

Holmfirth Harriers Athletics Club



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Holmfirth Made History

Last month the Senior Track & Field Team qualified for promotion to the Northern Division 1 for the first time in the Club's 103 years. Many congratulations to the athletes, club officials and helpers who have made this year such a huge success. That goes for the Juniors T&F Team too who have also secured promotion to the first division.

Debs

Stars of the Month

“George has been attending open meetings and has set new PB's. He has won medals in a range of events including Long Jump and Hurdles. He is pulling together his training and it is showing in his improved performances.”

John

George Orton



ROAD NEWS

July 7th -Helen Windsor Memorial 10k Road Race

Matthew Pierson	1st Place	33.55
Jeff Pierson	3rd M60	44.50

Sunday July 11th - Pennine Lancashire 5k Road Race

Mark Buckingham	6th Place	14.21	NOEAA Individual	Bronze Medallist
Matthew Pierson	21st Place	14.42		
David Turnbull	34th Place	15.21		

Male team took NOEAA Bronze Medal and England Athletics Bronze Medal

**** MESSAGE ****

**1st & 3rd Tuesday
Every Month
£5/quarter hour
£10/half hour
or £20/hour**

**Phone Steve Moslin
to book your session
07980 801813**

NEWS

Yorkshire Fell Championships



THE 2010 YORKSHIRE CHAMPIONSHIPS, sponsored by Burton Safes Ltd was held on Saturday 7th August at Hellifield, Skipton. Holmfirth's juniors put in great performances over the age groups coming away with medals and titles. The medals awarded by Hilary and Norman Berry from Burton Safe Ltd who have supported the event for a long number of years were thrilled by the performances on the day.

In the U12's, to add to his collection of titles this year, Seth Waterman claimed the title of Yorkshire Fell Champion, also reducing the course record by 11 seconds finishing in 8:04sec. In the U12's girls race twins Erica and Lucy Byram closing quickly on the winner finished second 9:23 and third 9:45 respectively, coming away with silver and bronze county medals. Also in the U12's was Daisy Hinchliffe who finished 5th girl in 11:22. In the U14's Harmonie Waterman had an excellent race and finished in this strong field a fantastic 3rd in a time of 11:35.



Others Harriers to run on the day over this tough course; in the U10s were siblings Tiras 8th boy in 5:11, Sunnivah 3rd girl in 5:29 and Elphina Waterman 6:17. In the U14's Lewis Byram finished 6th overall in 10:33, Eddie Hinchliffe 10th boy in 12:35 and fellow Harrier Ruby Sykes finished 7th girl in 13:04.

In the older age group U16's was Robert Hinchliffe who also performed well despite the rain finished 5th in 21:02.

Also putting in a superb performance was Jonathan Sykes in the senior race who finished 9th overall in 28:17 and 3rd V40 (pictured before and after in the rain!).



Holmfirth Harriers with Hilary and Norman Berry





VETS

YVAA Grand Prix

A small number of Holmfirth Vets continue to take part in the YVAA Grand Prix series and continue to pick up prizes on a regular basis. This month has seen two races first at Knavesmire, York and then at West Vale, Elland.

Nine runners made it to Knavesmire and as usual the small group of ladies all did well in the prize giving. Maggie Sykes was 4th and 2nd F40, Lesley Ewart 6th and 1st F55 and Rosemary Baker 18th and 3rd F50.

In the men's race Simon Rawnsley was 4th and 1st M40, Jonathon Sykes M45 17th, Rob Kersey M55 35th, Maz Khoueiry M35 56th, Bill Wade M65 97th and Tim Cock M65 122nd.

The race at West Vale hosted by Stainland clashed with Meltham's Cinnamon Lodge Trail Race and was the day before our own Denis Stitt FR so numbers were down a bit on the normal turnout. However we won both the men's and women's race with Dave Watson and Maggie Sykes respectively and also had Jonathon Sykes in 8th 3rd M45, Bill Wade 73rd and Tim Cock 82nd.

YVAA / Northern Cross Country Relays

The above relays take place on Saturday 9th October for all age groups from juniors to Vets and we can enter as many teams as we get runners to make up the numbers. Adult teams are made up of 3 runners for all women's teams and male vets but 4 per team for senior men.

Each leg is only 2 miles and the course at Graves Park, Sheffield has only gentle inclines and is usually fairly good underfoot, so just about any member would be capable of running a leg.

Vets Teams

We will try to get at least one team out in all the vet age groups for both men and women so if any member that would like to / be willing to run at this event please contact me either at the club, by phone 685789 or email at robkersey@toucansurf.com

Track & Field



Star Track 2010 Successful Again

Holmfirth Harriers promoted a total of four Aviva Star Track two day athletic events during the schools holidays and despite some monsoon weather they were again very well attended and the young athletes really enjoyed themselves.

The four events at Scissett, Salendine Nook, Netherhall and Honley were attended by over 230 children, with each taking part in a wide range of track and field events which were timed and measured so that each youngster could receive a certificate to see how far up the Aviva Track & Field ladder they had progressed. In addition all the children received an athletics goodie bag supplied by Aviva which contained sports kit.

The four events were organised by John McFadzean and he would like to thank the schools, and Neighbourhood Policing teams for their support. Plus a further 20 coaches and young athletes attached to the club who ensured that the athletes received quality qualified coaching and had a leader with each group to help organise them and get them to the next event on time. The weather in particular at Honley was dire and it is great credit to the coaches and helpers that more athletes turned up on the second day than the first and all had a great two days.

The photographs show some of the youngsters with Richard Szostak trying the hammer throw and a group photo at the end of the Scissett event which shows how much the young athletes had enjoyed themselves and wearing some of the kit they received in the goodie bags.

Age Group Confusion!?!

Track & Field Age Groups
For competition year ending 30 Sept 2010

Senior Men & Women born 31.12.90 or earlier

Junior Men & Women born 1.1.91 to 31.8.93

U17 Men & Women born 1.9.93 to 31.8.95

U15 Boys & Girls born 1.9.95 to 31.8.97

U13 Boys & Girls born 1.9.97 to 31.8.99



JUNIOR NEWS



Well done to all our juniors who have competed for the club over what has seemed an extremely busy summer season. We have seen some fantastic performances on the track, on the fells and in triathlons and we are all extremely proud of all the athletes who represent the club in every discipline so give yourselves a massive pat on the back.

Cross Country Season

With the nights already drawing in it is time to think about the cross country and road racing season which is fast approaching. Not everyone's a mud lark but cross country does offer really good opportunities for all our junior athletes to get racing even the very youngest.

Summer Cross Country Race Sunday 12th September 2pm

The very first cross country race of the season is our very own club Summer Cross Country Race. This is followed by a **BBQ** for all junior athletes and their families organised by our triathlon committee. Please support both events if you can. There are lists up on the Junior Notice board in the club house please sign up to say you are racing and also put down how many will be coming along to the BBQ so we can plan how many sausages to buy.



Sign up for Relays & West Yorkshire Cross Country League

Also on the notice board you will find a letter for regarding entries for all the road races and relays coming up and also for the West Yorkshire Cross Country League. The League is the real focus for the junior section for the first part of the cross country season. Last year we had a fantastic turn out of junior athletes and won team gold medals in 3 of the age groups. This year we want to do even better but we need as many runners as possible from the club to take part and have a go. The league accepts runners from the age of 9 upwards, you need to be 9 therefore by October 10th to take part and costs £4 for junior athletes to enter. Please return this letter as soon as possible. If you are unable to make it down to the club house the "Junior Entries" letter will also be available via the website.

Fell

The English Schools Fell Championship takes place on 26th September if you are year 7 or above you can enter go to www.esfrc.org. You have to enter as an individual not via the club.

JOG

In order to help us make our junior section even more effective and successful we have decided to put together a group to help us get organised. This group, aka "Junior Organising Group" or JOG for short, met for the first time on August 26th. We welcome anyone, junior or senior, who has an interest in getting involved to come along to our next meeting which will be after training (about 8.15) on Thursday 23rd September. If you would like to know what we discussed at our last meeting then please look on the Junior Notice board where you will find brief minutes. All our meetings are extremely informal. WE ARE NOT A COMMITTEE just a group of people who want to make our club even better so please get involved.

FELL

**2010 Fell Championship**

More details will be added to this list when the FRA calendar comes out in early January.

Same format and scoring system as in recent years – best 6 races to count which must include one of each length. As last year there will also be separate “All-to-Count” & “Local” champs. The “Local” races (for “Local” people?) are Ian Roberts, Holme Moss and Dennis Stitt.

March 14 – Ian Roberts BS

April – Herod Farm AS

April 24 - Three Peaks AL

May - Buttermere-Sailbeck AM (north-west Lake District)

June - Buckden Pike AS (upper Wharfedale)

July 18 - Holme Moss AL (Holme Valley, N.B. English Championship race so there may be pre-entry requirements)

August – 4th Cracken Edge BM (Hayfield)

August - 19th Dennis Stitt AS (Holme Valley)

September - Good Shepherd BL (Mytholmroyd, Calderdale)

October – Langdale AL (Lake District)

December - Cardington Cracker AM (Shropshire)

Summer wine...

We have hosted 2 events during the period – firstly the Holme Moss race on 18th July, which this year was chosen as an English (& Yorkshire) Championship race and consequently attracted a record field of 310 runners. Not surprisingly, the winning time by Karl Gray of Calder Valley was a new record of 2.24.18, as was the ladies time of 2.49.31 posted by Lauren Jeska of Todmorden Harriers. Notable performances from our own athletes included Julian Rank, who finished 29th overall, Helen Berry, who finished 87th overall & was 6th Lady and Barbara Hinchliffe, who was 2nd FV55. Overall, we had 13 finishers & the event was a great success for Russell Bangham & his fellow organisers, marshals, time-keepers etc etc.

On 19th August, Russell was back, organising the slightly lower-key Denis Stitt race, again from Cartworth Moor cricket club. There were 58 finishers & the new course now has a new record, with the race being won by Stuart Bond of Dark Peak in 27.55, which was over 2 minutes ahead of 2nd place. Katie Walshaw continued to show her good form & was 1st lady back (& 7th overall) in a new record time of 33.15. Other notable Holmfirth performances include Bill Stewart (4th), Julian Rank (6th) & Helen Berry (14th & 2nd Lady). Overall, Holmfirth had 19 finishers and collected 2nd place in the Men’s team (Bill, Julian & Steve Rimmer) & 1st place in the Ladies’ team (Katie, Helen & Barbara Hinchliffe).

Looking forward, there are still 3 races left in this year’s Fell Championship, so the title is still up for grabs, at least for the men, with current front-runners Bill Stewart & Tom Brunt needing to complete their quota for their points to count. On the ladies side, Helen Berry has pretty much wrapped it up, having taken maximum points from her 6 races to date. The remaining races are Good Shepherd on 11th September, Langdale on 9th October & Cardington Cracker on 5th December.

With John Ewart’s assistance, we have entered a team in the Ian Hodgson mountain relay (3rd October) and also the British Relays on 17th October in the Lomond Hills of Scotland. Also coming up is the Calderdale Way relay in December, where we will hoping for a repeat of last year’s excellent 3rd place finish.

Other results of in the last 2 months are as follows:

Hathersage Gala (5/7/10) – Alistair Rees, 9th overall & 1st V40; **Widdop** (14/7/10) – George Hobbs, 1st U8 Boy; **Gravy 6** (18/7/10) – David Shepherd, 21st overall & 1st V50; **Kentmere** (25/7/10) – Tom Brunt, 3rd overall; **Rydal Round** (28/7/10) – Tom Brunt, 5th overall; **Great West** (31/7/10) – Phil Hobbs, 21st overall & 1st V45; **Cracken Edge** (4/8/10) – Helen Berry, 46th overall & 1st Lady; **Hellifield Gala** (7/8/10) – Jonathan Sykes, 9th overall & 3rd V40; **Hellifield/Yorkshire Junior Champs** (7/8/10) – Seth Waterman U12 Champion & new record holder, Erica Byram U12 Girl Silver, Lucy Byram U12 Girl Bronze & Harmonie Waterman U14 Girl Bronze; **Bingley Show** (8/8/10) – Lucy Griffiths, 14th overall & 2nd Lady; **Darwen Gala** (21/8/10) – Jonathan Sykes, 20th overall & 3rd V40, George Hobbs 2nd U8 Boy, Elphina Waterman 2nd U8 Girl & Seth Waterman 2nd U12 Boy.

I’ve tried to review all the results of the races that have taken place, but if anyone knows of athletes who are competing in events, then let me know, as I’ll try to include as many as possible – spread the word!

Phil Hobbs

LADIES



On the Busses!

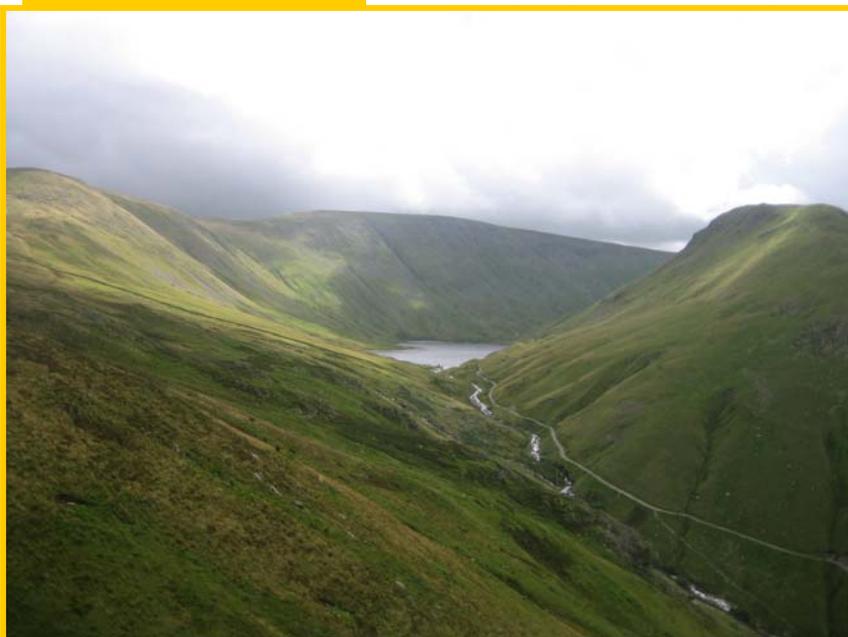
A few ladies enjoyed a day out in the Lake District in August running two legs of the Ian Hodgson Mountain Relay course, a race which will take place in early October. The weather was kind and visibility good. We ran from the Kirkstone Inn to Patterdale taking in High Street and The Knott before dropping down to Hartsop and back up another steep climb to a tarn and down to Patterdale.

Barbara let us into a secret at the end....a lovely little café in Patterdale which sold home-made cakes the size of the mountains we'd just run up! The tea and (sizeable) cake cost less than a 15 minute bus ride up the valley....you wouldn't get that at Starbucks, but then again the bus was expensive!



I'm happy to organise a similar day out again. If you're interested please let me know; helenberry@aol.com or 0115 845 8788. We were threatened that men might turn up in dresses and much to our disappointment they never showed.....maybe next time?!

Helen



Flashback to September 2003 Footnotes; Thanks to John Buckingham for the use of his copies of footnotes

SCORCHING HOT GOSSIP! One of the highlights of the 2003 track and field season was the mums' 60m dash. At great expense a star studded field had been assembled which included many of the top athletes of the Harriers. Leading contenders were Dawn Hartley using starting blocks for the first time, Lynda Pearson, the sprint queen of the tigers, treadmill metronome Andrea Higgins and Jackie France dropping down distance from the 400m. It was Lynda who claimed the gold medal from local musician Emily Druce with Dawn third. Jackie, modelling her new Oakley sunglasses, was disqualified on the new IAAF false start rule. Bringing up the rear was fashion icon Louise Mullinger, who ignored her coach's advice to wear her Nike day glow pink full lycra body suit, turning out instead in a rain suit top and carrying two water bottles to combat dehydrations.

5 Years Ago (well now 12!) On the 8th September 1998 the newly refurbished Neiley Pavilion was officially opened by Life Member Norman Haigh in the presence of the Mayor and Mayoress of Kirklees

EVENTS



Where To Find Events?

If you have not come across these web sites before, I am sure many of you have, they are great to find races all around the country.

If anyone has any more sites they find useful please let me know so I can pass on the information.

Thank you.

www.ukresults.net

full of race entry details and results

www.thepowerof10.info

UKA Track & Field results and event info

www.fellrunner.org.uk

Details of Fell events and results

www.completerunner-online.com

Follow link for details of West Yorkshire Cross Country League Details

www.yvaa.org

Yorkshire Veterans' Athletic Association

www.noaaa-athletics.org.uk

Northern Athletics

Club Race
 Cross Country
 Road
 Fell
 Track & Field

Date	Event	Venue	Age group	Other info
September				
5th	WYT&F Championships	Cleckheaton	U11s over	Pre Entry Only
11th	Yorkshire Road Relays	Leeds Carnegie	U13s and over	Sign up on board
12th	HH Summer XC	Neiley	U11s over	Sign up on board followed by family BBQ
19th	YVAA T&F	Spenborough	VETS	
26th	English Schools Fell Championships	Sedbergh School	School Year 7 and over	See www.esfrc.org for details
October				
2nd	Northern Road Relays	Wythenshawe Park, Manchester	U13 and over	Sign up on board asap
9th	Northern CC Relays and YVAA CC Relays	Graves Park, Sheffield	U13 and over	Sign up on board
10th	YVAA GP	Skipton		
10th	West Yorkshire Cross Country League Race 1	Nunroyd Park Guisley	U11 up (9yrs by 10th Oct 2010)	Sign up on board
17th	National young Athletes Road Relays Champs	Sutton Park, Birmingham	U13 and over	Sign up on board
18th	YVAA 1/2M Champs	Bridlington		
24th	Curly Wurly Rat Runs	Penistone Hill Country Park Haworth	6yr and over	Friendly lots of chocolate and prizes, have a go!
30th	WYCC Race 2	Fartown High School, Huddersfield	U11 up (9yrs by 10th Oct 2010)	Holmfirth Harriers Hosting, please support this event, help and run!
31st	Holmfirth 15 inc YVAA 15M Champs	Holmfirth	Seniors	Help support your club events.

Any events you are intending to enter over the coming months please let me know so I can let other know! Email deborah@byram.co.uk thank you.

Races coming up

Nov 6th National CC Relays, Berry Hill Park Mansfield, U13 up

Nov 7th YVAA Fell Championships, Meltham

Nov 13th McCain Cross Challenge, Gateshead, U13 up

Nov 14th YVAA GP at Spenborough

Nov 20th or 21st WYCC Race 3, Bramley Park, Bramley nr Leeds

Nov 21st Leeds Abbey Dash 10K

Nov 27th McCain Cross Challenge, Liverpool, U13 up

Nov 28th YVAA 10 mile Championships, Thirsk

Dec 5th WYCC Race 4, Thornes Park Wakefield (TBC)

Dec 18th Tinker Cup from Honley Cricket Club

Dec 18th Christmas Handicap Races, Brooklands Nurseries Totties, Club Handicap Junior Races, goody bags for everyone.

TRAINING & CONTACTS



Juniors & Seniors

Tuesday and Thursday 7-8pm - Summer track & field training

Neiley
New Mill Road
Honley

Wolves can run 6, 8 or 10 miles and are the fastest group.

Jackals can run 6, 8 or 10 miles.

Tigers run 5/6 miles.

Pumas run 3/4 miles.

Full details of each group and their runs can be found on the notice board at Neiley and on the web site.

Contact Details:

Registration Secretary
Jacqueline France
Jacqueline.France@interfaceflor.eu

Newsletter Items
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VETS Contact:
Rob Kersey
robkersey@toucansurf.com

Road Contract:
Dave Turnbull
david.turnbull79@btinternet.com

Ladies Captain:
Helen Berry
helencberry@aol.com

Juniors:
John McFadzean
hellojohn@tiscali.co.uk

Kath Farquhar
kathfarquhar@googlemail.com

Other contact details can be found on the Holmfirth Harriers Web Site
www.holmfirthharriers.com

Junior Cross Country Training

In addition to our Tuesday and Thursday night training sessions Kath also runs a session on some Saturday Mornings. We meet at 9am in Storthes Hall Woods. The session is suitable for runners of all abilities and Mums, Dads and any senior athletes are welcome to join in too. See the notice board for more details and dates when the session will be taking place.

Coming Soon

Junior circuit training. Starting end of September, Wednesdays 5.30-6.30 watch out for more details on the junior notice board.



See How They Run **The History of Holmfirth Harriers Athletic Club**

By Graham Ellis, Norman Berry and John Buckingham

Just £35

Download a form via the website, collect from the club or contact

Tel: 602922 Norman

or email norman.berry@burtonsafes.co.uk

