

February 2010

HORSFORTH HARRIERS NEWS



**Nigel Monaghan
gets to grips
with the Nell Bank
Cross Country
course in the
PECO XC Race No.3
fixture at Ilkley.**

*Thanks to Paul Wood, Ilkley AC
and David and Eileen Woodhead of
www.woodentops.org for the photo
- loads more on their site!*

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:

Well done to all who ran anything at all last month, it wasn't good training weather for a few weeks.

I shall be grounded for an indefinite period from 8th February when a surgeon is going to attempt to stitch back a ligament in my shoulder. *(I have had a message from Hilary to say the operation was a success. Ed).* I am hoping to come down to the club at 7.00 pm on Tuesday evenings to see who is new, who wants to buy a vest or other clothing and fire up my team for the last PECO XC on 7th March as soon as I am able.

A while ago Marc exhorted everyone to shower their legs with cold water after a run and also on non running days if their legs are still painful. One of my ladies who is training for a half marathon tried this and reported back that it really works, so there you are non believers! Wishing you happy pain free running.

Hils

Tina writes:

Thanks to everyone for their continued support during January it was much appre-



Marc dons the antlers again to compete in last years Chevin Chase on a snowy Boxing Day. Pic from Alistair Davy.

ciated. It's good to be back at the club taking my group again and I hope you're enjoying the training. As much as I love the snow I am now glad to see the back of it and glad to be getting in some longer runs and structure to my Tuesday group. As always, if there's anything you'd specifically like to train for or a particular session you want to do, please let me know.

Tina

Marc writes:

We are entering a new season and it's a good time to re-evaluate your goals and put yourself under some pressure to achieve them. We all work better under pressure so plan your races now and give yourself something to aim for. Me? I plan to concentrate on off-road running for a year. I'll still do the odd road race but I'm having a break from the "Old faithfuls" It will also give me an opportunity to meet new people, attend new venues and run on some fresh tracks. I'm not bored with running as I do but I like a challenge so here I come! If you would like to join me on one or two fell or trail races let me know and I'll tell you what I have planned up to now.

With this in mind I will be doing some specific training for the fells and again if you would like to join in let me know.

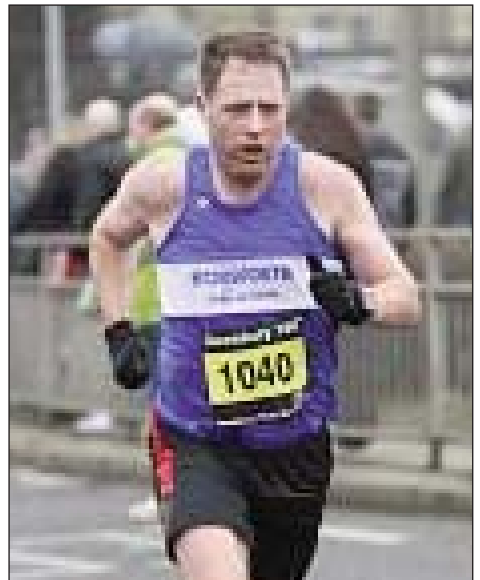
Whatever running discipline you choose you will need to do some speedwork if you want to race well and we need to make the best of the dark nights. On this note I would appeal to the Tuesday regulars to return to the schedule (There were only 4 of us last week) and if anyone would like to come along please let me know. Alternatively, Tina is launching her own speedwork routine for those of us who find my group a bit too fast. Either way, these training sessions are for your benefit if you want to make use of them. As ever, if you have any suggestions to make changes or add content please tell us. We are at your service!

Finally, I ran Rombalds Stride as a few of us did and as I was running through the fog and

the poo it occurred to me again that race marshalls, whether they are simply pointing the way or feeding us with cakes and drinks are grossly undervalued. So, two things spring to mind. Firstly, make a point of thanking or at least acknowledging a marshall with a nod or thumbs up. Remember they are volunteers and are there for our benefit. No medals for marshalls. Secondly if you haven't helped out at one of our own races before then you must! It will give you an important insight into the organisation involved and you will get some pleasure out of helping and supporting others. Everyone, without question, whether elite or beginner gets a boost from a marshall who gives clear directions and an encouraging clap and shout.

So here endeth the sermon. And as usual, it's up to you, so get on with it!

Marc



Simon Rudsdale in action at the Dewsbury 10K road race. Picture from TA Images.

If it's March 7th, you'll be running for Horsforth Harriers. The only question is where.

It's called a fixture pile up. Or an administrative error. Or a cock up, dependent on your point of view.

But the hard fact remains that on Sunday 7th March, Horsforth Harriers need to field two teams, strong ones at that, to a) continue our strong showing in the PECO Cross Country League and b) launch our 2010 challenge in the Yorkshire Veterans Grand Prix Championship.

The final PECO XC fixture is moved from it's original Idle location to a new one at Esholt as St. Bede's AC stage the last in this season's races. Those previously put off by the lack of sophisticated toilet facilities at Idle (behind that handy holly bush as I recall...) may be buoyed by the knowledge that the Esholt clubhouse boasts superior loo arrangements. This may determine your decision on where you run.

The first of the ten YVAA Grand Prix fixtures takes place at Meltham (note that we are not staging a YVAA Grand Prix race this year, as we are having a 'gap' year).

Obviously we need to box clever in our team selection to ensure we fill all the Vet categories in each race, but it will mean that we will need as many runners as we can

muster to turn out for us.

Obviously there is no policy of compelling runners to be shipped off to Meltham if they don't want to travel that far, but we need to let the club captains know first off that we are prepared to run and where we plan to run. If you have no preference on whether you run at Esholt or Meltham it will help the captains to know when it comes to selecting the sides, but the fact remains that we need a very large turn out to ensure we have two good teams at each event.

So - first volunteer to run and let the skippers know you will be available. We are Horsforth Harriers and we are one of only very few clubs that can actually do this, field strong teams in two separate events on the same day.

If you've not run in either of these competitions before, both events are friendly and fairly low key and remember, wherever you finish you will be making an important contribution to the teams' scores, so don't be worried if this may be your club racing debut. If you don't have transport, let the captains know and they will try and sort out a lift to your chosen race.

You'll love it! See you at Esholt or Meltham!

Yorkshire Veterans Bit

After an excellent and very successful 2009 the 2010 program of Vets Grand Prix Runs will soon be upon us. The website has details of all the events and prior to each race there will be hard copy instructions in the race folder. Anyone over 35 is a 'counter' in these races. There are 3 team competitions on the go where you are competing for points depending on your finishing position. Fastest Four, All to Count and Rest to Count.

Wherever you finish every point is vital and counts towards the total for the club. There is also individual competition in your individual age category plus numerous spot prizes after each race. Regular runners will be pleased to hear that there are ten additional spot prizes at every race.

The first race this year is at Meltham on Sunday March 7th. It would be great to have a good start so please try and run this event if you can. If you require transport please let me know and we can co-ordinate the travel.

If you want to know anything at all about the YVAA Grand Prix events please ask.

Here's to a brilliant 2010 season!

Tina

Eds Note: Tina is looking for someone to help her with the organisation of the Vets teams this year. If you can help please do so - Tina does a tremendous amount for the club but needs someone to share the load with on this.



The first Vets Championship of the year was the YVAA Cross Country at Sheffield. Here, picture courtesy of Flaming Photography, Richard Sunley emerges from the South Yorkshire murk.

Horsforth Harriers Silver Jubilee Celebration

Yes, believe it or not, it's twenty-five years since the founding of Horsforth Harriers and to celebrate we have booked the **Parkway Hotel at Bramhope on 16th April 2010** for a sit down Dinner for both past and current members to celebrate the club's Silver Jubilee.

This promises to be the Event of the Year and tickets are **£15.00** each, available from either Marc Springer and/or Bev Elliot. Please contact them to reserve yours.

Ralph George and Steve O'Hara are

trawling the archives and raiding the somewhat frazzled memories of the longest serving members for records and reminiscences and also their fading photo albums to put together a 'History of Horsforth Harriers' in time for the evening. If you have any photos, memorabilia, race diaries and/or mementoes or stories from your earlier times with Horsforth Harriers please let Ralph and Steve know with a view to them possibly including them in their History to ensure it's as comprehensive as possible.

A.B.C.

We have now got a supply of Apperley Bridge Canter entry forms at the club.

If you are going to a race, please take a handful to leave at the race HQ to boost the entry.

Be pro-active - every little helps! Many thanks.

Martin's Expensive Race

Martin Coates is claiming some sort of club record for the most expensive race entry as a) he went to the States over the Christmas holidays and raced in New York and b) after said race had his Garmin nicked while getting changed in MacDonalds (which further confirms that MacDonalds is expensive as well). Where are those photos Martin?!!

It's almost time to part with your hard earned again....

Horsforth Harriers membership Subs for next year become due on 1st April 2010. After careful consideration of the Clubs financial position, your committee has decided to keep prices the same as this year. Details are as follows:

- Membership Fee plus England Athletics Competition Licence **£18**
- Horsforth Harriers membership fee only **£13**
- Second Claim members **£13**
- Social membership fee **£5**
- Re-joining fee (additional fee for members who let their membership expire): **£5**



***Theresa Downes on the Chevin Chase.
Thanks to Alistair Davy for photo.***

N.B. The £18 price assumes there to be no increase in the Competition Licence fee of £5. At the time of writing there has been no notification from England Athletics that there will be an increase. If there is, the £18 fee will have to be increased accordingly.

You can pay your subs either by cash or cheque, but cheque is preferred, to Angus any Tuesday evening throughout April at the club, or post a cheque to:

***Angus Teanby
Alandale
New York Lane
Rawdon
Leeds
LS19 6JQ***

The deadline for payment is 30th April when we will pay England Athletics for club member's Competition Licences. **After that date members that have not paid will be assumed to have left the club.** Any current member wishing to re-join Horsforth Harriers after 30th April will be required to pay a £5 re-joining fee.

So please pay early if possible! Thanks!

Angus

Future Social Stuff..maybe

Here are some ideas for social events over and above what Bev may have planned for us in the near future. These are just possibilities at the moment and if and when they take place will be determined by the level of interest - so don't sit on your bum waiting to be asked, if you are interested in any of the following hare-brained schemes, get in touch with the relevant person - I'll detail who the appropriate person is - and tell them you want to be included. First up, this from Bob Foulkes:

"As with many things in life, ideas are generated and discussions made when sat around a table in a bar drinking beer. On one such recent occasion, Angus (Teanby) and I contemplated reactivating the Leeds to Liverpool - or vice versa, or both ways - cycle ride this coming summer. As both Angus and I will be retired by then we will have more time on our hands, but nonetheless, the initial plan would be to do it over a weekend so as many club members as possible could participate".

So if you'd like to become a member of the legendary 'Team Turnip' as previous bike rides over the Pennines were dubbed, contact Bob Foulkes either at the club or on **Bob.Foulkes@sulzer.com** - but hurry as he plans to retire as stated above!!

Now Angus has had more than the one idea while sat at the bar obviously and in addition to cycling between Leeds and Liverpool following on from last year's 'Three Peaks of Yorkshire' hike there were rumours of going one better this year and trying to organise a 'National Three Peaks' attempt - this is a rather more serious undertaking and involves travelling between and climbing, in succession, Ben Nevis, Scafell Pike and

Snowden (or Yr Wydda as it's known locally) and if memory serves, all within twenty-four hours. If you want to be part of this you'll need to contact Angus, again via the club or on **andy.teanby@mbplc.com** to express your interest if you'd like to be included in this as yet, merely mooted project - the logistics on something like this are enormous so it may well be there will be a need for drivers and catering staff as well as climbers etc .

Finally, one of my own 'lets run it up the flagpole and see if anybody salutes' ideas, probably *not* thought up while sat at the bar.

Would there be any interest in a Horsforth Harriers ski-ing trip in 2011? In an ideal world it would be to the French/Italian Alps and the plan would be for there to be enough of us to rent out a whole chalet (up to twelve maybe?) Of course exactly where and when we went would be entirely dependent on who was interested, the level of experience etc., and the costs would be determined by when we went and how many people and from what airport etc.

Initially, I thought I'd float the idea to see if there was any interest at all - I know there are a few closet skiers and snowboarders within the club - and work out what was possible from there. So if the idea appeals in principle at this stage, please let me know, by, say, 1st May, so I can firm up on who, where, how much, etc. If it comes off I'll be looking for a firm commitment backed by a non-refundable deposit, and your own insurance, so be warned - the club won't bale me out on this one! Collar me at the club or e-mail me on **ian@tcpleeds.com** to express initial interest.

Phil's Photosharing Website

Phil McGeever - our Male Club Member of the Year at the recent Presentation Evening - often sends me times and pictures for inclusion in the newsletter (for which I'm eternally grateful, and anybody else who wants to send in stuff, feel free). Now he's gone one better and set up a website for all of Horsforth Harriers to upload and share photos. It's at: www.mcgeever.co.uk.

Phil explains how it works: "To upload photos to the site users need to log in. So first they need to register, there's a link at the top of the page for this. This will just setup their username, password and email address (needed). Also optional info is requested of full name and club (if I know they're Horsforth Harriers they get extra privileges; there is a separate section for Harriers, not visible to the public and bigger upload quota). The registration needs approval (I would do that asap) then they can login and select Upload file at the top of the page. Then they can select an album to upload to, from the drop-down and browse for files to upload and that's it. Finally the uploads need to be approved (to avoid abuse) and they'll appear on the site (I may move them to a more appropriate location).

I may have made it sound complicated and it isn't really, it's just:

Register - Login - Upload

As an incentive...photos can be rated by

visitors and top rated and most viewed photos listed on the front page - for the more competitive Harriers among us. Titles and comments can be added to pictures. Also I notice a lot of other clubs have a photo gallery and it would be nice to have a decent gallery to compete with them. It might be a good motivating factor for getting more runners to PECOs and VETs races knowing they'll probably get their picture on the site afterwards".

So.....load up those photos!



Phil pictured at the YVAA Cross Country Championships at Sheffield. Picture from Flaming Photography.

Race Results

- a Fat Bloke writes

Weather Carnage! Snowmageddon! A white Christmas was fun for most and lent a certain festive 'je ne sais quoi' to the runs over the holiday period, but as we moved into January training was something of a trial as the roads iced up. Those of us lucky enough to live in areas where off road running was possible revelled in the white stuff but many races fell as conditions were deemed too treacherous to let runners loose. So apologies if there are any results missing from what follows. I blame the weather and the fact that I very sensibly disappeared to sunnier climes in the middle of it all!

Let's start with the Chevin Chase, held as ever on 26th December. Lead harrier in comedy antlers was Marc Springer in 47:16 hotly pursued by Garth De Roux 54:59, Steve Wood 59:23, Angie Pattinson 1:00:39, Mike Mooney 1:05:49, Bob Foulkes 1:06:17, Janette Freeman 1:06:51, Keith Park 1:07:27, Teresa Downes 1:10:03, Nicola Wilde and Jean Davey 1:11:01, Vicky Ward 1:13:03, Jill Hobson 1:13:31 and Gordon Little 1:36:01. Second claim Richard Pattinson, running for Pudsey & Bramley recorded 48:19 while was the apparently 'unattached' Thomas Midgley, 44:03, actually Tim?

The following day our sole runner in the Ribble Valley 10K was Graham Dawson in 1:25:57.

Gill Gaskin saw out the old year with a prized entry to the Auld Lang Syne Fell race which she completed in 62:56. Time, tide and the parkrun wait for no man and Angie Pattinson 23:05 and Steve O'Hara 27:27 were into their 2010 racing on 2nd January. Steve was the



Former Harrier Dawn Gray is the filling in an elvish sandwich between left, Jean Davey and right, Nicola Wilde on the Chevin Chase. Picture from Alistair Davy, for which many thanks.

lone Harrier the following week, 28:44, before even the parkrun fell prey to the elements forcing the cancellation of the race on 15th January.

However the PECO XC took place at a very wet Nell Bank at Ilkley. Strong teams for both men and women didn't make the impact they might have the men finishing fourth and ladies third on the day. The men secured the Vets race though and remain at the head of the Vets table.

The parkrun was back on 23rd January and saw a bigger turnout. Jamie Stewart lead the way 27:30 followed by Karen Allan 30:39, Caroline Faithwaite 31:07 and completing his first run with his daughter Claire, Keith Park 34:48.



The currently flying Lindsey Clegg is temporarily held up by the somewhat damp underfoot conditions at Nell Bank. Pic from www.woodentops.org for which many thanks.

The main event of the weekend was the Brass Monkey Half Marathon in York where getting an entry is counted as a major success in itself. Phil McGeever 1:23:37 lead the way followed by Kevin Watson 1:26:46, while scorching to a huge PB was Lindsey Clegg 1:30:46. Next was Garth de Roux 1:33:00, Ian Robertshaw 1:36:34, Lee Greenhalgh 1:36:34 using his entry to pace round a mate, Simon Rudsdale 1:37:27, Steve Wood 1:46:13 and completing his 200th Half Marathon, Graham Dawson, 2:55:52.

Cath Gray 26:35, Jamie Stewart 26:54 and Caroline Faithwaite 30:08 were back at the parkrun on 30th January, but the following day saw the penultimate PECO XC race at John

Smeaton hosted by STAC. In an almost exact replica of the third fixture at Ilkley, the men finished fourth in the main race, won the Vets race and the women were third again. Oddly though, in the overall standings the men are third in the Premier division, the ladies are also third in their Premier division, the men sit atop the mens Vets league while the ladies move into second place in their Vets table.

Back to Woodhouse Moor for the parkrun and Steve O'Hara seems to have been the hare for Jamie Stewart to chase as he finished a whole second quicker than Jamie's 26:23. Other Harriers were picking their way through the murk and mire of the Rombalds Stride. Richard Pattinson was second home in a speedy 2:42:37 while first Horsforth Harrier proper was Alek Karagic in 3:32:32 with Marc Springer 3:34:46, and Alan Squire 3:36:01 hard on his heels. First of the Horsforth ladies to finish was Theresa Duckett in tandem with Serena Blackburn, both 4:12:28, with, literally a minute behind, Angie Pattinson and Gill Gaskin both 4:13:29. Steve Wood was next home in 5:09:54 followed by Hilary Wharam 5:48:29 and Jean Davey 5:49:27, Lindsey Clegg and Rachael Howard having a more leisurely weekend 7:46:53 and 7:47:54 respectively while Keith Park and daughter Claire was the last harrier home in 7:59:45. On a busy Saturday wee also had some of our guys turning out at the YVAA Cross Country Championships in Sheffield. Kevin Watson and Nigel Monaghan ran in race one while the younger lads, Richard Sunley and Phil McGeever were in the second mens race.

The following day Simon Rudsdale was knocking a bit off his 10K PB with a 42:17 clocking at the Dewsbury 10K, with support from Ian Robertshaw 42:57, Justin Balfour 46:59, Tina

Dickinson 49:43 - delighted to break the 50 minute barrier after a lay off with injury and other stuff - and Ian Taylor 51:45.

Long time injured Michael Anderson returned to action at the St. Wilfred's Muddy Boots 10K in 75:19, where Tim Midgely was 3rd overall in 34:40.

The ranks swelled even more in the park run as Steve O'Hara - the unknown runner in the results - did battle with Keith Park who we think might have been first Harrier home in 26:04 (unless Steve actually did beat him) followed by the debuting Charlotte Baker 27:14, Ian Park, jogging round to see if he'd rid himself of 'economy class syndrome' and distressingly only 90 seconds off his previous best in 28:24 and Caroline Faithwaite 30:34. Claire Park, cruelly abandoned to her own devices by a callous father also lowered her previous best to 33:36.

The Liversedge Half took place on 14th February and Catherine Gray is adamant that it

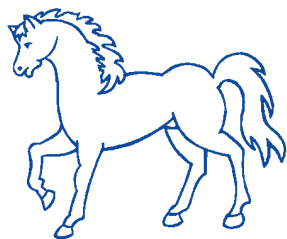
contains the world's longest hill, longer than even the 'Birstwith Brute' in the Guy Fawkes

Run. Cath was home in 2:03:34, while ahead of her came Phil McGeever 1:30:07, (eight minutes quicker than 2009) Sophie Hawkswell 1:44:34 and Justin Balfour 1:49:37.

My gut feeling is that with the mayhem created by the weather since the turn of the year this compilation is rather incomplete, but if anybody has any other results that I might have missed here, please let me know and I'll include next time along with any necessary corrections and revisions!



Currently wintering in the Antipodes, Gordon Little grabs a chance of some nice cold, snowy weather on the Chevin Chase. Photo from Little family archive I believe!



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