

Holmfirth Harriers Athletics Club



Once again June has been a very successful month for Holmfirth Harriers. All age groups competing around the country with fantastic results. We also had a tremendous night at the Presentation Evening on the 11th where the hard work of the previous year was recognised within the club. Congratulations to all prize winners and also a great thanks to all those who helped to make the evening a huge success. A special thanks to Matthew Pierson who presented the awards and give us a fantastic speech.

Debs

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Stars of the Month

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"Max Kaye for Silver in Northern, qualifying for the English Schools, and knocking over 2s off both his 800m & 1500m time"

"Congratulations also to Aaron Kettlewell for Jumping over 5m and Seth Waterman for becoming the English Fell Champion."
John



European Mountain Running Trial Race

June saw Holmfirth's Mark Buckingham keeping very busy. After winning the Ferry 5-mile road race on the Wednesday and helping his team to second place in the Northern League on Saturday, he took the long drive to Keswick in the heart of the Lake District to contest the European Mountain Running Trial race.

The trial was a three lap circumnavigation of Latrigg, a distance of 12k with 2,500ft of climb. He started well and moved into 2nd place before fading on the second of the three laps, eventually finishing tenth place in a time of 51.23. He suffered from fatigue following a busy racing schedule but his main problem was a lack of hill training and suffering blisters on the fast descents! The race winner was Simon Bailey of Mercia (48.10) with 2nd place going to Gareth Raven of Sale in 48.25, who both win automatic team selection.

* * MASSAGE * *

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

Phone Steve Moslin
to book your session
07980 801813

REPORTS



The Blaydon Race 2010

Holmfirth Harriers, Matthew Pierson and Mark Buckingham travelled to Newcastle for the 30th Blaydon Race. The famous race which started in 1981, where the “Lads” race was won by former Olympian Mike McLeod of Elswick Harriers and the “Gadgies” (Vets) race by Olympian Jim Alder of Morpeth has had some famous winners over the years and prize money now attracts elite entries from Internationals including a number of Kenyan athletes. The race over a distance of 5.9 miles starts at “Balmbra’s” in Newcastle city centre, along Collingwood Street and Scotswood Road, past Armstrong’s factory and over the Scotswood Bridge finishing by the George Ridley in Blaydon shopping centre.

Mark Buckingham, still fatigued from his run at the European Mountain running trial, decided to go with the fast pace set by two Kenyan’s and last year’s race winner, Ian Hudspith of Morpeth. He ran at 4.35/mile pace for the first 2 miles, but suffered from the fast early pace and was relegated to 7th place the position he finished in a time of 29.20.

Matthew Pierson ran a more sensible pace and overhauled his training partner finishing 5th in 28.58. The winner was E Cherop of Kenya (27.41), J Ndaysisenga (Birchfield) (27.53) and Ian Hudspith of Morpeth was 3rd in 28.14.

European Trials & UK Championships

Mark Buckingham was the sole representative for Holmfirth Harriers at the televised Aviva European Trials and UK Championships, staged at the Alexander Stadium in Birmingham.

Athletes are invited to these championships having achieved the required entry standards and they then strive to win the trials to gain selection to the major championship – in this case the European Athletics Championships in Barcelona.

Mark has been on the comeback trail this season following a serious injury two years ago and was using this event to gauge his progress in his main event – the 3000m steeplechase.

He had no thoughts of chasing the entry standard for the Championships and set about this task of running with the main field of 17 athletes.

His former training partner, Luke Gunn of Derby was the pre-race favourite and also defending champion he broke away from the main field in the early stages. He ran 2.53.35 for the first 1k, 2.51.43 for the second and he finished 15 seconds ahead of the field in the winning time of 8.37.35. Mark was surprised how well he performed against the opposition and found himself in third place with 200m to go. He faded slightly in the finishi9ng straight to record a time of 8.57.31 for fourth place behind Somalian, Samater Farah, who was representing Newham and Essex Beagles and who was second in 8.52.42. Tom Wade of Aldershot Farnham and District was third in a time of 8.53.75.

This was a solid performance by the Holmfirth athlete, who now plans to do some serious bespoke training for the event before tackling the distance again in a fortnight’s time..

Track & Field



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

Super Harriers



Holmfirth Harriers' junior athletes claimed a magnificent first place in the third round match of the McCain UK Young Athletes' League held at Hynburn on the 20th June. The club's officials and parents ensured the full complement of additional points. Holmfirth finished the day in first place with 428 points – 133 points ahead of second place Kendal.

With the sun shining all the athletes put in tremendous performances. Many having a go at some events for the first time. Also some new members had their debut outing for the club, brothers Jordan and Joshua Robinson-Wilson.

In the U13 boys' event, Yorkshire Champion Aaron Kettlewell (*right*) put in an outstanding performance in the long jump with a distance of 5.03m to smash the existing club record. He also demolished the opposition in the 100m and 200m with times of 13.6 and 27.8 respectively.

Max Kay improved by 32 seconds to set a new best time of 9.21.7 in his solo run of the 3,000m.

The day of competition finished with the relay events, always tremendously exciting as matches can be won or lost on their outcome. The U13 boys squad put in a stunning performance to win, the U17s also won and the U 13 girls finished second and the U15 girls fourth.



ROAD



Welcome to the road running section of the newsletter. There is plenty to report on this month but if you have any contributions you wish to include the forthcoming newsletters please email me with the details – david.turnbull79@btinternet.com

Dave Turnbull

Joe Percy 10k

20 Holmfirth Harriers made the short trip to Thurstonland cricket club for the 2010 Joe Percy 10k. The 'A' team comprising of 10 members finished in second place in the team event with a combined total of 367 points behind Halifax who won the event comfortably with 150 points. Richard Smith was first harrier back in third position and Kath Farquar was the first lady home in the overall field.

3 rd Richard Smith	35:17	86 th Andrei Vais	42:37
5 th John Broom	35:47	91 st Brandon Holroyd	43:03
14 th Simon Rawnsley	37:12	105 th Jeff Pierson	44:21
30 th Ricky South	38:40	127 th Sean Doyle	45:45
34 th Kath Farquar	38:59	132 nd Matthew Rose	45:58
43 rd Darren Hanson	39:43	164 th Claire Whitwam	48:37
46 th Dave Sheperd	39:50	187 th Richard Whale	50:54
53 rd Steve Rimmer	40:02	251 st Hilary Booth	59:23
63 rd Rob Kersey	40:31	256 th Diane Kolat	60:47
76 th Kevin Yewlett	41:54	263 rd Sarah Smith	64:40

Club 10

The annual club 10 was run in very warm conditions on Tuesday 29th June. A small field of 23 runners took part in the event with Alistair Langron finishing clear of the field in a time of 57:28. Richard Smith was second in 61:53 followed by Jonathan Sykes in 63:30. Margaret Sykes was the first lady home followed by Lorraine Smith and Barbara Hinchliffe.

The handicap winner was John Field recording an actual time of 81:16.

Full results can be found at http://www.holmfirthharriers.com/results/club10_10.html

Ferry 5

On June 2nd Mark Buckingham and Matthew Pierson travelled to East Yorkshire to compete in the Ferry 5 road race. Billed as the flattest 5 mile in the country it was an opportunity for both of them to set some quick times over the distance. Mark was 1st in 24:19 followed by Matthew in 2nd in 24:38.

Sotos 10k

In blistering hot temperatures David Turnbull of Holmfirth Harriers took another step on his injury comeback trail by winning the Sotos 10k in Fleetwood, Lancashire on Sunday 27th June. Turnbull, who had to endure 10 months out of the sport recovering from surgery to correct a sports hernia, got back to training early this year in March and has steadily seen his form and fitness improve over the last few months.

The race, with over 250 competitors, saw Stuart Robinson of Blackpool Wyre & Fylde set a fast early pace with Turnbull a close second after the first mile. The Holmfirth athlete closed the gap by the second mile and pushed on past Robinson to open up a lead of 300m by the 5th mile. Turnbull, coached by Alwyn Dewhirst, finished strongly opening the gap further to finish in a time of 32:20, ahead of Robinson who finished in 33:38. Third place went to Malcolm Eady of Blackpool Wyre & Fylde in a time of 33:58.

The event, in its third year, raises money for research into the rare genetic disorder Sotos syndrome that causes excessive debilitating physical growth in children during their early years. Seven year old Emily-May who suffers from Sotos presented the prizes.



JUNIOR RESULTS



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)

15th June Gynn Lane Road Race

U11s 1st Fiona Archer Fastest Time Libby Shepherd
1st Jimmy Burke Fastest Time Aaron Gill

U13s 1st Megan Lamb Fastest Time Olivia Sykes
1st Ben Dickinson Fastest Time Lewis Byram

O13s 1st Sophie Spencer Fastest Time Ruby Sykes
1st William England Fastest Time Aaron Arthur

Full results can be found on our website.

19th June Clough Pike Fell

U12 Seth Waterman 1st

20th June YAL

Holmfirth Harriers Juniors 1st Team

27th June English Junior Uphill Champs

U8s Elphina Waterman 1st Girl (record)

U12s Seth Waterman 1st Boy

Congratulations to Seth who is now the U12s English Fell Champion and also the U12s English Uphill Champion

Flashback to July 2002 Footnotes;

Thanks to John Buckingham for the use of his copies of footnotes

WOULD YOU BELIEVE IT WE'RE GOING ONLINE! Yes it was this time in 2002 when it was announced that Holmfirth Harriers would have their own web site! Look at us now.

GYNN LANE ROAD RACES – some familiar names! We know who the winners were in 2010 but in 2002 the race was held on the 4th June.

The Under 11 Girls winner was Emily Dent, Katie Ambrick winner on handicap. Under 11 boys winner on handicap was Tom Stead. Under 13s saw Sian Stead complete a family double. Sarah Simmons second and Emma Szostack 3rd overall. Under 15 boys winner Elliot Humble. Over 13 girls Thalia Jones and Over 13 boys Richard Smith!



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



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.noeea-athletics.org.uk

Northern Athletics

Club Race
 Cross Country
 Road
 Fell
 Track & Field

Date	Event	Venue	Age group	Other info
July				
11th	YVAA	GBP Neiley	Vets	
11th	Holmfirth Junior Triathlon	Holmfirth Pool	8-14 yrs	See web site for details
18th	YAL	Hynburn	Juniors U11-U17	See John for details
18th	Holme Moss	Cartworth Cricket Club	Seniors	Pre entry only
26th – 27th	Star Track	Scissett Middle School	8-13yrs	See web site for details £12 for 2 days
29th	YVAA	Knavesmile		
29 th – 30 th	Star Track	Salendine Nook	8-13yrs	See web site for details £12 for 2 days
31st	NofE T&F League	Bolton	Seniors	
August				
2 nd – 3 rd	Star Track	Netherhall Campus Rawthorpe	8-13yrs	See web site for details £12 for 2 days
4th	Cracken Edge	George Hotel, Hayfield	Over 18	Pre entry or enter on day
7th	Junior Championships	Hellifield Gala, nre Skipton	Over 10 to U23s	Enter on the day
19th	Dennis Stitt	Cartworth Moor CC, Holmfirth	Over 16	£4 on day
23rd– 24th	Star Track	Neiley, Honley	8-13yrs	See web site for details £12 for 2 days

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.



TRAINING & CONTACTS



Contact Details:

Registration Secretary
Jacqueline France

Jacqueline.France@interface.flor.eu

Newsletter Items
Deborah Byram

deborah@byram.co.uk

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

Running & Athletics

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.

Track Training

Training at the running track at Wakefield from 6.30pm and every other Thursday at Leeds Road at 5pm. Running Sessions at the track with Kath (These are **endurance** running sessions) - everyone welcome;- Please see Kath for changes in these dates and times.

Training with John and the other coaches also at Wakefield on Monday, please ask for times and details.

