volunteering and I hope you all have a great run.

Tina



# Oi, you!

*Yes, you! We still need about ten or so marshals for the Horsforth 10K on 27th September.*

*If you haven't volunteered yet, please contact Tina Dickinson as soon as possible so we can ensure that our twenty-fifth race goes smoothly.*

*As Marc mentioned in his recent circular e-mail, if you have non-competing family members or friends, maybe they could help us too. There is a conflict with another race this year, so we need all the help we can muster. Thanks!!*

## Serena's Send Off! ..and Deaflympics Fundraiser.

Serena flies out to Taipei on 24th August to represent GB in the marathon - to celebrate - and to raise funds - a bit of a send off do at Hall Park Pavilion Horsforth on Friday 21st August from 8.00 pm - Bar! Eats! (let us know if you're veggie) Music! Get-your-own-back Raffle! (bring a prize) Donations to the cause!

**Tickets £2.50 each (pay on night)**

RSVP  
by  
e-mail to  
Marc



# Yorkshire Veterans News

Please see the new Yorkshire Vets page on our website - [www.horsforthharriers.co.uk](http://www.horsforthharriers.co.uk) - which Steve has kindly created for us, as well as the Yorkshire Vets own website at [www.yvaa.org](http://www.yvaa.org) for all things Vets related!

Thank you to the nine ladies and eleven men who ran at a very, very, wet Knavesmire. Fantastic performances mean the ladies still maintain a healthy lead in the First Four to Count and the All to Count. We have dropped to second place in the Rest to Count though this is largely due to a massive turnout from the Knavesmire ladies at their home race.

In the mens competition, we have closed the



gap slightly on Pudsey Pacers and remain in 3rd place. In the All to Count and Rest to Count we remain 2nd. Only three events left - it would be good to keep this momentum going and pick up some team and individual silverware at the end of the season.

The next Grand Prix race is at Starbeck, Harrogate on Thursday August 20th starting at 19:30. This race is renowned for it's catering!!

These details taken from [www.yvaa.org](http://www.yvaa.org): This course is mainly on good tracks and paths with some road, mainly near the finish. Trail shoes may be needed in wet conditions but in dry conditions many runners use road shoes. The course is mainly flat with just one hill.

Usual £3.00 entry on the day. Venue: Harrogate Railway Athletic Football Club, Station View, Starbeck, Harrogate. Facilities: Parking at Clubhouse, please follow directions of marshals. Changing rooms and showers, toilet facilities, bar and food. Start about 10 minutes jog from changing rooms.

The last 2 events are West Vale, Sunday October 4th and Spennings, Sunday November 15th - please add these dates to your diary.

***Peter May, Yorkshire Vets stalwart and race organiser and currently in fine form, pictured at the the recent Idle Trail Race. Many thanks to Flaming Photography for the photo.***

# Harriers form partnership with



Following on from a relationship first established at the Apperley Bridge Canter earlier in the year, Lucozade has asked us if they can join with us to see if they can promote their products via the club. This is something of an experiment and we are one of only nine clubs Lucozade have chosen to run this experiment with, so the ABC must have made a good impression!

In return for our help in promoting Lucozade products - via our races, the ABC and the 10K, where Lucozade will support the races and will be giving away product to competitors - Lucozade's representative, Emma Gardner, will be on hand at the club to offer members advice on the benefits of proper hydration when running and will carry out to some basic tests to demonstrate the effects of running and the downsides of not rehydrating and replenishing reserves properly. And also Emma supplies us with some goodies for the club!

**We have set up two initial dates - on September 8th and the following week, September 15th**, where Emma will come down and give a short 15 minute talk on hydration (and Lucozade products, naturally).

In addition she will weigh a few willing volunteers from each group (not everybody!) before

the run and again afterwards to establish the amount of fluid lost on the run. If there enough brave volunteers happy to do it - and who presumably have a fairly accurate aim - Emma will also carry out urine tests which accurately measure the full extent of dehydration. Emma's visit on September 15th will allow her to give us feedback on the previous week's results.

Also we will provide a link on our website to connect directly to the Lucozade site which features information on hydration and of course Lucozade products.

**So can we ask, please, that on September 8th and 15th everybody makes a big effort to get down a little earlier than normal to allow Emma to speak to us and complete the weighing process before we set off on the run. And of course if you volunteer to be weighed you'll need to be weighed again on your return from the run.**

Finally, if anybody is *not* happy for their contact details from our club database to be made available to Emma and Lucozade, please can they advise either Mike Pounder ([mj.pounder@btinternet.com](mailto:mj.pounder@btinternet.com)) or Marc Springer ([marc@beaconcontracts.co.uk](mailto:marc@beaconcontracts.co.uk)).

# Race Results

## - a Fat Bloke writes

Starting this month BEFORE where we left off last time with the tardy results of the Doncaster Town Centre 5K. Running in the Vets race were Richard Sunley, 18:04 and Michael Anderson 28:39.

Now coming more up to speed, following on from last issue, here's the results from the Yorkshire Wolds Half Marathon, run from Bishop Wilton. Those making the trip were Steve Large, 11th overall in 81:39, followed by Marc Springer, 3rd M50, 20th overall in 86:27, Kevin Watson, scooping yet another 1st M60 prize, 93:32, Garth De Roux 97:23, Serena Blackburn 103:43, and Hilary Wharam, listed as an F50!, 143:25. Over at Burton Leonard, Michael Anderson was completing the multi terrain 10K in 68:18.

Saturday morning in the park, Becky Hill runs, by her admission a personal worst of 21:56 and finishes as first lady! No matter as Paul Hustwit 25:54 and Jamie Stewart, 27:42 are busy lowering their PB's



**Andy Riddoch crests a rise on the inaugural Rombalds Romp, organised to celebrate twenty-five years of Abbey Runners...**

while new-ish member Jody Wharton, 27:50 completed a first 5k run and Steve O'Hara 24:19 and Michael Anderson 29:50 also appear.

To t'moors and a new run organised by Abbey Runners to celebrate 25 years of...Abbey Runners... the Rombalds Romp from Ilkley. Andy Riddoch is first Harrier home in sixth place overall and 2nd M40 in 48:39, while Marc Springer, a couple of places behind in 8th place is 1st M50 in 49:16. Behind these two come Phil McGeever 53:53, Serena Blackburn 1:02:54, hotly pursued by Gill Gaskin, 1:03:20 and Jean Davey, running with former Harrier Dawn Grey, 1:18:01. It looked like great fun, so here's hoping it's not just a one off.

The following day, once again in the wilds of Wensleydale, Nicola Wilde and Angela Andrews are both running the James Herriot Country Trail Run, finishing together in 80:54 and 80:57 respectively. Down the road from Castle Bolton, a bit closer to home we have runners in the Harrogate Town Centre 10K, run on a revamped version of it's traditional two lap course to make it less hilly. Hoping for quicker times then, were Kevin Watson - guess what? - yet another M60 first placing in 40:45 - followed by Justin Balfour 47:58, Karen Large 51:44, Ian Taylor 54:00 and Michael Anderson 1:02:46. The big event locally was the Pudsey 10K packed full of hills, so hats off to those who went out to tackle the course. Peter May's excellent current form saw him finish in 25th position overall and 1st M50 in 41:46, followed home by Ken Frost 42:09, Phil McGeever 43:14, Sarah O'Sullivan 51:07, Angela Pattinson 51:40, Tina Dickinson 51:40 (these three securing third ladies team prize/spot) and Hilary Wharam 1:09:24.

Midweek and as Tina has already mentioned elsewhere a bunch of very wet harriers competed in the Vets Grand Prix at Knavesmire, keeping up their respective challenges at the head of the league tables.

More esoterically, Steve Large ran the Gobowen 5 mile road race (near Oswestry apparently) where he recorded a PB of 28:58, Despite searching the suggested website of Oswestry Olympians, I can glean no further information about where this PB placed Steve!



***...and a few moments later, Serena reaches the top of the hill on the Rombalds Romp. Pics of Andy and Serena courtesy of Dave Woodhead - see their website at: [www.woodentops.org](http://www.woodentops.org).***

Back to Hyde Park for the parkrun. This week Becky presumably quit while she was ahead, leaving Marc Springer, 4th overall, 17:57, with support from Serena Blackburn 22:41, Steve O'Hara 24:32, Jamie Stewart 27:48 and Caroline Faithwaite 30:39.

Back to t'moors again, this time for the Otley AC organised Round Hill Fell race (that's Blubberhouses way if you were wondering). Richard Pattinson, having another run out after completing the (very) tough Borrowdale Fell Race the previous day accompanied Angie round the course, as they finished a second apart in 1:20:42 and 1:20:43 (Angie claimed the win on this occasion!) and a little behind them, on her ownsome this time, Nicola Wilde finished in 1:33:45.

In York the same weekend was a second Jane Tomlinson 10K and as far as I can tell from the results we had a couple runners in this, lead by Lee Greenhalgh, 39:26, finishing well up overall in 42nd place as you'd imagine, with just a few places

behind, Phil McGeever 40:36 . Phil claims the scenic nature of the race was responsible for him not breaking the 40 minute barrier despite the flat course. If you ran this race but not under the Horsforth Harrier banner, let me know - it's difficult to gauge on these big city runs.

Peter May proved that his Pudsey run was no fluke as he placed 9th overall and 1st M50 again in 40:39 at the Idle Trail Race, run from the familiar grounds of Woodhouse Grove School. Joining Peter were Ian Robertshaw 47:51, Sarah O'Sullivan 48:42, Theresa Duckett 51:03, Malcolm Johnson 55:18, Angela Johnson 56:55, Shirley Walker 1:00:14, Suzanne Riordan 1:01:42 and Michael Anderson 1:07:09.

Mike was back in action, our only runner in the second of the Hyde Park 5K series where, if I am to understand his e-mail correctly he wishes to take issue with his official timing of 29:40!

As if to remedy this timing travesty Mike was back at Hyde Park on the Saturday for the parkrun, where his timing of 29:14 would suggest the Leeds City timers weren't that far out! Becky Hill was back and also out to remedy her previous prominent, if tardy, parkrun performance. Becky duly delivered a new PB of 21:02 but this sterling performance saw her place only second lady overall. There's no justice



***Nicola Wilde pictured at the Round Hill Fell Race. Photo courtesy of race organisers Otley AC, for which many thanks.***

I tell you! Not to be outdone Jamie Stewart weighed in with a new PB, shaving over forty seconds off her previous best to finish in 27:00 dead. Martin Coates also made an appearance with a 21:19 finish.

Harriers were out in force at the Askern 10 Mile road race. Marc Springer was first over the finishing line in 62:34, but - Shock! Horror! Probe! - this only secured him third M50 placing. Perhaps the fact that the race was the Yorkshire 10 miles Championships for Veterans had something to do with it. Anyway, behind Marc came Richard Sunley 64:41, Peter May 64:56, Ken Frost 65:27, Phil McGeever 68:20 - PB - Kevin Watson 68:40, Serena Blackburn 75:40, Denise Frost 76:53 - I counted Denise as 3rd F50 - and Hlary Wharam, 1st F65, 113:51.

Michael Anderson had another crack at 5K (approximately) at the Bingley Show Trail Race - a race won outright by Tim Midgeley in 15:40 in his Bingley colours - and finding it to be more to his liking as he improved his recent times to 28:58. And two days later Mike was at it again at the York Millennium Bridge 5K improving again to 28:36.

Marc Springer 17:57, Cath Gray 26:53, Caroline Faithwaite 31:11 and Karen Allan 31:24 accounted

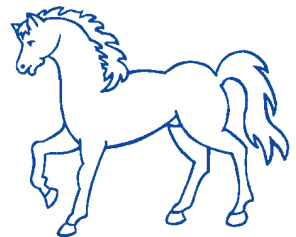
for the parkrun on 15th August. In what appears to have been a quiet weekend for racing - unless, of course, you can tell me different! - I can find evidence of only one other Harrier pitching up at a race. Hats off then, to Richard Sunley, who risked,

by all accounts, something of a sandblasting by running the Granny's Bay 10 Miles at Lytham, Lancashire, where he finished 6th overall - but only 3rd M45! - in 1:01:01.

So...that's your lot until September!. Do let me know if I've overlooked any results, mistimed or misquoted your performances or otherwise got it wrong, and I'll be happy to update or correct next time round.



***She's back! Suzanne Riordan crosses the finish line at the Idle Trail Race. Pic from Flaming Photography.***



## 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, Tina Dickinson on 07958 231180  
or Hilary Wharam on 0113 250 5673**

See our website at: [www.horsforthharriers.co.uk](http://www.horsforthharriers.co.uk)