

HORSFORTH HARRIERS NEWS

A Fantastically Fab Feb!

Well, what a great month February turned out to be with continuing success in all competitions!

The girls continued to lead the Premier division of the PECO XC series and the men, while not setting their Premier division alight, were top of the Veterans tables in the series.

We not only hosted and organised the first of this year's Yorkshire Veterans Grand Prix - and on a new course to boot - but also once the results were in, found ourselves top of all tables, which bodes well for the year to come, and as if that weren't enough, our, erm, more mature, male runners took the M50 team prize in the Yorkshire Veteran's XC Championships at York, beating off a host of big names and illustrious competition to take first place. Of course, the ladies weighed in with silverware of their own, the F50's finishing third, while the 'babies' of the Vets, the F35 - 44's took first place in the 'All to count' category, proving our strength in depth.

Elsewhere, there were PB's, firsts and top performances galore, as detailed in the



A remnant from Christmas time's Chevin Chase, this just in! Dark Lord, Darth Vader (Steve Hall) pursues Princess Leia (Theresa Duckett) across the Chevin, Theresa somehow managing to keep her white outfit clean!

Results section and elsewhere in this issue.

All we have to do now is keep it up through March and the rest of the year!

Now the last but one race, PECO XC race 4 takes place at Woodkirk 1st March. Be there!

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:

Think yourself better.

Don't get dispirited when you have a bad training run or a disappointing race. I am convinced that emotional circumstances can dictate how you physically feel - or at least how you think you feel.

The other Friday I reccied the new vets course and had to stop at every other corner to catch my breath and complain to myself that there



Extreme close up!!! Marc pictured at the Yorkshire XC Champs (NOT the vets!)

was going to be no way I could race it. Yet two days later I surprised myself and half the club by running my best race for months. Now the only thing to have really changed in two days was in my head not in my legs. You could argue that I've slept and eaten but I always do that including the day of the crap training run.

This mental attitude can even rub off on your training partners. Steve Large and others with whom I spend time with have often felt tired and sluggish on the same training run. So my point is, or rather points are: 1. If you don't feel too good don't tell your partner. 2. Don't be despondent. It will only make it worse. Just get on with it. Nobody feels great all day every day. 3. Finally, if you do feel good tell the people you're with. If my theory is correct they will be infected and have a good run too.

What's that you say? It's all bollocks? Well aren't you a misery?

Marc

Hils writes:

Since you've all been so busy racing I've done a short resume this time.

Starting with the VET'S G.P. on 1st February. Well done Horsforth lads and lasses, you swept the board, fed the 5,000 and organised the whole event. What a bunch of stars!

On the same day 7 members went to the DEWSBURY 10K: (chip times) Steve Large 37:23, Garth De Roux 40:52, Simon Rudsdale 42:46, Mike Mooney 43:23, Ian Robertshaw 45:01, Karen Large 50:38, Hils 62:59.

7th February ROMBALDS STRIDE A white wintry wonderland, blue sky and brilliant sunshine set the scene for a stunning event. The extra loop on the moor top provided wonderful views and the shortened single ascent of



Otley Chevin was a welcome change at the end.

The front runners were faced with an arduous battle blazing a trail through deep snow, while the rest of the field were able to follow a snowy “motorway” with no need to refer to map, compass, or instructions. Fabulous scenery, company all the way round and a ton of buns, what a great way to spend a day. Alec Karagic 4:09:42, Marc Springer and Serena Blackburn 4:18:30, Theresa Duckett 4:20:21, Angela Pattinson 4:45:11, Gillian Gaskin 4:46:00 Hils 6:13:00, Keith Park 7:38:00, Vicky Ward 9:07:34.

Fortunately for some the PECO XC was cancelled on the 8th February!

14th February YVAA XC CHAMPIONSHIPS. A raw day, traffic jams and a flooded course did not prevent our Horsforth teams from bringing home some silverware.

Men, 1st M50 team, Dave Maycock, Nigel

Monaghan and Marc Springer. Ladies, 1st in 35 to 44 all to count, Serena Blackburn, Bev Chaplin, Gillian Gaskin, Vicky Ward, Helen Coutie. 3rd F50 team Marie Hart, Carol Ramsden, Tina Dickinson.

15th February. LIVERSEEDGE HALF MARATHON (Yes, the very next day). Five brave souls took on Liversedge where after the past bleak freeze the weather was almost tropical, well, above freezing! Marc Springer 89:58, 2nd M50, Phil McGeever, taking on his first half marathon, 97:52, Serena Blackburn 102:56, 1st F40, Lindsey Clegg 125:08, Hils 146:12.

WELL DONE ONE AND ALL.

LADIES, we have to turn up in droves to WIN the PECO XC on 1st March at Shaw Cross Rugby Club, and the final (rearranged) one at South Leeds Stadium on 29th March. Please put your names in my little blue book.

Hils

Marie writes:

What a fantastic turnout to all the cross country races so far and with only 2 more to go we still need your full running support. After all the: mud, hills, rocky paths your body has leaped and bounded (or in my case dragged itself) over, road races should now seem relatively easy. That’s one area where after a winter of off-road running you gain the most improvement, strength of mind and body. So on your next road race use that strength to run faster, to push yourself to the line, to not relax and slow down when you’re feeling tired. Use the mental thoughts of your gallant efforts to carry you through.

Hey, we’re women, therefore used to pain and suffering!!

(continued overleaf)

Whatever race you've got lined up, when you're nearing that line, push, push, push all the way and you never know, that extra effort may be what gets you a P.B. Every second counts.

Relief and fulfilment come afterwards when you achieve your goal whatever it is. Go on, you can do it.

Your efforts are greatly appreciated by us, your captains. Keep up the good work supporting your club.

Marie

A.G.M.

The club's Annual General Meeting takes place on 25th March at the clubhouse.

E-mail recipients of this newsletter will no doubt notice the additional ninth page at the end which is a form for those who wish to stand for office, or propose or second someone for office.

Readers of the paper version of the newsletter will find a supply of these forms at the club.

Please complete and return as appropriate to Marc Springer.

This is your annual chance to have a say in how the club is run, or get more involved with the organisation of the club.

If in doubt about anything please see Marc or a member of the current committee.

Yorkshire Vets News

As mentioned several times elsewhere we hosted the first of this season's Grand Prix races and finished top of all tables, but also big thanks to all those who organised, marshalled and catered on the day and before.

Sooo... all we have to do now is continue the good work we have started and the second GP race is at Meltham. This is a testing course, made all the more testing last year by the fresh snowfall! Pencil the date 22nd March in your diaries as that's the date of the Meltham race, and it's a good place to steal a march on our rivals, getting away before they've noticed! See Tina or www.yvaa.org for details.

While it's a while off, it might be a good idea to mention the 5K championships are held at the first of the John Carr Series and you have to pre-enter for the Championship race and for the three race series (no entry on day).



Tina Dickinson looking rather pleased with her Chevin Chase T-shirt.

New sponsor for Horsforth 10K!

As many of you will know after last year's - highly successful - Horsforth 10K Nuffield Hospitals decided to cease their sponsorship of the race, after supporting us for many years.

Race Director Bob Foulkes, in addition to trying an ill-timed attempt to tap up Alistair Darling, (see picture below) who was presumably a little tied up with the current financial meltdown - but what's another million or so in the scheme of things? - sent out an e-mail to all and sundry - as you will probably have got one this is old news - asking if any club member knew of any company or companies who would be prepared to step in to sponsor the race.



Bob Foulkes seeks sponsorship in high places! Unfortunately Alistair Darling was a bit busy with the credit crunch.....



In keeping with the 'what's not to like about February '09' theme, quicker than anyone could have expected, we are delighted to announce that we have a new race sponsor in place.

They are TPP, a Horsforth based computer software company, and have stepped in to fill the gap left by Nuffields withdrawal. TPP specialise in software for the medical industry, for instance the type of software your GP uses to review your records on his desk top computer. They have no direct link to running (unless you count their link to us - Marc!) but I'm sure we can craft one!

We are grateful to TPP for their sponsorship and look forward to working with them to our mutual benefit in the coming year and hopefully beyond. The sponsorship they provide will go along way to helping us to run a successful 10K without compromising what we have achieved in previous years.

Around the same time we also had confirmation that Up & Running will be supporting the Apperley Bridge Canter again this year - nearer than you might think and we need volunteer marshals NOW please! - and to a lesser extent will offer support on the 10K.

PLEASE NOTE:

The postponed PECO XC Race 3 is now rescheduled to take place on 29th March!!

Now the final race, it will take place at South Leeds Stadium as originally planned and is likely to decide where this season's silverware goes, so please be there!

Health & Safety in running Department



Photo above shows Ian Park's shoe after the last Vets GP race in 2008 with its

'Souvenir of Spensborough'.

Apart from being highly dangerous, on the plus side it does provide the perfect excuse for a crap run!

Race Results

- a Fat Bloke writes

Much flicking back and forth in this issue as I don't intend to duplicate (well, not much anyway) the results Hills has covered in her captain's piece some pages back. That way I can complete this quicker and get on with something else!

I will however, attempt to cover the other races not mentioned earlier, starting with our brave lads (and lass) who travelled to darkest Rotherham to run in the Yorkshire Cross Country Championships. Richard Sunley (97th), Barry Ellis (182nd) and Phil McGeever (184th) - plus Marc Springer? - ran for the lads while Serena Blackburn was our sole lady representative, making a fair fist of it finishing 62nd overall and 10th LV40.

Richard Pattinson, running on borrowed time while waiting for his foot operation (which he's now had and will be back in action in the not too distant future hopefully) and Angie Pattinson ventured over the Pennines to run in the Garstang 10K Road race, Richard finishing sixth overall in 34:46, while Angie was home in 48:18.

Well done to the following, who managed not just to run the Brass Monkey Half Marathon at York, but to get an entry in the first place to a race that sells out in hours: Mark Bendall, sixth overall in 1:12:44, Tony Hazell 1:15:56, Steve Large 1:21:38, Kevin Watson 1:30:18, Tim Appleyard 1:33:57, Steve Wood 1:36:39, Simon Rudsdale 1:40:05, Lee Greenhalgh 1:45:08, Angie Pattinson 1:50:10 (watched by Richard on crutches if I recall the dates correctly - what a difference a week makes!), Karen Large 1:53:17, Lindsey Clegg 1:54:17,



Prolific racer Phil McGeever, who recently set a big new PB - by ten minutes - at the half marathon at Liversedge.

and Michael Anderson 2:08:53.

On the same day as the Brass Monkey, Julia Day was at the equally popular Four Villages Half Marathon at Helsby, completing the course there in 1:45:07.

Phil McGeever was the lone Horsforth Harrier at the Meltham 10K finishing in 45:35.

Now we come to the page flicking section. On February 1st we were hosting the first of this season's Yorkshire Vets Grand Prix races while other Harriers were off to test their speed at the Dewsbury 10K.

The following Saturday saw the Rombalds Stride take place in wintry conditions following a week of 'Weather Chaos!' (how we laughed reading the UK press while sweltering in Egypt!). Times were predictably slower, the first runner coming home approximately

fifteen minutes slower than the winner in 2008. Missing from Hilary's results round up are Jean Davey who completed the course with former Harrier Dawn Gray in 5:49:33, and Matt Ward who completed the course with Vicky.

Twenty four hours after the Rombalds Stride, the fourth PECO XC race, to be held from South Leeds Stadium, fell victim to the snowy weather, the course felt to be unsafe due to the icy conditions underfoot. NB. THIS HAS NOW BEEN RESCHEDULED AS THE FINAL RACE IN THE SERIES, ON 29TH MARCH). Michael Anderson did manage to find a race on the same Sunday finishing the St. Wilfrid's Muddy Boots multi terrain 10K near Ripon in 69:27.

February 14th and the Vets are contesting the Yorkshire Vets XC Championship at York, including as somewhat prematurely aged Tim



Dave Maycock, pictured here in action at the PECO Golden Acre fixture, who has had a large hand in putting our guys at the top of the PECO Vets table and in winning the M50 team prize at the YVXC Championships.

Midgely, and the following day sees the ups and the downs of the Liversedge half Marathon. Hats off to Marc, Serena and Hilary for doubling up, two hard races in two days, Marc finishing as second M50, Serena finishing as first F40 and Phil McGeever shaving a whopping ten minutes off his half marathon PB.

Now back to stuff not covered earlier on in this issue. Tina Dickinson was the other person to complete two races over the weekend, racing first at the Vets races in York and then on the Sunday at the more esoteric Ann Johnson Absent Friends Trail Run in lovely Billingham, finishing in 47:44 over the approximately five mile course and vowing "Never again!"

Another small bunch of Harriers travelled to Wales, Wrexham to be precise, to run the Village Bakery Half Marathon, lead home by Steve Large 1:20:11, Angela Andrews 1:40:41, Carol Girling 1:50:43 and Karen Large 1:57:13.

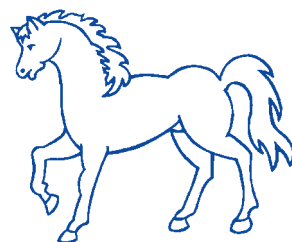
We have runners competing every week at the Hyde Park 5K time trials and recently Tony Walker, 19:29 and Garth De Roux 19:48 have set new PB's while Martin Coates 19:57 also recently broke the 20 minute barrier.

And that's it again for this issue. Unless of course you know different, in which case I look forward to receiving your e-mails advising me otherwise.

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



More extreme close ups! Barry Ellis looking grimly determined - the only way!! - at the Yorkshire XC Champs.



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

Horsforth Harriers AGM 25th March 2009

Election of officers – Please nominate your candidate below along with seconds. Where no name is proposed the existing officer will stand for re-election.

Position	Candidate	Proposed by	Seconded by
-----------------	------------------	--------------------	--------------------

Chair			
-------------	--	--	--

Secretary			
-----------------	--	--	--

Treasurer			
-----------------	--	--	--

Social Sec.			
------------------	--	--	--

Members' Sec.			
--------------------	--	--	--

Mens' Captain			
---------------------	--	--	--

Ladies' Captain			
-----------------------	--	--	--

Ordinary member			
(male)			

Ordinary member			
(female)			

Run off form, complete and return to Marc Springer on or before 18th March 2009.