

HORSFORTH HARRIERS NEWS



STOP PRESS..Mark Bendall wins Luton Marathon..

Victorious Vets

As predicted in the last newsletter, our ladies duly confirmed their triumph in the Yorkshire Veterans Grand Prix series with a big turn out for the last race at Halifax. Tina Dickinson, who has marshalled the troops, both male and female, for this year's series has sent me the following:

Congratulations and thank you to the following who have ALL contributed to the ladies team winning the Yorkshire Vets Grand Prix. As you can see (*see tables on right - Ed*) we came first in both the 'first 4 to count' and the 'all to count' matching our 2005 performance and retaining our title(s).

First from 24 competing clubs - A fantastic team effort !!

Individual prizes go to:

Julia Day - second in F35 category

Serena Blackburn - second in F40 category

Tina Dickinson - third in F45 category

The men finished 7th from 34 teams (8th in the all to count).

It would be great to get off to a good start in 2007 with a big turnout of runners - we are hosting the first of the Grand Prix races on February 4th. Those of you lucky enough to be under 35 could help marshall on the day and cheer on us mature members. We will also be hosting the AGM on this day and collecting all our winnings from 2006!



Tina and Carol Girling, shown here in the Pudsey Grand Prix race. Pic courtesy of Yorkshire Vets/Pudsey Pacers

I will be circulating the 2007 vets fixture list as soon as it is finalised. The grand prix races cost £2.00 per race to enter. There's usually a decent buffet, prizes for the faster runners and also a good chance of a spot prize. There is a good mixture of courses, some flat and boring, some undulating, and usually off road around 5 to 6 miles. Everyone is welcome to run at the

Grand Prix events (under 35s can run as 'guests' but they do not score). There are 10 Grand Prix races per year - to qualify for an individual award you have to complete 6 races.

All the details, including all the 2006 results can be found on the website www.yvaa.org

Congratulations again and good luck for 2007.

Tina

The top of the ladies tables:

Position	First 4 to count	Points	All to count	Points
1	Horsforth	1124	Horsforth	1324
2	Holmfirth	954	Knivesmire	1132
3	Knivesmire	798	Holmfirth	1056

The top of the mens tables:

Position	First 4 to count	Points	All to count	Points
1	Holmfirth	3330	Holmfirth	5516
2	Knivesmire	3009	Knivesmire	4579
3	Pudsey Pacers	2827	Pudsey Pacers	4044
7	Horsforth	1987	(8th) Horsforth	2266

The lists of individual runners:

Name	Number of Races
Helen Barber	1
Angela Pattinson	1
Angela Andrews	1
Karen Large	1
Isobel Brogden	1
Karen Brown	1
Cath Gray	1
Helen Coutie	2
Shirley Walker	3
Hilary Wharam	3
Marie Hart	4
Carol Girling	4
Serena Blackburn	6
Julia Day	8
Tina Dickinson	8
Carol Ramsden	8

Name	Number of Races
Michael Walker	1
Ray Rundle	1
Damian Holt	1
Steve Wood	1
Marc Springer	1
Dave Maycock	1
Alek Karagic	1
Steve O'Hara	2
Tony Walmsley	2
Ian Park	5
Angus Teanby	5
Ed King	5
Phil Ramsden	6
Paul Hustwit	7
Mike Mooney	9
Peter May	10

Special mention should be made of Peter May who was ever present throughout the Grand Prix and of newish (second claim) member Richard Pattinson who topped the M40 section (with maximum points for his six best races) for Pudsey & Bramley.

Captains Columns

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

Marie writes:

How good it is to belong to this running club which also seems to me to double up as a social club. I haven't been running much lately due to injury and (being honest) laziness and lack of motivation but my social calendar has been quite full due to weddings, leaving do's, nights out and girlie nights in.

So belonging to a running club isn't just about running it's also about the lovely, friendly, kind people you meet and become friends with within the club and outside of it.

Whether it's been a laugh and chat, arm round the shoulder, empathising/sympathising or a kick up the 'bum', running friends have been there and I say thank you to you all.

It's also nice to come to the club and hear about everyone else's achievements, it gives me the motivation to get back into it and be part of a team again, though I may question this when I am running the cross country races. Hard work, but hey, who said life was easy, especially that of a runner. One minute fit and fast (well a long time ago) then out of it completely due to injury, work, family etc. Then, start again. Slow, slow, quick, quick, slow should have been named 'the runners dance'.

Well done to the ladies for winning the Vets Grand Prix and also to the individuals who have picked up prizes. Thanks especially to Tina for her organising and motivating people to take part. These are good

strengthening races to do so hopefully will see more of you next year taking part.

Also I'd like to say well done and thank you to Hilary, my other half in the captaincy role. I went out with her group and greatly enjoyed it due to her thought and structuring of the route, especially the effort sections in order to incorporate all abilities. Sometimes there have been two dozen runners or more in her group so 'no mean feat' to ensure everyone benefits.

Enjoy your running and I wish you all a very Merry Christmas.

Marie

Marc writes:

Running is simple isn't it? In essence, yes, but when you start to race and then do a few races a year and then start comparing your current times with your previous performances and take into account weather, time of day, (time of month, too), course profile, distance, age, pressures from work and



home, etc, etc, you find that it becomes quite complicated and extremely difficult to make a judgement on how you did in any particular race.

Still with me?

So what then, should we do when one day we run like the wind and the next like a donkey with three legs? Don't worry about it and certainly don't dwell on it. As far as racing is concerned just concentrate on putting in your best performance on the day. Don't forget that you are human and not a machine and that you should rejoice in your 'good' performances and be philosophical about your 'bad' ones. After all, it's only you that thinks they're bad anyway.

This time last year I ran a 1.30 half marathon and after a winter's training I ran a 1.21 half. I'm not bragging, just illustrating that you have to accept that you can't do your self-imposed best every race. That doesn't mean don't try, just be happy with what you did today. After all, you did your best. **Marc**

Hils writes:

OK, so dark nights and nasty weather have arrived and an evening training run seems as appealing as a long cold ice bath. Do you like weekend runs in company? Can you hack mud? How about cross country? There's no better training for strength and stamina. Just see your Captains for info on Northern and Nationals (for the great and good), or Sport Direct (for everyone) and Vets XC Championships (for the over 35's).

If you fancy good winter races look out for entry forms at the club and ask members about the courses. Don't forget the Harriers Xmas run from the Abbey pub near the old Newlay bridge at 10.30 am on Thursday 28th December with good food afterwards.

Enjoy your winter.

Hils



Marc and a cheerful Sid on the recent Abbey Dash. Photo from Steve Large.

Christmas and New Year Running

The last Tuesday evening training session before Christmas will be 19th December. After that the Christmas and New Year holidays intervene and the club will not be open again until 2nd January 2007.

However, this doesn't mean that there is no running during the holiday season. No sir-ee, got to avoid the worst of the Christmas excesses of over consumption - although the club have a few opportunities to indulge in that, too!

Tuesday 26th December

Club closed, although many club members will be out in the morning on the **Chevin Chase**. If you haven't entered, by the time you read this it will be too late to do so, but there are hundreds out on Otley Chevin to offer their support. And there is usually the chance of of post race pint in the Royalty on the top of the Chevin afterwards.

Thursday 28th December

Clubhouse still closed, but that's no excuse, as the club still meet en masse for a **Christmas Club Run**, suitable for all abilities, from the **Abbey Inn** at the bottom of **Pollard/Newlay Lane** at **10.30 am**. No changing facilities, so arrive changed ready to run and bring a quick change of clothes, shoes and towel as food is laid on by the club at the pub afterwards. Buy your own drinks though!

Saturday 30th December

Desperate to race? **The Hot Toddy** (5.8 miles plus) from the White Hart at Todmorden, 11.00 am

accepts entries on the day and has been known to feature Horsforth Harriers in the past.

New Years Eve

Falling on a Sunday there are plenty of races organised to see out the old year, but many require pre entry. **The Ribble Valley 10K**, 11.00 am, Clitheroe, Lancs is one that will accept entries on the day. **The Auld Lang Syne** race, a fell race from Howarth is entry on day only in common with nearly all races of this type.

Tuesday 2nd January

Happy New Year! **Clubhouse open again** and regular Tuesday night training commences again. Solstice is passed, so nights are getting lighter every week now. Really.....

Saturday 6th January

For those who have entered, it's the **Yorkshire Cross Country Championships** at Skipton.

Sunday 7th January

Second of the **Sport Direct Cross Country** fixtures, hosted by **Abbey Runners** and is currently shown as being held at **Meanwood Park**. Check either the Sport Direct, Abbey Runners or Horsforth Harriers websites nearer the time for full information.

And finally...

Friday 26th January

Not running per se, but don't forget to put this date in your diary and get your tickets for the **Club Presentation Night** at Yarnbury Rugby Club.

Cross Country Season Fixtures

Below are the dates for the current season's Sport Direct XC championships, for which we need a bare minimum of EIGHT men to count and FOUR women to count - but we need to see as many club members as possible turning out because even if you don't score for the team you will have a bearing on our results if you can 'block' out other runners. All races are 'enter-on-the-day' and cost about £2.50 per race. It's a great morning out followed by a pie and a pint in most cases after the race. The dates are currently as follows:

December 17th	Shawcross	Host Club	Woodkirk
January 7th	Meanwood Park (tbc)	Host Club	Abbey Runners
January 28th	Otley Chevin	Host Club	Fellandale
February 18th	Bramley Falls Woods	Host Club	Horsforth and Kirkstall Harriers
March 4th	Idle	Host Club	Eccleshill

See also the dedicated Sport Direct XC website at www.pic5.pizco.com/sportdirectxcleague

For those without transport or unsure of where they are going the club will meet 'en masse' in the Fink Hill Car Park at about 9.00am (check for confirmation of exact meeting time with your skippers and/or Andrew Charles or listen out for announcements in the club after training on Tuesday evenings).

Other cross country fixtures are as shown below, but many of the following require pre-entry and in some instances by the time you read this the closing dates may have passed - if you are keen to do any of the fixtures shown below, please contact your club captain IMMEDIATELY!

January 6th	Yorkshire XC Championships Skipton	
January 14th	Yorkshire Veterans XC Championships	Rotherham
January 27th	Northern XC Championships	Heaton Park, Manchester
March 10th	English National XC Championships	Sunderland*

(*We can only enter the club in this last fixture if we have entered a team in the Northerns at Manchester)



Serena wins at DUKA Awards Night

Serena Blackburn (third from left) was recently honoured for her international cross country exploits at the Deaf Athletics UK awards dinner, held in Stoke on Trent in November.

(Pic from DUKA website)



Club entries for the Flora London Marathon - The Rejection Slip Raffle

We have two places awarded to the club for the 2007 Flora London Marathon, and these places will be allocated on 19th December after training in the clubhouse in the time honoured 'Rejection Slip Raffle'.

So if you want to try for one of those places having been rejected in the 'official' allocation, then you need to bring your rejection slip from the London Marathon down to the club on 19th December, or if you can't attend in person, get it to your captain or a member of the committee before 19th December.

If only two rejection slips are received, then those people will be allocated our two entries. If there are more, the slips will be drawn, raffle-style, to see who the lucky recipients will be.

Assuming enough entries, three names will drawn. The first two will receive the entries and the third out of the hat will be named as reserve in the event of injury or illness forcing one of the winners out of contention.

PLEASE NOTE: It is your responsibility to get your rejection slip to the club, not the club's to obtain it from you!

CLUB CHAMPIONSHIP

Enclosed with this newsletter is a form to be completed if you wish to submit times for the club championships. Please read it - it's fairly self explanatory! - and complete and return as instructed.

There are more forms at the club or one can be downloaded from the club website.

Also times can be e-mailed to Mike Pounder at mj.pounder@btinternet.com.

The awards/prizes/trophies will be announced at the club's Presentation Night to be held at Yarnbury on 26th January 2007 (tickets available from Angus very shortly).



Commiserations to Steve Large who has been sidelined with a fracture of the metatarsal (very trendy!). This explains why he isn't leading from the front in the Race Results section! And also to Dave Maycock, still sidelined with injury.

Border Raid or A Bit of Cross Training or I Do Cycle Sometimes

In 1989 I had a cycle holiday in Nepal, organised by the Cyclists Touring club and patronised by cyclists from all over Britain. The holiday was not without the crisis, catastrophe and health problems associated with third world travel and was very emotionally bonding. Group members have enjoyed annual reunions ever since. They are organised by different members every year, thus basing all over Britain.

This year's venue was Melrose in the Scottish Borders, near enough, I decided, to reach by bike in two days, breaking the journey at Edmundbyers Youth Hostel 16m south of Hexham.

To eliminate local busy roads I travelled by train between Horsforth and Knaresborough. I started in Airedale, crossed Wharfedale by train, then rode across Nidderdale, Wensleydale, Swaledale, Teesdale, Tynedale and Weardale all in one day. Knaresborough to Richmond was easy and the first 50 miles were completed before lunch. Richmond to Barnard Castle is hilly, onward to Edmundbyers is mountainous. The last 37 miles took five hours, but I was treated to breathtaking views over the northern Pennines, sunlight streaked between ferocious showers which, thankfully, all passed me by.

There is no meals service at Edmundbyers so I had packed minimum mass/maximum energy food. I had bagged a single (greedy) serve of rice to have with veg and tuna. When offered to the standard size hostel plate it had to be piled up. The Warden enquired "What are you going to do with that, eat it or climb it?" I ate the lot - and a pudding!

Edmundbyers to Melrose would have been beautiful had I been able to see it, but mist does have its own qualities and a helpful wind through Kielder forest was welcome. At the west end of the seemingly endless conifers I crossed the East/West watershed entering Scotland. Goodbye grey taggy Wensleydale sheep, hello taller, white, clean, fluffy jobs like overgrown poodles! I enjoyed the descent

down my first Scottish glen, then toiled over a higher pass to Bonchester Bridge and several significant raises to Melrose.

The next two days were spent gently touring the Tweed Valley including Scott's View, three abbeys, Stainland Tower, Floors Castle, Wallace's Statue and the Waterloo Monument. "Bet you didn't know they'd brought Stoodley Pike up here?" quipped another Yorkshire rider. Most of the riding was on designated cycle routes and paths, pleasantly quiet and worth a longer, second visit.

It's easy to leave a youth hostel very early. It takes skill to organise early hotel departure when the Sunday staff don't arrive until 7.45am to prepare 8.00am breakfast. My bike was locked in the hotel garage, accessible via the rear door of the dining area. The evening receptionist arranged for the Sunday chef to unlock this door so I could put my bag on my bike before breakfast to hasten my departure.

At 7.45am access was duly gained through the wee "Alice in Wonderland style door" disguised as part of the wall. The light switch was next to it so there was no groping in the dark. It took a while to secure my bag, just as I finished the light went out, the door slammed and I heard the key turn.

Some silly B. had locked me in! I groped back in the dark and hammered on the door. A very sheepish "It wasn't me" waiter let me out causing much mirth around the group! Two weeks later I was reminded that since I had a cycle lamp I could have used that to light my return.

An 8.45am start was achieved having said all my goodbyes. It was a lovely day so all the missed views were spread before me. The Hawick/Bonchester Bridge/Keilder Water route is beloved of bikers on mean machines that purr rather than roar past in little swarms. Since it was Sunday they were all out to play. Even with views I found Kielder forest boring

at cycle speed into a headwind, so I was glad of the bikers with their smart leathers.

There's always one newbie at the back, not impressively kitted out, trailing in the wake of the experienced. Progress was slower than desired and, coupled with my later start, meant darkness was falling as I left Hexham, with 16 hilly miles to travel to Edmundbyers. My rear tyre chose this moment to feel dangerously soft I pumped it up and hoped.

With my two headlamps I could see well, but hills, full darkness and tired legs all reduced forward speed. I finally checked in at 7.45pm.

Another food mountain was prepared and eaten, then I brought the bike into the hostel and changed the punctured tube - it's always the rear wheel isn't it?

My fellow hostellers were ex cyclists from Rochdale who were having a nostalgic trip, by car, to haunts they used to cycle to including several Hexham pubs! They retired to the lounge leaving me to mess with my bike. I think they went to bed very late. I was up and away the next morning long before anyone stirred.

The A68 may be a great "Alton Towers" ride in a car but it's hard work on a bike. Retracing the whole of my outward mountainous route was too daunting so plan B was followed. The mountain from Edmundbyers to Stanhope had to be climbed but the bright sun to the east, black shrouds over the western hills and a full rainbow made it all worthwhile. Turning east down Weardale I made evens for several miles, sitting on a tailwind and mainly down gradient.

The plan was to go through Darlington and Northallerton so there were two chances to catch a train to York if I felt tired. In the end, progress was so swift I reached Knaresborough by 4.00pm, hopped on a train to Horsforth and rode home, having covered a total of 422 miles.

Hils

Race Results - A Fat Bloke writes

Last issue finished with a brief report of Bev Chaplin's run in the Amsterdam Marathon, which I can confirm was a PB of 3:49.

Nearer to home on the same weekend we had a big turn out of runners in the Bridlington Half marathon and the results from there are as follows: Mark Bendall 1:11:32, PB, and 5th in the field of 653, Peter May 1:25:24, Angus Teanby 1:26:15, Marc Springer 1:27:11, Kevin Watson, 1:29:34, 2nd M60, Martin Coates 1:33:48, PB, Tony Walmsley 1:41:18, PB, Andy Dobson 1:42:18, Paul Hustwit 1:46:13, Tony Easton 1:47:35, Steve Blades 1:50:00, Pat Walker 2:03:14, 2nd F65 - and a PBI - Hilary Wharam 2:10:50, 3rd F65 and Graham Dawson 2:28:19. This newsletter contains some of John Wharam's photos of the day within it.

Pat Walker and Graham Dawson were back in action the following weekend at the Waddington 10K, where Pat 56:38 was 2nd F65 and Graham ran 75:23. They were joined by Isobel Brogden, 59:04.

The same weekend Alek Karagic and Lee Greenhalgh were both running PB's at the Abingdon Marathon, Alek in 2:54:07 and Lee in 3:04:40.

October 29th saw just three Harriers venturing to Holmfirth to take on the hill fest that is the Holmfirth 15 - Peter May 1:42:22, Hilary Wharam 2:30:53, who was 1st F65 and thus Yorkshire Vets Champion and the returning Nicola Wilde 2:09:19.

Greg Moore, 1:27:11, PB, and Alan Squire 1:29:26 were our runners in the Worksop Trader Half Marathon, while Pat Walker and Graham Dawson were off again, this time to Wales to take on the Snowdonia Marathon, Pat again 1st F65 and setting a PB in 5:39:20 while Graham tells me his 6:07:10 was a personal worst - and he has completed 117!

There was a bigger turn out of our men at the second Complete Runner West Yorkshire XC fixture held at Leeds University's Bodington Hall, with Sid being joined by Marc Springer, Richard Butterfield, Paul Wright and Barry Ellis competing. Only Tina Dickinson carried the flag for the ladies.

Monday 30th October is a Bank Holiday in Ireland and it's then they hold the Dublin Marathon. We had three runners there, Mark Bendall 2:44:42 (6th M35), Tony Hazell 3:07:33 and Helen Barber 2:58:47, who was 7th F35 and first English woman home.

This year's Guy Fawkes 10 at Ripley actually coincided with Bonfire Night, a fairly unusual event. Leading the way was new second claim member Richard Pattinson who finished 5th overall in 58:15 for his first claim club Pudsey and Bramley. First runner in Horsforth colours was Peter May in 1:06:25, with Lee Greenhalgh just behind in 1:06:33. Next came Angus Teanby 1:07:24, followed by Kevin Watson, 1st M60, in 1:08:58, Paul Wright 1:15:56, Andy Dobson 1:18:54, Justin Balfour 1:19:05, Tony Walmsley 1:22:32, Mike Mooney 1:24:18, Steve Blades 1:25:25, Jo Wildgoose 1:28:15, who was first



Horsforth lady back, Angie Pattinson 1:30:58, Shirley Walker 1:35:20, Carol Ramsden 1:39:13, Philip Ramsden 1:43:07 and Hilary Wharam 1:43:27.

As covered on the front page the final Vets Grand Prix Race took place at Halifax. Almost a quarter of the women's field comprised Horsforth ladies, making their victory a formality. Roll of honour for the final race of the year is as follows: Julia Day, Marie Hart (back, back, back!) Angela Pattinson, Tina Dickinson, Carol Girling (also back!) Shirley Walker, Carol Ramsden, Hilary Wharam and Cath Gray. Also running as a guest while waiting for the ink to dry on her membership renewal was Nicola Wilde. For the men, Richard Pattinson was race winner, collecting another 100 hundred points for P&B, while in the blue of Horsforth were Angus ***Above Isobel Brogden nears the finish of the recent Harewood 10 (photo courtesy Abbey Runners) while left, Andrew Charles is shown during last season's Sport Direct XC - would make a nice Christmas card don't you think....***



Early the next day the masses gathered in the centre of Leeds for the burn up and down the A65 that is the Abbey Dash. There was the predictably large Horsforth turn out as follows (all times chip times where possible): Mark Bendall 34:03. Michael Senior 37:19, Marc Springer, 3rd M50, 37:31, Helen Barber, 5th F35, 37:34, Greg Moore 37:36 PB, Dean Shepherd 37:13, Ed King 39:20 PB, Kevin Watson 2nd M60, 39:49, Andrew Charles 46:14, Mike Mooney 44:26 PB, Tony Easton 44:45 PB, Damian Holt 45:17, Tim Appleyard 44:54, Tony Walmsley 45:07 PB, Becky Hill 47:01 PB, Angela Andrews 47:23 PB, David Dumbleton 47:44 (PB?) Bob Foulkes 47:53, Gordon Little 49:03, Helen Coutie 49:53 PB, Karen Large 50:58, Paul Mawson 51:18 PB, Vicky Watd 51:54, Phil Ramsden 57:40, Ray Rundle 57:13, Juliet Simons 58:01 and Jane Scorah, running her first 10K, 67:19.



Kevin Watson sprints to the end at Bridlington to claim the second M60 spot and duck under the hour and a half.

Above Martin Coates is shown nearing the finish of the Bridlington Half Marathon to set new PB figures.

Teanby, Peter May, Ed King, Damian Holt, Mike Mooney, Philip Ramsden and Ray Rundle.

November 19th and it's off to Thornes Park, Wakefield for the cross country fans for the third WYXC race. Tina Dickinson got some company for the first time in the series with the first appearance of Serena Blackburn, while Nigel Monaghan, Marc Springer (4th M50), Richard Butterfield, Peter May, Paul Wright and Barry Ellis, won the club a hard earned 15th place in the team competition.

Alek Karagik headed over the Pennines the same weekend to run in the Preston 10 mile race, returning figures of 61:34.

The following weekend saw the much anticipated Abbey Dash, but the day previously, Tina Dickinson opted to run the Wesham 10K, another race with the 'sold out' signs on it, finishing in 50:05.

Into December and the WYXC season drew to a close with the final fixture, held at Nunroyd Park, Guiseley. Tina Dickinson, ever present throughout the tough series, and Serena Blackburn were our ladies representatives once again, with Nigel Monaghan, Peter May and Barry Ellis competing for the chaps.

Finally, great news, as I am able to advise you that Mark Bendall won the Luton Marathon in 2:37:13. This is a tough race which had a high number of drop outs, even though over 400 runners completed the race. Also conditions were particularly windy on the day, making Mark's win all the more satisfying.

It will have been noticed that Mark's time in Dublin was not as quick as usual or expected, but this was due to the fact that he was suffering the after effects of a virus in Dublin that cruelly struck just a couple of weeks prior to that race (he claims to have 'jogged' to his 2:44 in Ireland).

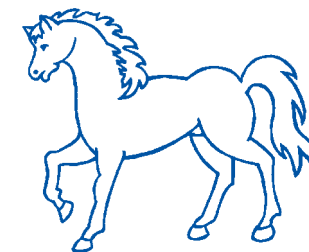
Once restored to health, having set a PB at the Bridlington Half Marathon, Luton gave Mark a

chance to put all that marathon training to good effect. Well done Mark!



Apologies to anybody mistimed, misplaced or inadvertently missed out. Let me know and I'll redress the balance in the next issue!

Photos in this section are filched from various websites and where possible I have credited them individually, the rest and majority are by John Wharam, including the shot of Mark Bendall at the Bridlington Half Marathon shown left, for which many thanks!



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

or e-mail harriers@uk2.net

See our website at: www.horsforth-harriers.co.uk