

NEWS



Winning Team!

*Lewis Byram, Rebecca Addy,
Harmonie Waterman & Emily Harris*

A hugely successful month for Holmfirth (& Yorkshire) once again.

With Yorkshire's Alistair Brownlee crowned World Champion. Even on his busy schedule he has kindly found the time to do our 20Q!

Thank you Alistair and Congratulations.



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Yorkshire & Humberside IRC Champions 2009!

Four junior athletes from Holmfirth Harriers won their place on the Yorkshire & Humberside Team by finishing in the top spots of the Yorkshire & Humberside Triathlon Series. Two children from Tristar 2 & 3 and three children for Youths were chosen to compete in the IRC's – British Triathlon Inter-Regional Championships. This was held at Park Bryn Bach in South Wales on the 13th of September.

The star of the day for the Harriers was Harmonie Waterman who lead from the off and never looked back, even after taking a nasty fall in transition 2, took individual gold!

Lewis having a good swim was ill on the bike and disappointed not to be able to put in his usual outstanding performance. However he gained valuable points for the team along with Tristar 3's Rebecca who put in a tremendous performance throughout gaining positions on the final exciting run leg.

Going into the last two events the region was in 3rd place and therefore expectations were already high. Emily Harris at the youngest end of her age group put in a sterling effort and gaining valuable places and therefore points on the bike leg for the team. Overall the team had 3 podium finishes and high finishes throughout the age groups.

All 14 children of Yorkshire & Humberside showed great team spirit and pushed previous winners South East, who had won the event for the last 4 years, into second place by over

100 points. Following in the footsteps of fellow Yorkshire triathletes Alistair Brownlee (winning gold at the ITU World Championship) and brother Jonathan (silver in the Junior ITU World Championship) at the weekend. **Yorkshire & Humberside took gold and the title of Regional Champions 2009.**

Golden Team Oliver Dixon, Logan Gibb, Gordon Benson, Tom Warren, Max Robson, Euan Hockey, Lewis Byram, Rebecca Addy, Libby Greatorex, Abby Mae Parkinson, Clare Mack, (front) Maddy Winzer, (sitting) Harmonie Waterman & Emily Harris.



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Still to come.....

The results of the
Junior & Senior
Yorkshire &
Humberside Series
also Holmfirth
Harriers Club results.

Chester Tri 20th Sept

Eleven Holmfirth Harrier Triathletes travelled to Chester on a sunny Sunday morning to compete in one of the North West Region events. The event was very well organised and everyone was very friendly and encouraged all the children who took part.

However, a different region did not mean different results as once again our Holmfirth Triathletes had a superb day and all came away with great times and medals. The races were held in a different order to usual giving the younger athletes a chance to see how the Youths perform.

Our only girl on the day in Tristar 3 was Ruby Sykes against much older children came an impressive 4th. Our first podium finish came from Sunnivah Waterman 3rd (Tristar). Next were Lucy and Erica Byram (TS1) who were split 1st and 3rd by local girl Charlotte Waddington who had the fastest swim of the day, Lucy and Erica with the two fastest bike splits. Tristar 1 boys were next with two heats, Tiras Waterman had a fantastic swim and won his heat convincingly however was knocked into 2nd with the run of the second heat. Nicky Farquhar had a great race and managed to make up places on the bike and run to finish 9th.

Lucy Farquhar (TS2) had a great race well over a minute in front of the 3rd girl to finish 2nd behind local girl Molly Merrick. Olivia Sykes at the youngest end of this age group finished 9th. The TS2 boys also had a great race with Seth Waterman out of the pool in 1st place leaving Lewis Byram to chase him on the bike. Both boys worked hard and Lewis managed to pull away on the run. Seth put in a strong run and the Holmfirth boys finished very close with Lewis 1st and Seth 2nd. Andrew Farquhar again at the youngest end of the age group had a great head to head run leg racing against a local athlete and just out sprinted on the line to finish 10th. *(for full results see results page)*

Right;
Seth Waterman, Lewis Byram,
Lucy Farquhar, Ruby Sykes,
Andrew Farquhar,
Tiras Waterman
Sunnivah Waterman,
Lucy Byram, Olivia Sykes,
Erica Byram & Nicky Farquhar



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Lincoln Tri 26th Sept

Lincoln Triathlon was another well organised event, however slightly mad as lots of children out on the bike and run course at the same time because of the reverse order on the day. There was a long transition from the pool but the bike was on tarmac and run on the running track and was great for spectators.

right:

Erica Byram, Olivia Sykes, Lucy Byram, Ruby Sykes, Lewis Byram & Ben Dickinson

Fleetwood Tri 27th Sept

The race started in the indoor pool at Fleetwood which was ideally placed next to the seafront with the bike leg being on the closed road running parallel to the promenade and the run being mainly on the promenade.

The course was flat with only the wind slowing things down a little!



All the Harriers put their skills learnt throughout the season to good use with transitions going smoothly and some strong performances particularly on the bike. The event is an ideal end of season event and the cycle route on closed roads makes for a good learning experience for those who have not raced on the road before.



Above right Sophie Williams and (Left) Seth Waterman

RESULTS



Chester Tri 20th September

Tristar	Sunnivah Waterman	3 rd	8:23		
Tristar 1	Lucy Byram	1 st	14:58	Tiras Waterman	2 nd 15:36
	Erica Byram	3 rd	15:34	Nicky Farquhar	9 th 17:29
Tristar 2	Lucy Farquhar	2 nd	21:41	Lewis Byram	1 st 20:34
	Olivia Sykes	9 th	27:13	Seth Waterman	2 nd 20:55
				Andrew Farquhar	10 th 23:44
Tristar 3	Ruby Sykes	4 th	32:12		

Lincoln Tri 26th September



Right: Some of the 200 children who took part in the Lincoln Tri.

Tristar 1	Lucy Byram	4 th	10:52		
	Erica Byram	5 th	11:19		
Tristar 2	Olivia Sykes	Jt 5 th	16:35	Lewis Byram	1 st 13:23
				Ben Dickinson	7 th 15:35
Tristar 3	Ruby Sykes	7 th	22:17		

Fleet Tri 27th September

(apologies but full results were unavailable, and some not sure, well done to all who took part in the event)

Tristar 1	Sunnivah Waterman	
	Tiras Waterman	
Tristar 2	Seth Waterman	3 rd
	Joe Williams	14 th
Tristar 3	Rebecca Addy	2 nd
	Sophie Williams	12 th

20 Questions



Alistair Brownlee
(British Triathlon web page)

Visit British Triathlon's web page to find out more about Alistair and his fantastic career so far....

Also find lots of information on other athletes and events.

www.britishtriathlon.org

Name.... Alistair Brownlee

My first triathlon.... I'm not sure it was a long time ago! I think it may have been a race in Nottingham which was part of the national children's series.

The one thing guaranteed to put me off training... I hate riding in cold rain and wind.

The last race I did.... The world championship series final in Australia

To celebrate a win.... A few drinks depending on how long I can keep my eyes open for

The night before a race.... A good nosh up and an early night. I usually go for a walk before I go to bed to relax a bit.

In my first open water race.... I got battered. But fortunately there was a massive hill to run up to transition.

An ideal day... It would be a cold and sunny day and I would do a long run somewhere nice followed by a massive pub meal and a few drinks

My sporting hero is.... I'm not big on hero's

My guilt junk food.... Chocolate, Pies, Sweets.. but the best thing about doing triathlon training is that you don't have to be guilty.

My favourite film.... Gladiator

My favourite drink.... Depends on the time of year

My pet hates.... Dogs and overgrown foot paths

Luxury item on a desert island.... It's very clichéd but running shoes so I could explore a bit.

If I won £10m.... Not much would change to be honest apart from my house and car.

My greatest fear.... Injury

My greatest achievement.... Being World Triathlon Champion

A common misperception of me.... That I'm a triathlete, I'm a runner who does a bit of triathlon!

I wish people.... would all just get along and not try kill cyclists whenever they get in a car.

My favourite piece of music... "Hoppipola" Sigur Ros

EVENTS



Next Events:

- 22nd Nov Burntwood Aqua(All)

Y&H Series

- October
- 4th Humber Tri (S)
- 11th Dalby Mt Bk Duathlon (S)

(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.

Here is a table of events coming up. This is just a sample and we do not recommend you do them all! Please also see events table on Holmfirth Harriers Newsletter for more details and specific runs taking place. *If you need any further information on these or other events please do not hesitate to get in touch with us. Most events you have to pre-enter but some you can enter on the day.*

	Junior	Senior Bike	Senior Tri	Senior Run
October				
Sun 11	WYXCL Halifax		MTB Duathlon – Dalby	WYXCL Halifax
Sat 17				National road relays Sutton Park
Sun 18	National young athletes relays Sutton Park	Cyclo Cross Salendine Nook		
Sun 25	Curly Wurly - Haworth			Withins Skyline-Haworth <u>Holmfirth 15</u>
Sat 31	English Cross Relays Mansfield	Cyclo Cross Bradley Woods		English cross relays Mansfield
November				
Sun 1	WYXCL Leeds		Haworth Mudman	WYXCL Leeds
Sat 7	Shepherds Skyline Todmorden <u>National XC Relays Mansfield</u>			Shepherds Skyline - Todmorden
Sun 8		Cyclo Cross Temple Newsham		
Sun 15				Barnsley 10K
Sat 21	WYXCL Wakefield			WYXCL Wakefield
Sun 22	Burntwood Aquathlon	Cyclo Cross Bingley	Burntwood Aquathlon	Leeds Abbey Dash
Sat 28				
Sun 29		Cyclo Cross Richmond		Thirsk 10mile inc. Northern champs
December				
Sat 5				
Sun 6	WYXCL Guisley	Cyclo Cross Wakefield		WYXCL Guisley
Sun 13				Calderdale Way Relay
Sat 19	Christmas CX Handicap Brooklands Nursery			Tinker Cup
Sun 20	Curly Wurly - Haworth			
Sun 27		Fancy Dress Cyclo Cross (!!) Heptonsthal		Ribble Valley 10k Clitheroe

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

Running

Every Tuesday and Thursday at Neiley, 7-8pm
Holmfirth Harriers Club House, New Mill Road, Honley

Sat Morning Junior Cross Country Training, all welcome.
Storthes Hall, 9am from 5th Sept.

Important Notice

No training at Storthes Hall on the following dates due to races;

Saturday 17th October
Saturday 31st October

Swimming

Juniors *Monday 5pm-5.45pm (Swim only)
*Monday 5.45pm-6.30pm (followed by Bike/Run spring & summer only)

*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

Open Water Swimming

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

Cycling / Turbo

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

Turbo starts Weds 7th Oct

Juniors 6.30pm

Seniors 7.45pm

NOTE every 4th Weds will be circuit training for Juniors instead of turbo. Therefore, the first circuit training will be Wednesday 28th Oct at 6.30pm.