

Holmfirth Harriers Tri



NEWS

Welcome to the first of the HHTri Newsletters. You will find news, events, results and training in the newsletter. Later issues will also have profiles on athletes and training tips. Please feel free to send any ideas of items you wish to include. Also any photos of events and we will try to include as many as possible. We hope to issue a newsletter every month or so, so your ideas and feedback would be much appreciated. Enjoy



Good luck

Steve & Rachael

in the European Championships in Holland!

This season has seen some fantastic results from our junior and senior athletes. Following on from and building on the success of last year, the winter training has definitely paid off.

With lots of the events having taken place over June, HHTri have dominated in all age groups the most successful year so far for HHTri.

Scissett Triathlon 28th June 2009

The first ever Scissett triathlon saw HHTri adults racing in the sprint distance event held at Scissett baths. It was a very well organized event and conditions were good with very warm weather over this challenging course. Five members took part in the event however Gavin Pilkington could not take part in the run due to still recovering from a knee injury.

York Triathlon 27th June 2009

HHTri juniors picking up top spots at the York Tri. Many thanks to many of our parents who helped on the day help the event run so smoothly.

Childline Triathlon 14th June 2009



Amazing results with HHTri juniors sweeping all the top spots in boys and girls at Tristar, Tristar1, Tristar2, and Girls Tristar3, truly amazing!

It was a great day and they all performed very well especially in the heat!

Good team spirit as they cheered each other around the course in the different age groups, fantastic to see. Amira however came off on the first corner of the bike course and was unable to finish. However she made up for it in the York Tri!

Highlights:

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NEWS

Rother Valley Tri Festival 6th & 7th June 2009

Well done to our triathletes who took part in the Festival over the weekend. Starting with our youngest members taking part in the Scootathlon run/scoot/run.

Then our Tristar1 and above members took part in their first open water swim triathlon! There were superb performances all round, well done. Not to be outdone the adults took part too! See how they all did on the results page.



Joe Williams
Sprint finish at the
Childline Tri

Wetherby Open Water 24th May 2009

The event is a standard distance tri, swimming 1500m in a river followed by a 42km cycle and finally a 10km run. This was Wayne Byram's first attempt at this distance and open water and he covered the course in a great time.

Wayne was pleased with his swim "just surviving" and had a storming cycle overtaking over 50 people and then another 10 or so on the run.

Ampleforth Leg Warmer Tri 4th April 2009

At this event Rachael Mellor and Steve Rimmer qualified for the **GB Team** winning their respective age groups.

Both Rachael and Steve will now attend the ETU Triathlon European Championships **Holten, Netherlands on the 5th July 2009 Congratulations!**



Lucy Farquhar,
Final corner at the
Childline Tri



Above swimmers at Childline Triathlon



EVENTS

Yorkshire and Humberside Triathlon Youth Series 2009

The 2009 series of youth events will include:

Next Events:

- 4th July Cleveland Steelman (S)
- 5th July Todmorden (Y & J)
- 5th July ETU Championships (S)
- 12th July Wakefield (J)
- 26th July Hatfield (Y)

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

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.

Date	Event
19th April 2009	Holmfirth Duathlon
10th May 2009	Leeds and Bradford Aquathlon
17th May 2009	Driffield Sprint Triathlon
14th June 2009	Childline Triathlon
21st June 2009	Allerthorpe Open Water Triathlon
27th June 2009	White Rose Triathlon
5th July 2009	Todmorden Triathlon
26th July 2009	Hatfield Triathlon

To be eligible for the series each competitor must compete in a minimum of four events. You must also either live in the Yorkshire and Humberside Region or be a first claim member of a Triathlon England affiliated club in the region

Yorkshire and Humberside Triathlon Junior Series 2009

The 2009 series of junior events will include:

Date	Event
19th April 2009	Holmfirth Duathlon
10th May 2009	Leeds and Bradford Aquathlon
14th June 2009	Childline Triathlon
27th June 2009	White Rose Triathlon
5th July 2009	Todmorden Triathlon
12th July 2009	Wakefield Junior Triathlon

To be eligible for the series in the Tristart, Tristar1, Tristar2 and Tristar3 categories each competitor must compete in a minimum of three events. You must also either live in the Yorkshire and Humberside Region or be a first claim member of a Triathlon England affiliated club in the region.

For the adult series see [Y&H](#) page on British Triathlon Website.



RESULTS

Scissett Triathlon 28th June 2009

Holmfirth Harriers 1st Team

Rachael Mellor	1 st Lady	Wayne Byram	1 st M40
Kath Farquhar	1 st F40	Deborah Byram	11 th F

York Triathlon 27th June 2009

Tristar

Sunnivah Waterman 1st 9:09

Finn Kerry	2 nd 8:40
Thomas Addy	4 th 8:59

Tristar 1

Lucy Byram	2 nd 14:28
Erica Byram	3 rd 14:49

Tiras Waterman 1st 14:00
Nicky Farquhar 8 th 15.09

Tristar 2

Amira Mellor	2 nd 22:05
Harmonie Waterman	3 rd 22:26
Lucy Farquhar	4 th 23:17

Lewis Byram 1st 21:05
Seth Waterman 3 rd 22:25
Joe Williams 7 th 26:13
Ben Dickinson 10 th 26:21
Andrew Farquhar 13 th 28:38
Shea Kerry 20 th 34:34

Tristar 3

Rebecca Addy 1st 33:13
Alex France 8 th 42:57
Sophie Williams 9 th 45:00

Youths

Emily Harris	2 nd 53:45
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Erica & Lucy Byram
at the finish!

Childline Triathlon 14th June 2009

Tristar

Sunnivah Waterman 1st 9:09

Thomas Addy 1st 8:56
Finn Kerry 3 rd 9:20

Tristar 1

Lucy Byram 1st 13:26
Erica Byram 2 nd 13:32

Tiras Waterman 1st 13:12
Nicky Farquhar 8 th 15.09

Tristar 3

Rebecca Addy 1st 29:17
Ruby Sykes 4 th 30:33
Sophie Williams 11 th 37.31



Lewis Byram &
Harmonie Waterman
on the final corner at
the Childline Tri

Tristar 2

Harmonie Waterman 1st 19:39
Lucy Farquhar 3 rd 20:17
Olivia Sykes 8 th 23.33

Lewis Byram 1st 19:02
Seth Waterman 2 nd 19:49
Shea Kerry 6 th 21:41
Joe Williams 7 th 22:06

RESULTS



Rother Valley Tri Festival 6th & 7th June 2009

Katy Dickinson, [Finn Kerry](#) and [Nicky Farquhar](#) took part in the Scootathon.

Lewis Byram	1 st M12-13	Sophie Williams	6 th F13+
Joe Williams	2 nd M10-11	Lucy Farquhar	1 st F11-12
Andrew Farquhar	3 rd M10-11	Amira Mellor	2 nd F11-12
Ben Dickinson	4 th M10-11	Lucy Byram	1 st F8-10
Shay Kerry	6 th M10-11	Erica Byram	2 nd F8-10

Taking Part in the Women Only Super Sprint Tri

Kath Farquhar	1 st Overall	40:40
Athena Mellor	2 nd Youth Girl	46:50

Taking part in the Standard Distance Tri

Steve Rimmer	2 nd M45	2:11:01
Rachael Mellor	1 st Lady	2:25:21
Andrew Kerry	5 th M40	2:34:15

Wetherby Open Water Standard Distance 24th May 2009

[Wayne Byram](#)
2 hours 32 minutes and 19 seconds



Driffield Sprint Tri 17th May 2009

Steve Rimmer	1 st M40 & 4 th overall	0:56:19
Rachael Mellor	1 st Lady & 1 st F40	1:01:14
Kath Farquhar	2 nd Lady & 2 nd F40	1:01:20
Wayne Byram	M40	1:04:30
Andrew Kerry	M40	1:04:38
Athena Mellor	1 st Youth Girl	1:15:43
Deborah Byram	F30	1:16:44





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

For all your triathlon needs contact Steve at Podium Sports in Holmfirth 01484 664488

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 Alternative weeks on Tuesday and Thursday is Run/Bike training at Neiley with Rachael and Andy.

Thursday 9th July **Andy**
Tuesday 14th July **Rachael**

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Training over the summer holiday to be confirmed.

Senior cycle training to be confirmed please email Andrew Kerry for further info.

Winter Cycling – Turbo @ Neiley dates to be confirmed closer to the time.

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.