

Holmfirth Harriers Tri



NEWS

Still to come in the next Newsletter; Reports & Results on UK Ironman Bolton Club Relays

Hi All, thanks for all the positive feedback on our first newsletter. This time we have more news, events and results. As well as news on future training and our first ever Athlete Profile 20 Questions!

We would also like to congratulate all the HHTri children who have taken part in the Y&H series. All your hard work is recognised. You are fantastic.

Keep up the good work!



News Headlines:

Holmfirth Harriers qualify for the IRC's

Following in the footsteps of previous triathletes of Holmfirth Harriers we are very proud to have four members of HH qualify for the British Triathlon IRC's on the 13th September. The event is for Tristar 2, 3 and Youths and will start this year with an open water swim. The athletes will be representing Yorkshire & Humberside at the National event held in Wales.

For Tristar 2 with fantastic results all season winning first place in 5 of the 6 events he entered Lewis Byram has shown great training ethics and maturity over the season. This positive attitude has earned him his place on top of the Yorkshire & Humberside table and 1st choice for the team. Also performing strongly over the season is Harmonie Waterman with three first places to get her through to the championships. Harmonie topped the table also and has shown how strong she is over the three disciplines.

Tristar 3 will be represented by Rebecca Addy, also with three wins to her credit and performing consistently over the season again winning her age group. The final member of HHTri to win a place to the IRC's is Emily Harris who will race in the Youths age group.

It will be a great experience for all the athletes and we wish them well with their training over the next few week and in the event in September.

ETU Triathlon European Championships 4th July 2009

Rachael Mellor and Steve Rimmer stepped up to the mark to represent GB in the championships. With high expectations they did not disappoint. This event was the standard distance open water triathlon. To the surprise and relief of many competitors wet suits were not required as the temperatures soared. Rachael after a superb race but difficult run was first GB in her age group and 4th overall; her time was 2:24:58. Steve also had a great race and was 2nd GB in his group and 8th overall in a time of 2:12:09.

Highlights:

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NEWS

Cleveland Steelman 4th July

Once again on a very hot day Andrew Kerry and Wayne Byram took part along with over 150 other competitors, open water swim (2k) Bike (90k) and Run (21k). Andrew got off to a great start with a new pb swim time at this distance of 39:51. Wayne also set a good time in his swim of 45minutes. It was a very hot day and Wayne unfortunately had stomach cramps on the bike and was unable to continue after his first bike lap. Frustrated when he recovered shortly after with watching the other competitors in the race, but that's triathlon! Andrew completed his two laps on the bike and then came past with cheers from his family and friends. He then set out again to start his half marathon run. Many top GB athletes were taking part in this event as well as the less experienced ones. It was a very well organized day and Andrew completed the day with a superb finish but just missing his 5hr target.



Above Seth and Josh head to head.

Todmorden Triathlon 5th July

With an earlier start to the day than usual this full day of triathlon was kicked off at 8am with the Tristar 2 boys. This was a fantastic race between the top boys with Logan Gibb (QEGS) and Lewis Byram competing at the front for 1st and 2nd. Lewis managed to catch Logan going into transition 2 and led all the way on the run and extended his lead to win convincingly. Followed close behind was the tussle between Josh Schofield (White Rose Tri) and Seth Waterman they had an excellent race for 3rd and 4th. Full results see results page. Despite the early rise, 5.30am for most athletes, our HHTri athletes performed superbly once again at this new event held in fantastic facilities and grounds. As well as the Tristar age groups the Youths and Adults were also represented.

Ripon Triathlon 11th July

Holmfirth Harrier adult triathletes were out once again in Ripon. This race being the distance of 1500m open water swim, 44km bike and a 10km run. In a field of around 700 competitors our best result of the day was from Kath Farquhar 2nd in her age group. Andrew Kerry showed good form leading up to his Ironman next month and Wayne Byram had a great swim this time in the open water. John Levick one of our newest members, on this occasion racing under WYP, finished 18th in his age group.

Wakefield Triathlon 12th July

Wakefield was the last in the junior series and once again HHT took many of the top spots with gritty performances all round. Because of the size of the pool there were several heats in the age groups and so the triathletes did not know who had won until the results were posted. But due to the heats it made for some excellent races with athletes out on the course at once.

Wins of the day came from Sunnivah Waterman in TS1 girls, Lewis Byram TS2 boys and 1st 2nd and 3rd in TS2 girls for Harmony Waterman, Lucy Farquhar and Amira Mellor.



Lewis striding through transition.



RESULTS

Cleveland Steelman 4th July

Andrew Kerry 5:03:22

Andrew, cooling off with fellow competitors after the very hot day at the Cleveland Steelman.



Todmorden Triathlon 5th July



Shea, Andrew & Joe on the run course at Todmorden.

Tristar

Thomas Addy	1 st 8:09
Finn Kerry	4 th 8:47
Sunnivah Waterman	1 st 8:17

<u>Tristar 1</u>	Tiras Waterman	1 st	16:51	Lucy Byram	1 st	16:48
	Nicky Farquhar	6 th	19:07	Erica Byram	2 nd	17:11
	Jack Scholes	11 th	20:59			
<u>Tristar 2</u>	Lewis Byram	1 st	23:00	Harmonie Waterman	1 st	23:16
	Seth Waterman	4 th	23:32	Lucy Farquhar	2 nd	23:23
	Ben Dickinson	6 th	26:20	Amira Mellor	5 th	24:20
	Andrew Farquhar	7 th	27:01			
	Joe Williams	8 th	27:09			
	Shea Kerry	10 th	27:45			
<u>Tristar 3</u>	Rebecca Addy	1 st	31:59	<u>Youths</u> Emily Harris	2 nd	45:05
	Sophie Williams	4 th	39:44			

Ripon Triathlon 11th July

Kath Farquhar	2 nd F40	2:30:30
John Levick	M40	2:22:36
Andrew Kerry	M40	2:31:05
Wayne Byram	M40	2:37:54





RESULTS

Wakefield Triathlon 12th July

<u>Tristart</u>	Finn Kerry	3 rd 10:53	Sunnivah Waterman	1 st 10:50
<u>Tristar 1</u>	Tiras Waterman	3 rd 17:22	Lucy Byram	2 nd 17:04
	Nicky Farquhar	6 th 19:14	Erica Byram	3 rd 17:45
	Jack Scholes	9 th 20:29		
	Joel Page	17 th 24:07		
<u>Tristar 2</u>	Lewis Byram	1 st 23:42	Harmonie Waterman	1 st 24:18
	Seth Waterman	3 rd 24:23	Lucy Farquhar	2 nd 25:00
	Joe Williams	9 th 29:02	Amira Mellor	3 rd 25:27
	Ben Dickinson	11 th 29:15	Olivia Sykes	6 th 30:59
	Andrew Farquhar	15 th 31:36		
	Shea Kerry	19 th 34:43		
	Luke Page	24 th 42:46		
<u>Tristar 3</u>	Rebecca Addy	2 nd 35:16	Sophie Williams	9 th 43:46
	Ruby Sykes	7 th 38:47	Alex France	10 th 45:24



Ruby on the run at Wakefield.

Bristol Festival 25th 26th July

<u>Tristar 1</u>	Nicky Farquhar	7 th 15:50	1 st Lady	
<u>Tristar 2</u>	Andrew Farquhar	4 th 25:05	Kath Farquhar	1:14:04
	Lucy Farquhar	1 st 22:36		

Yorkshire & Humberside Series 2009

<u>Tristart</u>	Thomas Addy	2 nd	Sunnivah Waterman	1 st
	Finn Kerry	3 rd		
<u>Tristar 1</u>	Tiras Waterman	1 st	Lucy Byram	1 st
	Nicky Farquhar	5 th	Erica Byram	3 rd
	Jack Scholes	7 th		
	Joel Page	85 th		
<u>Tristar 2</u>	Lewis Byram	1 st	Harmonie Waterman	1 st
	Seth Waterman	3 rd	Lucy Farquhar	3 rd
	Joe Williams	5 th	Amira Mellor	5 th
	Ben Dickinson	6 th	Olivia Sykes	8 th
	Andrew Farquhar	8 th	Megan Lamb	20 th
	Shea Kerry	10 th		
	James Addy	14 th		
	Luke Page	41 st		
<u>Tristar 3</u>	Rebecca Addy	1 st	Sophie Williams	6 th
	Ruby Sykes	3 rd	Alex France	7 th
<u>Youths</u>	Emily Harris	2 nd		



Sophie on the bike leg at Wakefield Tri.



20 Questions

*Name....*Rachael Mellor

*My first triathlon....*Dubai 1998

The one thing guaranteed to put me off training...nothing I'm addicted!

*The last race I did....*European Championships Holland

*To celebrate a win....*have tea out with my family

*The night before a race....*Drink water

*In my first open water race....*Dubai

*An ideal day..*cycling with Steve, Amira & Athena

*My sporting hero is....*Daley Thompson

*My guilt junk food....*chips salty

*My favorite film....*the sound of music

*My favorite drink....*Milk

*My pet hates....*bossy people, crowds

*Luxury item on a desert island....*Steve (my bike & a turbo!)

*If I won £10m....*build a cycle track and pool!

*My greatest fear....*cancer

*My greatest achievement....*having 4 beautiful children

*A common misperception of me....*is that I am a confident person

*I wish people....*would all calm down, slow down and smile more

My favorite piece of music...."Let it be" by the Beatles





EVENTS

Juniors

With the Y&H Junior and Youth series at an end we will try to keep you informed of any other races you can enter. Here are some more events for your diary....

Summer Aquathlon Series 6th 13th 20th & 27th August

Junior Races 7-8pm various distances

Adult Races 8-9pm individuals and teams 3 distances

Phone Holmfirth pool for details or contact Rachael Mellor

Lincoln Tri 26th September

Tristar age groups and Youths – see <http://www.lincolntri.co.uk/> for entry form and details. (closing date Friday 19th Sept or when event full)

Burntwood Aquathlon 22nd Nov 2009

Tristar age groups, Youths & Adults – see <http://www.burntwoodtriclub.org/> for entry form and details inc online entry. (closing date Friday 15th Nov or when event full)

Seniors

Still lots of races left in the senior series see British Triathlon website for further details and how to enter each event.

Next Events:

- 9th Aug Barton Mariner Tri (All)
- 22nd Aug Nat Team Relays (A)
- 23rd Aug Nottingham Tri (A)

Y&H Series August

- 9th Leeds Xpress Tri (A)
- 9th Wensleydale Tri (A)
- 16th Allerthorpe Tri (A)
- 23rd Beverley Tri (A)

(Y) Youths (J) Juniors
(S) Seniors (All) All

Full list of events available on the British Triathlon Web Page.

[Click Here](#)



Many of the events have closing dates. Make sure you enter the events in good time. See British Triathlon link above to find more details of how to enter.

If you cannot find what you are looking for, eg entry forms, please let us know and we will give you more details.



Open water start at Ripon Triathlon



TRAINING

Holmfirth Harriers
Neiley Pavillion
New Mill Road
Honley
Holmfirth
HD9 6QT

See us at:

<http://www.holmfirthharriers.com/tri.htm>

Email items for the next newsletter to:

E-Mail:
[Deborah Byram](mailto:deborah@byram.co.uk)
deborah@byram.co.uk

Triathlon Coordinator:
[Andrew Kerry](mailto:apk.kerry@ntlworld.com)
apk.kerry@ntlworld.com

Triathlon Coaches:
Rachael Mellor
Andy France

Triathlon Running
Coach:
Kath Farquhar

 Podium Sport

Running

Our running training takes place every Tuesday and Thursday at Neiley, Holmfirth Harriers Club House New Mill Road, Honley 7-8pm

Swimming

Juniors *Monday 5pm-5.45pm (Swim only)
*Monday 5.45pm-6.30pm (Swim following by Bike/Run)

*All swimming at Holmfirth Pool. *The above classes are KAL run courses and you will need to enrol through Holmfirth Pool.*

Seniors Monday 8.30pm

Juniors & Seniors Friday 6pm-7pm

We are in the process of trying to arrange a HHTri Club swim only. Further details to follow.

Open Water Swimming

We currently swim at the Redbrook reservoir at Marsden. For further details of the swims please contact us. Please note this is not an official HHTri organised training event.

Cycling

Juniors (Bike Run @ Neiley)
Tuesday 4th August Rachael
Tuesday 18th August Rachael
Tuesday 25th August Andy

Winter Cycling – Turbo @ Neiley dates to be confirmed closer to the time.
Senior cycle training to be confirmed please email Andrew Kerry for further info.

Swim/Bike/Run

Weds 5th, 12th, 19th & 26th Aug Book with Holmfirth pool 222440

To get your feedback and to help us build on the success of this season we will, over the next few weeks, be sending out a questionnaire for both Athletes and Parents.