

June 09

# HORSFORTH HARRIERS NEWS

## You know, I'll bet blue suits you...

**This issue is pretty much devoted to racing. Some more recent members may be a bit reticent about entering races. But if you're a full member you will have paid for a competition licence, so why not make use of it?**

I was incredibly nervous about entering my first race, but I needn't have been. And going to races has taken me all over the country - and beyond - to run and given me countless hours of pleasure, and I've made friendships that I believe will last a lifetime.

And for the 99.9% of the time I've done my races wearing the strip of Horsforth Harriers.

Wearing the vest is a two way street as you'll contribute to the club in all sorts of ways, as well hopefully gaining a sense of team pride and personal achievement.

So I urge you, if you haven't raced before to get one of our blue vests and take the plunge. You can run against your watch, other clubs, the course, or if you're really worried about your pace (you shouldn't be) against me! If you want more information on who is racing where and how to enter, see the club skippers. Or me! But the important thing is to enter some races and get out there and run them. I'm sure you won't regret it. And, as soon as my physio says I can, I'll be there too! **FB**



***Mean, moody and magnificent - and that's just the weather. Richard Sunley does battle with the elements at the Otley 10 mile road race, and as it's the Otley 10, the course as well. Thanks to Otley AC for the loan of the photo from their Flickr 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.**

## **Marc writes:**

Some of our new members may not have experienced a race yet. There is no obligation to race as far as the club is concerned but it is something you should try.

Racing is different to normal training and feels different because it is a test. It can be a test of time, or in the true essence of the sport, it is a trial against others. Some will say it's the



**Marc Springer on the downhill part of the Otley Ten miles where he finished as 1st M50. Thanks to Otley AC for the loan of the pic from their Flickr site.**

taking part that counts, but you will soon realise that's b\*ll\*cks (*Technical racing term. Ed*). As soon as you see another Harriers vest or someone you know, you will smell blood and it will turn into a competition.

So if you haven't yet raced and you don't know where to start, you could do no better than the 5K each Saturday at Hyde Park. You need to register once only at [www.parkrun.com](http://www.parkrun.com) and then you can just turn up and run. 5K is a manageable distance for all of us and only a few minutes separates the front from the back, so if you're slow you won't feel like the world is waiting for you. So have a go and let me know what you think.

**Marc**

## **Tina writes:**

Hello everyone, and first of all an apology for not being able to take my group out for so long. Hopefully I'm on the comeback trail and looking forward to resuming my duties (after my holidays) on Tuesday 7th July. I'd like to say a massive thank you to Justin for taking over and to Andrew, Ian, Carol and Julia for helping out.

If you have any requests for July runs if you are training for a particular race please let me know and I'll see what I can do. It would be great to see as many of you as possible at the highlighted races (*see also Hils piece and entry forms/details in the club house. Ed*) and we can all support each other.

I have spoken to many of you individually but for those I have missed please can you let me know if you would like to try the Leeds Country Way Relay on Sunday 6th September. I cannot guarantee you a run but I will do my best to accommodate everyone on their preferred leg and I will try to match the pairs accordingly.



**Hilary nears the finish at the recent Harewood House Chase 10K.**

For those of you that have not done the relay before, it is a relay of six legs run in pairs. It is a circular route around Leeds, both on and off road, some legs harder than others, around ten miles per leg. You need to be prepared to 'reccie' (*'reconnoitre' - i.e. run the leg and learn the route by heart before race day - Ed*) your leg, a couple of times if possible, as the route is not marshalled, and getting lost is not an option (*remember there are people waiting for you at the end of the leg and it is a race and time is of the essence to get the baton round - Ed*).

It's a great event and one we have traditionally done very well in and it would be great to continue this.

Tina

## Hils writes:

Here's to the spells of good weather continuing. The racing reason is, well, racing along and both Tina and I will be bringing race suggestions to the club in the hopes we might encourage a large number of Harriers to target and perhaps achieve at them.

My first target for you is the Danefield relays on Wednesday 1st July, 7.15 pm Danefield Park, Otley Chevin.

Just turn up in your club vest, make up a team of three, there are Open and Vets teams. If you are not yet a member you can run with other unattached runners. Details on leaflets at the club. I will be on my hols so I wish you good luck in advance.

Hils



**Tina on a beach in Northumberland last year following the Coastal Run.**

# Yorkshire Veterans News

A wet Wednesday night in Pudsey was the latest venue in the Vets Grand Prix This was the fourth event and saw the ladies continuing to ride high on top of all three tables. The ladies were pipped on the night by a few points by the Pudsey Pacers girls but due to our previous good turnouts we have maintained first position.

The men finished a very good third on the night behind Pudsey Pacers in second place and a fantastic showing by the Pudsey and Bramley lads who took the first *five* places.

Thanks go to our seventeen runners on the night and their very valuable points earned. EVERY point scored goes towards on of the

three competitions. A list of those points scored at Pudsey and who scored them:

Peter May	177
Lee Greenhalgh	176
Phil McGeever	174
Tony Walker	172
Keith Park	131
Ian Taylor	129
Steve O'Hara	120
Michael Anderson	119
Theresa Duckett	91
Gillian Gaskin	90
Bev Chaplin	87
Angie Pattinson	86
Carol Ramsden	80
Jill Hobson	69
Angela Johnson	68
Cath Gray	67
Hilary Wharam	49

The next race is **TUESDAY 23rd JUNE**, hosted by Valley Striders and just down the road, from Striders Meanwood base. (*Members of Tina's and Hilary's regular Tuesday groups should note that they both expect the runners in their training groups to be at Meanwood for a variation of the Tuesday run! Along with everybody else, 35 or over or not! Ed*).

This course is part of the Meanwood Valley Trail, off road, around six miles. Entry £3.00 - changing rooms and eats afterwards. 19.30 start - please do your best to attend, every point is very valuable. See website [www.yvaa.org](http://www.yvaa.org) for location, details etc., or contact Tina or Hilary.



**Theresa Duckett, who lead the girls home at Pudsey. Pic from Flaming Photography, for which many thanks.**

Tina

# ***That mad Social whirl...***

Please let Bev Chaplin know if you are attending these events so she can sort out the catering arrangements. Further, if she's asked you to bring a sweet or savoury for the barbecue, don't forget!

## **Friday 26th June - Sports Night and BBQ**

Two risky exploits for the price of one! Egg and Spoon races, Sack races etc., and for the really daring, burgers! Vegetarians catered for - please advise if you want to go the non-meat route.

## **Tuesday 14th July - Summer Run**

...with a difference, in that this year, we are staying here at the club. But like previous Summer Runs, with our chums from Kirkstall Harriers, which previously took place from the Abbey Inn (who have now priced themselves out of contention) there will be a buffet laid on in the club afterwards. So those who normally shoot off to eat on a regular Tuesday Night can stay and eat here. Names to Bev please, if you are planning to stay on for eats after the run.

## **Want to run faster? Spit that sports drink out!**

This comes under the heading, 'Implausible but Scientifically Proven' (so take with large pinch of salt). According to Dr Edward Chambers of Birmingham University, in a trial, athletes who merely swilled an energy drink round their mouth and spat it out performed on average 2% better than those who, ahem, swallowed.

Apparently the sugar hit from carbohydrates alone is not enough to explain the improvement generally attributed to sports drinks and Dr Chambers team believes that the benefit accrues from the taste buds signalling directly to the brain rather than providing energy for the working muscles.

So, it's all in the mind apparently. No mention about whether the athletes had to wash sticky sports drink out of their kit/shoes on a more frequent basis though...

## **At last - a local 26.2!**

*In the most recent issue of the Airedale Athletics newsletter plans are outlined for a full marathon to be held in 2010.*

*The Bradford City Marathon is to be held on an 'Olympic' five-ring course, two of which will be based on Lister Park and Bowling Park. There will also be shorter distance options based on the rings.*

*The race is planned for October 2010 and a 10 mile race will be held on 18th October 2009 based on the two park loops.*

# Race Results

## - a Fat Bloke writes

First let's stride boldly through the door marked 'Oops' from last issue's results. First, to correct Phil McGeever's Sheffield Half PB time to 1:30:54 and also to include Michael Anderson's Leeds Half Marathon time of 2:27:46, missing entirely from the last issue's report. Also I need to mention that Steve Large's Redcar Half Marathon time of 1:18:43 was a PB time.

Now onwards into this month's no doubt error-strewn collection of times. And where else to start but at the parkrun in Hyde Park, with a fairly bumper turn out: Martin Coates 20:13, Adrian Knowles 20:23, Becky Hill 21:09, Angie Pattinson (parkrun PB) 23:15, Cath Gray 25:57 (PB), Karen Allan 28:19, Caroline Faithwaite 30:13, and Kat Munn 32:42. Worth noting that while only Cath and Angie lowered their PB's EVERYONE else was



**Carol Ramsden nears the finish of the Askern 10K. Pic from TA Images.**

within seconds of their PB. On to Ilkley Moor to the Trail Race (doesn't say whether b'ah't 'at or not) where Gill Gaskin 58:25 and Theresa Duckett 58:47 were in action, and then over to Melmerby to the 10K there, where Steve Large was fifth overall in 36:23 followed by Simon Rudsdale 44:55, Bev Chaplin 46:16, Julia Day 47:01 and Karen Large 52:00.

And now to midweek races, one in the form of the unlikely titled Reindeer Romp, near Wakefield where Michael Anderson romped home in 33:20. There are another three 'Roms' in June, July and August that complete a sort of Reindeer themed series. Julia Day was on the other side of the Pennines at the Mobberley 5.3, part of which runs parallel to Manchester Airport's runway, where she was 1st F40 in 40:30.

Back on Saturday to the parkrun where Marc Springer was 6th overall in 18:05 (the same time as he had previously run, but where the organisers managed to place him just below the half hour mark). Also running the early morning 5K were Serena Blackburn 22:28, Julia Day 25:01 and Kat Munn 33:49. The vast majority of Harriers went over to Walton to the Vets Grand Prix where the girls held off the competition to remain at the head of all the ladies tables while the lads slipped a bit in the first four to count but were hanging on at the top of the other two leagues. Other Harriers were running the Roberttown 7 Mile Road race the same day, times as follows: Ken Frost 44:52, Denise Frost 53:15, Justin Balfour 54:54, Steph Fairweather 70:19, Michael Anderson 74:29 and Phil Ramsden 85:34.

The Full Bronte 5 mile road race took place midweek on 4th June and featured a large-ish Harrier turn out: Richard Sunley 29:43, Marc Springer 30:00, Ken Frost 32:08, Phil McGeever 32:53 PB, Peter May 33:23, Garth De Roux 33:55, Gill Gaskin 36:22, Denise Frost 36:58, Serena Blackburn 37:41, Michael Anderson 49:40 and Hilary Wharam 50:25.



***Theresa Downes in action at the recent Harewood House Chase 10K race.***

At the weekend the Saturday saw that toughest of tough races, the Garburn Trail race in the Lakes. A couple of our tough grls (but notably none of our tough guys) took on the challenge, Serena Blackburn 1:43:22, just ahead of Theresa Duckett 1:45:12. Graham Dawson took on the slightly more forgiving Kirkby Malzeard 10K in 1:17:42. Earlier the same day the parkrun saw a new PB for Adrian Knowles in 20:07, Cath Gray equalled her PB of 25:57, while also out for the 5K were Steve O'Hara 28:56 and Karen Allan 29:28. The best attended runs of the weekend were the Harewood House Chase 10K races - also known as the Judith and Keith Firm Memorial races - where the ladies and mens races are held separately, something of a novelty in this day and age. So - ladies first: Sarah O'Sullivan 45:10, 8th overall, Theresa Downes 49:40, Nicola Wilde 50:10, Karen Large 52:03, Julia Day, simultaneously coaching and attempting to recruit on the way round, 59:28, and Hilary

Wharam 1st F65 in 63:00. For the chaps Marc Springer lead the way, 1st M50 and 7th overall in 37:20, with Kevin Watson 1st M60 40:46 hard on his heels and little further back were Michael Anderson 63:44 and Phil Ramsden, enjoying a day off from the hay fever that normally cripples his summer running, 63:44.

Summer, having given us a fleeting 48 hour sneak preview, duly retreated, leaving the midweek runners to endure something of a soaking. Tina has described the results from the Vets Grand Prix elsewhere, but it is worth noting that conditions were more than soft underfoot and almost pitch black in the woodland sections. Several runners looked like they had swum part of the course. Theresa Duckett was impressed - "That was a great course!" she said. Braving the elements at the Otley 10 mile road race, a course with killer hills, Richard Sunley lead the way in 1:01:06, closely followed by Marc Springer 1:01:51 and again 1st M50, and Andy Riddoch 1:03:25. Andy shows up as 4th M45 in the results, while Richard shows up as 2nd M45, which is a bit odd as I don't think Richard actually is 45



***Amy Edmondson at the Greenway 10K - once again thanks to Flaming Photography for the picture. Check out their website!!***

yet, which should make Andy third M40. Richard's time would have placed him 2nd M40 anyway...confused? Me too. Behind these guys came Kevin Watson 1:09:37, definitely 1st M60, Garth De Roux 1:10:37, Graham Hopkinson 1:11:58, Serena Blackburn 1:15:08, Simon Rudsdale 1:15:59, Becky Hill 1:17:00, Jean Davey 1:32:04, and Vicky Ward 1:32:52. And as if that weren't enough, three of our runners were running the Greenway 10K at Cleckheaton. Steve Large was 6th overall, 2nd M40, in 36:07 followed by Amy Edmondson 46:11 and Karen Large 50:07.

Saturday rolling around... and off to

Hyde Park for the parkrun where Paul Hustwit, 28:16, made his debut in the company of Karen Allan 28:42, Steve O'Hara 29:10, Caroline Faithwaite 31:24 and Kat Munn 33:50.

The big event of the weekend of 14th June was the Bradford Millennium Way where we managed to finish three teams, thanks to the

wonders of e-mail, telephone, Facebook and the club skippers running around like the proverbial blue a\*sed flies... The A team, comprising, I believe, all chaps, finished sixth

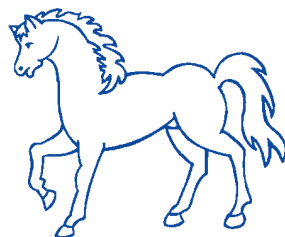
overall in 6:23:29, while the B team, a mixed team, but still competing as an Open team, finished a creditable 22nd overall in 7:31:56. The Ladies side (comprising all ladies!) finished as third Ladies team in 7:50:48.

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

*PS. Happy Birthday to Richard Sunley, 45 years old three days before the Otley Ten.....*



***Simon Rudsdale and Serena Blackburn at mile one of the Otley 10 miles. Thanks to Otley AC for the pic from their Flickr site***



## 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](http://www.horsforthharriers.co.uk)