

HORSFORTH HARRIERS NEWS

Moving on up...

Harriers make strides in PECO Cross Country

The club had another huge turn out at the second PECO Cross Country at Golden Acre Park, organised by Abbey Runners.

We were able to take advantage of other clubs inability to field strong sides on a consistent basis to make gains in several of the tables.

In the actual race the men improved with a third place finish and a strong showing from the veterans in the side saw them win the race in that category. Overall the men remained in fourth position in the premier Division but they now top the Veterans league.

Good packing by our ladies saw them finish second behind home club Abbey in their Premier Division, but they could only finish sixth in the ladies Veterans league - which must be good news as it means we have a pretty young ladies team!

Overall, the ladies moved to the top of their Premier Division, and were placed just above halfway in the Veterans League table in sixth position.

In the next issue, we should know how the outcome of the third race at John Smeaton, effects the positions. That will leave just two fixtures left in this season's league,



Julia Day and Gill Gaskin at Golden Acre. Thanks to Jenny Davy for the photo.

8th February at South Leeds Stadium and 1st March at Shaw Cross, Dewsbury, at which we need to continue to field big, strong sides.

For up to date information on fixtures and results, check out the PECO section of the Abbey Runners website at: **www.abbeyrunners.co.uk STOP PRESS - Ladies 1st, Men 5th at race 3 (provisional).**

Captains Columns

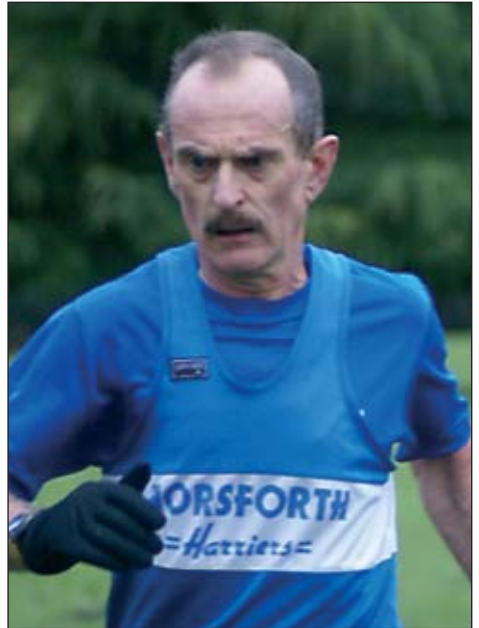
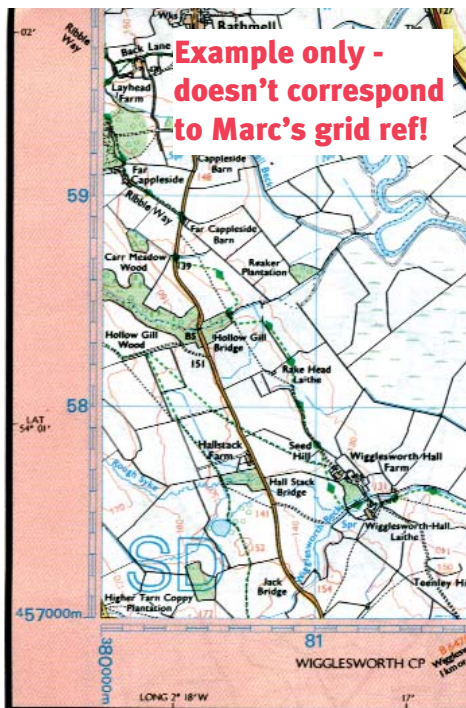
Your captains are at your service. Any ideas, observations and even the occasional grumble should be addressed to: **Captains Corner, 106, Long Row, Horsforth Leeds LS18 5AY.**

Marc writes:

Map reading – the basics

If you look at an Ordnance Survey (OS) map you will see that it has vertical and horizontal lines which make up a **GRID**. These lines have numbers which can be found on the edges of the map and at various points within the map itself.

So, if on a race or walk narrative you are given a **GRID** or **MAP REFERENCE** number this will



Marc pictured at PECO Golden Acre XC, courtesy of, and thanks to, Jenny Davy.

indicate a particular point on the map the organisers are referring to. It is used like this: A typical **MAP REFERENCE** number will be **194416**. For now just look at the first two digits and the fourth and fifth.

Using the first two digits find line 19 along the bottom of the map. Now go up until you reach line 41. The grid or box you are looking for is here.

The other numbers help you to find the exact spot required like this; Imagine each box is divided into tenths. The 4 means go 4 tenths to the right of line 19 and the 6 means go 6 tenths up from line 41.

It's easier to practice with a map in front of you. Please let me know if you would like me to show you. If enough are interested I will hold a short session one Tuesday in the club.

More next time.



Marie writes:

Happy New Year to all.

I hope your running year ahead is free from injuries and brings you enjoyment. Writing as one runner who now seems to be incurring every injury going and in consistent doses I can tell you at first it is very frustrating not being able to run as easily and freely as in previous years, but then, after a while a heady acceptance of my curtailed running has descended on me and I just love to run even a couple of miles. Give me a 20 minute run now and I don't think "oh, what's the point of that?". I enjoy the feeling of freedom when I run now, come wind, rain, snow, anything, except ice, (reserved for Baileys) as long as I can still run and dare I say it (hush, whisper or my body will befall another ailment) race!

Take care and enjoy the beauty of running.

Photos of Marie and Hilary from the Spen Vets race courtesy of Flaming Photography: www.flamingphotography.co.uk

“See How They Run”

is the title of a new book on the 100 year history of Holmfirth Harriers, (no relations, but often confused with us) by Graham Ellis, Norman Berry and John Buckingham.

Subsidised price is £35.00.

If anybody would like to buy a copy, order forms are available from our clubhouse or contact:

Norman.Berry@burtonsafes.co.uk

Wombwell Five Mile Road Race

Paul Sagar of Wombwell SAC has asked us if we can help them promote their race which takes place on 15th February, which we are happy to do. Entries available from their website: www.wombwellsac.co.uk, contact Paul. Or phone Janette Tomlins on 01226 754865.



Yorkshire Vets News

To the right is the fixture list for the 2009 Yorkshire Veterans season, with the Grand Prix Races highlighted in green.

If you want a bigger, printed copy, these are available from the club, or you can print one from the Yorkshire Veterans website: www.yvaa.org.

The website also gives details of how to register for this season's races and details of how to get to them.

It will probably not have escaped your notice that the first Grand Prix race is hosted by us on 1st February at Horsforth.

We not only need runners for this, but also marshals and, probably, help with catering. Please contact Martin Coates who is organising the marshals if you can help there and Tina Dickinson for almost everything else.

We came close to retaining our titles last year and were only thwarted by a couple of other clubs making concerted efforts to beat us, so in 2009 we need to field our biggest and strongest teams to show them we are the team to beat and to test their resolve. These are friendly races, growing in popularity and numbers with every race, where the 'craic' is as important as the running. Give 'em a go!

| Month | Day | Date | Time | Venue |
|-------|-------|------|------|---------------------------------|
| Feb | Sun | 1 | 1000 | Horsforth GP |
| Feb | Sun | 14 | 1200 | York CC |
| March | Sun | 22 | 1000 | Meltham GP |
| May | Wed | 6 | 1930 | Esholt 5K Champs |
| May | Sun | 31 | 1100 | Walton GP |
| June | Thurs | 4 | 1930 | Haworth 5m Champs |
| June | Wed | 10 | 1930 | Pudsey GP |
| June | Weds | 17 | 1930 | Meanwood GP, Leeds |
| July | Sun | 5 | 1100 | Honley GP |
| July | Wed | 29 | 1930 | Knavesmire GP, York |
| Aug | Sun | 9 | 1100 | Askern 10m Champs |
| Aug | Thurs | 20 | 1930 | Starbeck GP, Harrogate |
| Sept | Sun | 13 | 1100 | Spennithorne 10K Champs |
| Sept | Sun | 20 | 1200 | Spennithorne Track and Field |
| Oct | Sun | 25 | 1030 | Holmfirth 15m Champs |
| Nov | Sun | 8 | 1030 | Spennithorne GP |
| TBC | Sun | | 1100 | Road Relays |
| TBC | | | | Stainland |
| Nov | Sun | TBC | 1030 | Meltham Fell Champs |
| | | | | |

Presentation Evening

Tickets available now for our Annual prize-giving bash, held on Friday 30th January at Yarnbury Rugby Club, Brownberrie Lane, Horsforth. Presentation starts 7.30 pm sharp. Buffet and Ceilidh Band after presentation til late. Tickets from Bev Chaplin. Members free, Guests £5.00 each

Horsforth Harriers membership

New Membership Fee Structure for 2009-10

The October newsletter outlined the new membership fee structure for next year. This news bulletin provides additional information on why the changes are being made and how the new fee structure will affect you personally:

Over the last 2 years the England Athletics (formed out of UK Athletics) competition licence has increased from £2 to £5 per member. Previously HH has treated this as a cost to the club and paid to EA a lump sum based upon an estimated number of club competitive runners.

Early 2008-09, EA launched a data base to capture member's details of competing athletes. Each individual competing member has to be separately identified and a fee paid accordingly if they are to receive a Competitive Licence. We therefore can no longer pay EA a fee based on estimates as in previous years. This has resulted in HH paying £765 for 2008-09 as we have registered all 1st claim members because we have no accurate records of who competes in races and who does not.

For 2009-10 we are separating the cost of competitive licence from that of the HH membership fee. At the same time we are taking the opportunity to review the HH membership structure and remove the inconsistencies and loopholes that have in some cases made the charges unfair.

Questions/Answers

Why is the membership structure being changed?

We have to meet escalating costs imposed on the club by EA through competition licence charges; this currently stands at £5 per person but is likely to increase over the next few years. Horsforth Harriers is one of the best value clubs

in and around Leeds and we aim to keep it that way through simple fee re-structuring.

What is the new Structure?

All Members of HH who train and run with the club will pay one price. This is set at £13. In addition, all fully paid up 1st claim members are encouraged to purchase through HH a Competition Licence currently at a cost of £5. This will make the total cost £18 per member.

Social members are valued members of the club and this class of membership will continue. Many social members support the club by giving up many hours of their time in assisting with club races and social activities. A £1 charge for social membership has been in place for many years. This is increased to £5 for 2009-10. This is not unreasonable, all social members will now be making a contribution if not as a volunteer then financially to help cover some of the social activity costs. All social members will continue to be included in all free and subsidised social activities.

What if I don't want a Competition Licence due to the fact that I don't enter races?

That's OK, your status as a member of HH is not affected in any way. But it does mean that you won't be able to enter races as a Horsforth Harrier or be selected for team competitions such as the Leeds Country Way. Your fee for 2009-10 will be £13.

Will I be able to enter races if I haven't purchase a competition licence but decide I want to run in a race?

Yes, you can enter as an unattached runner and pay the £2 levy. If you race 2 or 3 times in a year it starts to become more cost effective to purchase a Competitive Licence through HH for £5.

If I don't purchase a licence, can I change my mind and purchase one later in the year?

Yes, pay the £5 and the club will buy one for you.

I'm a 2nd Claim HH where do I stand?

You will pay the £13 (nominal) membership fee and become a HH and enjoy the same privileges as a 1st claimant. Your Competition Licence will have been paid through your 1st Claim club.

This year I paid family membership for my wife and daughter, where do I now stand?

You are still encouraged to carry on membership for your family. It is recommended that you enrol your family as social members if they are not runners. You should then only see a modest increase in total cost.

What about OAPs/Unwaged?

You will see an increase in price to the £13 membership fee or £18 if you wish to also purchase a Competition Licence. This represents good value when the numbers of free and subsidised social activities on offer are considered.

When do I pay my fees?

The EA financial year is the same as HH (1st April to 31st March). We will start to collect from 1st April. Members have to the end of April to pay. After then any unpaid members will be deemed to have left the club.

Can I re-join if I didn't want to leave the club, I simply didn't pay on time?

Yes, but there is a £5 re-joining fee and you won't be able to compete as a HH until you have been re-affiliated to EA and are in receipt of a competition licence. You will though be able to compete in races as an unattached runner.

I am at the club most Tuesday evenings if you have any questions you wish to ask or you can e-mail me on andy.teanby@hotmail.com.

Angus Teanby, Membership Secretary

Race Results

- a Fat Bloke writes

Let's start this round up of results with a correction or two from last time. I have missed out a couple of people from the last round up but they have advised me by e-mail of the omission. This is great, and can I ask that everybody keeps the feedback coming through. Makes life, if not simpler, more accurate!

So, first off, I need to let you know that Michael Anderson completed the Abbey Dash in 54:06. His omission from the last set of results was due to an eye/finger malfunction, i.e., I forgot to type it! Also missing from last time's results was new(ish) member Phil McGeever who lowered his 10K PB to 43:51 at the Barnsley 10K but, not satisfied with that, went on to subsequently lower it again to 42:44 at the aforementioned Abbey Dash.

Getting back to the more recent past we start off with Harriers travelling afar, like magi, to race (doesn't mention if they followed a star!). Kevin Watson went over to the Lake District to run the Great Langdale Xmas Pudding 10K, where his time of 39:51 placed him as 1st M60. Steve and Karen Large went to Bolsover to compete in the Mizuno 10K Road Race where Steve finished in 37:37 and Karen in 52:33.

The weekend immediately prior to Christmas saw the second fixture in the PECO cross country series at Golden Acre Park where we had big teams out for both the men and ladies. See the front page for the outcome of the race. The cross country, being held on the Saturday, left scope for people to race on Sunday too, and Phil McGeever was off to run the Travellers 6 at Denby Dale where he finished in 44:47.



Marc tries to put off Ilkley's Sally Malir on the Chevin Chase. Thanks to Serena Blackburn for the photo.

Nearer to home, the moors above Howarth saw one of the famed 'Woodentops' organised races in the form of 'The Stoop'. Running across some very wet moorland were Steve Hall 45:35, Theresa Duckett 51:02, Tina Dickinson 55:02 and Angie Pattinson 55:03. Richard Pattinson, running for Pudsey and Bramley was fifth overall (and 2nd M40 behind the legendary Ian Holmes) in 35:01.

Boxing Day and a bright morning favoured the usual huge turn out for the Chevin Chase. First home for us was Steve Large 46:46, followed by Marc Springer 49:12, Kevin Watson 50:09, Alek Karagic 51:37, Steve Wood 56:42, Becky Hill 57:19, Julia Day 58:59, Mike Mooney 1:00:32, Thomas Large 1:01:32, Angela Pattinson 1:03:00, Angela Andrews 1:04:02, Keith Park 1:04:18, Tina Dickinson 1:04:20, Vicky Ward 1:06:12, Bob Foulkes 1:06:18, Theresa Duckett and Steve Hall (more readily

recognised on the day as Princess Leia and Darth Vader - how did Theresa keep her long white dress so comparatively mud free?), both 1:06:19, Karen Large 1:06:53, Catherine Gray 1:14:10 and Shirley Walker 1:17:26. I believe Janette Freeman also ran, but I have no time for her as she acquired her number from somebody else, on which subject I shall say no more...

The Chevin Chase is only one of a number of seasonal races over the festive period and Phil McGeever was our lone representative at the Ribble Valley 10K, and set yet another PB of 42:10. In Ripon on the same day (28th December) Ripon Runners organise the Jolly Holly Jog 10K and running in that one for us were Carol Ramsden 54:58 and Michael Anderson 57:43. And somewhere Somerset way I know Gordon Little got out to run a race,



Alek Karagic risks hypothermia at the Auld Lang Syne race. Thanks to David Brett and the Woodentops for the photo. Also see their websites at www.woodentops.org.uk and www.photos-dsb.co.uk

but the name of which and the time he ran, have yet to reach me..

Seeing out the old year, the Woodentops, mentioned earlier, organise the Auld Lang

Syne Fell Race, again on the Howarth Moors on New Year's Eve. On a brutally cold day a bumper entry turned up and fortunately were protected from the worst of the bogs by the heavy frost and the frozen ground. Photos of the event - see links to various photo sets on **www.woodentops.org.uk** - show some finishers with frozen hair and eyebrows like Arctic explorers! Hats off then, to our brave representatives Alek

Karagic 54:55, Martin Coates 58:03 and Gill Gaskin (who managed to avoid being in any of the multitude of photographs) 64:38.

Into 2009 and off to Brighouse to run the Pennine 10K. Just failing to set a new PB on this occasion Phil McGeever finished in 42:40 and he had company in the shape of Ian Robertshaw 45:35 and Lindsey Clegg 56:36.

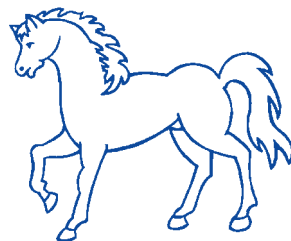
Becky Hill is one of several of our runners who compete in the Hyde Park 5K time trials - regular readers will recall that Steve O'Hara was recently their 'Runner of the Month'.

Becky got 2009 off to a cracking start by finishing as first lady home in a recent running and lowered her 5K PB to 21:27, lopping a huge 24 seconds off her previous PB time.

And that's your lot. 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.



Becky Hill, who set a big new PB at the Hyde Park time trial. Pictured here at the Golden Acre PECO XC by Jenny Davy.



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**