

HORSFORTH HARRIERS NEWS

Mark sets new mark

At the recent Edinburgh Marathon Mark Bendall lowered the club marathon record to a new time of 2 hours 37 minutes 35 seconds.

The record is subject to ratification by the club scribes and officials, but this is certainly the fastest time over the full marathon distance in recent years by a Horsforth Harrier. You would have to go back to the glory days of Steve Thirkell - winning the Leeds Marathon in Horsforth colours, quite a few years back now - to find anything comparable.

Mark, shown on the right in snazzy 'Horsforth Harriers change strip' (not yet available from all branches of JJB Sports - I've checked), in shots 'borrowed' from the official Edinburgh Marathon site, finished 11th overall behind the usual welter of professional African runners and was first Englishman across the line. Although, as he later ruefully admitted in the

clubhouse, he was beaten home by two Scots!

Obviously flushed with success, Mark then set another new 'low' by being five minutes late for his leg of the Bradford Millennium Way. "I thought I'd give 'em a bit of a start" he said in his defence!



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.

Marc writes:

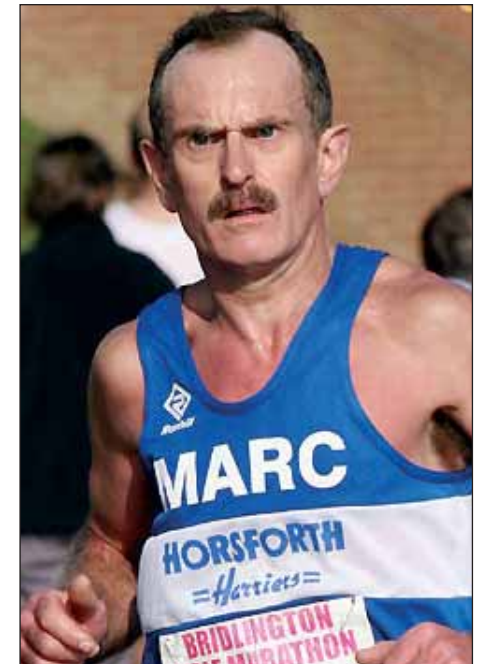
Forrest Gump

The other day I was running a long way on the canal and when I had been going for about 7 hours I realised that I didn't want to do it anymore so I stopped.

Trouble is I was 6 miles from home so I had to keep going. It wasn't that I decided to stop running altogether, just to stop running ultra distances.

At first it bothered me then I realised that I had slipped into ultra running for no real reason and I could just as easily slip out again. So I did. I think the only person who was surprised or even bothered by my decision was Steve Wood, but he's a nutter anyway so he doesn't count!

Unlike Forrest Gump I didn't have a trail of people behind me wondering what they would do with the rest of their lives now that I had stopped. It was my decision and it



Stop, Forrest, stop! The skipper reflects... affected only me.

So what is this all about? It's about doing what you want to do when and where and how you want. Some things you can't change but running shouldn't be one of them.

There is one exception, however. If I need you to run in a team then forget all of the above and fall into line!

Marc

Hils writes:

Our fickle summer keeps coming and going. When it's here it's lovely to have warm bright days for getting out on trails and fields.

The spin off from all this rural training was evident in some splendid performances on the Millennium Way. Particular congratula-

tions to Sarah Fotherby (massive P.B.) and Helen Barber who bagged the fastest leg, and set a new course record for their leg and to the whole of the ladies team for finishing third.

Marianne Rix, Karen Large, Bev Chaplin, Serena Blackburn and Pat Walker have also run well in a variety of events (apologies to anyone I have missed).



My group are working hard, being unwittingly subjected to selected sessions taken from a three days per week running schedule, primarily aimed at marathon training but adaptable to shorter target races.

This plan is something new I am trying and the pay off for me so far has been some rewarding times for 10k's and 10 miles. I have copies available for anyone who would like one.

Hils.

Marie writes:

Hope you are enjoying the sun and longer days... which means you've more time to train and get a free suntan at the same time.

We've had some excellent results in team and individual events, so keep the training going for some more team races that are coming up. We want to keep showing all the other clubs we are a 'force to be reckoned with'.

Well done to all who competed in the Bradford Millennium Way relay. What a relief it wasn't as hot as last year. This was a contributing factor to the fast times achieved by some runners, which includes our own Helen Barber and Sarah Fotherby, who smashed the course record for Leg 2 by five minutes. Well done girls!

Thanks also to Denise Dean on Leg 1 with me, trying our best to give the rest of you a **Hilary pictured by John Wharam approaching the end of the Full Bronte 5 miler at Haworth in June where she was 1st F60.**



good start. Handed over in 2nd place. As I've said, Helen and Sarah on Leg 2, pulled us through to 1st position. Shirley and Jean worked very hard on Leg 3 to keep us in with a chance. Marianne and Julia on Leg 4 kept the momentum going and lastly, on Leg 5 Serena and Theresa (thanks Theresa for standing in at short notice).

We finished a creditable 3rd. Thanks and well done to you all. See you next year!

Thanks also to Bev who couldn't run due to being poorly, but supported everyone with jelly babies, sweets and water etc. Can I request chocolate cake next time?

Thanks to Dave who also couldn't run due to injury but helped support all the teams and hopefully took some good photos.

It's that time of year again: - Leeds Country

Did you order violins with that? Marie dines out in Prague! Photo from Paul Hustwit, with thanks!

way coming up. If you are interested, please let me know. The will be mens, ladies and a mixed team for the LCW. If you've never run this race before ask Hilary or myself for details. Don't think you will be too slow, we want everyone to enjoy their running and feel included. This is a really good event. I need to know as soon as possible as you do need to recce the routes on the LCW.

I will try and organise some runs, maybe on a weekend to cover routes of the LCW. I will announce any planned runs on a Tuesday evening at/during/after training.

Enjoy your running!

Marie

Hils reports on races throughout Yorkshire!

OTLEY 10 MILE incorporating the YORKSHIRE 10 MILE CHAMPIONSHIPS

The Otley 10 mile was held on a perfect evening for running with a good competitive field, Otley's usual excellent organisation and a generous prize list.

The hills were fully acknowledged this year on the back of the memento T-shirt proclaiming "to hill and back" complete with awesome calibrated course profile.

Fourteen Harriers conquered the course. Richard Sunley stormed home in 63:50, Peter May 65:12 and 2nd M45 (Ed please check. *I did. He was!*), Angus Teanby 66:25 and 2nd F50, Graham Hopkinson 1:10:01, Sarah Fotherby 1:11:42, Andrew Dobson 1:18:01, Serena Blackburn 1:18:07, Damian Holt 1:18:16, Andrew Charles 1:18:24, Jean Davey 1:31:52, Hilary Wharam 1:38:28 and 2nd F60, Pat Walker 1:40:39, 2nd F65, and Graham Dawson 2:00:49.

BLACK SHEEP RACE SERIES

So far... Five races in the series have been completed with only the Burton Leonard 10k to come on July 23rd. A more than usually generous prize list this year has been tempered by a change in the rules requiring competitors to complete both long races and



Marianne Rix - going well at Kirby Malzeard and in the BSC. Picture from John Wharam

the usual minimum of three of four 10k's, positions being decided on final time aggregate. Conditions for all the races have been good with prolific water and sponge stations on the HOT days. We've all enjoyed the social side and the "teas" afterwards. Currently Marianne looks good in the open section and Hils leads the over 60 grannies.

Hils.

600 up for Graham!

Sunday 7th May saw Pat Walker and Graham Dawson take to the streets of Vancouver - yes, the one in Canada! - to compete in the Vancouver Half Marathon, which they duly completed together in 2:23:36, and despite pouring rain over the first ten miles.

This was Graham's 600th completed event in the last twenty years during which he has run around 30,000 miles. Half of the 600 events have been full and half marathons (116 full and 184 half) and half have been at all other distances from 3 miles to 20 miles, plus two 35 mile ultramarathons.

By the time you read this, Graham will be well on his way to 700 events, so as he instructs in his note to me, "Pass round the Quality Street"!

Graham is shown here at the 2006 running of the Snake Lane Ten, picture again from John Wharam. The 'bum bag' Graham carries in longer races has been known to contain a camera for recording the run and enough money to nip into a pub en route to down a reviving pint of shandy! A runner after my own heart and the stuff of legend....



Ever have one of 'those' runs?

Mike Mooney and Bob Foulkes attempt to 'recce' Leg 1 of the BMW

I was never actually a member of the Boy Scouts, but even my modest running experience has taught me that 'Be Prepared' is a sensible motto.

So once I'd rather rashly agreed to join the estimable Mr. Bob Foulkes on Leg 1 of the Bradford Millennium Way Relay, my first thought (well, OK, my second, after "Oh bloody hell, why did I do *that*?") was "Right, the secret of this is *planning*".

This was confirmed by a quick shufti at St. Bede's website, which informed me that Leg 1 ran from Beckfoot Lane, Bingley to Marsh Lane, Oxenhope, covered 9.9 miles and climbed 1,609 feet, and gave a detailed breakdown of the route, which appeared to feature countless stiles, streams, bridges, tracks, turns, bogs, marshes, fields, moors, walls, alleys and... hills. Lots of hills.

A quick round of consultations with the more experienced club members confirmed my suspicions that a 'recce' would be essential, so naturally I jumped at the chance to run the route a month in advance of the race with the 'A' Team pairing of Angus Teanby and Peter May, plus Mike Walker who came along for the ride.

And it all went off swimmingly; it was hard work keeping up with such exalted company (their idea of a steady plod turned out to be scarily close to my flat-out race pace), but

I managed to hang on at the back for the just-under-two-hours, and did my best to memorise the many twists and turns of the course. So far so good.

But I really felt that I needed to do it again with Bob, so that he could get an idea of the route, and I could have a second look at it - after all, we all know that journeys never seem so far the second time you do them, don't we?

So, one week before the race, we agreed to give it a go. Mid-afternoon. In a heatwave. Yes, the dreaded British summer was doing its annual one-week-of-blistering-sunshine in between three months of freezing rain. Were we daunted? Of course not, we're Horsforth Harriers, we know no fear (or, some would say, sense).

So. Preparation. The plan was laid: we take two cars to the finish at Oxenhope; we leave one car there, and drive back to Bingley in the other; we run the route, pausing occasionally to check the waypoints, admire the view and congratulate ourselves on our promising mile splits and average pace (yes, I've bought a Garmin...); we get to the car at the finish and drive back to the start; we go home full of confidence for race day.

And it all started so well. Dropped my car at the finish, drove back to the start in Bob's, ready to rumble. I ran through my checklist:

on with the running shoes, including the new medial arch supports to counter my shocking pronation and prevent any more annoying injuries (I'd already used them on a few runs around Rawdon, with no problems); off with the regular bum belt, on with the big water bottle one (no dehydration for me, pal); route directions; factor 15 sunblock; hat. No way I'm going to fall foul of the conditions. Preparation, see?

Off we went. Two hundred yards in, a stream, full of paddling youngsters. "Do we go through the ford?", said Bob. "Not me", I replied, "I don't want to get soaking wet this early in the run - over the bridge".

Across the bridge, just step onto this stone. This rather...slippery... stone. Oh dear.

Apparently there are few sights more hilarious to The General Public than a runner hurling himself arse-over-tit into running water. "Very refreshing," I muttered through gritted teeth, "just the thing on a hot day like this...". And the water very conveniently washed off the blood, anyway.

With hindsight, I should have read the omens, and written the day off there and then. But Horsforth Harriers are not quitters, oh no. On we went.

The fields and the stiles passed in relentless succession. We didn't mind the nettles, the cow pats and the flies (genetically modified monsters the size of small sparrows). We were full of confidence.

After a few miles the shoe orthotics started to

hurt. To cause blisters, in fact. It seems that running up and down the BMW hills was more demanding than my local runs. So out they came. Something else to carry around, but hey, I've got two hands, no problem.

It was getting hot. Very hot. This was proving tougher than the last time I ran it. Not to worry, no pain, no gain, eh?

Just before the Hewenden viaduct, I remembered the low branch that Angus had pointed out the previous month. "Watch out for the branch, Bob", I shouted as I ducked underneath it. Ha! Didn't fall for th... "Thwack!" ... Then I remembered. There was a second one. And I'd just full-tilt headbutted it.

"..gulp...No, it doesn't...whimper...hurt. Not....ouch..really..."

It's only pain, I kept telling myself. Character building. Just keep going. After all, think of all those fools sat at home on their sofas, watching the World Cup, with a takeaway pizza and a cold beer. When they could be doing this...

The hills came and went. Well, they came. They never seemed to quite go. And I'm sure they were steeper than they were last time. We were slowing down. Walking, even. Nothing wrong with walking, gives you more time to check the route. The fact that my eyes were now streaming with hay fever symptoms so badly that I could barely see the ground, let alone the route map was just a minor detail.

Eventually, the path started going downhill,

and Oxenhope hove into sight. Nearly home and dry now.

Just a few twisty back alleys to negotiate - as long as we don't take a wrong turning, we're laughing.

Was that a yellow arrow, back there? I thought it was. Hang on, this doesn't look right, we're on the road we drove in on, not the footpath. We'd lost it. In every sense of the term, we had truly lost it.

To be honest, we'd had enough. Two minds with but a single thought: Bugger this for a game of soldiers, let's just walk back to the car and go home. Sound idea.

It was at this point that something occurred to me.

"Er, Bob..."

"Yeah?"

"I've just remembered something"

"What?"

"You know when I swapped my bum bags round and left one of them in your car boot?"

"Yeah?"

"That's the one I had my car keys in..."

Silence can be really deafening at times.

What were we going to do now? Run back the way we came? Contact the Enterprise and ask Scotty to beam us up? I was all for my usual approach, i.e. roll up into a ball and sob inconsolably, but it didn't seem all that practical, strangely.

Amazingly though, the jokers on Mount Olympus decided they'd had enough fun at our expense, and took pity on us - there before our very eyes was... a taxi company.

A taxi company! Right there, in the arse-end of nowhere, a yard full of cars, vans and minibuses! Huzzah.

Of course, it was closed. But that wasn't going to stop us. We did what any resourceful Horsforth Harriers would do. We begged. We pleaded, we cajoled, we whimpered pathetically, until the proprietor gave in and agreed to drive us back to Bingley for a tenner.

Bob then stoically drove us all the way back to the finish line again, and with some relief dropped me at my car, and beat a hasty retreat to explain to his missus why he was two hours late for their barbecue. Sorry Bob - I'll make it up to you. Really, I will. Would ritual hara-kiri do?

So, a great day all round, and a shining example of the value of preparation.

The best-laid plans, eh?

Now all we had to do was run the race....

Mike Mooney

Epilogue: For those of you worried that Mike and Bob are still out there, they completed the race on the day uneventfully in 1:48:51... preparation, see.... Ed.

Two wheels good

Kate Frost organises a Leeds - Liverpool Canal bike ride

There's quite a tradition of bike riding in Horsforth Harriers, perhaps surprisingly so for a running club.

Kate Frost, brave lass, cashed in on this by organising a bike ride along the length of the Leeds-Liverpool Canal in June. This is a feat that was attempted some years ago by 'Team Turnip' who have achieved somewhat legendary status within the club in the years since their trip.

Kate's group overnighted near Burnley after a first long, long day in the saddle, not reaching their destination until well into

Saturday evening.

The second day was a little shorter, but being completists, the entire group rode all the way to the canal basin in Leeds to make sure they rode the full distance. Then most of them rode back home to Horsforth - or even further!

Hopefully there will be a fuller report from Kate and more pictures - from Ken? - in the next issue.

Picture shows the group, apparently about to fall over, without a bike in sight, at the start of the ride.





Social Scene

Bowling Night on 25th May was enjoyed by all. Hollywood Bowl gave us the usual excellent support by providing goodies and trophies. Unfortunately for Mark Bendall, the figure on the trophy he received for being the men's winner was wearing a skirt. Never mind though, I am sure it will give him hours of enjoyment (*At least he won something!* - Ed). Ladies winner, outright winner, and the highest score ever in any of our annual bowling events went to Marie Hart. What a star! For exceptional and gifted bowling flair, the prize went to Tom Large.

If we can get enough support we propose hiring a coach to the sea side (Mablethorpe)

Yorkshire Vets Round up

The next two Grand Prix fixtures are midweek affairs:

Wednesday 2nd August: Knavesmire, York

Thursday 24th August: Starbeck, Harrogate

Both these races have 7.30 pm starts, and for our ladies in particular it is important that we get big, strong turn outs at these races as they try to maintain their fairly slender lead over Holmfirth at the head of both tables. A big turn out at Birstall saw our ladies extend their lead by a tiny margin over Holmfirth, who didn't finish a full team. Well

on **Sunday 10th September**. Friends and family welcome. And if you want a reason to go, there is a 10K, half marathon and a full marathon, all being held on the same morning. Should be fun for the organisers! If my recollection of Mablethorpe is correct, it should be a fast course. All three distances differ even the full marathon is different, i.e. not a two lapper.

Get practicing your dancing steps! The Annual Presentation Night will be held on Friday 26th January at Yarnbury Rugby Club and the Time Warp Band will be back by popular demand.

Alan Squire has very kindly offered to help out with social matters in the continued and prolonged absence of Jeff Parkinson from the club.

Angus Teanby

done to Serena, Julia, Tina, Carol and Hilary for battling it out on the tough course. The men, with a gratifyingly bigger turn out than normal at Birstall, continue to chip away at the teams ahead of them but remain in seventh place in both league tables.

For directions on how to get to the Grand Prix races see Tina or go to www.yvaa.org - you can also check on the race results and current league situations there, especially once they have updated the site to include the Birstall race results.

Race Results - A Fat Bloke writes

Into May and the Leeds Half Marathon was the big attraction on the first weekend. Running for the club were Ken Frost 1:24:24, Angus Teanby 1:26:03, Helen Barber 1:26:12, Graham Hopkinson 1:30:47, Denise Dean 1:32:04, Simon Edgar 1:32:49, Sarah Fotherby 1:32:55, Andrew Charles 1:39:08, Marianne Rix 1:39:45, Bev Chaplin 1:41:33, Andy Dobson 1:41:55, Bob Foulkes 1:44:35, Martin Coates 1:43:47, Andrew Ashby 1:48:52, Joanne Wildgoose 1:50:07, Jean Davey 1:55:03 and Philip Ramsden. Serena Blackburn, 1:29:38 and Theresa Duckett 1:35:27 went further afield to the Bluebell Trail 10 at Halifax. The Vets Grand Prix continued at Heslington where Peter May spoiled some nice packing by Paul Hustwit, Mike Mooney and Ian Park by finishing well ahead of them (!) and Marie Hart, Julia Day and Tina Dickinson competed for the women's team to keep them at the head of the Grand Prix listings.

May 10th saw the second (in the series of three) John Carr 5K Races at Esholt. Steve Large lead the way in 17:23, followed by Helen Barber 18:49, Sarah Fotherby 19:35, Justin Balfour 21:38, Damian Holt 21:57, Karen Large 24.00 and Vicky Ward 24:48.

The following weekend saw the Sheffield Half Marathon where we had just the two runners - Alek Karagic 1:26:16 and Jonathan Ervine 1:26:37. In Ripon the 2006 Black Sheep Series kicked off with the first of the two long runs, the Ripon Ten. Richard Sunley

sped round in 61:21 to finish 10th overall and 2nd M40, followed by Marianne Rix 1:18:47, Tina Dickinson 1:30:14 and Hilary Wharam 1:45:10.

The Askern 10K has long been regarded as one of the fastest in our area and those setting out for fast times and/or PB's this year were Denise Dean 42:28, Carol Ramsden 53:30, Hilary Wharam 58:08 and Philip Ramsden 59:40. The same evening the third John Carr 5K race drew the series to a close with following results - Steve Large 17:39 (5th M40 in series), Helen Barber 18:43 (2nd F35 in series) Sarah Fotherby 20:04 (2nd F Open in series) Justin Balfour 21:53 (completed series) Damian Holt 21:55 (completed series) Martin Coates 22:16, Karen Large 24:12 (4th F40 Series), Vicky Ward 24:25 (completed series) Ed King 30:17.

The Melmerby 10K was the first in the four 10K races within the Black Sheep Challenge. Steve Large was once again first harrier back home in 37:04 followed by Marianne Rix 45:47, Angela Andrews 49:55, Karen Large 50:17, Tina Dickinson 50:41 and Hilary Wharam 58:06. The Yorkshire Vets Grand Prix held it's next fixture at Walton (Wakefield) where we had a big turn out as follows: Marie Hart 37:27, Serena Blackburn 39:19, Helen Coutie 44:39, Carol Girling 47:01, Carol Ramsden 47:17, Dave Maycock 34:10, Peter May 35:38, Ed King 36:24, Mike Mooney 42:25, Paul Hustwit 42:43, Steve O'Hara 49:39 and Philip Ramsden 53:25.

After the results had been totted up the girls remained at the head of both the 'first four to



own Apperley Bridge Canter. Most of the club were marshalling, but those desperate to get hold of a bottle of Dr. Briscoe's patent cure-all (besides the pupils of Woodhouse Grove who were 'barred') were Serena Blackburn 47:24 and second F40, Jo Wildgoose 54:10, Dee Hartigan 54:14 and Vicky Ward 55:38. No accidents, no run-ins with SUV's or runaway horses and

count' and 'all to count' tables, while the men remained in their seventh positions in both tables.

Into June, and the Black Sheep Challenge continued apace with the Kirby Malzeard 10K. the by now established ever present trio of Marianne Rix 47:45, Tina Dickinson 54:23 and Hilary Wharam 61:22 were on hand to run while the following day, Mark Bendall kicked off his month with a 4th place overall finish in 34:26 at the Humber Bridge 10K. Over on the opposite, western coast Eric Lee 1:38:57 and Jean Davey 1:59:26, were completing the Blackpool Half Marathon and Theresa Duckett was in the Lakes taking part in the Garburn Trail Race in 2:08:32.

Peter May's 44:53 at the Roberttown 7 was enough to place him 3rd M45, while Carol Ramsden placed 2nd F45 in 60:58, with Philip Ramsden 68:19 and Graham Dawson ,76:22 also in attendance.

Wheel out the Woodhouse Wallop, it's the second highly successful running of our very

nobody fell in the canal and was drowned. Result!

You would think it was all hands to the pump at Woodhouse Grove but there were several other harriers who travelled to Haworth to take part in the Full Bronte, which also included the Yorkshire Veterans 5 mile championships - Peter May once again lead the way in 33:37 with Tina Dickinson 42:49 and Hilary Wharam 49:48 and 1st F60, our other



representatives.

Graham Dawson and Pat Walker, never afraid of venturing to far flung races, were to be found at the Bendrigg 10K near Kendal finishing in 73:27 and 64:56 respectively with Pat claiming the 1st F60 spot. This kicked off a packed weekend of racing where harriers were spoilt for choice. Peter May was back in action and the lone harrier at the West

Yorkshire Fire 5 in Bradford, completing the race in 32:15, placing 8th overall and 1st M40. Likewise, Jo Wildgoose found herself the only harrier in attendance at the Harewood House Chase where she recorded 50:29. A small but select group travelled to Thirsk to run in the traditionally fast, flat and usually boiling hot Thirsk 10. This year was no exception, but Steve Large once again lead from the front in 66:30 with Jonathan Ervine 69:19, Greg Moore 69:20 and Ed King 72:19, and this small but beautifully formed unit secured the second men's team prize. Helen Barber was left as our lone lady runner, and was 4th overall and second F35 in 68:48, beaten to 1st F35 only by Tracey Morris.

A slightly larger group headed for the Lakes to the multi terrain Grasmere Gallop. Of them, Isobel Brogden was the only qualified medic. Guess then, which of our runners needed medical assistance at the finish having gone sprawling unceremoniously into a ditch. Yep, Doc Brogden! Having rather



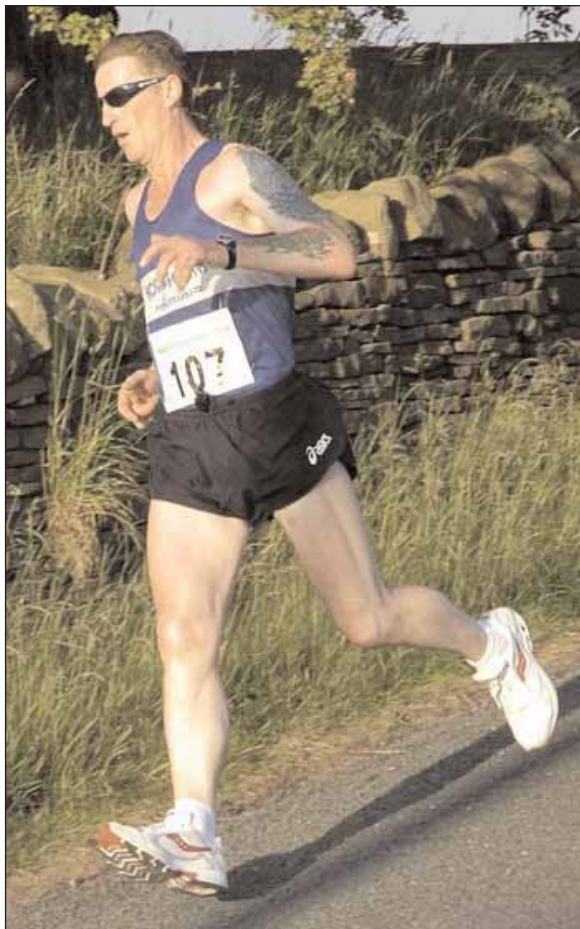
more uneventful races were Richard Sunley 49:31 and 2nd M40, Alek Karagic 52:09, Paul Wright 53:55, Barry Ellis 56:53, Serena Blackburn 1:01:04, Paul Hustwit 1:04:26, Tina Dickinson 1:09:23, presumably choked to be given the same time as Ian Park even though she'd attempted to outsprint him - and he'd let her! - and bloodied, but unbowed, the aforementioned Isobel 1:13:04.

Hilary has covered the times and competitors in the ever popular and ever hilly Otley 10 in her race report earlier in the mag, so look there to check if we've got your time right!

Martin Coates lopped a huge amount - over five minutes - off his 10K PB time at the Wheldrake 10K to lower it to 45:51 and he had Tony Walmsley for company who also recorded new PB figures (?) of 47:51. And all down to training with Andrew's select training group as Andrew will no doubt tell you (they're killing me anyway). The big event of the weekend was the Bradford Millennium

Way where we finished three teams, the men in 5th place, the ladies in 3rd place and the third, mixed, team a little further back (not sure of exact position). Well done to all who ran and organised this - a major logistical feat!

No rest for the Black Sheebers - only Tina and Hilary travelled to Rainton to the next 10K recording times of 51:15 and 57:47 respectively. If race results seem a bit thin for this particular weekend it should be remembered that a large bunch of harriers were cycling the length of the Leeds-Liverpool Canal ably



organised by Kate Frost. The vets were off to Honley though to compete in the Grand Prix event - a swine of a course, comparatively short but near vertical ascents and descents. Marie Hart, Serena Blackburn, Julia Day, Shirley Walker and Carol Ramsden made up the ladies team and the blokes fielded Peter May, Ed King (nursing a hangover), Mike Mooney and Ian Park, who, in his latest of umpteen comebacks, was thrilled to beat a couple of male pensioners and several elderly and middle aged women (except the one who outsprinted him at the end...). The

ladies maintained their overall lead at the head of both tables while the men remained in seventh place in both tables. There was also the Pulse 5 mile race at Roundhay Park the same weekend, but it looks like not a single harrier ran.

The second long distance race in the Black Sheep series is the Burn Valley Run, a tough half marathon at the best of times, made even tougher by the sweltering conditions. Marianne was back for this one in 1:52:37 with Tina, 2:13:30 and Hilary 2:28:56. Graham Dawson, 34:22, and Pat Walker, 26:36 opted for the fun run rather than the full monty. With these results Hilary consolidated her position at the head of the F60 table and Marianne moved to the head of the F35 table with one race left in the series...



The midweek Hyde Park 5K series is similar in format to the John Carr series but the three races are spread over three months rather than three weeks, giving time to improve (or deteriorate) in time for the next race. Steve Large was yet again our leading runner in 17:44 and 10th overall (although it should be noted that Tim Midgely was outright winner of this race in 16:25). Steve was followed home by Sarah Fotherby, 20:32 and fourth lady overall, Damian Holt 21:55, Matt Johnston 23:16, and Karen Large, 23:39.

The same evening Martin Coates was over in Halifax at the Helen Windsor 10K where he finished in 46:41.

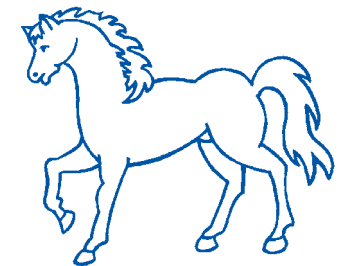
Kevin Watson was the sole harrier at the

Thorpe Edge Festival 10K. He ran 42:51, was 21st overall and still only got 2nd M60 - what a choker! Graham Dawson was similarly solo at the Kilburn Feast 7 in 1:26:56.

The usual suspects, plus some welcome additions, ran the 7th Yorkshire Vets Grand Prix race over a tough off road course at Oakwell Hall, Birstall. Full results and hopefully some photos of this race in the next issue

Apologies to anybody mistimed, misplaced or inadvertently missed out. Let me know and I'll redress the balance in the next issue!

Photos in this section by Chris Burgess (Graham Hopkinson and Sarah Fotherby on the Leeds Half) and the rest (Angela Andrews at Melmerby, Peter May and Tina Dickinson at the Full Bronte) by John Wharam, for which many thanks!



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.horsforth-harriers.co.uk