

HORSFORTH HARRIERS NEWS

Serena strikes bronze!

Serena Blackburn returned from her first experience of representing Great Britain in Portugal at the 8th European Deaf Cross Country Championships, having made a little bit of history and clutching a bronze team medal for the 4K event.

As the DUKA website reports: *"This is the first time GB has had women representatives in the European Deaf Cross Country Championships; this means all the ladies participating in the races are the "first" Deaf GB Cross Country runners! Well done!"*

".....we knew that if all the GB ladies could finish the race in a respectable time, there was a definite medal chance. The race was run similarly to the previous day's 8km race. In conclusion, again Olga Shmigelskaya of Russia was 1st, Daria Gaynetdinova (Russia) 2nd and Nele Alder-Baerens (Germany) won her 2nd bronze medal. Candy was again the top GB woman, but this time finishing 12th, with Serena right behind her in 13th position. Fiona was the 3rd British runner with Sandra bravely finishing the race in 19th position, despite being called into the event only in the last minute to make up the women's team. The magnificent effort of the GB women's team won them the Bronze medal behind Russia who had the Gold and Ukraine the Silver."

Serena also competed in the earlier 8km race where it was felt that the team would have medalled again but for injury preventing them from fielding a full team.

As a result of her adventures, Serena has been invited to represent her country again later in the year, this time in Lithuania (or Bulgaria?), and also a possible marathon - in Taiwan - is slated for the end of 2007.

It goes without saying that we are hugely proud of Serena's achievements and the reflected glory it brings to our club.



Serena's pics from Portugal - from the the top: the 4K team with medals and flag, on the Presentation Rostrum with the gold and silver medal winning teams, and on the course winning a medal in GB kit!

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:

Summer is here so get off the road for some training with a view and some fresh air. You can still do your hills and speedwork but don't miss the opportunity of the nice weather to make some changes to your routine.

Our lives are regimented enough by family pressures and work routines. Don't allow the same restraints to affect your running enjoyment.

Try to run at different times of the day or evening.

Leave your watch and Garmin and heart rate monitor at home sometimes.

Run on different surfaces wearing different shoes.

Whatever you do, make the change and enjoy your summer running!



Marc and the guys at the London Marathon - left to right: John Pickering, Ed King, Marc, Tony Hazell, Mike Pounder and Steve Large (thanks to Steve for the photo).

Giving your race number to someone else can create a nightmare for the organisers and get you both and the Club into serious trouble so please follow these guidelines:

Make sure you both tell the race organisers in time for them to make the changes.

If they won't allow it then don't do it.

The Club will be unable to back you up if you are at fault and may even have to take action against you if the race organisers complain to the Athletics Association.

Vets Relays are to be held on July 23rd at Esholt. Teams are Men +35, +40, +50, +60 and Women +35 and +45. All teams are 3 members except men over 40 which is 4 runners. We can enter as many teams as we wish so please let me know if you are interested.

Bradford Millennium Way is 18th June. Legs will be announced soon. Please ensure you know your route.

Thanks to Steve Large for this cutting from the Express on Monday 24th April which reads:

"Favourite Haile Gebrselassie finished ninth in 2:09.05 before citing the rain, the wrong choice of running shoes, a strain to his right calf, a strain to his left calf, pains in both calves, tight hamstrings and/or cramps for his disappointing display".

What's your excuse for such a rubbish time?

Marc

Marie writes:

Spring is here. Winter is over and done with but the same can't be said of our runners.

Triumphant in all categories of the Sport Direct Cross Country. There were some tough races and plenty of mud but what a brilliant show of strength, determination and 'madness'. This certainly applied to the last race, which was akin to being in the Arctic with runners finishing looking more like eskimos. It's the first time I've seen snowy chests/eyebrows/hairstyles but you all looked good and ran brilliantly to bring us home as winners of all the categories.

A massive well done to all ladies and men who competed.



Helen Barber battles through the snow at the final Sport Direct XC fixture at Eccleshill. Photo from Vicky Ward.

Off road running can and will make you stronger. Which brings me to the Bradford Millennium Way relay which is in June. I'm fielding a ladies team. Thank you to all that have said they would like to do it. Apologies if I haven't been able to include you but please let me know if you are available to be reserves. The team is as follows:

1st leg: Denise Dean and Julia Day.

2nd leg: Sarah Fotherby and Helen Barber.

3rd leg: Jean Davey and Karen Large.

4th leg: Dawn Gray and myself.

5th leg: Serena Blackburn and Bev Chaplin.

Hopefully no injuries, but please let me know a.s.a.p. if you feel you are not going to be able to run.

We will be doing recce runs as it is essential to know your route. If anyone wants to join in

a Sunday morning recce run I will be announcing what I am doing on a Tuesday. All steady runs. The benefits of hill/off road/rocky terrain - stronger legs, increased lung capacity, increased stamina and exhilarated feelings from the awesome scenery.

If you haven't tried this type of running before I can guarantee you will enjoy it.

My group. I'm glad to be back running even though it's a struggle keeping up with all you fast, fit people. A big thanks to Graham for standing in for me and taking the group out. I hope he shouted loud enough and made you work hard! I know he kept you all motivated and that's showing in the times you are all achieving. Well done for all those p.b's. If anyone cares to join my group I can promise some great off road running incorporating a variety of intervals, fartlek, hills. I'm going to aim for about 8 - 10 miles. I will start the 10 miler early at 7:15 but will give 2 weeks notice of when this will be.

There are lots of team events/relays coming up. One of them being the vets relays at Esholt in July. Please let me know if you are interested. I would like to field as many teams as possible in all age groups.

Ladies please make sure you fill in the new membership form as you can only be included in team events if you are a fully paid up member.

Can I say that even though races are promoted you are not going to be forced into competing. Everyone is welcome to come and train and enjoy running with a group and the benefits to be had - chatty, friendly conversation when you have enough breath to talk of course!!! All the captains want you to enjoy running above anything else because that's what it's all about. Then if YOU choose to experience pain, well there are plenty of races we need you for.

A massive well done to Serena for competing for England in Portugal and winning bronze team medal. I'm sure there's lots more medals to follow.

Enjoy your running and hope to see you at the club on a Tuesday.

Marie

Nothing from Hils this month as she is away in China, but hopefully she'll have lots to say on her return in the next issue.

Following on from the pic of the 'club lumberjacks' in the last issue, here's the full story behind the pics!

HAVE YOU HEARD THE ONE ABOUT THE T(H)REE FELL(A)ERS?

On the Friday before the Vets race at Esholt, Gordon cycled the course to make sure all was OK for the runners who would be charging round on the Sunday. Annoyingly he found large broken concrete slabs had been laid by the water authority over about 50 yards of the course. Needless to say - fearlessly! - he cycled over it, ignoring danger to bike and himself... to ascertain if the passage was safe to traverse. Yes, he decided, the runners could take their chances with twisted/broken ankles rather than re-route the course through the woods and subject our marshals to the perils of being alone in the woods... facing danger from wild animals, (squirrels or perverts).



Further up on the narrow track after the railway bridge, leading to the climb up to Apperley road, he found a fallen tree. Unluckily not laid on the ground but at about 4ft high. Unable to climb over it easily or limbo underneath it (his flexibility seems sadly lacking!) the only option was to take a saw to it and lop the 'bloody thing down'.



He realised he would need help to carry out this Herculean feat but who? Which strong muscular runner/s could he persuade to help him? Perplexed, but not for long, nothing stumps our leader, he thought of the most 'likely lads' available. Angus Teanby and

Michael Walker.

All for one and one for all, armed with their saws, ready to take on the might of 'the tree'.

Using their ingenuity to make destroying this once proud tree easier, Gordon, Angus and Michael (all now entering the world's strongest man competition) sawed their way through with ease. At one point forcing Michael (he must have been the strongest



one) to lever it up so they could maintain a faster smoother rhythm (same as they do when they're running). Thirty minutes later with bloodied and blistered hands they stood triumphant.

Footnote: Fancy being a lumberjack as well as a runner? Gordon is branching out and welcomes all new members. The only equipment needed is a 'saw'.

Needless to say the race went a tree(t) thanks to the efforts of our heroes. Well done lads.



Marc's run rota

Tuesday Summer Training Rota - 2006

- 1st Tuesday - Time Trial approx 10k
- 2nd Tuesday - 12 - 15 miles steady
- 3rd Tuesday - 8 - 10 miles off road hilly fartlek
- 4th Tuesday - Track session at Trinity College
- 5th Tuesday - 8 - 10 miles off road hilly fartlek

All members are welcome but the off-road and long run sessions should be with your own training group.

Yorkshire Veterans Round up

The next Yorkshire Veterans Grand Prix race takes place at Walton, near Wakefield on 28th May at 11.00 am. This is a multi terrain course in "a lovely area of countryside". Details not available at time of writing but should be available on the Yorkshire Veterans website nearer the date (www.yvaa.org) or see Tina Dickinson for details.

The Yorkshire Vets 5 mile championship is incorporated into the Full Bronte race which takes place on 8th June at Haworth (those quick on the uptake will notice the date unfortunately clashes with our own Apperley Bridge Canter).

The next two Grand Prix races are at Honley on 25th June and a new fixture and course at Oakwell Hall, Birstall, organised by Halifax Harriers on 12th July (a midweek race).

On 16th July the Eccup 10 is the setting for the Yorkshire Vets 10 mile Championship.

If you are interested in competing in either of the championship races please note that you must pre-enter the races.

For details of the current Grand Prix standings please see www.yvaa.org which should have been updated to include standings after Race 4 by the time you read this newsletter.

CLUB KIT Andrew Charles is organising some new club kit including a spiffy rain jacket. Prices are reckoned to be £18 approx. per jacket and Andrew has a sample for inspection. Please let him know if you would like one as soon as possible so he can establish numbers and place an order.

WEBSITE

www.horsforth-harriers.co.uk

- our website - has been given a major overhaul in appearance by Ceri, Steve Woods daughter and should go live in the near future.

At time of writing it's not clear exactly when the update will take place, so keep checking to see what the revised site looks like.

Membership and the last of the big issue...

A reminder to fill those membership forms in (if you haven't done so already) and get them back to Bev Chaplin before 1st June (otherwise those subs go up!).

Also this is probably going to be the last newsletter in the current format as the Royal Mail are shortly to introduce the snappily titled 'Pricing by Proportion' which means that mailing an A4 newsletter will be much more expensive.

To keep costs to a minimum this means the

newsletter will shrink to half the current size, but will double in number of pages - in theory.

A point to mention about the Royal Mail's new policy is that you will need to keep your stamped addressed envelopes to sizes no bigger than about 6" x 9" or the postage will go up, which means: 1) it will cost you more or, 2) if you don't get the right amount on it you'll upset a lot of race organisers who might not send you your number!



Andrew Charles, who whipped the club into shape for the Sport Direct XC series, and who is shown here in Vicky Ward's photo from the final snowy Eccleshill fixture, also acted as MC at the Presentation Evening on 24th March, where his task was made much easier by the fact that we hoovered up every team prize it was possible for us to win, and also scored several individual prizes.

For photos of this memorable event please see the Sport Direct XC dedicated website at: www.sportdirectxcleague.pizco.com and also for photos from some of the fixtures and details of the final league tables (pretty impressive from a Horsforth perspective!)

Still need marshals for Apperley Bridge Canter...

We need marshals for our summer multi terrain race held this year on 8th June from Woodhouse Grove School. Bob Foulkes is our marshal organising suprema, so please volunteer to him in the first instance, or failing that, please see Gordon. Thanks!

The Prague Half and the trials and tribulations of running

Tina can be very persuasive and last year, possibly August, she was promoting the Prague Half on April 1st. "Great course for a P.B., flat, beautiful city, cheap flights, hotels and of course, the most important point cheap booze and food". That clinched it.

Tina produced the info listing hotels, flights, prices times, great for a lazy person like me I only had to go online and book.

Then the realisation sank in. I was only running twice a week and that was if I could be bothered. I was lazy and slow. If I'm going to travel that far for a race I had better start training to just get fit enough to train for a half (I'm sure you runners will know what I mean). So the training plan was written down and followed for a couple of months. This incorporated a couple of 10 milers and 2 halves plus the cross country races. Gosh, I'd forgotten how quickly you can improve with consistent training. My legs started to show some muscles through the layers of fat. My style didn't resemble a lumbering hippo wobble (as you see on the wildlife programmes) and my breathing didn't sound like Darth Vader anymore (well only at the end of a race instead of all the way through). I was starting to feel like a gazelle again (well OK, slight exaggeration here), nimble, fluent and fast(ish). By February it was looking like I'd be on for a good time and dreaming about how I'd spend all my prize money (I said dreaming).

But, oh no. Who was I kidding? How cruel this running game is. One minute you're fit and fast, the next kerplunked. If there's a running God up there looking down at all us mortals trying our best to get to the top of the ladder (fitness/speed-wise) then he must be a horrible God, obviously bitter that we are down here running and he can't, so he just throws another injury at us, when we're least expecting it as well!!

Snake Lane 10. Cruising along, feeling smooth, flowing, you know that feeling when you're running quickly and it feels soooo good. Well until 8¹/₂ miles. Then agony. Hamstring? Not sure, but I know it's bad.

So now it's, "don't worry there's still time to recover". Plenty of stretching, visits to Physios, watching what I eat (so's not to put too much weight back on), power walking, fartlek walking. Looking like a woman possessed walking round Horsforth and Rodley. Cold winter days and I was that hot from my power walking the layers of clothing were soon coming off. I was the only person walking round with a T shirt on when it was snowing.

Determination, frustration. Race day getting closer, still on the see-saw of optimism and pessimism. Then the see-saw stops and realism hit home. The week before. Trying a run and knowing "No, it's not going to happen".



Steve Large - who got it right - crosses the Vltava on his way to the finish of the Prague Half Marathon.

Well now I can just go and enjoy myself and watch all the others competing.

And I have to say I did enjoy it. It was great cheering everyone on, seeing their efforts and hearing their stories afterwards, over plenty of drinking of course. Well done to you all. Wish I could have enjoyed /suffered/finished with you all. Maybe next year or somewhere else. Will have to wait and see what Tina has up her sleeve.

I can say, I had a brilliant time in Prague. It is a beautiful city and Tina was right it was cheap. Wine a bit like vinegar - but after a few glasses!! - does it matter? Baileys, beer and food all flowing freely, unlike me, but by this time I didn't care. Great company. The hotel was excellent, couldn't do better, and would go again. Thanks Tina for all your effort in sorting it all out.

And now it's back to the drawing board. Spring in the air but not in my step. Hippo time again. But that's running for you. All I can say is it's great to be back at the club and running/rumbling with my group again.

Marie

Ed's note: Marie wasn't the only one who went to watch. At least four of us didn't start, while a couple ran through injuries/lack of training - but it was a great trip. Where to next Tina? Might even make the start line!



Celebrating in Prague - well, it's one of the great cities of the world, so why not! And the food and drink is cheap! Thanks to Steve Large for the photo.

Coniston 14 photo round up

No actual written piece about the happenings at this years Coniston 14, but for some reason a huge number of photographs.

Thanks to (in no particular order) Chris Burgess, Vicky Ward, Terry Dawson, and Tabby Tyler.

For the stories behind each photo, but you'll need to speak to the people in them for the full s.p. - I just print 'em!

Results/times etc., in the Race Results section at the back as ever.



Race Results - a Fat Bloke writes

On a similar theme to last issue's race results, for those of you holding your breath still waiting for Bev Chaplin's Abbey Dash time (although it was on the web version of the newsletter) it was 44:53. Likewise, anybody fretting about how many runners we had in the Spen 20 can also relax - we didn't have any, a wise decision if the reports of the appalling conditions it was run in (and I don't mean just around Spen) are any indication. Finally apologies to Vicky Ward who I managed to turn into Wood last time. I have told her I would like to blame Gordon's handwriting, but unfortunately have to take full credit for this Freudian gaff.

And so to another error strewn round up of who ran what where, starting with Isobel Brogden's 44:47 at the South Leeds Stadium 5 miles.

A series of clashing half marathons saw Steve Wood, 1:29:56, and Justin Balfour, 1:44:38 in Wilmslow, while Ed King was running 1:28:45 at the Liverpool Half.



More pics from Coniston (thanks to Chris Burgess). Top: Andy Dobson. Bottom: Dave Parker looking reasonably pleased with life...

Graham Dawson completed the Doncaster Half Marathon in 2:30:29.

Other Harriers had bigger fish to fry and were headed for, in the main, the Ashby 20 where our lads took the 3rd team prize as Mark Bendall ran a PB of 1:59:02 to place 4th overall, while a mere three places behind, Tony Hazell also posted a new PB time of 2:00:55. Marc Springer 2:18:23, Steve Large 2:20:02 and John Pickering 2:35:52 were the the other Horsforth men while Karen Brown 3:16:12 was our lone lady runner in the race.

Julia Day, over at the East Hull 20 found herself the only Horsforth representative of any description where she ran 2:49:01.

All Fools Day - April 1st - and a sizeable Horsforth contingent made its way to the Lakes to run in the hugely popular - and sold out - Coniston 14. Once again the boys secured the third team prize, and the team was the first four in the following: Ken Frost 1:31:37, Angus Teanby 1:34:43, Alek Karagic 1:34:44, Paul Wright 1:35:44, Denise Dean 1:43:28, Andy Dobson 1:52:53, Bev Chaplin 1:55:26, Marianne Rix 1:55:55, Dave Parker 2:00:15, Vicky Ward 2:07:33, Tabby Tyler 2:15:20, Terry Dawson 2:15:26, and Steve Blades 2:20:01 (you'll have to ask Steve what he is doing with Tabby's hand bag in the photo spread - I couldn't possibly say!).

On the same day, the April Fool's Day joke was well and truly on the small bunch of Harriers who had entered, and travelled to, the Prague Half Marathon, only to find themselves compelled to spectate through injury. Those who made the trip and overcame the temptations of cheap beer (and a variety of injuries and pre race injury scares) to actually run the race were: Steve Large 1:22:35 and 3rd M40 by the website, Julie Wadesmith 1:40 approx?, Louise Rosindale 1:45-ish (and back running after almost 18 months sidelined with injury) Mike Mooney 1:55:18, Tina Dickinson 1:55:59, Karen Large 1:56:57 and Steve Parsons 1:57:17.

Sarah Fotherby completed the Baildon Boundary Way in 1:51:12, with Mike Pounder 1:52:47, Damian Holt 1:54:22, and Serena Blackburn 1:58:35 also in attendance.

Hilary Wharam, 2:14:53 and Graham Dawson, 2:21:24 were in Ackworth to contest the Half Marathon which featured the Yorkshire Championships.

The Valley Striders-hosted Meanwood Valley Trail saw Graham Hopkinson, 58:22, leading the off road charge, with Damian Holt 59:42, Serena Blackburn 61:14 and Theresa Duckett 64:41 also running.

Alan Squire's blistering 35:55 for at the Wakefield 10K saw him claim the 3rd M40 spot at this fast and fiercely contested race, while further down the field Carol Ramsden, 57:33, pipped Philip, 58:07, to maintain her 100% record over him (as he ruefully told me!).

Julia Day was happy to get round the Paris Marathon in 3:53:32, although that was a little slower than the target time she set herself. She now plans absolutely no more marathons. We'll see....

Serena Blackburn, Tina Dickinson, Hilary Wharam, Peter May, Mike Mooney and Paul Hustwit all went to Meltham to hold the club's end up in Race three in the Yorkshire Vets Grand Prix series. The ladies after this race were still on top of both league tables, with the guys in their almost traditional seventh place, again in both leagues.

The Guiseley Gallop completed the three race Airedale Triple Challenge, as did Serena Blackburn, 52:47, which saw her crowned F40 champion for the series. Also at the Gallop were Peter May 43:52, Janet

Parkinson (back again!) 52:47, and Matthew Johnston (new!) 53:33. Tim Midgely was 5th overall at this race in 36:43.

And so to the London Marathon. First home for the club was Tony Hazell in 2:48:30, followed by the remarkably even paced

1:07:29) and the following day at the St. George's Day 10K in Langdale in the Lakes (Pat 57:28, Graham 67:25).

The Rothwell 10K featured the Yorkshire Veterans 10K Championships and was sold out well before race day. We had a big turn out as follows: Mark Bendall 33:55, Sid Senior 36:38, Ken Frost 37:21, Jonathan Ervine 38:29 PB, Helen Barber 38:48, 2nd YVF35, Alek Karagic 39:34, Peter May 40:58, Denise Dean 41:14, 3rd YVF45, Andy Dobson 44:47 PB, Andy Ashby 45:57, Bev Chaplin 46:37 and Karen Large 49:50.

The London Marathon only served as a warm up run for Marc Springer who, a week later, took on the (big) challenge of the Three Peaks Race, finishing in 5 hours, 12 minutes.

The lighter evenings signal the start of midweek racing with, first up, the three race John Carr 5K series at Esholt. Turning out in Race No. 1, which doubled as the Yorkshire Veterans 5K Championships, were Mark Bendall 16:29, Steve Large 17:27, Alek Karagic 19:02, Peter May 19:20, Sarah Fotherby 19:22, Helen Barber 19:24, Phil Cunliffe 21:34, Matthew Johnston 21:37, Damian Holt 21:41, Karen Large 24:25 and Vicky Ward 25:26.

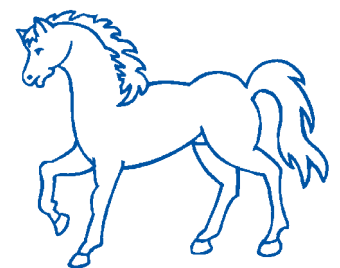
Apologies if you have been omitted or mistimed or misrepresented in any way here. Let me know and we can fix it in the next issue!



Julia Day, with the Arc de Triomphe suitably in the background, shows off her medal from the Paris Marathon.

Steve Large, 2:59:10, Marc Springer 3:12:30, Ed King 3:13:39, Lisa Arundale 3:27:03, Mike Pounder 3:33:11, John Pickering 3:38:00, Karen Brown 4:47:43 and Lucy Crowther 4:51:24.

There were, of course, other races the same weekend as the London Marathon and Graham Dawson and Pat Walker managed to fit in two of them! First, at the Wray Scarecrow 10K (Pat 57:59 1st F50!, Graham



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