

Holmfirth Harriers Athletics Club



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Wow!

What a start to the new year, not on the athletics side unfortunately, with all the snow ice and more snow and more ice! This all meant training was difficult and races cancelled. However, we still have some fantastic results and lots to look forward to in February. The eagerly awaited Yorkshire XC Championships (Wakefield) have been rescheduled for the 20th Feb followed a week later by the National XC Champs (Leeds) and the Huddersfield 10K on the 28th, so its going to be an exciting month

Don't forget if you have any news you wish to share or details of any forthcoming events you are looking forward to please let me have the details. Photos too of any events you have entered are great for everyone to see what you get up to. Thank you.

Debs

Kenya

Don't miss Matthew's update and news from his training in Kenya on page 2. Matthew also broke the course record in the prestigious Brass Monkey half marathon race, which was staged at York Race course on Sunday 24th. In the process he retained the title he won last year and became the second fastest man in the UK over the distance this year.

*** * MESSAGE * ***

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

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

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



NEWS



My trip to Kenya - the story so far...

by Matthew Pierson

Here is my view of my first 3 weeks in Kenya. When I went out to Kenya, on the 2nd Jan, I wasn't in very good shape at all. I had been having problems with a bad knee and not done much running for 3 weeks before I went. My physio (he is, incidentally, the best Physio I have ever seen and works with Leeds rhino's) worked wonders and got me back running so I could start training when I got out to Kenya. I arrived in Kenya late on Saturday where one of Ian's athletes picked me up and took me to a hotel in Ngog (an hour away from the airport).

My first run on Sunday morning was with 3 athletes 2 of whom had run 2.08 for the marathon(!) so it really hit home I was in Kenya. On the Monday we travelled up to the camp 5 hours away, and that in itself was very interesting. I don't think the Kenyans have any rules on the road, they pass on both sides of the roads and are always flashing their lights at each other.

The altitude is higher in camp at about 2300m, which you could feel just walking around. As Ian said my first week was a lot of easy running keeping the heart rate below 135, but by the time the second week came around I stepped the miles up to around 100miles which included a race as well. The whole point of the first 3 weeks was just to get a good base of training in and get used to living in camp. As such I haven't really started marathon training yet. Most runs start at 6am in the morning and they always start very very easy, anywhere from 9-11 minutes for the first mile which can be hard to get used to. They make up for it at the end though so most runs are progressive. Depending on the day and the sessions there can also be a run at 10am and also at 4pm, though it is quite unlikely (so far) that you will run 3 times in a day. Throw in some gym sessions, the odd stretching session, a bit of sleeping and lots of eating and that's pretty much the make up of most days. One thing you notice out here is the abundance of quality athletes. When talking to various people they will point out various medal winners (junior/senior) and go on to quote ridiculously quick times some have run over distances from 800m to marathon.

The life out there is really simple and running is the main thing. The lads in camp can not believe that people who are runners over here have to work as well as train. They kept asking when we slept in the day if you are working. The good thing about being out there is your always training. With the air so thin, even when you are walking to the shops you are training. I think one day out there is worth 2/3 days training back in the UK.

On the eating front, to fuel all this training, we have a very standard dinner of ugali and cabbage (sometimes the cabbage has some meat in it) and sometimes spinach too. A cup of milk straight from the cow is also the norm. Lunch is a combination of rice/pasta with beans, potatoes, bananas and sometimes chapatti (which is really good). Breakfast is usually some bread with butter and jam. Dispersed throughout the day are copious amounts of Kenya's finest tea. The food is great for running, it lacks a little variety, but for the time I am out there I have no problems at all, besides, I'm more than happy to just fuel the engine!

So after Brass Monkey when I ran a new pb and a course record of 65.35 the first 3 weeks have gone well. Lets just hope the next 9 weeks go as well as the first 3 weeks did and I can run well in London which is the main aim.



Matthew at race 4 of the West Yorkshire Cross Country Series Wakefield, enjoying the mud not the sun!

ROAD



2010 Road Champ Races

(S Short L Long)

Meltham 10k	S	Jan 31 st
Huddersfield 10k	S	Feb 28 th
Wakefield 10k	S	Mar 28 th
Sheffield Half	L	Apr 25 th
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



John Broom on his way to 4th place at Meltham 10k picture courtesy of Flaming Photography

Welcome to the road running section of the newsletter. This month we have had success at the Brass Monkey Half Marathon and the first club championship race, Meltham 10k.

The dates for the forthcoming road relay championships have been released so please make a note of these in your diary – you might be called on by the club!

If you have any contributions you wish to include the forthcoming newsletters please email me with the details – david.turnbull79@btinternet.com

Dave Turnbull

Road Relay's

The club captain and ladies captain will be soon approaching club members for the forthcoming road relay events.

This year the Northern Athletics Men's 12 stage and Women's 6 stage road relay are on March 21st at Wythenshawe Park, Manchester. The National Men's 12 stage and Women's 6 stage road relay are on April 17th at Sutton Park, Birmingham.

Please try and arrange your racing calendar around these events. We need to put out the strongest available teams and this means as many members making themselves available for selection as possible. Look out for further information down at the club and on the website.

Brass Monkey January 24th

Matthew Pierson broke the course record in this prestigious half marathon race staged at York Racecourse on 24th January. In the process Pierson retained the title he won last year and became the second fastest man in the UK over the distance this year so far. Running the whole race with just the lead car for company (the next runner finishing 7 minutes behind) Pierson comfortably hit his target by finishing in a new PB of 65:35. This was a good indicator of the progress the Outlane athlete is making at his temporary base at a Kenyan training camp and shows good signs for his London Marathon campaign.

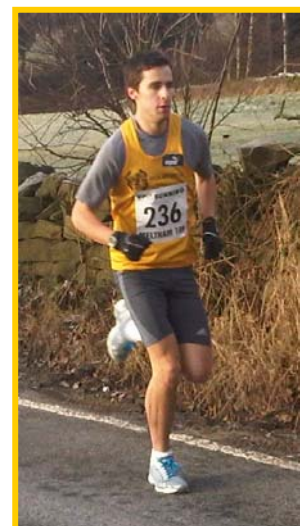
Next finisher was John Broom (7th) in a solid 74:17, achieving a UK Athletics Championship entry for the marathon distance for the next two years. Maz Khoueiry achieved a new PB for half marathon of 90:24 closely followed by Ian Goulding (M45) in a time of 91:29. M65 Tim Cock ran his usual gritty race to finish in 113:42.

In the women's' race pride of place went to Dawn Broom who ran as well as she had for 4 years to finish an agonising 3 seconds outside her PB for the distance in 84:18. Dawn claimed 2nd F45 prize. Claire Leaver ran an encouraging debut over the distance, overcoming early shoelace problems to clock 85:50. The Holmfirth female contingent was completed by Rosemary Baker (F45) 105:31, Angela Currid (F45) 109:24 and Tracey Wadsworth (F40) 140:21.

Meltham 10K January 31st

Icy conditions greeted the 18 Holmfirth Harriers who turned up to compete in the first race in the 2010 club championship. Mark Buckingham (*right*) returned to racing after a short period out with illness to take his first race victory of the year on this tough challenging course. Mark, who recorded a time of 34.08, was over a minute clear of Huddersfield based Glen Comish of Sale Harriers. John Broom, 37:22, was next in for Holmfirth in fourth place overall, followed by Steve Rimmer, 40:50, in 24th place.

Sarah Walker, 45:18, led home the Holmfirth women followed closely by Rachel Mellor, 45:58. Kiersti Dickinson, 52:28, who was runner up in last year's road championship was the third placed Holmfirth lady. For full results see <http://www.ukresults.net/2010/meltham10k.html>



FELL

Stanbury Splash 24th January



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)

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)

Another well organised race for the juniors and seniors alike. Ian Holmes (Bingley) must really love his Soreen Malt Loaf because the 44 year old has now won this event consecutively since 1996. There were 16 hardy seniors from Holmfirth in the race taking on the challenge of the fells above Haworth.



The junior 'Chew it then do it' Soreen races remain as popular as ever with 139 competing. The winner of the U8's race running for Huddersfield Grammar School was George Hobbs (waiting to turn 8 so he can wear his Harrier vest like his big brother and dad), little brother to Holmfirth's Harry Hobbs who has moved to the U10 who has already started to make his mark on the fell scene but on this occasion unfortunately lost his shoe at the start but went on courageously to finish, fantastic.

Photos courtesy of woodentops.org.uk

Many of our young runners have moved up age group this year but this did not hold them back as Lewis Byram came out clear winner overall in the U14. Seth Waterman also had a great run winning the U12s (5th overall) and the third win of the day went to sister Harmonie for the U14 girls (6th overall) 2nd U14s to Ruby Sykes. Lucy Farquhar was the next Harrier to cross the line 11th in the race and 4th U14 girl. Lucy was followed home by little bro' Nicky Farquhar in 16th place, really unlucky to miss out on the prizes, 4th U10 boy. Twins Erica and Lucy Byram were for the first time up against U12 girls, still being only 10 years, old both ran well and this time Erica came out on top in 2nd and Lucy just 7 seconds behind in 3rd, both were followed closely home by Olivia Sykes 4th. Other Harriers who all ran well were Finn Kerry and Tiras Waterman both U10 boys, Joe Williams U12, Sophie Williams U14G, Sunnivah Waterman U10G. Find the full results on the results page.



Bunny Runs

Four individual races on successive Tuesday evenings, 2010 dates are:

6 April 7.00pm 13 April 7.15pm 20 April 7.30pm 27 April 7.30pm

All from Dimples Lane Quarry see www.woodentops.org.uk for full details. Registration at the Old Sun Hotel, Haworth, W. Yorks (GR 026372), 5 mins. from start. Individual Bunny Runs: CS. 3m/300'. £2 on night only. Teams free. PM. **Over 12**. All prizes Easter eggs. 3 races out of 4 to count for overall awards.

Followed by the Bunny Relays on the Tuesday 4th May at 7.30pm: CS. 7.30pm £6 per team of three on day. PM. **Over 10**. Each leg 2m/200'. Almost any conceivable team composition welcome including mixed, family, junior etc. Relay batons are eggs!

CROSS COUNTRY



Northern Cross Country Championships Blackburn 23rd January

The Northern Cross Country Championships – the premier cross country event for northern athletes, took place last Saturday at Witton Country Park in Blackburn. The event which brings together club runners from the whole of the Northern part of England was for many of the junior athletes and some senior athletes their first taste of a large championships and the challenging hilly course at Witton Park was a great introduction.



There were some great performances in all age groups. In the youngest Lewis Byram showed great commitment and determination to finish inside the top ten in 9th position an excellent result as Lewis has another year in this age group. Following Lewis home in the U13 boys race were Aaron Arthur in 71st, Seth Waterman 73rd, Aaron Kettlewell 97th, Andrew Farquhar 136th, Eddie Hinchcliffe 147th and Joe Williams 178th. The team finished 12th overall.

Harmonie Waterman was first Harrier home in the U13 girls race in 44th position a great result in races with over 200 runners. Olivia Sykes with 2 more years in this age group had a great run in 69th, she was followed home by Sophie Spencer in 92nd, Lucy Farquhar running in one shoe in 93rd and Sophie Williams in 200th. The girls team also finished 12th.

The cream of the crop in the other junior age groups were Thomas Travis-Pollard in 20th position in the U17 race and Ruby Sykes in 29th in the U15 race. Both athletes have another year in these age groups. Also with good solid runs in the u15 age group were Michael Booth and Robert Hinchcliffe 174th and 188th respectively in the U15 boys race.

In the senior races Holmfirth ladies had a great turn out with 2 teams racing, and a great result for the first team placing 5th behind the city-based clubs of Hallamshire, Sale, Leeds and Trafford, certainly one the club's best results at the Northern Championships. Top individual performance was from Katie Walshaw with a fantastic run in 16th place. Katie was followed home by Helen Berry with a strong run in 29th, Kath Farquhar in 45th and Jenna Philips, in her first race for the club, the final counter for the team in 64th place. Running well for the second team were Julia Johnson 66th, Lesley Ewart 98th, Cara Penfold 110th and Margaret Sykes 141st.

The senior men, running in a huge field of over 600 athletes, just managed to finish a team but with several key runners missing did not fair as well as their female counterparts! First home in 178th place was Jonathan Sykes, followed by John Ewart in 242nd, Damian Wilde 259, Matthew Dewhirst 293rd, Jason Kaushal 461st and Brandon Holroyd 472nd.

Special mention must go to the Sykes family, all 4 of whom turned out and raced, and for our hardy band of supporters who braved the Pennine Crossing and spent the day in the Lancashire fog cheering on the Holmfirth athletes.

LADIES

Northern Cross Country Championships



Harriers travel over to a rather foggy and misty Lancashire for the Northerns, but the weather didn't seem to dampen spirits.

The course around Witton Park in Blackburn suited many of our runners, with plenty of hills. With a 3 lap course, we covered the 'saucer' three times and 'teaspoon' once! I can assure you that the names of these hills bear no relation to the gradient!

Holmfirth ladies had a good turn out with 2 teams racing, and a great result for our first team. We were 5th place behind the city-based clubs of Hallamshire, Sale, Leeds and Trafford.

I think it's one of our best results at the Northerns and all our ladies were in the top 2/3 of the field, so well done all!

Katie Walshaw had a fantastic result in 16th and Jenna Philips, who in her first race for the club, was the final counter in the first team in 64th place!

We can now look forward to the Yorkshires and Nationals, a little closer to home.



RESULTS



Sheffield Open Cross Country 2nd January

U13s 2nd Lewis Byram 10:48 U17s 2nd Max Kaye 18:00

Northern Athletics Indoor Championships EIS 16/17th January

U15s Boys Long Jump Final U17s 1500m Final
7th Aaron Kettlewell 4.61m 1st Max Kaye 4:16:68

Northern Athletics Cross Country Championships Blackburn, 23rd January

U13 Boys Team 12th

9 th Lewis Byram	11:23
71 st Aaron Arthur	12:26
73 rd Seth Waterman	12:27
97 th Aaron Kettlewell	12:45
136 th Andrew Farquhar	13:30
147 th Eddie Hinchliffe	13:44
178 th Joe Williams	15:14

U13 Girls Team 12th

44 th Harmonie Waterman	13:01
69 th Olivia Sykes	13:31
92 nd Sophie Spencer	13:50
93 rd Lucy Farquhar	13:50
200 th Sophie Williams	16:19

U15 Boys

174 th Michael Booth	17:02
188 th Robert Hinchliffe	17:34

U15 Girls

29 th Ruby Sykes	16:35
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U17 Boys

20 th Thomas Travis-Pollard	21:51
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Senior Ladies

16 Katie Walshaw	33:34
29 Helen Berry	34:54
45 Kath Farquhar	36:13
64 Jenna Philips	37:42
66 Julia Johnson	37:49
98 Lesley Ewart	39:40
110 Cara Penfold	40:26
141 Margaret Sykes	42:29
222 finishers	

Senior Men

178 Jonathan Sykes	49:56
242 John Ewart	51:56
259 Damian Wilde	52:34
293 Matthew Dewhirst	53:43
462 Jason Kaushal	1:00:48
473 Brandon Holroyd	1:01:16
602 finishers	



Photos thanks to
woodentops.org.uk



RESULTS

Soreen Stanbury Splash 24th January



U8 Boys

1st George Hobbs

U10 Boys

4th Nicky Farquhar 7:53
8th Finn Kerry 8:25
9th Tiras Waterman 8:26
29th Harry Hobbs 11:06

U10 Girls

4th Sunnivah Waterman 10:22

U12 Girls

2nd Erica Byram 7:57
3rd Lucy Byram 8:04
4th Olivia Sykes 8:21

U12 Boys

1st Seth Waterman 6:54
5th Joe Williams 8:39

U14 Boys

1st Lewis Byram 6:35

U14 Girls

1st Harmonie Waterman 7:17
2nd Ruby Sykes 7:23
4th Lucy Farquhar 7:40
9th Sophie Williams 9:17

Seniors

4 th Tom Brunt 46:08	93 rd Simon Rawnsley 57:57	240 th Rebecca Halstead 71:17
7 th Bill Stewart 47:03	98 th Rob Kersey 58:04	250 th Robert Halstead 72:25
20 th Gavin Baxter 49:51	155 th Philip Hobbs 63:13	268 th Richard Whale 76:26
35 th Andy Shaw 51:58	170 th Paula Gould 64:08	280 th Sophie Barraclough 79:04
56 th John Ewart 54:06	207 th Karen Sinkinson 67:53	
83 rd Wayne Byram 57:00	231 st Bill Hunter 70:20	



Olivia Sykes Finn Kerry
& Tiras Waterman

Harmonie Waterman,
Seth Waterman
(photo
woodentops.org.uk)

Brass Monkey Half Marathon 24th January

1 st Matthew Pierson 1:05:35	315 th Ian Goulding M45 1:31:29
7 th John Broom 1:14:17	753 rd Rosemary Baker F45 1:45:31
124 th Dawn Broom F45 1:24:18	910 th Angela Currid F45 1:49:24
149 th Claire Leaver 1:25:50	1026 th Tim Cock M65 1:53:42
279 th Maz Khoueiry 1:30:29	1489 th Tracey Wadsworth F40 2:20:21

(1550 runners)

Meltham 10k 31st January

1 Mark Buckingham M 34.08	170 Mark Dolan M45 52.24
4 John Broom M 37.22	172 Kiersti Dickinson F40 52.28
24 Stephen Rimmer M45 40.50	179 Claire Whitwam F45 53.03
45 Kevin Yewlett M55 43.14	186 Jane Greaves F40 53.40
60 Brandon Holroyd M35 44.59	214 Tim Cock M65 57.15
65 Sarah Walker F 45.18	219 Rebecca Crosby F45 57.52
73 Rachael Mellor F45 45.58	231 Hilary Booth F45 59.32
86 Sean Doyle M40 46.54	233 Kane Stirling F40 59.47
97 Philip Egan M 47.55	257 Isobel Gabanski F40 68.37



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

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.noaaa-athletics.org.uk

Northern Athletics

Date	Event	Venue	Age group	Other info
February 2010				
10th	Dewsbury 10k	Dewsbury	Seniors	Enter online or download form from ukresults
14th	Liversedge Half Marathon	Roberttown	Seniors	Enter online or download form from ukresults
20th	Yorkshire Cross Country Championships	Thornes Park Wakefield	U13 and up	See Kath for Details Pre Entry Required
27th	English National Cross Country Championships	Roundhay Park Leeds	U13 and up	See Kath for Details Pre Entry Required
28th	Huddersfield 10K	Hudds Rugby Union Club, Lockwood Park HD4 6EN	Seniors	Enter online or download form from ukresults
March 2010				
7th	Barton Upon Humber Open Cross Country		U11 and up	See Kath for details
14th	Ian Roberts Fell BM	Marsden, Cricket Club	Seniors (over 18)	See website, or contact Tom Brunt
28th	Wakefield 10K	Wakefield	Seniors (inc junior fun run 1k and 3k)	Online at ukresults to download form

If you require any further information please contact us.



TRAINING & CONTACTS



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Juniors:
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Kath Farquhar
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Other contact details can be found on the Holmfirth Harriers Web Site
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 5th Sept
Contact Kath Farquhar for more details

**** No Training Sat 6th Feb ****

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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