

# Holmfirth Harriers Athletics Club



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## Golden Times

Well I said it was going to be an exciting month and it was too. You will see in the following pages fantastic results from juniors and seniors. Still more results to look forward to again in March as members from the club will represent Yorkshire at the Inter Regional Cross Country Championships in Birmingham on the 13<sup>th</sup>, we wish them luck.

Also coming up we have one of our major club runs the Ian Roberts Fell race over the moors of Marsden on the 14<sup>th</sup>. If you are able to help and have not offered your services yet please contact Tom Brunt who will be happy to find you a job.

*Debs*

## YVAA Grand Prix Series 2010

The new multi terrain Grand Prix series starts on Sunday 7th March at Meltham. Note the 9.30 start time. This series of races is suitable for anyone who can run say six miles off road; all standards are welcome, only £3.00 to enter on the day with free food and prizes in all 5 year age groups plus spot prizes. Fantastic value and very friendly races great events for both the experienced and novice racer. The full list of YVAA events is on the Holmfirth Harriers website in the Vets Pages and more details can be found at [www.yvaa.org](http://www.yvaa.org)

## Coniston Fell Race

Entries now open for this race on the 1<sup>st</sup> May. It is an English and Club Championship race so it would be great to get a team out. It is on May Bank holiday weekend so an excuse to spend a couple of days in the Lakes! It will fill up very quick so if you would like to do it the entry form is at: [www.conistonfellrace.org.uk](http://www.conistonfellrace.org.uk)

### *See How They Run*

## *The History of Holmfirth Harriers Athletic Club*

By Graham Ellis, Norman Berry and  
John Buckingham

At a fantastic price of just £35

Download a form from the website or collect a form from the club  
A comprehensive, once-in-a lifetime record of the first 100 years of running with  
Holmfirth Harriers.



Tel: 602922 Norman  
or email [norman.berry@burtonsafes.co.uk](mailto:norman.berry@burtonsafes.co.uk)

**\*\* MASSAGE \*\***

**1<sup>st</sup> & 3<sup>rd</sup> Tuesday  
Every Month  
£10/half hour or  
£20/hour**

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

## ROAD



### 2010 Road Champ Races

#### (S Short L Long)

Meltham 10k	S	Jan 31 <sup>st</sup>
Huddersfield 10k	S	Feb 28 <sup>th</sup>
Wakefield 10k	S	Mar 28 <sup>th</sup>
Sheffield Half	L	Apr 25 <sup>th</sup>
John Carr 5k	S	May
Joe Percy 10k	S	Jun
Doncaster 5k	S	Jul
Askern 10	L	Aug
Netherthong 10k	S	Sept
Holmfirth 15	L	Oct
Thirsk 10	L	Nov
Ribble Valley 10k	S	Dec

Welcome to the road running section of the newsletter. March sees the Northern Athletics Men's 12 stage and Women's 6 stage road relay so you could be selected to represent the club in Manchester.

If you have any contributions you wish to include the forthcoming newsletters please email me with the details – [david.turnbull79@btinternet.com](mailto:david.turnbull79@btinternet.com)

Dave Turnbull

## Dewsbury 10k 19<sup>th</sup> February

Mark Buckingham continued his fantastic recent form by winning Dewsbury 10k in a time of 29:56, breaking his PB by over a minute in a close race which saw the first four runners only split by fifteen seconds.

Next Harrier home was Jake Rowlands in seventh place overall, followed by Julian Rose continuing his excellent progress over the last 12 months.



In the ladies race Katie Walshaw was 14<sup>th</sup> lady home in a time of 38:33, closely followed by Julia Johnson who is making excellent progress on her return from injury.

Full results can be found at <http://www.ukresults.net/2010/dewsbury.html>

Mark Buckingham on his way to 1<sup>st</sup> place at Dewsbury 10k – picture courtesy of Flaming Photography

## Huddersfield 10k 28<sup>th</sup> February

Dave Watson returned back to racing with an excellent second place at the Huddersfield 10k.

The race, won by Glen Comish of Sale Harriers, was the second race in this years road championship. The race saw 17 Holmfirth members tackle the challenging course.

## CROSS COUNTRY



### Holmfirth Vets Strike Gold! YVAA CC Championships 2010

On a fog shrouded morning about 20 Holmfirth Harriers made the journey into South Yorkshire for the 33rd YVAA CC Championships hosted by Sheffield Runners. For those of you that do not know it, Graves Park is a great cross country venue with excellent ground underfoot and mostly gentle inclines rather than steep climbs. The course consisted of two laps (5K) for the ladies and M70+ men and four laps (10K) for all the other men. The ladies and M50+ men raced at 12.30 pm and the M35 - 49 men at 1.30pm.

The ladies race got the team off to an absolutely cracking start with Helen Berry first and first F35, Kath Farquhar second and first F40 and Dawn Broome, though struggling with asthma in the fog, came in 11th, 3rd F45 and this was enough to also secure first team in the F35 – 44 age groups.

In the F45+ age groups Lesley Ewart was first F55 and with Karen Sinkinson and Jean Shotter, who hobbled in with a calf pull, still managed to gain 2nd team medals. Paula Gould didn't make the team (first 3) but still came 15th overall and 5th in her age group. Once again a great result for the ladies.



A happy ladies team after the race



John Broome  
pushing hard on  
the final lap

The Men's M50 – 59 team were fielding a weaker team than in most past years and were further weakened at the last minute when John Ewart had to pull out with a foot injury. Andy Hauser, Rob Kersey, Steve White and Jeff Pierson were the only survivors and with only Andy being what you might call a usual 1st team member, were never in the hunt for team medals. Rob in his last year in the M55's managed to get 3rd M55 but noted he was beaten by 4 M60's!

Other commitments on the day and the usual crop of injuries and illnesses had really decimated our M35 – 49 teams; with only four runners available we combined our runners to form one M35 – 39 team although Gary Graham and Chris Beadle are both M40's. With the absence of Dave Watson, last year's winner, Gavin Baxter took on the mantle of our fastest man on the day and had a good run to finish 17th, 7th M35. John Broome and Gary Graham were backing up well and the three of them were rewarded with 3rd M35 team only one point behind the first and second placed teams. In fact if any of them had managed to finish just one place higher they would have won the first team prize as Gary was the highest placed 3rd counter. So close and yet so far!

## CROSS COUNTRY

### Yorkshire Cross Country Championships Wakefield 20th February



Aaron Kettlewell, Lewis Byram and Aaron Arthur 2<sup>nd</sup> U13 Team at the Yorkshire Cross Country Championships. Below at the start of the race.



### England National Cross Country Championships Leeds 27<sup>th</sup> February

The premier event in the Cross country calendar, took place at Roundhay Park in Leeds. Amongst the 5000 runners who competed was a good turnout of Junior athletes from Holmfirth, many of whom competing for the first time in a Championship.

With over 400 runners in each of the junior age group races the standard of competition was really high with the best runners in the country competing for both team and individual honours. Lewis Byram, in the U13 boys race was the top Holmfirth athlete of the day. Lewis, not overawed by the competition, many of the boys in the race a year his senior, ran a perfectly paced race and came through to finish in 20<sup>th</sup> position.

In the U17 men race, Max Kaye and Thomas Travis-Pollard, also both with another year in the age group, ran well coping well with the extremely fast pace of the race and the legendary hills of Roundhay Park. Max finished in 34<sup>th</sup> position and Thomas in 39<sup>th</sup>.

Ruby Sykes, another athlete at the bottom of her age group had a good run to finish 129<sup>th</sup> U15 girl. In the U15 boys race Michael Booth finished 361 and Robert Hinchcliffe 365.

In the U13 boys age group Lewis was joined by Aaron Arthur who finished 170<sup>th</sup>, Bradley Bedford 171, Eddie Hinchcliffe 281, Andrew Farquhar 299, and Joe Williams 361. The U13 team finished 22<sup>nd</sup>. Also completing a team were the U13 girls with Lucy Farquhar in 182<sup>nd</sup>, Olivia Sykes 214, Sophie Spencer 278, Megan Lamb 325 and Sophie Williams 413.

The Juniors had a great day out wallowing in the Roundhay mud and really appreciated the cheers from the hardy band of Holmfirth supporters, and also having the opportunity to share the event with the top junior and senior athletes from around the country.

## 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 (Marsden)

**April** – Herod Farm AS (Glossop)

**April 24** - Three Peaks AL (Horton-in-Ribblesdale, N.B. ONLINE ENTRIES FROM Jan 11 – KEEP A CLOSE EYE ON [www.threepeaksrace.org.uk](http://www.threepeaksrace.org.uk))

**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** - Cracken Edge BM (Hayfield)

**August** - Dennis Stitt AS (Holme Valley)

**September** - Good Shepherd BL (Mytholmroyd, Calderdale)

**October** – Langdale AL (Lake District)

**December** - Cardington Cracker AM (Shropshire)

## YVAA CC Championships 2010 February 6<sup>th</sup> Graves Park, Sheffield

**Race 1 Ladies and M70+ men (5K)**

**Helen, Kath and Dawn 1<sup>st</sup> team F35** – 44 Lesley, Karen and Jean 2<sup>nd</sup> team F45+  
**Helen Berry 1<sup>st</sup>, 1<sup>st</sup> F35**, 20:09; **Kath Farquhar 2<sup>nd</sup>, 1<sup>st</sup> F40**, 20:22; Dawn Broome 11<sup>th</sup>, 3<sup>rd</sup> F45, 21:56; **Lesley Ewart 14<sup>th</sup>, 1<sup>st</sup> F55**, 22:24; Paula Gould 15<sup>th</sup>, 5<sup>th</sup> F35, 22:50; Karen Sinkinson 21<sup>st</sup>, 5<sup>th</sup> F45, 24:05; Jean Shotter 29<sup>th</sup>, 7<sup>th</sup> F45, 25:32.

**Race 2 M50 – 69**

Andy Hauser 22<sup>nd</sup>, 16<sup>th</sup> M50, 42:36; Rob Kersey 29<sup>th</sup>, 3<sup>rd</sup> M55, 43:12; Bill Wade 72<sup>nd</sup>, 9<sup>th</sup> M65, 50:09; Malcolm Sizer 77<sup>th</sup>, 17<sup>th</sup> M60, 52:39; Steve White 78<sup>th</sup>, 16<sup>th</sup> M55, 53:17; Tim Cock 81<sup>st</sup>, 10<sup>th</sup> M65, 55:45

**Race 3 M35 – 49**

Gavin, John and Gary 3<sup>rd</sup> Team M35 - 39  
Gavin Baxter 17<sup>th</sup>, 7<sup>th</sup> M35, 38:38; John Broome 20<sup>th</sup>, 8<sup>th</sup> M35, 39:12; Gary Graham 25<sup>th</sup>, 8<sup>th</sup> M40, 40:23; Chris Beadle 42<sup>nd</sup>, 16<sup>th</sup> M40, 43:50

### Dewsbury 10k 7<sup>th</sup> February 2010

<b>1st</b>	<b>Mark Buckingham</b>	<b>29:55</b>	177	John Philpott	40:38
9	Jake Rowlands	31:56	188	Nigel Hill	40:53
30	Julian Rose 2 <sup>nd</sup> M45	34:37	212	Stephen Beardsell	41:28
78	Damian Wilds	37:18	213	Ian Goulding	41:32
104	Katie Walshaw	38:33	243	Sean Doyle	42:26
123	Mathew Dewhurst	39:10	400	Matthew Rose	47:13
132	Dave Shepherd	39:14	443	Charles Crossland	48:38
135	Julia Johnson 2 <sup>nd</sup> F45	39:35			

### Yorkshire Cross Country Championships 20<sup>th</sup> February 2010

U13s – 2<sup>nd</sup> Team

6 <sup>th</sup>	Lewis Byram	9:25
17 <sup>th</sup>	Aaron Arthur	9:55
20 <sup>th</sup>	Aaron Kettlewell	10:00
48 <sup>th</sup>	Eddie Hinchliffe	10:59

U15s

51 <sup>st</sup>	Robert Hinchliffe	18:21
52 <sup>nd</sup>	Michael Booth	18:26

U17s

3 <sup>rd</sup>	Max Kaye	18:57
7 <sup>th</sup>	Thomas Travis-Pollard	19:15

Senior Men

<b>1<sup>st</sup> Mark Buckingham</b>	<b>33:06</b>
12 <sup>th</sup> Jake Rowlands	34:43
53 <sup>rd</sup> Richard Smith	38:41
98 <sup>th</sup> John Ewart	41:33

**For full results see;**  
[www.nocaa-athletics.org.uk](http://www.nocaa-athletics.org.uk)

U13s

21 <sup>st</sup>	Sophie Spencer	11:01
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U15s

50 <sup>th</sup>	Rebecca Addy	17:33
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Senior Ladies

9 <sup>th</sup>	Katie Walshaw	21:08	55 <sup>th</sup>	Julia Johnson	24:31
16 <sup>th</sup>	Helen Berry	22:00	60 <sup>th</sup>	Cara Penfield	24:49
35 <sup>th</sup>	Claire Leaver	23:23	62 <sup>nd</sup>	Jenna Phillips	25:02
54 <sup>th</sup>	Lucy Griffiths	24:30	75 <sup>th</sup>	Yvette Arthur	26:28
			94 <sup>th</sup>	Zoey Charlsworth	28:36

## RESULTS



### English National Cross Country Championships Leeds 27<sup>th</sup> February 2010

1st finishers in each age group below, see [www.noeeaa-athletics.org.uk](http://www.noeeaa-athletics.org.uk) for full details

#### U13s Boys

20<sup>th</sup> Lewis Byram 11:23

#### U15s Boys

361<sup>st</sup> Michael Booth 18:31

#### U17s Boys

34<sup>th</sup> Max Kaye 21:19

#### Senior Men

607<sup>th</sup> Jonathan Sykes 50:23

#### U13 Girls

183<sup>rd</sup> Lucy Farquhar 14:27

#### U15s Girls

129<sup>th</sup> Ruby Sykes 16:34

#### Senior Women

51<sup>st</sup> Katie Walshaw 31:31



Above Joe, Aaron, Andrew, Lewis & Eddie

### Huddersfield 10K 28<sup>th</sup> February

2	0.35.10	171 David Watson (1 <sup>st</sup> M35)	238	0.53.15	157 Charles Crossland
23	0.40.59	548 Stephen Rimmer (4 <sup>th</sup> M45)	279	0.55.35	562 David Cowgill (2 <sup>nd</sup> M65)
46	0.42.59	112 Brandon Holroyd	341	0.58.31	113 Hilary Booth
47	0.43.07	239 David Shepherd (3 <sup>rd</sup> M50)	343	0.58.36	375 Jane Stirling
76	0.45.17	572 John Philpott (5 <sup>th</sup> M35)	357	0.59.30	118 Stuart Burdass
78	0.45.25	262 Kevin Yewlett	372	1.00.18	464 Helen Crosby
88	0.46.02	267 Sean Doyle	379	1.00.53	315 James Littlewood
148	0.49.19	158 Matthew Rose	442	1.08.21	39 Isobel Gabanski
201	0.51.20	233 Claire Whitwam (1 <sup>st</sup> F45)	443	1.08.41	314 Karen Dean
230	0.52.39	410 Kiersti Dickinson			

### Pocklington Snake Lane 10 28<sup>th</sup> February

8 <sup>th</sup>	John Broom M	57:04	137 <sup>th</sup>	Maz Khoveiry M	1:08:49
20 <sup>th</sup>	Alistair Langron M	58:25	348 <sup>th</sup>	Angela Currid F45	1:19:51
			434 <sup>th</sup>	Tim Cock M65	1:24:24

#### Other Results:

##### 14<sup>th</sup> February Liversedge Half Marathon

201 Rosemary Marker F45 1:48:51 271 Richard Whale M55 1:56.41

##### 21<sup>st</sup> February Great North West Half Marathon Blackpool

110 Jason Kaushal MV40 1:31:08

## EVENTS

Club Race    Cross Country    Road    Fell    Track & Field



### 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](http://www.ukresults.net)

full of race entry details and results

[www.thepowerof10.info](http://www.thepowerof10.info)

UKA Track & Field results and event info

[www.fellrunner.org.uk](http://www.fellrunner.org.uk)

Details of Fell events and results

[www.completerunner-online.com](http://www.completerunner-online.com)

Follow link for details of West Yorkshire Cross Country League Details

[www.yvaa.org](http://www.yvaa.org)

Yorkshire Veterans' Athletic Association

[www.noaaa-athletics.org.uk](http://www.noaaa-athletics.org.uk)

Northern Athletics

Date	Event	Venue	Age group	Other info
<b>March 2010</b>				
7 <sup>th</sup>	Barton Upon Humber Open Cross Country	Baysgarth Park, Brigg Road	U11 and up	See Kath for details or sign up on board
7 <sup>th</sup>	Club 6 Road Race	Farnley Tyas	Seniors	See Jeff Pierson & Malcolm Sizer
14 <sup>th</sup>	Ian Roberts Fell	Marsden, Cricket Club	Seniors (over 18)	See website, or contact Tom Brunt
21 <sup>st</sup>	Holmfirth Harriers Duathlon (run/bike/run)	Richard Dunn, Bradford	8-16 years	See Rachael Mellor, Andrew Kerry or Debbie Byram or tri section web page
28 <sup>th</sup>	Wakefield 10K	Wakefield	Seniors (inc junior fun run 1k and 3k)	Online at ukresults to download form
28 <sup>th</sup>	Beaumont Park Road Race	Beaumont Park	Juniors	See John McFadzean, Kath Farquhar or Russell Kaye
<b>April 2010</b>				
6 <sup>th</sup>	Bunny Run	Old Sun Hotel Haworth	Over 12s	£2 on day see <a href="http://www.woodentops.org.uk">www.woodentops.org.uk</a>
13 <sup>th</sup>	Bunny Run	Old Sun Hotel Haworth	Over 12s	£2 on day see <a href="http://www.woodentops.org.uk">www.woodentops.org.uk</a>
15 <sup>th</sup>	Point-to-Point	Neiley	Juniors	See John McFadzean, Kath Farquhar or Russell Kaye
18 <sup>th</sup>	WY T&F League 1	York	Over 9 - seniors	Pre entry required
20 <sup>th</sup>	Bunny Run	Old Sun Hotel Haworth	Over 12s	£2 on day see <a href="http://www.woodentops.org.uk">www.woodentops.org.uk</a>
22 <sup>nd</sup>	Point-to-Point	Neiley	Seniors	See Roger Bradley, Andrew Dyson & Trevor Ramsden
27 <sup>th</sup>	Bunny Run	Old Sun Hotel Haworth	Over 12s	£2 on day see <a href="http://www.woodentops.org.uk">www.woodentops.org.uk</a>
24 <sup>th</sup>	Three Peaks	Horton-in-Ribblesdale	Seniors	Enter online <a href="http://www.threepeaksrace.org.uk">www.threepeaksrace.org.uk</a>
24 <sup>th</sup>	Anniversary Wa!	Stair Village Hall	Juniors Also Seniors	Online entry only <a href="http://www.anniversarywaltz.co.uk">www.anniversarywaltz.co.uk</a>
25 <sup>th</sup>	Sheffield Half	Sheffield	Seniors	

If you require any further information please contact us.



## TRAINING & CONTACTS



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Other contact details can be

found on the Holmfirth

Harriers Web Site

[www.holmfirthharriers.com/contacts.htm](http://www.holmfirthharriers.com/contacts.htm)

## Running & Athletics

### Juniors & Seniors

Tuesday and Thursday 7-8pm

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.*

## Juniors – additional training;

Who All juniors welcome (and mums and dads)

What Cross Country Training

Where Storthes Hall

When 9am Sat from 5<sup>th</sup> Sept

Contact Kath Farquhar for more details



## Turbo Training

Turbo training is **free** to all Holmfirth Harriers (£1 for none members)

Wednesday evening at Neiley

Juniors 6.30pm - 7.30pm

Seniors 7:45pm - 8:45pm.



For further details contact

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