

HORSFORTH HARRIERS NEWS

Merry Christmas Everybody!

Instead of a Captains Corner or Top Tip, Marc has waxed lyrical, and if you are all very good boys and girls this Christmas, Marc might sing this for you at the Christmas Run on 28th December. It's got a chorus, so audience participation will be involved! Get practising... to the tune of 'Jingle Bells'.....

Jingle Bells? A Runners Tale

*Dashing through the streets in my brand new Christmas shoes
I just cannot think of a better thing to do.*

*My partner thinks I'm mad, and a few friends also do
But I just don't care, I've got my Christmas shoes!*

*Oh! Christmas shoes, Christmas shoes, oh which shall I wear?
Fell, cross country, road or spikes, does anyone really care? No!
Christmas shoes, Christmas shoes, they're all I'll ever need,
And of course as we all know they're bound to increase speed.*

*I just can't control my feelings anymore,
When I wear my Christmas shoes and head out the door.
People turn and stare they can't believe their eyes
And they hope deep down inside that the shop still has their size!*

Oh! Christmas shoes.....

*Years and years ago, before I used to run
I would watch TV all day sitting on my bum
But now I am all sporty and can run dead fast
It's all because I got my Christmas shoes at last!*

Oh! Christmas shoes.....

Ed's Top Tip: Print out this page and bring it with you on 28th December!!



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.**

Hils writes:

Hi everyone, Christmas is nearly here, all that eating and drinking and gaining weight!

Hey, just a minute, those of us not sidelined by pain, injury, illness, whatever, who are lucky enough to get out and run, you are entering a phase where you are offering your running engine high octane fuel, not the usual day to day stuff. Here is a chance to burn like there's no tomorrow!

Short on time? So much the better, grab the opportunity and get out there for some short fast punishing sessions. See how much you can burn in twenty minutes, with five minutes warm up and down you won't be out more than half an hour.

I'll be up on the Chevin to cheer you all on to PBs on Boxing Day.

Have a great Christmas and New Year!

Hils

Tina writes:

Hi Everyone.

Apologies first of all for not getting down to the Club during December. I will be back in the New Year, please see my training plan/schedule on the 'How to Join Us' page of the website



A Ghost of Chevin Chase Past... Hils gets tinselled up to run a in Chevin Chase way back when... Picture, retrieved from ye olde archive, by John Wharam.

and following. This is not set in stone and may change but this will give you all some idea of what I'm planning. As always if you'd like me to build in some particular training on a Tuesday night please ask!

It was brilliant to see 19 Ladies doing the Abbey Dash, I know some of you have been training towards this and I hope you were all very pleased with your results. To get under or near 50/55 minutes for your first 10K is a

fantastic effort and it's brilliant to see your training coming to fruition. Hopefully I'll be running with you at your next race.

Congratulations to all the Abbey Dash runners and for those in my group I'll be quizzing you all in the New Year for your next target! Hope everyone has a very happy Christmas.

Tina

Tina's 2010 schedule

January, February, March and April Tina's group will be doing the following training:-

First Tuesday in month - Hill session

Second Tuesday - will vary

Third Tuesday - Eight mile with six mile tempo. Out and back route with turnarounds for those wanting shorter run.

Fourth Tuesday - Speedwork - efforts ranging from 1/4 mile to 1 mile.

Fifth Tuesday - Hilly run

Have a great Xmas everyone and see you in the new year.

Tina



Another Ghost of Chevin Chase Past: Tina, Richard Pattinson and Julia Day get in the Christmas / Chase spirit. Julia has had an operation on her Anterior Cruciate ligament and is on crutches currently but hopes to be mobile in about eight months or so...

Yorkshire Veterans Bit

Horsforth Harriers were out in force at the recent Dinner and Prizegiving Ceremony that rounded off this seasons Grand Prix Championship.

As detailed in the last issue, we picked up team prizes and several individual prizes.

Now.... we have to do it all again in 2010. The new fixture list for the forthcoming season's Grand Prix Championship will be out shortly - I'll print it here and there should also be hard copies printed off to pick up from the clubhouse.

I believe we will be once again hosting the first fixture as we have done in previous years, but don't take that as gospel until I can confirm it - when the new fixture list is published. However, when ever we hold our vets event we will - as ever - be on the lookout for both runners and marshals, so please be prepared to give up a couple of hours to be one or the other.

In the last issue I mentioned that Tina was looking for someone to take up her job of ensuring that we get the best possible teams out - ladies and men - for all next season's Grand Prix and Vets Championship fixtures. I mistakenly said in that piece that this person would need to attend meetings of the Vets Committee, but this isn't correct, Tina will still be on the Vets Committee and the job will purely be within our own club.

Please see Tina in the new year if you can help spread the workload - she - and the club will be extremely grateful. Many thanks.



Don't they scrub up nicely? Top to bottom: Tina and Dave, Richard and Angie, Gill and Tim pictured at the Yorkshire Veterans Grand Prix Dinner. Many thanks to Jon and Bev Elliot for sending the pictures.

Nathan gets acquainted with the Spen Hill...

New-ish member Nathan Crossley made one of his first appearances for the club at the final Vets GP fixture at Spen, you know, the one with the steep muddy hill.....

Like many a good runner before him, Nathan fell foul of the slithery gradient as these pictures demonstrate, but was OK and got up to finish as one of our higher scorers!

Pictures from Pudsey Pacers website, for which many thanks, and Phil McGeever who spotted them!



Next PECO XC Dates

17th January -
Nell Bank, Ilkley
(hosted by Ilkley Harriers)

31st January -
John Smeaton, Leeds
(hosted by St. Theresa's AC)

Visit the dedicated PECO pages
on the Abbey Runners
website:

www.abbeyrunners.co.uk

for times, details of locations
etc., etc., or check with the
club skippers who will have
the info you require!

Coming in 2010...
The Return of Team Turnip
- more details next issue....

Christmassy and New Year Social Stuff

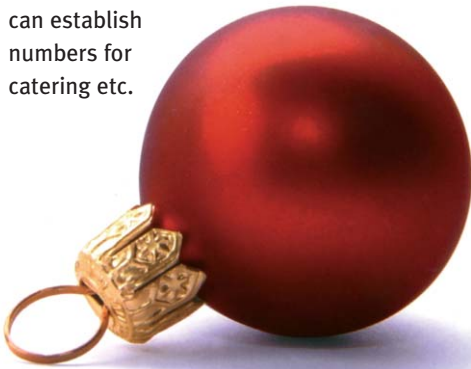
Here's a reminder of the Social events we have planned at - and beyond - Christmas.

28th December sees the Christmas Harriers Run, 10.30am, (no training nights from Christmas until New Year) which normally beats the bounds of Horsforth, there are varying options re distance and speed, something for everyone - including community singing?! - and food laid on back at the clubhouse afterwards.

22nd January - Club Presentation Evening
At Yarnbury Rugby Club, Brownberrie Lane, Horsforth, 7.00 pm for prompt 7.30 pm start. First the club's awards to the quick, the great, the not so quick and the big contributors to the club over the year.

Immediately following the dishing out of the silverware, there's a buffet followed by a disco and there's a bar of heroic proportions late into the night. Tickets, free to club members, £5.00 each for non-member guests and significant others, from Bev Elliot now.

Please get your tickets from Bev Elliot so she can establish numbers for catering etc.



It was twenty (five) years ago today (ish)...

Blimey Charlie! Is that the time already? It may be hard to believe, but Horsforth Harriers is twenty five years old in 2010, making it the club's Silver Jubilee year.

To celebrate this, the club is planning to hold a Silver Jubilee Dinner which is provisionally slated to take place on 16th April 2010 at the Parkway Hotel near Bramhope. There will be more details of this in the very near future, but if you already know that you'd like to be at the social event of the year please express your interest to Marc Springer asap.

Founder members Steve O'Hara and Ralph George (not me..I'm a comparative oft-comer) are putting together a 'History of Horsforth Harriers' to coincide with the dinner and would like members who have photos, club memorabilia or even stories and reminiscences of the club from way back when, to get in touch with them so they can pull all this historic material together to put a glossy coffee table style publication together in time for the Silver Jubilee Dinner.

Contact Steve and/or Ralph via the club if you have material you can loan or supply to the chaps to make the history as comprehensive as possible. Many thanks!!

Race Results

- a Fat Bloke writes

Starting where we left off last time, it's those Abbey Dash results in full. There was an avalanche of PB performances here so clearly the training sessions are paying off and folk have been working hard, Phil McGeever, Tony Walker, Nathan Crossley and Bev Elliot all lowered their previous bests, but I don't have a full listing so if you set a PB at this race let me know and I'll be happy to give credit where credit is due! Those results then: Steve Large 36:48, Marc Springer 36:50, Phil McGeever 38:03 (PB), Nathan Crossley 38:11 (PB), Tony Walker 39:34 (PB), Garth De Roux 41:12, Adrian Knowles 41:16, Martin Coates 42:22, Steve Wood 42:29, Bev Elliott 42:34 (PB), Simon Rudsdale 42:38, Mike Mooney 43:26, Kris Howes 43:37, Tim Appleyard 43:52, Ian Robertshaw 44:10, Angela Pattinson 44:48, Lindsey Noakes 47:54, Christine Addison 48:38, Sarah Thornton 48:48, Claire Strover 49:46, Christine Esbensen 49:48, Bob Foulkes 49:57, Ian Lowman 50:09, Jane Webster 50:43, Teresa Downes 50:55, Vicky Ward 51:25, Ian Taylor 51:58, Emily Burch 52:47, Joanne Smith 53:02, Sarah Greenlees 53:07, Kathryn Bailey 54:47, Karen Large 53:48, Jamie Stewart 53:18, Alexandra Belton 55:24, Karen Allan 58:03, Jody Wharton 59:54, Fiona Meth 01:00:53, Caroline Faithwaite 01:04:14, Kat Shepherdson 01:07:40.

November 28th and service as usual at the parkrun Steve O'Hara 25:13, Cath Gray 26:17, Jamie Stewart 27:07, Karen Allan 29:59 and Caroline Faithwaite 31:10 were all in attendance. Julia Day went to a Santa Dash at Pontefract for a final 5K limp before going into hospital for an operation to repair her ruptured cruciate ligament ...no time available but running with a smashed up cruciate ligament is tremendous dedication to the cause. Or bonkers. (Patient home from hospital after successful op and confessing to being stir crazy after only three days of living on crutches...)

The following day saw the popular Thirsk Ten mile road race. The weather relented to make it a perfect day for running, but after the previous weekend's massive turn out only Alan Squire 1:06:12 and Garth De Roux 1:07:11 chanced their arms by making the



Kevin Watson, who picked up yet another 1st M60 placing at the Great Langdale Xmas Pudding 10K, pictured here at the Vets GP race at Knavesmire. Thanks to Pudsey Pacers for the photo.

journey up the A1. Going south in the opposite direction, Graham Dawson was our sole representative at the Clowne Half Marathon in Derbyshire, finishing in 3:01:47.

Another weekend, another parkrun. Steve O'Hara completed the course in 24:40, our only runner on the day and then headed hot foot to Horsforth Hall Park where he also ran in the Harriers organised PECO cross country, the second fixture in the series. The fixture was held, unusually, on a Saturday so as not to clash with the following days West Yorkshire XC fixture, but still managed to attract a bumper turn out and a healthy number of young 'uns who competed in the junior races. Once the dust - or rather mud - had settled our mens side once again finished in 3rd place and remain in 3rd place in the Premier Division. The ladies also finished third, but held off the challenge of Kirkstall to remain in second place in their Premier Division. In the Vets tables our men once again took top honours and remain at the top of the table, pursued by Ilkley.

The ladies Vets team improved their previous performance to finish 3rd and jump two places up the Vets League tables into third position overall.

Having had a trying time in the PECO XC Phil McGeever doubled up in the following days West Yorkshire XC at Nunroyd Park, our only runner, completing the senior mens race in 46:30.

Back to the parkrun and the usual suspects - I think I'm detecting a pattern here - were running once again. Steve O'Hara 24:51, Cath Gray 26:15, Jamie Stewart 27:14 and Karen Allan 31:28 did battle with a large number of Santa - clad runners as the race was hosting/doubling up as another fundraising Santa Dash.

The Great Langdale Xmas Pudding 10K, so good they run it twice - it's popularity means they can run two races, one Saturday, one Sunday and sell both out. So on the Saturday Kevin Watson ran, claiming the 1st M60 spot in 40:31. The following day Pat and Graham Dawson ran the 10K, Pat in 58:48 (1st F70) while Graham recorded a slightly more sedate 1:25:12.

Marc made some frantic last minute phone calls to ensure we fielded our entered team in the Calderdale Relay, finishing in 59th position in an overall time of 7:50:29. It was a mixed team (that

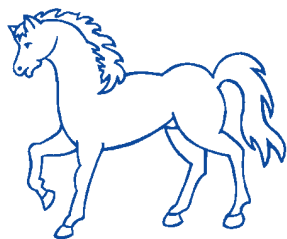
means it was composed of men and ladies) and the girls involved were Gill Gaskin and Denise Frost. The chaps were Tony Walker and Garth De Roux,

Peters May and Hughes, (Gill and) Steve Wood, Marc Springer and Phil McGeever, (Denise and) Ken Frost and finally Angus Teanby and Dave Maycock.

And that's your lot until next year. If I've missed out any race, performance, time, PB or other notable event, let me know and I'll redress the balance next time out in 2010. Until then Merry Christmas and Best Wishes for a Happy and Successful New Year. Thanks for putting up with this nonsense on a regular basis and to all those who have contributed during the past twelve months. To all those who have thanked me for my efforts in the past year, you're too kind, but ta ever so!



(In hushed David Attenborough-esque tones) "Here, lumbering through the dense undergrowth, a rare sighting of the Greater Newsletter Editor, a shy, retiring creature rarely seen in the open..."



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