

May 09

HORSFORTH HARRIERS NEWS

From plane to podium.. sort of..

Earlier this year, club captain Marc Springer was struggling for form, beset by injuries and illness. Fortunately, Marc has since returned to his best and is running as quickly as ever.

But, come the week of the Leeds Half Marathon, Marc's luck took another downturn and he had to fly out to Sydney, Australia to attend a funeral due to a family bereavement.

Having left Leeds for Sydney on the Tuesday, a few days later Marc flew home arriving back in Leeds on the Saturday night. Lesser mortals might have balked at getting up early the following morning to run in the Leeds Half, but Marc not only did so, but flew round the course in 1:21:43, finishing as 1st M50 in the process.

This is a remarkable result given the size of the field and the general level of ability required to finish top of any category. (Denise Frost, a former winner of the Leeds full Marathon, almost made it a double as she finished second F50 in 1:38:33). But to do it within hours of stepping off a plane from Australia is extraordinary!



Marc pictured at one of the PECO Cross Country fixtures at Golden Acre Park earlier this year. Thanks to Jenny and Alistair Davy for the photo.

Steve Large, rattling off half marathons for fun (he completed three in May and is attempting to run at least one every month through 2009) led the way home in 1:19:31 to finish 27th overall and was followed by a huge Harrier turnout - 34 in all, I counted - containing PB's galore - full details, as ever, in the Race Results round up at the rear of this newsletter.

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.**

Hils writes:

Welcome to all the new runners, hardly a week goes by without a new face. I am so pleased that you all enjoy running with the Harriers and are keen to join the club.

Several “newbies” are enjoying the Park Runs in Hyde Park Leeds and I notice that their times are improving. Training with a group is good for helping you to improve and racing



Hils relaxes on the way home after a busy day at Ripon Races! Photo from Marc Springer - I'd watch your back if I were you Marc!

make you sharp so well done to you all. As ever, you are all welcome to socialise in the clubhouse after the Tuesday run, if that is hard for you, please take note of the club Social Events organised by Bev Chaplin, those who enjoyed a trip to Ripon Races had a great day although possibly a little poorer afterwards?! (*Thanks to the missus, I was out in front! Ed.*)

On Tuesday 23rd June, 7.30 pm, I will be running from the cricket club off King Lane, Alwoodley in the Vets Grand Prix Race. I would like all of you who are over 35 to race for the Harriers and the young ones to run as “guests” as there will be few - if any - running from our clubhouse.

It's always a friendly event with food afterwards. If you intend to race please make sure you have a club vest, I have them on sale in the clubhouse on Tuesdays, or you can e-mail me at: johnandhil@talktalk.net or telephone on **0113 250 5673.**

Hils

Tina writes:

Hello everyone, and thanks for all your good luck wishes with the co-captaincy.

A short piece this month to introduce myself, though I'm sure there can't be many of you that have escaped my requests recently either for marshalling or running - so I think most of you know me.

I have played hockey for over 35 years prior to taking up running and I have been running for around six years now. That means I'm a novice in the running game and still learning. I'll be listening to any advice that is offered and passing on what I think works.

I'm looking forward to racing, enjoying



A windswept Tina competing in the West Yorkshire Cross Country Leagues earlier this year. Picture from Marc Springer again.

success and sharing everyone's achievements with them. I know it's some time away but I am taking names for teams for the Leeds Country Way on September 6th, 2009. Please let me know if you are interested and finally Good Luck to all our runners in the Bradford Millennium Way in a few weeks time!

Tina

Nothing from Marc this month - probably the jet lag has finally caught up with him - but hopefully he'll be back next month with plenty to say.

AND she runs fast too...

Sophie Hawkswell - Cath Gray's daughter - who ran for us with such distinction in the cross county fixtures this year has another string to her bow. Sophie - that's PC Hawkswell to you, sonny - is also a member of Thai boxing club Golden Team, who are based in Hunslet.

As a result, Sophie also happens to be the English Thai Boxing Champion in the Bantamweight division.

But more than that, in March Sophie represented GB in the Thai Boxing World Championships held in Thailand, where she won the silver medal, again in the Bantamweight category.

As she said herself in an interview with the YEP, "It turns out out I can punch and kick people quite well!"



Yorkshire Veterans News

The next Vets Grand Prix Race is Sunday, May 31st at Walton, Wakefield. Everyone over 35 welcomed!! (Under 35's are welcome to run as guests but don't score points).

For those that haven't done this course it is one of the nicest, in my opinion - it's short for a start, around five miles. Through woods and trails and a section along an old canal, mainly flat with only one incline if I remember correctly.

Directions are at the clubhouse or you can get them on www.yvaa.org. If anyone wants any further information or requires a lift please let me know. We are leading the majority of all the various categories so it would be good to



Mike Mooney pictured at the last Yorkshire Vets race at Meltham, courtesy of Flaming Photography

have another great turn out and maintain, if not better, our positions.

Please add the dates for the next two races to your diaries: Wednesday June 10th at Pudsey and Tuesday June 23rd at Meanwood, a club night so please try and make this one. (*Race entry on the night, £3.00, but if you are going to run and have not run a previous event this year, speed things up by pre-registering at www.yvaa.org. Ed.*)

Tina

A big A.B.C. 'Thank you'...

...to everyone who turned out at our own Apperley Bridge Canter to help out on the night and make it another huge success. The weather relented for the evening of the race (again!) which was another all-but sell out. This year's Canter was won by Leeds City AC's Josh Whitehead in 35:06, with second claim Harrier Tim Midgely in runner up position. Karen Pickles, of Pudsey Pacers, retained the title she won last year in 39:18.

If you marshalled or helped and have not yet claimed your blue ceramic mug memento, there are some at the club for collection, but be quick as they are sure to be in demand!

One month off - for good behaviour! - and then we start all over again for the Horsforth 10K which will this year be held on 27th September.

That hectic Social diary...

Before we go any further I'd just like to say a big thanks to Bev for organising a highly enjoyable (and in my case, profitable) day out at Ripon Races. So what has Bev got lined up for us next?

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. Please let Bev know if you are coming so we can literally cater accordingly.

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 (if they are quick!). Once again, names to Bev if you are planning to stay on for eats after the run.

APRIL 2009 ■ HEARING TIMES

SPORT 15



Serena Blackburn receives her award as Disabled Sportswoman of the Year at a dinner in Leeds last month (Photo: Courtesy of FDSO)

Deaf grandma wins disabled sports title

By Hearing Times Sports Reporter

A DEAF mother of three and grandmother of two has won the award for Sportswoman of the Year at the Federation of Disability Sports Organisations (FDSO) Annual Awards Dinner.

Serena Blackburn, from Horsforth, Leeds, won the award for Sportswoman of the Year at the Federation of Disability Sports Organisations (FDSO) Annual Awards Dinner 2009, sponsored by nPower and held at Elland

Road in Leeds on Friday 20 March.

Serena, who is member of Horsforth Harriers Running Club, attended the First Deaf World Athletics Championships, held in Turkey in 2008. She came third and received bronze medal

for Great Britain Deaf UK Athletics squad in the ladies' marathon.

Serena, a deaf runner, embarked on her journey to Turkey sponsored by Leeds Society for Deaf and Blind People to represent Great Britain.

Held in Izmir last year in August, the first Deaf World Athletics Championships saw 32 countries and 318 athletics compete in a range of categories including the marathon, which was held in some of the most trying conditions.

With many competitors not even reaching the finishing line due to exhaustion, Serena managed to power through and achieves a remarkable third place behind her Mexican and Russian competitors, finishing in a time of 3hrs 33m 38s.

Serena's bronze medal guaranteed her a place at the 2009 Deaflympics Games in Taipei, China, which is widely considered to be the pinnacle of a deaf athlete's sporting career.

Being a dedicated member of Horsforth Harriers Running Club, Serena is no stranger to competing internationally and even won a bronze medal in 2006 as part of the ladies team in the European Cross Country Championships held in Portugal.

Seán Curran, deaf sport development officer with FDSO, said, "I am very pleased and proud to see a deaf person like Serena Blackburn receiving her Sportswoman of the Year award from FDSO with her dedication, particularly within the Deaf UK Athletics team and Horsforth Harriers Running Club. I would like to wish her success in competing for a medal for Great Britain at the Deaflympics in Taipei this year."

Email your sports stories to editorial@hearingtimes.co.uk or visit www.hearingtimes.co.uk

Serena in the news.... I bet she's thrilled they mentioned she's a grandma! If you would like to help raise funds towards Serena representing GB in the Deaflympics see Serena or Marc.

Race Results

- a Fat Bloke writes

“Who knows where the time goes?” So sung Sandy Denny and blimey, was she ever right! Almost two months gone by and I was determined to keep these reports monthly! So... buckle up, hold tight and off we go, stopping off first at Hyde Park and the weekly 5K parkrun on 4th April, where Steve O'Hara 26:48, Caroline Faithwaite 30:46 and Kat Munn 33:15 all completed.

The next day Tony Walker was in Rotterdam competing in the famously flat and fast Rotterdam Marathon where he finished in 3:27:22 and Ian Robertshaw was likewise the sole Horsforth representative in the Hornsea One Third Marathon finishing in 1:04:10.

One week later and back to the parkrun, Steve O'Hara was back, 25:53 as was Kat Munn 32:23, and this time the trio was completed by Paul McDonnell 32:27.

Easter Sunday, the date for the Guiseley Gallop, and a sunny day in contrast to the previous year's snow. Steve Large 40:06 led the way followed by Marc Springer 41:15, 2nd M50, Kevin Watson 44:13, 2nd M60, Phil McGeever 44:26, Sarah O'Sullivan 49:34, Steve Wood 49:50, Angie Pattinson 52:18, Tom Large 55:37, Karen Large 57:18 and Hilary Wharam 1:09:12, 1st F65.

Midweek and Marc Springer found himself the only Horsforth Harrier at the second Bunny Run (which didn't bode well for the closing race which is a relay), but nonetheless finished in 18:16.

Back to Hyde Park and a bumper Horsforth turn out in the 18th April parkrun. Lee Greenhalgh 18:25, Garth De Roux 19:57, Becky Hill 21:05 (PB?), Tina Dickinson 26:40, Julia Day 26:41, Karen Allan 29:01, Caroline Faithwaite 31:10 Katt Munn 32:24 and Paul McDonnell 32:25 all ran.

In the Lake District the St. George's Day 10K in Great Langdale has grown to such a size that is now held in two 'halves' one on the Saturday and one on the Sunday. Carol Ramsden 49:28, 1st F50 and Phil Ramsden 1:06:55 squeezed into the Saturday race while Kevin Watson 39:58, 1st M60, was in action on the Sunday. Vicky Ward was also in the Lake District where she ran the challenging Hawkshead Trail race, part of which follows the infamous and practically vertical 'coffin route' in 1:49:15. Steve and Karen Large were in Redcar to run the half marathon, Steve completing in a rapid 1:18:43 while Karen finished in 1:54:36. Hilary Wharam had gone north of the border to run in the Kinross 10K where she was delighted to receive a

revised time from the organisers of 60:02.

Marc Springer once again competed in the Bunny Run number three in a metronomic 18:16. Once again he was on his own...

Back in Hyde Park, Becky Hill was back to run 21:18, joined by Cath Gray who set a new 5K PB of 26:15, and Caroline Faithwaite 31:01, Steve Wood on the other hand took to the hills, to be precise the Three Peaks Of Yorkshire fell race over 25 rough miles, finishing in 5:24:27.

The big events of the weekend were the Sheffield Half Marathon and the extravaganza that is the London Marathon. Sheffield results first: Richard Sunley 1:21:18, Alan Squire 1:21:53, Marc Springer 1:25:40, Kevin Watson 1:27:30 and first M60, Phil McGeever 1:34:50, a new PB lopping an enormous seven minutes off his previous best, Angus Teanby 1:30:56, Peter May 1:35:27, Kris Howes 1:38:21, Sarah Woodeson 1:51:11 Theresa Downes 1:52:16, Lindsey Clegg 2:00:07, Paul McDonnell 2:09:27 and Kat Munn 2:30:14.

In London an almost equally large turnout pounded the streets with Mark Bendall leading the way in (a PB time?) of 2:33:53 followed by a mainly female group fronted by Angie Pattinson 3:41:50, Julia Day 3:46:39, Angela Andrews 3:47:31, Rachael Howard 3:57:16, Kate Wilson 3:57:45, Malcolm Johnson (comprising the other 50% of the club's male representation) 3:59:39, Emma Spanswick 5:14:04 and, in what she says will be her final marathon appearance, Hilary Wharam 5:29:40.

Penistone Country Park midweek and the Bunny Run four, Marc, by now thinking about changing his deoderant, takes it easy with a sluggish 18:23!

However Marc apparently found some company at the following Saturday's parkrun where he recorded a 29:31 finish. Also appearing were Serena Blackburn 21:43, Tina Dickinson 25:06, - and here come the PB's! - Cath Gray 26:03 PB, Karen Allan 28:11 PB, and not to be outdone, Caroline Faithwaite 30:33 PB.

Marc was presumably keeping his powder dry for the following day's Rothwell 10K which attracted the biggest turn out of Harriers over the weekend. Steve Large once again was leading Horsforth Harrier in 35:06, with support from Alan Squire 35:31, Marc Springer 36:24, Kevin Watson 38:57 and another 1st M60 prize, Alek Karagic 39:06, Garth De Roux 39:42, Phil McGeever 40:12, Peter May 40:55, Serena Blackburn 42:57, Simon Rudsdale 43:25, Becky Hill 43:30, Sarah O'Sullivan 43:38, Mike Mooney 46:01, Antony Easton 46:42, Carol Ramsden 47:58, Andrew Dobson 48:52, Karen Large 50:28, Peter Samways 50:45 and Michael Anderson 1:02:41.



Rachael Howard, looking as fresh as a daisy at the end of the London Marathon... Rachael raised over £7000 for her chosen charity COCO....

The Rothwell being held on a Bank Holiday Monday gave Peter May 1:23:48 and Tony Easton 1:41:10 the opportunity to run the day before at the ten mile off road Bluebell Trail with it's infamous 'watersplash' finish, and they had company there in the form of Paul McDonnell 1:54:37, and Kat Munn 2:20:02.

The Bunny Runs concluded with the relay race. Marc, on his way to Australia, wasn't there but the Horsforth flag - and a very damp flag it would have been by all accounts - was kept flying by the 'Horsforth Slow Hares' trio of Richard Sunley, Serena Blackburn and Barry Ellis who finished in 18th position.

More 5K madness, but no! - not at Hyde Park! It was the first in the 3 race series of the John Carr Challenge, the first incorporating the Yorkshire Vets 5k Championship. Running for us there were: Ken Frost 18:28, Kevin Watson 19:38, Phil McGeever 19:47, Peter May 19:57, Simon Rudsdale 20:41, Serena Blackburn 21:25, Denise Frost 21:40, Justin Balfour 22:10, Vicky Ward 23:54, Joanne Agar 24:57, Michael Anderson 28:32 and Hilary Wharam 30:04.

On to the big event of the following weekend... the parkrun! Martin Coates 20:41, Angie Pattinson 24:18 and Caroline Faithwaite getting the hang of this PB

thing, 30:00 PB. Your correspondent failed to complete this race, dropping out at 3K with a sprained fetlock, which is what comes of running like a carthorse!

No, the big event was really the Leeds Half Marathon, as popular as ever it would seem in spite of the Council's cack-handed attempt to kill it off last year. Massive Harrier turnout as follows (deep breath): Steve Large 1:19:31, Marc Springer 1:21:43, 1st M50, Kenneth Frost 1:23:50, Tony Walker 1:26:47, Alek Karagic 1:28:10, Phil McGeever 1:30:58, Garth De Roux 1:32:58, Kris Howes 1:34:22, Graham Hopkinson 1:35:18, Steve Wood 1:37:36, Denise Frost 1:38:33 2nd F50, Serena Blackburn 1:38:36, Justin Balfour 1:41:56, Daniella Wilson 1:45:14, Tony Easton 1:45:22, Bob Foulkes 1:45:54, Ian Robertshaw 1:48:23; Andrew Charles 1:48:29; Janette Freeman 1:49:23, Sarah Woodeson 1:47:14, Karen Large 1:53:34, Carole Ramsden 1:50:39, Lindsey Clegg 1:56:10, Jill Hobson 1:54:51, Matthew Wainwright 1:59:49, Cath Gray 1:59:58 PB (I know there are others but this one I am certain of!), Jennette White 1:58:30, Joanne Smith 2:04:55, Ian Taylor 2:03:40, Angela and Malcolm Johnson 2:03:47 and 2:03:48, Paul McDonnell 2:07:14, Fiona Meth 2:15:29, Angela Pattinson (in coaching role) 2:17:11, and Kat Munn 2:28:20. Phew!

Alan Squire was going one better at the Halstead & Essex full Marathon finishing in 3:22:35.

Back to Esholt midweek for John Carr 5K No.2 with most of the following trying to improve on the previous



...while Julia Day, seen here holding onto her finishers medal for dear life, also raised over £2000 for the Rossendale Trust...

weeks time: Marc Springer 18:03, Phil McGeever 19:29 PB, Simon Rudsdale 20:08, Serena Blackburn 20:55, Justin Balfour 21:41, Joanne Agar 24:23, Michael Anderson 28:59 and Hilary Wharam 29:43

Saturday morning and where would you expect to be? Right, at Valley Striders for the Meanwood Valley Trail race! Marc Springer led the way, 49:31 and 2nd M50, Phil McGeever 54:48, Martin Coates 56:38, Gillian Gaskin 60:04, Sarah O'Sullivan 60:12, Theresa Duckett 60:58, Serena Blackburn 61:22, Angela Pattinson 64:19, Catherine Gray 73:11 and Hilary Wharam 86:03, For Phil and Hilary it was the conclusion of the Airedale Triple Challenge which is completion of all three races - Baildon Boundary Way, Guiseley Gallop, and the Meanwood Trail. Hilary was presumably delighted to finish 1st F45 in the Challenge.

But back down in Hyde Park, another Saturday, another parkrun. Julia Day 23:11, Tina Dickinson 25:07, Caroline Faithwaite 30:11, Kat Munn 32:23 were the ones early out of bed on Saturday morning.

Sunday in the Lake District and we have runners in the Brathay Windermere Marathon. Tony Walker is out in front setting a new PB, despite the tough undulating course, of 3:19:17, Following in Tony's wake were Garth De Roux 3:34:02, Helen Coutie 3:54:13, Vicky Ward 4:26:41 and in his 120th marathon, the indefatigable Graham Dawson, 6:26:31.

Elsewhere, Steve Large was adding to his marathon

collection at the Shell Chester Half marathon in 1:19:37, while Nicola Wilde and Theresa Downes 50:33 and 51:19, were having a run in the grounds of Newby Hall at the Yorkshire 10K.

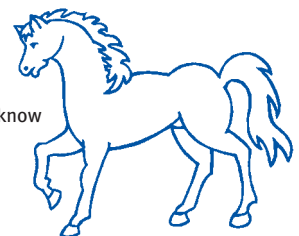
Race No.3 at Esholt saw the conclusion of the John Carr Series. Who managed to speed up week by week? Times as follows: Marc Springer 17:41, Ken Frost 18:25, Phil McGeever 19:12, Simon Rudsdale 20:45, Justin Balfour 21:14, Joanne Agar 24:25, Tina Dickinson 25:04, Michael Anderson 29:04, Hilary Wharam 29:40. Hilary was crowned F65 Champion of the series.

Carole Ramsden was off the same evening to lovely Askern to run the 10K there - a course that seems designed to produce speedy results. Carole scorched round in 48:50, but not faster than her earlier Rothwell run.

And so to Apperley Bridge to our very own ABC and in our very own race were our very own runners - Theresa Duckett 49:03, Lindsey

Noakes 51:18, Christine Esbensen 52:32 and Joanne Agar 56:06.

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

See our website at: www.horsforthharriers.co.uk



Steve Wood, the sole Horsforth Harrier to compete in, and indeed complete, this year's Three Peaks fell race.