

## Sport Direct Champions again!

After the final race of the season, our guys were crowned champions in the Sports Direct Cross Country Premier League, completing an impressively comprehensive victory, while our ladies won the final race at Eccleshill to complete an exciting come-from-behind victory overhauling Abbey Runners and the ever dangerous Ilkley Ladies at the death. In the Veterans tables, the men were never headed from the get-go while the girls had to be content with second position behind Ilkley.

The men took individual honours\* in the form of Tony Hazell 2nd M35, Nigel Monaghan

1st M45, Pete Singer 2nd M45, Marc Springer 3rd M50 and Kevin Watson 3rd M60.

For the ladies, Helen Barber won every race she competed in to run out 1st F35, while Sarah O'Sullivan was 1st in the female open category. Marie Hart battled her own injury problems to secure the 2nd F45 place and her co-skipper Hilary Wharam weighed in as 3rd F65. (\*All results provisional at time of writing).

The Sport Direct XC Presentation Evening will again be held at the Firehouse in Leeds on 13th April - see Andrew Charles for details and tickets.



*Easy, this cross country lark! Cath Gray, Jane Scorah and Simon Rudsdale before the Bramley Fall Woods Sport Direct race. Thanks to Melanie Groen and Martin Coates for the pic.*

## 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.**

**Marie writes:**

What a great start to 2007.

The ladies and men winning the Sports Direct Cross Country premier league. A great big WELL DONE to everyone who turned out to the races. Whether you're a first timer or a seasoned masochist at these melees, your efforts are greatly appreciated by your captains. And if you've enjoyed the variety of terrains and the lung bursting, strength sapping, legs feeling like they can't go another step but always do, thank God I've finished, feelings and it's whetted your appetite for more.... well I've got more for you...



**Bradford Millennium Way Relay 24th June.**

Five legs, between 8 and 11 miles, 2 people on each leg.

Ladies, I need your names now.

If you haven't done this before don't be put off by my above description of effort needed (although it is true). You are not running round Bradford but the surrounding countryside. It is a wonderfully exhilarating run and takes in some breathtaking views. It is preferred that you can run 9 miles or more as the terrain is quite demanding but there is plenty of time to train and I will be organising recce runs. I would like to provisionally name the team by the end of March.

Please feel free to ask if you're not sure if you'd be able to manage it or if you have run it before and have a preferred leg let me know. I can't promise but I will try and accommodate your needs.

Spring is in the air and as runners we get the best of the seasons and spring is one of my favourites. The lighter mornings and evenings, sunshine, warm breezes blowing across my face and through my hair all make me want to take off and run/train get fitter/faster (sometimes the mind is more willing than the ageing injury prone body). Even to the point of looking out for forthcoming races, especially team events. Let me know of any events, fell included, where I can try and get myself (if my body holds up) and team/s out to.

Hilary and I are always here for information, tips etc re: running/training/clobber (we've a fount of knowledge between us) so please ask us if you need to.

We've started the year off at the top and it means we are a force (club) to be reckoned with. Lets keep it going and show all the other clubs just how 'Great' Horsforth Harriers is.

**Marie**

### Hils writes:

Many thanks to all the members who have supported the winter race fixtures, cross country, vets, open races and helped with marshalling, food, and taking finish details, to name just a few of the jobs done.

My merry band of Tuesday Warriors have run their socks off and occasionally requested a particular session. My itinerary is not set in tablets of stone! Please, if you would like a special workout, just ask!

Good Luck to all those enduring the hard weeks of marathon training and their long suffering partners. The end is in sight!

### Hils



### Marc writes:

Each of us should try and reach our potential at some time in our lives. In this way we can then look back with pride and say "I did that" or "That was my best effort" We can't ask more of ourselves than our best and sooner or later we are going to have to bite the bullet and have a go.

## Horsforth Harriers Annual General Meeting Wednesday 4th April 7.30 pm at the clubhouse

It needn't be about running but this is a running magazine so in this case it is. So, five things are required to have a go at your best.

One: Decide what you are going to do. It could be a race of any distance or type. It needn't be a long race like a marathon. You may decide that you will achieve your PB at 10k or whatever. But you need to Make a Decision.

Two: Plan your training. Seek advice if you need to. Take advantage of your faster friends. Swot up. But you need to Make a Plan.

Three: Up your game. Get stuck in and train hard. As hard as you ever will. Remember, this could be your one and only attempt at reaching your potential so Make it Count.

Four: Stop comparing yourself to others. So you're faster than your mate. So what? Oh, and you'll never be as fast as your other mate. Big deal. This isn't a race against others it's just you. Make Yourself Work.

Five: Remain single minded and selfish until you've done it. Don't miss the chance after all your planning and hard work. In other words, Make it Happen.

If you do this one thing you'll be so pleased with yourself and no-one will understand unless they have done it too. It's as good as it gets. Until next time anyway.

Marc

## Yorkshire Veterans

February 4th saw us hosting the Yorkshire Veterans AGM and the first of this season's Grand Prix races. Starting where they left off last season the ladies fielded a huge number of runners, despite the fact we had to organise the event and marshal the course, and subsequently romped straight to the head of the 'four to count' and 'all to count' tables.

The surprise of the day were the men who also got out of their blocks quickly and finished in second place in both tables, a vast improvement on the seventh place berth they have occupied in the tables for the previous couple of seasons - can they keep it up or even improve over the course of this years Grand Prix?

The next Grand Prix fixture is at Meltham on 25th March - see the YVAA website ([www.yvaa.org](http://www.yvaa.org))

or Tina Dickinson for details of this event.

The Veterans 10K Championship event is included in this years Rothwell 10K on 29th April, but this race is filling fast - nearly 700 entries accepted - at time of writing.

The Veterans 5K Championship takes place at the first of the three race John Carr Series at Esholt on 2nd May. Pre entry to the event is necessary to be included in the Yorkshire Veterans Championship, but it is worth noting that this year, for the first time, there will be no entry on the night to any of the John Carr Races, pre entry is the only way in, and the number of places is limited.

So enter early!

## Serena Honoured



Serena Blackburn was in the news - literally - in the recent past when she was honoured at the Leeds Sports Awards Dinner at the Civic Hall as 'Disability Athlete of the Year' for her achievements in representing Great Britain in DUKA cross country events which have been covered in the pages of this very rag. Here's Serena pictured (from the Evening Post) on the evening being presented with her prize.

# Sorry folks, it's subs time again!

Subscription renewals are due from 1st April and the club should receive your renewal by no later than 31st May. (After this date prices for renewal go up).

Subscription levels are held at the same price as last year:

**Single £15**

**Family £21**

**Junior £8**

**Training £12**

**OAP/Unwaged £8**

**Social £1**

Application forms (available from the club or from Bev Chaplin) are only required if you are a new member or your details have changed in the past year. Any member who has joined the club since January 2007, does not have to pay again as their membership is valid until April 2008.

Bev will be available at the club every Tuesday evening, from 7.00 pm until about 7.20 pm before training and again after training from about 9.00 pm onwards to take payments.

As the NoEAA membership cards take such along time to materialise the club has once again produced it's own membership card and these will be available the week after your payment.

## Millennium Way

As Marie has mentioned in her Captain's piece the teams for this year's Millennium Way Relay race need to be established shortly. The race is a five stage relay for teams of two runners per leg and is a largely off road circuit that takes in rural and moorland paths with plenty of climbs and descents and takes place this year on 24th June.

As in previous years we have entered three teams which have traditionally been Mens, Ladies and Mixed, dependent on who wants to run.

If you want to run in this year's Millennium Way - and why wouldn't you? - please see your captains - Marc, Marie, or Hils - and let them know as soon as possible. This way we can establish who runs which leg and get recce runs organised.



*Harriers in a row... Pete Singer, Nigel Monaghan and Tony Hazell at the Otley Sport Direct race. Picture courtesy of Paul Wood at [www.ilkleyharriers.co.uk](http://www.ilkleyharriers.co.uk)*



## It's Phyllis!

More, erm, mature, club members will fondly recall Phyllis Kitson who left us when she moved to Threshfield a couple of years back. Here's a recent photo of Phyllis (on the right) showing her out and about with her walking chums near her new home.

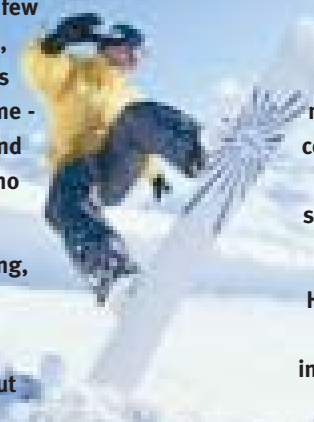
## It's back! The Horsforth Harriers Ten Pin Bowling Championship!

coming in April (date tba)  
at the Hollywood Bowl, Kirkstall  
[See Angus for details or to enter](#)

We're very proud of our club members who earn representative honours and we have a few within the club, Helen, Marie, Serena for instance. But I was not aware - until Marie told me - that we have a current England international in our ranks, who we have not mentioned.

Until now. Take a bow, Ed King, who represents England at ..snowboarding.

Ed was typically modest about



his talents when I collared him, and made light of it, but as someone who has strapped a plank to his feet and tried - without any success - to negotiate his way down a snow covered mountain, I can tell you how hard it is to do this at any standard, let alone well enough to represent your country.

Hats off to Ed, and maybe there will be a Harriers snowboarding/ski-ing sub section after all!

(Picture isn't Ed, it's just one I found!)



After a highly successful (?) first outing we present the second in the continuing saga of:

## The Club Member Profile!

This issue sees the usual burning questions put to the legendary "Supreme Athlete"!

### a.k.a. Andrew Charles

#### Where and when were you born?

Leeds, 28th March 1961.

#### How long have you been running?

Having suffered from asthma since age 8, my doctor advised my mum to let me run swim or cycle. I swim like a brick and could easily win a slow bicycle race so running was the only option! Some may say I'm no good at that either!

#### Do you do any other sports besides running?

I played a bit of rugby at school and football (in goal, naturally, due to my height!). Playing winger at Rugby Union gave me plenty of time to practice my cross country running, fagging the ball - guess that is why I am an arch Rugby League fan these days. A similar affliction is following the misfortunes (we've never had any fortunes) of Darlington Football Club.

#### How did you come to join Horsforth Harriers?

An advert in the originally named 'Horsforth Advertiser' (now defunct) in 1985. We met at John Holmes's house in Long Row (John is no longer with the club) with Gordon Little, Ralph George, Steve O'Hara and a few other renegades, and from there things developed!

#### What do you do for a living?

I am a Chartered Accountant with my own practice in Leeds city centre. A conversation stopper if there ever was one!

#### What's your favourite race?

The one that's just finished! I have a sad leaning to the Leeds Half Marathon and the belated Leeds Marathon, *Photos, top to bottom: A youthful Andrew explains to a seemingly incredulous policewoman that we are, in fact, about to hold a 10K road race. A Supreme Athlete adapts to the conditions...including a blizzard during a cross country race! Bottom, displaying battle scars from a Sport Direct XC country fixture with Jean Davey.*



simply because they are hometown territory - and of course a PB!

#### Which race would you avoid at all costs?

Just like the Fat Bloke, it would be the Great North Run. Lack of space to get going! Great atmosphere though and I guess everyone needs it on their CV. I don't really go for 'chip' times other than for novelty value. To me racing is all about the position you are crossing the finishing line and it's that time from gun to finish time that counts!

#### What make are your running shoes?

Love Asics, from training shoes (Gel 2110) to racers. The new Inov-8 range of studs fro XC are a real favourite.

#### What are your PB's?

10K - 38:17 at the Abbey Dash, 10 miles - 62:50 at Tadcaster 10, Half Marathon - 1:24:15 at Leeds Half, Marathon - 3:29:15 at Leeds Full.

My training group are sick of of hearing me telling them that their PB's are thoroughly average! It is just my reverse psychology, because if a short fat bloke like me can hit these times, then I am sure they can all do it. To see the likes of Martin Coates come from 1:49 to 1:32 (half marathon) in a year is great. Mike Mooney, Justin Balfour, Bev Chaplin, Marianne Burgess, etc., etc., are all improving and it is great to see their achievements.

I guess to see continued improvement is my next aim in running, I love the coaching side. Personally, Wakefield 10K and Leeds Half are the immediate personal targets alongside wanting to race more!

#### Have you any running ambitions?

I would love to run the Midnight Marathon in Reykjavik on a Midsummers' Day. On a slightly different note, a personal hero is Captain James Barclay who walked 1000 miles in 1000 hours in 1809 on the stipulation that he had to walk at least one mile in every hour. I hope in 2009 to do 100 miles in 100 hours with my

*Top, having acted as MC and doled out the silverware, 'cutting a rug' with Kathryn Walker at a Sport Direct XC Presentation Evening do. Dreaming of a PB at the Dublin Marathon and bottom, realising, towards the end of said Dublin Marathon, that the clock doesn't lie....*



pal Steve Evans a director of Featherstone Rovers RLFC in aid of his charitable foundation. The walk will be around the pitch at Featherstone, so for a Leeds fan, that will be interesting!

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

Embrace the pain! When running relax! Uphills are just downhill facing the wrong way! Take the damn Garmin off - it's just added weight! Take the i-pod off - when racing, race! (I'll get off my soapbox now!)

### Some other things you may not know.

I was club chairman for seven years before Gordon and like to think I helped, along with others like Paul Hustwit, Richard Sunley, Barry Ellis, to build the club foundations to where we are now.

I am also proud of the junior section that existed and that they were silver medallists in the West Yorkshire XC League, three girls represented West Yorkshire and Kathryn Davey went on the represent England Schools. Not bad for a Junior Club! These girls still say hello to me in the pub on a Friday night!

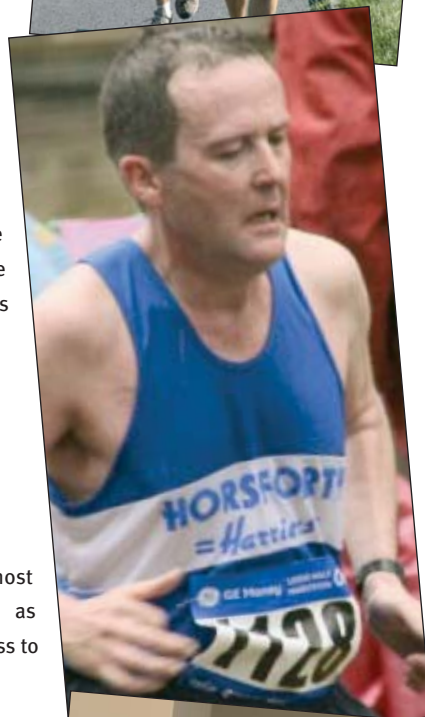
### Where did the Supreme Athlete come from?

The Presentation Evening were very traditional in the 80's, so I thought of spicing them up one year by presenting them as a rap. It seemed to go down well and I did a parody of myself call the Supreme Athlete. From there it developed.

In fact, I've only done the Supreme Athlete twice, the most outlandish being the silver suit and high-heeled boots as I represented Earth in the Inter-galactic Marathon, which, needless to say, I won.

One year I did drag as 'Andrina', wife of the Supreme Athlete and there was no way to go after that! Maybe I need to go retro and bring back the Supreme Athlete as a veteran? The name just stuck and I confess I quite enjoy it!

**Top, leading team mate Paul Hustwit on the 2006 Leeds Country Way, middle, looking tired on the Leeds Half Marathon (a favourite race and it does this to you?) and bottom, 'Old Red Eyes is back', illustrating the true meaning of 'going for it'!**



# Race Results

## - a fat bloke writes

In the interim between the last newsletter and this one I have been out of the country for two weeks, so please bear with me if this round up is even more erratic and vague than normal!

For those still holding their breath from the conclusion of the last issue, yes, we did win the Otley fixture of the Sport Direct Cross Country series! And speaking of Cross Country we had some brave souls who took it up several levels by going to compete in the Northern XC Championships in Manchester the day before the Otley Sport Direct. Take a bow then, Sarah O'Sullivan 32:01 and Serena Blackburn 33:16 who represented us in the ladies race, and Richard Sunley 43:50, Marc Springer 44:46 and Barrie Ellis 50:45 who were our guys taking on what I gather was a particularly evil course.

Not everybody was taken with the cross country fever and Tina Dickinson, 85:35 and Carol Girling, 85:55 were off over to Ferriby, near Hull, to compete in the ten mile road race there, while Lynne Thompson went to Meltham to run 10K in 64:46.

The following week was the ever popular Rombalds Stride, (despite the debate over the length of the course, variously 22.5 to 25 miles depending on who you talk to/believe), in which Richard Pattinson was second finisher in a time of 2:36, while in his wake came Steve Large 3:13, Marc Springer 3:16, Angus Teanby 3:29, Steve Wood 4:10, Jean Davey 5:17 and Keith Park, who, not content with having a hand in organising the event, and training up the first scouts from St. Oswald's to compete in the event for many years, walked round with son David in 10:16.

February 4th was a busy day as the club hosted the first Yorkshire Veterans Grand Prix and their AGM (where incidentally I believe, the prizes weren't handed over to our championship winning ladies team as they are discussing a separate social 'do' at which it can be done?) and there was also the attraction of the ever popular Dewsbury 10K. As detailed

elsewhere the ladies started where they left off by going straight back to the top of the tables. Running for them were Marie Hart, Serena Blackburn, Julia Day, Nicola Wilde, Angie Pattinson, Sally Fox, Tina Dickinson, Shirley Walker, Lynne Thompson, Hilary Wharam, Catherine Gray and Isobel Brogden - who despite another big overall turn out for the vets comprised about 20% of the field - well done! The guys race saw Richard Pattinson also start where he left off by winning the the event in Pudsey & Bramley colours, while our chaps team of Peter Singer, Nigel Monaghan, Marc Springer, Peter May, Kevin Watson, Graham Hopkinson, Steve Wood, Tim Appleyard, Paul Hustwit and newer members Pete Scanlon and Steven Iball exceeded previous performances by settling themselves in second position in the tables behind the usual powerful Holmfirth men's team.

In Dewsbury, our other second claimer, Tim Midgley, lead the charge at the 10K (running for Bingley Harriers) in 33:39, while first home in Horsforth colours was Tony Hazell 34:56, followed by Alan Squire 35:55, Sid Senior 36:59, Paul Wright 37:34, Alek Karagic, 38:12, Helen Barber 38:39, Simon Edgar 39:47, Ian Robertshaw 40:33, Ed King 41:03, Martin Coates 41:26 PB, Mike Mooney 43:22 PB, Tony Walmsley 45:04 PB, Joanne Wildgoose 48:30, Karen Large 49:30 PB, Melanie Groen 50:32 PB, Simon Rudsdale 51:48, Carol Ramsden 53:38, Philip Ramsden 59:26 and Jane Scorch 61:09.

The Liversedge Half Marathon attracted a small field of Harriers, mainly ladies, the exception being Peter May who was first home in 1:28:11 followed by the female contingent of Joanne Wildgoose, 1:55:26, Deirdra Hartigan 1:58:25 and Angie Pattinson 1:59:11, all obviously pretty close together.

Graham Dawson resumed his travels, this time, crossing the Pennines, to the Blackburn Winter Warmer 10K which he completed in 1:13:55.

On February 18th the main attraction was the Sport Direct XC fixture jointly hosted by ourselves and our chums at Kirkstall Harriers (although when Peter Hey has been thumping me in races of late, I wonder



Chaplin 1:13:05 PB, Tina Dickinson 1:21:47, Karen Large 1:23: 51 PB, Angie Pattinson 1:26:01 PB, Hilary Wharam 1:33:43 and last but not least, Graham Dawson, back on the right side of the Pennines, 2:04:48. Simon Edgar, who either couldn't get in the Snake Lane or didn't want to, was in 'lone Harrier' mode over in Blackpool at the Great North West Half Marathon which he completed in a very respectable 1:28:15. Also not in the Snake Lane, or in Blackpool for that matter were Peter May and Vicky Ward who were both in Huddersfield to run over 10K, finishing in 41:30 and 53:48 respectively.

March 4th saw the final Sport Direct fixture at Eccleshill - no snow, and the run at least completed before the heavens opened. However, no amount of rain could put a damper on the fact that the guys and gals both won their races and as a result both teams sealed victory at the head of the Premier Leagues, a terrific effort by all concerned. Nice to see both Ken and Kathy Kaiser (the Kaiser Chiefs!) back racing, although by her own admission, cross country is not

**Julia Day charges through the Golden Acre Park woods at the Bramhope Sport Direct XC race. Picture from Eccleshill's website. Ta!**

if you can take being friendly too far!). And yes, despite having to organise and marshal the course the lads and lasses were again able to secure victories, meaning the guys would have to fail spectacularly in the final race to lose the thing, while the girls narrow win meant that, for them, it would all go to the wire and the overall result would be dependent on the result of the final race. A nail biter!

Pocklington, home of this year's sold-out-in-advance Snake Lane Ten saw Tony Hazell start to make leading home the Harriers a regular habit, as he finished in 57:33. In support were Alan Squire 59:35, Steve Large 1:00:35, Ken Frost 1:01:14, Richard Butterfield 1:02:14, Marc Springer 1:02:18, Helen Barber, 4th F35, and delighted to post a PB of 1:03:16, Alek Karagic 1:03:51, Angus Teanby 1:03:57, Lee Greenhalgh 1:05:55, Kevin Watson 3rd M60, 1:06:32, Steve Wood 1:09:34, Denise Dean 4th F45, 1:10:23, Sarah O'Sullivan 1:10: 49, Bev



**Alan Squire on the start line of the Snake Lane Ten. Picture courtesy of TA Images, as is picture of Hilary on page 3.**

Kathy's favourite surface!

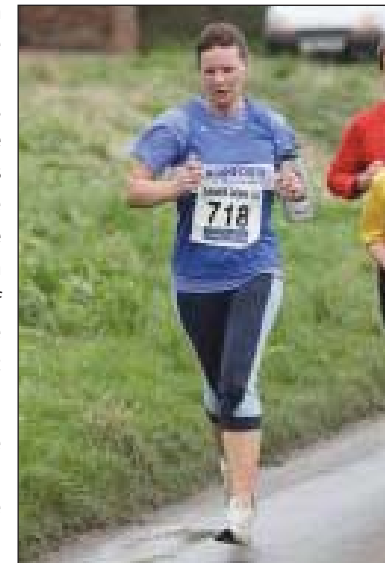
Back on the wrong side of the Pennines on the same day were Mike Mooney, on his way to a new PB of 1:14:32 and Tina Dickinson 1:24:15 both competing in the Ultrafit St Annes Ten Mile Road Race. Not a million miles away, at the Trafford 10K, was the lone Tony Walmsley who was recording 46:16, while on the edges of the Lake District three of our ladies were competing in the Haweswater Half Marathon, Nicola Wilde 1:44:47, Alice Ridout 1:50:42 and Shirley Walker 2:01:09.

Ed King however knows the right side of the Pennines and was on his own at the Norton Nine (near Doncaster) recording 61:04, a PB for the rarely run distance.

'And now, the end is near....'

well, it is for the cross country season when the English National Championships come round, this year at a bleak and windswept Sunderland. Our girl's team of Helen Barber (running particularly fast so she could sprint down to watch Man Utd play in the F.A. Cup at Middlesbrough, post race), Marie Hart, Sarah O'Sullivan and Serena Blackburn performed superbly well to finish 14th team overall, while our men's team comprising partly of the able

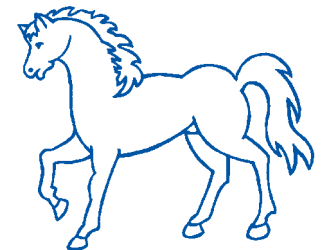
and partly of silly old sods who should know better (yes, OK, me) toughed it out to at least finish a team, something many of our other local rival clubs failed to do.



**Angie Pattinson at the Snake Lane Ten. Picture courtesy of TA Images.**

More Saturday running, specifically in Dentsdale with the holding of the Dentsdale Run. Richard Pattinson (Pudsey & Bramley) was 6th overall in this race in 1:20:34 with better half Angie leading the Horsforth charge in 2:09:16, followed by Tina Dickinson 2:09:52, Steve Blades 2:20:18, and Tabby Tyler 2:27:06.

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



## 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](mailto:harriers@uk2.net)

See our website at: [www.horsforthharriers.co.uk](http://www.horsforthharriers.co.uk)