

HORSFORTH HARRIERS NEWS

Lads lead Sport Direct XC

After the first two races of the Sport Direct Cross Country League, our guys are sitting at the head of both the Men's Premier Division and the Veterans League Table, having performed well in both races, coming second in the first at Woodkirk and winning at Bramhope.

The expected opposition in the form of Ilkley, Abbey, Rothwell et al, didn't manage to field strong teams consistently which has played into our guys hands, but we have also managed to get out strong - and large - teams in both races and finished a total of twenty male runners at Bramhope.

The girls are in second place in the Premier Division and Veterans League, locked in a fierce battle with Abbey Runners, who have run exceptionally well in

both races, and Ilkley who didn't field their expected strong side in the second race.

On an individual basis, Tim Midgely won the first race at Woodkirk, and Helen Barber also scored a first place at Bramhope. Mark Bendall and Sarah O'Sullivan finished second at Bramhope and Woodkirk respectively.

By the time this reaches you the third race will have taken place on Otley Chevin and the overall positions will possibly have changed.

The fourth fixture is a co-hosted event between ourselves and Kirkstall at Bramley Fall Woods on 18th February, where we not only need to field our strongest teams to maintain our challenge, but also need volunteers to marshal on the course.



Spot the Harrier! The runners set off at the first Sport Direct XC race at Woodkirk, on what looks like a very dry part of the course...it didn't last for long!

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.**

Hils writes:

OK, we're past the winter solstice and the days are getting lighter and longer, really, so it's best foot forward enduring whatever the winter has left to throw at us. It's great to see so many members getting out there to race, good way to keep warm too. Many thanks to all members turning out to run the cross country events, please keep it up, WE NEED YOU ALL.

Tip for those new to carrying food and water on long training runs. Try wearing a top with rear pockets like a cycle top. I find that stuffing the pockets feels more comfortable than the restrictive belt of a bum bag. If you have an old top you could cut the sleeves



out for further comfort. Planning a route that passes supermarkets with loos can be useful and there's an extra food/water supply on tap if you've underestimated your needs. Whatever your goals enjoy the training, may it take you closer to your dreams.

SARAH O'SULLIVAN

Congratulations to Sarah on winning the ladies Club Person of the Year award. As an individual she has run splendid times at all distances up to half marathon and as a team runner she has excelled. No matter what the event, distance, terrain, or offered partner, Sarah has always been willing to run for the club. She has suffered adversity due to health issues but has struggled through, even running a fastest leg in the Leeds Country Way on a blisteringly hot day while feeling poorly, well done.

Hils.

Marie writes:

Good start to the New Year. Two (*three by the time you read this - Ed*) Sport Direct cross country races competed in so far. A large turnout of Harrier runners eagerly charging through mud, sprinting up hills and chasing others to the finish has meant ladies are in 2nd and I think the men are in 1st.

For some of you it's your first time at this 'oxygen sapping, muscle burning' lark and as far as I know you're enjoying it along with the rest of us diehards. Keep it up, there's more 'enjoyment' to come. We need you all at the next races in order to keep the pressure on the other clubs.

You can't beat a 'bit of cross country' and afterwards a well earned steaming mug of hot chocolate or a pint of whatever your favourite tippie is. So if you haven't tried them already please see one of your captains for details and advice. Albeit the best advice is wear the right shoes, tie your laces tight, try and stay upright, run at your normal pace and be prepared for the mud to stay - on your feet, in your

toenails for weeks to come. Hot tip, Vaseline your feet beforehand and the mud will slide off.

Now I only need something to help me slide over the mud rather than sink in it!!!

Well done to all who have turned out and competed in Vets, Yorkshires and Northern cross country races. You do a great service by representing your club at higher levels. Keep it up for the Nationals.

2007. Have you plans for: races, P.B's, to get fit, try different events. Whatever your aspirations are you'll only achieve them with hard work and looking after your body. This doesn't mean to say kill yourselves every time you run, but on a more regular basis (twice a week maybe) include something a bit extra. Work yourself out of your comfort zone (we all have them). It could be a bit more speed work, work harder on the hills, run faster over a shorter distance and time it, there's lots of ways to differ your training to gain maximum benefit. Also important is to remember to warm up and down and to have steady runs. You will reap the benefits. So next time you're out running either with the club or with friends try that bit harder - it's always easier when you've others around you and they're pushing as well. If you're out on your own try a bit of short speedwork in any form - as they say, variety is the spice of life.

Welcome as well to all our new(er) members. If you're unsure about anything to do with, the club, running, races training etc please feel free to ask your captains - we're here to help as are all your running compatriots.

I hope 2007 brings you all you wish for.

Marie

Marc writes:

Our sport is almost unique in that whatever your level of ability you can take part in the same event as top - class athletes. This was demonstrated recently in the Yorkshire Cross Country championships in

Skipton and the Yorkshire Vets Cross Country champs in Rotherham with brave efforts from our men and women who proudly represent our club. These events are not to be avoided because you think you're not good enough. You'll never be able to run onto the pitch with your favourite football or rugby team or drive the circuit at Silverstone, so next year don't miss your opportunity to race with the champions.

I'm pleased to say that we have teams at the Northern and National race meetings so well done to all in advance.

I hope you enjoyed our annual Presentation Award night on Friday. This event is to formally acknowledge our runners who have excelled in races during the year. Most of you didn't get a trophy but I would like to thank everyone for being a member of our club because without you the applause would be pathetic!

See you next year!

Marc



Marc leads the M50's at the recent Yorkshire Vets XC Champs at Rotherham

Cross Country Season Fixtures

Below are the remaining 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:

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).

For the fixture at Bramley Fall Woods, which we are co-hosting, even if you can't or don't want to run this race we need people to help marshall the course. Please give your name to Gordon if you can help out in this respect.

Finally, keep an ear and eye open for details of the Sport Direct Presentation Evening which normally takes place in central Leeds towards the end of March.

Club entries for the Flora London Marathon - and the winners are..

Angela Andrews and Ray Rundle won the draw for the club places in this year's London Marathon. However, I understand that Ray has been taken ill recently and that his participation is now in doubt.

Good luck though to Angela who has been flying in training of late and hopefully will be set for great things at London in April, having missed out on a place last year.

I'll be looking for a report Angela. And pictures!



Above: Tim Midgely heads Richard Pattinson on his way to winning the first Sport Direct XC at Woodkirk.

Left: London-bound Angela Andrews

Yorkshire Veterans

By the time you read this, the first Yorkshire Veterans Grand Prix fixture will be upon us - 4th February. Coinciding with the YVAA Annual General Meeting, we will be hosting the race and the AGM at Hall Park and would still welcome volunteers to help marshal the race and help out at the AGM in the club afterwards. It's not too late to volunteer your services, please see Tina Dickinson or Gordon Little. Of course we will also be looking for runners to get our 2007 Grand Prix challenge off to a good start too.

The AGM will also see the awarding of prizes for the 2006 Grand Prix, which will feature our all conquering Ladies team and several of them should be in the frame for individual prizes too, so go along and give 'em a cheer!

Included with this newsletter is a full fixture list for the Yorkshire Veterans 2007 Grand Prix and Championship races to help you plan your racing schedule for 2007! Further copies will be left at the club in the entry forms folder and it can also be



downloaded from the Yorkshire Veterans website at www.yvaa.org.

Casual scanning of the GP/Championship fixtures will reveal that the first of this year's Championships has already taken place - the Cross Country Championship at Winter Hills in Rotherham. We fielded an F45 team and an M50 team on a bright cold day and on a tough and muddy multi lap course, the ladies team of Marie, Tina and Shirley finishing fifth, and the mens team of Marc, Gordon and Paul (Hustwit) finishing eighth, both teams up against the creme de la creme of their peers from senior clubs from all over Yorkshire, so excellent results in the circumstances. Also running for the M50's were Ian and Keith Park and running for the hell of it in their age groups were Serena Blackburn, Hilary Wharam and Sid Senior. Shirley claimed 3rd F55 spot and Hilary 2nd F60.

For information on upcoming GP fixtures and all things Yorkshire Vets in general, please see our YVAA representative, Tina Dickinson or consult the website at www.yvaa.org.

Social scene

Nothing definite set on the social scene at the moment, but watch out for announcements in the near future as Angus is planning a Quiz Night with Pie and Pea supper at the club, possibly towards the end of February/early March and a tentative date of April has been proposed for the club's ever popular and keenly fought Ten Pin Bowling Championship.

Not strictly a club social event, but several of the club's inveterate bluesers/rock n' rollers are talking about going to see R'n'B legends The Hamsters at Coopers Wine Bar in Guiseley on 10th February.

If interested in any of the above and want to express an early interest, see Angus!



Longer in gestation than an elephant, at last it's here!

The Club Member Profile!

This first one starts with yours truly to give you a flavour of what we're after - including embarrassing snaps! - for future issues, as I will be coming amongst you in the near future to get the great and good of the club - especially new(er) members - to tell us a bit about themselves.

Name: Ian Park

Where and when were you born?

In Leeds at the LGI on 30th November 1953.

How long have you been running?

As long as I can remember. I was one of the very few who enjoyed Cross Country at school and continued running even while I was playing rugby union for the Civil Service (of which I've never been a member) later on. A mate suggested we started going for long runs instead of taking part in a somewhat lethal version of soccer we played in the rugby close season!

Do you do any other sports besides running?

I'm an armchair rugby player - the thinking man's full back (or prop forward - unusually I played both - but not at the same time! Not intentionally anyway). I was an enthusiastic but fairly useless soccer player - one forgettable season with Westbrook Wanderers in Horsforth before retiring gracefully. I am probably the world's worst cricketer. I love fellwalking (but not so much running to date) and scrambling and have developed a rather belated passion for ski-ing!

Photo captions top to bottom: Well it all started promisingly - note the hair! Beard compulsory to play rugby, but probably a good idea to remove the gum shield before having picture taken... Same colours, different sport. On the way to setting a PB at the now defunct Calverley Half Marathon. Strip chosen for it's Zen Buddhism qualities of strength and tranquility...you can laugh, but I've never run faster.... Bottom, pretending to have enjoyed the Leeds Abbey Dash with brother Keith.

How did you come to join Horsforth Harriers?

I'd run the version of the Horsforth 10K that finished at TASC – which dates me - and thought if I was going to be in any way serious about my running I should join a club. As I'm a lazy git I chose Horsforth because it was on the way home from work and I didn't trust myself to get out again if I actually got home! Ilkley was the next nearest but our strip is nicer. Ilkley's is red and green. I mean, reeally....

What do you do for a living?

Like many others in Leeds I work in the printing industry.

What's your favourite race?

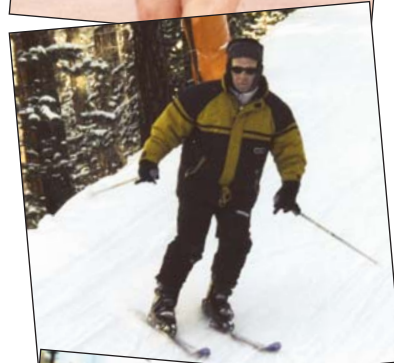
I really love the Northumberland Coastal Run, but it's long – varies in length dependent on whether the tide is in or out! But it's always around 14 miles plus. In terms of shorter races the Askern 10K is always a PB course if you are in shape and I have a soft spot for the now defunct Ripon Midsummer 10K – it still happens as the Jolly Holly Jog and a Yorkshire Vets GP Race, but I miss the nice summer evening setting. I have enjoyed the Thirsk 10 miles in previous years in both a) sweltering heat and b) tropical downpour!

Which race would you avoid at all costs?

It may be a case of familiarity breeding contempt, but neither the Leeds Half nor the Abbey Dash float my boat. And I have done both to make sure! My views on the GNR are well known, but I think it's a great day out if you've never done it before.

What make are your running shoes?

I'm a Saucony man through and through. Started wearing them before anybody had ever heard of them, including me, but Steve Ovet was wearing them, so I figured... I have a couple of pairs of Pumas for no better reason than I wore their rugby/football boots because Andy Irvine, Scotland's rugby full back *From top, hanging on for dear life on the In Pin, Skye, looking cross/anguished (normal!) at Ripon, narrowly avoiding Certain Death above Zermatt on a ski-ing trip and bottom, running out of the sunset towards the finish of the New York Marathon.*



and personal hero back then, wore them and I figured... Also a pair of rather under used Walsh fell running shoes.

What are your PB's?

10K: 42:13 Askern 10K – some years ago now, though!
10 Miles: 71 minutes and a couple of seconds at Thirsk.
About the same time as Askern!
Half marathon: 1:32:45 Wakefield Half. Race defunct long before I joined the club! In more recent times a 1:38 at Bridlington.
Marathon: 3:51:00 New York 2001

What's next up in your running?

Injuries and illness notwithstanding - I always look forward to the Sport Direct XC races. I have entered the Coniston 14 and Julia Day has asked if I would be interested in running a four race series of Trail Races in the Lakes in 2007 (I would and have entered them). I aim to try and complete the Vets Grand Prix Series too this year.

Have you any running ambitions?

I think I'd like to run another marathon – but don't ask me when. And in another triumph of optimism over experience it would be fun (bad choice of word admittedly) to have another crack at the National Cross Country Championships – a real experience last time I ran them at Parliament Hill in London (despite them dismantling the course while I was still on it and the presentations starting just as I lumbered over the finish line.)

Have you any running words of wisdom to impart to our other members?

There's always another race.

Top, Chevin Chase 2004, "So when did you start to think you were a dalmation?" In pursuit of the Vets Cross Country Championships race at Rotherham 2007, celebrating another highly successful run at the Thirsk 10 Miles and finally, bottom, in search of the rest of the runners at a Black Sheep Series race somewhere.

Don't laugh...next time it could be you in these pages!



Would anybody like to join Tina, Carol, Shirley and Cheryl for the
Milan Half Marathon
Sunday 1st April, 2007

www.jet2.com

From Leeds and Bradford Airport
Friday 30th March leaves Leeds 06:25, arrives in Milan 09:40
Monday 2nd April leaves Milan 19:20 arrives in Leeds 20:40
Much cheaper flights earlier in week if you wanted to stay longer.

Cost per adult: £118.40

www.asiarooms.com

Hotel Antares Rubens

3 nights (Friday, Saturday and Sunday) Bed and Breakfast

Cost per adult: £90.00 (sharing twin or double room)

Picked this hotel for location, near enough to start and finish of race.
Between the Arena Civica and the San Ciro and on the red metro line.
Can be found on www.gta-hotels.com and www.hotels.co.uk

I have booked places on the bus from Bergamo to Milan Central Station on www.lowcostcoach.com

Cost per adult: £16.00 (return)

Only the metro tickets to purchase, hopefully a 3 day pass, which can be bought at news stands.

Entry to the Half Marathon is 16 Euros, which is around £10/11. (Entry forms not yet ready).

Looks a good, flat course around the city - check out details on www.stramilano.it
and check out the great picture gallery of the 2006 event.

Yes, it's that time again. Already.

It might be felt to be a bit early in the new year to talk about our two major 10K races, but the dates have already been set for the Apperley Bridge Canter and the Horsforth 10K.

The ABC will be held on Thursday evening 24th May and the Horsforth 10K will be held on Sunday morning 30th September. Both races will be held from our now well established base at Woodhouse Grove School, Apperley Bridge.

Entry forms for the Apperley Bridge Canter are already printed and a supply has been left at the club, so if you are going to any races in the near future, please take some with you to leave at the race HQ or dish out at the end (don't forget to ask the organisers permission to leave them or dish them out at their race - the last thing we want is to upset potential participants!).

Of course, the search is already on for marshals for both races. Gordon has stepped down from his race committee duties this year and the new head honcho is Bob Foulkes. Bob has formerly organised the marshals, but it is felt that to do this and all the other race organising business is asking a bit too much so we are looking for someone to marshal the marshals at both this years races. I understand that Dave Parker, who has skillfully sorted out the marshals in the past is happy to help a new person with the duties at the Apperley Bridge Canter to ensure a smooth handover. If you can help out with this or can marshal, particularly at the ABC for starters, please see or contact Bob Foulkes. The next Race Committee meeting will be held at the club after training on Tuesday 6th March, and that would be as good a time as any to volunteer.

Race Results - A Fat Bloke writes

Where to start this issue's round up of times and placings? Well, trust Graham Dawson and Pat Walker to come up with something a bit exotic. The pair of them have been on their travels again, this time to Honolulu (down to the centre of Leeds and head West - or East - for about as far as you can go. Once you get to the centre of the Pacific Ocean and Hawaii, you're there) to the marathon there, where they sauntered round in a joint time of 6 hours 58 minutes.

This time is because, as Graham tells it, "we walked all the way in view of the low 80's temperatures and the fact that we hadn't done any training!" He also tells me that the field comprised over 25,000 runners, two thirds of whom were Japanese, a nation who are mad keen on the marathon. However, they couldn't provide a winner as, surprise, surprise, the male winner came from Kenya and equally unsurprisingly, the female winner came from Russia. The winning times were 2:14 and 2:27 respectively in case you thought you might like to enter in future years, but don't forget according to race rules you have to be at least 7 (seven!) years old to enter!

Those thinking that Graham and Pat crossed the line to to the impatient toe tapping and tutting of marshals anxious to be off home will need to think again as the last finishers lagged their race out to over 11 hours!

From the sublime to the cor blimey, to a sunny, windy day in the equally exotic, but not quite so distant, Dewsbury, where Woodkirk staged the first of this years Sport Direct cross country races. And Woodkirk laid on one of the wettest and muddiest courses seen in several years (well done!). It was a race of firsts as Richard Pattinson ran his first race for us, finishing fourth overall, but was outdone on the day by Tim Midgley who came 1st overall. Sadly the teams couldn't quite match this, both finishing second, while maintaining the theme Sarah O'Sullivan was second overall in the ladies race.

Boxing Day, and the usual big turn out for the Chevin Chase. This year the race was delayed by the police waiting for the fog to clear. It would have been interesting to see what would have happened if they'd tried to cancel the race. I imagine they would have had a bit of bother stopping over 800 runners going for a training run together! However after a ten minute delay the race got under way, Precisely 41 minutes and 10 seconds later, Mark Bendall was first Harrier home in 8th position overall. Tim Midgley, in Bingley colours, had finished 17 seconds earlier in 6th place. Richard Pattinson, running for Pudsey and Bramley was home in 42:19, followed by Marc Springer 45:41 (5th Super Vet), Alan Squire 46:21, Sid Senior 47:01, Alek Karagic 48:13, Angus Teanby, 49:05, Steve Large 49:36, Kevin Watson 49:39 (2nd Super Super Vet) Lee Greenhalgh 51:18, Ed King 54:23, Steve Wood 55:08, Theresa Duckett 56:07, Mike Mooney 58:03, Julia Day 59:04, Nicola Wilde 61:18, Keith Park 61:32, Ian Park 61:42, Vicky Ward 63:14, Angela Andrews 61:30, Karen Large 63:33, someone in Mike Pounders number(!) - Terry Dawson? 64:00, Tina Dickinson 66:00, Angela Pattinson 66:00, Shirley walker 67:33, Gordon Little 70:28, Jean Davey 71:20, David Parker 71:34 and Isobel Brogden 72:33.

Continuing the festive running theme (following the club's own almost traditional 'beating' of the borders' run and booze up) our runners were out again on New Years Eve, notably 'over the border' in Lancashire at the Ribble 10K. Martin Coates lead the charge with new PB figures of 42:20 supported by Tony Walmsley 45:59, Justin Balfour 46:05, Angela Pattinson 50:28, Melanie Groen, a big new PB of 51:11, almost a minute a mile faster than previous, Lynne Thompson 58:13 and Graham Dawson 1:14:26. Richard Pattinson, was 3rd in his age category (M40) in 33:29, for Pudsey & Bramley.

Ripon hosted the Jolly Holly Jog on the last day of the year, where Tina Dickinson 52:56, Shirley Walker 57:32, Carol Ramsden 58:01 and Philip Ramsden 65:20 all got one last run in for 2006.

2007 and no rest for the fit as the first weekend saw the Yorkshire Cross Country Championships, held at Skipton, Running for the chaps were Marc Springer,



Theresa Duckett, slightly out of focus, (going so fast!) on her way to claiming 1st F35 in new Aire Valley Challenge.

once again leading the way, Richard Sunley, Alek Karagic, Angus Teanby and Barry Ellis, while the girls brave enough to take on Yorkshire's finest and a brute of a course were Serena Blackburn and Theresa Duckett. Tim Midgley was also running here, but this time for Bingley

The following day, many of the competitors in the Yorkshire Championships were out again, battling round a circuitous route in Golden Acre Park, Bramhope at the second of the Sport Direct cross country fixtures. Mark Bendall made his debut and finished second overall, helping a strong (and large) mens team to 1st team place, while in model of consistency the women's team once again placed second, Helen Barber, also debuting, winning the race for the ladies.

So, while the weather is really horrible, making lots of mud and glutinous glop, the cross country season continues apace. This time Harriers travelled to Rotherham to compete in the Yorkshire Veterans

Cross Country Championships, and just to soften up the course for the old guys and gals, they very sensibly held the South Yorkshire Cross Country Championships on it in the morning, so it was just right for the Vets in the afternoon. The guys fielded an M50 side comprising of Marc Springer, Gordon Little, Paul Hustwit, Keith Park and Ian Park, who placed a creditable 8th, while Sid Senior ploughed (and I use the word advisably) a lone furrow in the mens M40 race. The lasses turned out an F45 team of Marie Hart, Tina Dickinson and Shirley Walker, who finished an equally creditable 5th, with Shirley grabbing 3rd F55 individual place. Also running were Hilary Wharam who finished 2nd F60 and Serena Blackburn, for whom the 5K ladies race wasn't long enough, rashly joining the chaps on their second big lap instead of haring off to the ladies finish, and rather shooting herself in the foot race-result wise. On a day when battling through the mire against top opposition, and in South Yorkshire at that, was considered sensible, this somehow seemed entirely appropriate!



Richard Pattinson, second claim Horsforth Harrier, Pudsey & Bramley stalwart and now race organiser...

Graham Dawson withdrew himself from this cross country foolishness to travel to the Garstang 10K where he recorded a 73:16. Elsewhere on the same day Richard Pattinson was one of the organisers of the new Aire Valley Challenge, where we had runners in the shape of Ian Robertshaw 42:45, Steve Hall 46:23 and Theresa Duckett, whose 49:13 saw her claim the 1st F35 prize.

A true test of the really quick, 100% committed and ruthlessly efficient, could be a description of the Brass Monkey Half Marathon in York, and that's just getting an entry! The run is much the same, so applause in advance to our runners who managed to bag a place. Mark Bendall, 1:13:38 was 9th overall and 5th M35, followed by Tony Hazell, 19th overall and 14th M35 in 1:17:32, Steve Large, seemingly recovered from his stress fracture of the foot, in 13th M40 in 1:22:55, Marc Springer, 5th M50 in 1:24:14, Peter May 1:32:05, Ed King 1:33:19, Tim Appleyard 1:37:26, Stev Blades 1:51:42, Karen Large 1:53:20 and Tabby Tyler 2:28:09.

Alek Karagic, either wasn't quick enough to get an entry to the Brass Monkey, or decided, to paraphrase the words of Groucho Marx, that he didn't want to be part of a race that would accept

him as an entrant and took himself off to Helsby to run the almost equally popular Four Villages Half Marathon in a time of 1:24:50 (Julia Day, also entered in the Four Villages, adopted a similar Marxist attitude and posted a DNS!).

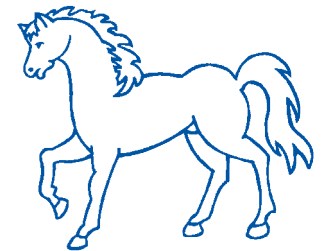
Apologies to anybody mistimed, misquoted or plain missed out. Let me know and I'll update, correct, report or include in a future issue.

STOP PRESS: No results yet, but a big turn out of both lads and lasses at Otley Chevin for Sport Direct XC3 bodes well for our team positions in the league. Watch this space!

Pictures this issue courtesy of TA Images, Yorkshire Vets website, John Wharam, Sport Direct website, Aire Valley Challenge website and the Ian Park Collection of Dodgy Snaps.



Gordon Little celebrates finally getting a decent pair of XC shoes by counting in the the Yorks. Vets XC!



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.horsforthharriers.co.uk