

Holmfirth Harriers Vets' News 65

31st July 2021

YVAA NEWS

2021 YVAA Races

YVAA Multi-terrain GP's

At the time of writing (10/7/21) there are no GP's planned but we have not given up hope of putting on one or two events this year, including our event from Neiley. Keep your eyes on the HH website and Facebook group between these Newsletters.

The YVAA Half Marathon Championships is the only road championships going ahead at the moment, this is in September in East Yorkshire and entries are open at https://www.theentrypoint.co.uk/events/the-major-stone-half-marathon-qQ7AE9MER9ZI0w2?fbclid=IwAR2WT4vFdiT_FqqsyQm8RZFoUnT42ZtSeqMelw3IWK5YD0hBFU-8VMJHOWs

We are also hoping to get the Road Relays organised, possibly at the York cycle track where we held it in 2019.

Club Road Championships and Closed Events

Club 10

There are some excellent pictures on the Facebook group by Sean Doyle and I have included 3 below. This year we had a group of slower runners (expected time over 75 minutes) starting at 6.30 pm and the faster runners at the traditional 7.00 pm.

The first group were treated with a downpour jogging down to the start and then again during the first 3 miles.



Tracy Newman and Debbie Clarkenjoying the rain.



Debbie B, Janet, Lisa, Tracy Neil and Debbie C from the early starters.



Wayne, Gary, Helena, Bob and I think Neil. Probably a tiny bit of Julia too!

NOTE: Neil and I had 18 and 81 both wore them as 18, I'd have loved his time again, more than 5 years since I've run that sort of time!

As you can see your actual speed does not affect your handicap position so even slower runners have a good chance in the handicap.

Neil, 22nd, was 1st on handicap; Debbie Beck, 21st, was 3rd and Debbie Clarke, 24th, 5th. So if you can run 10 miles have a go next year.

Results

Act. Time Pos.		NAME	H'cap Pos.	Actual Time	Vets Age Gr. Score
1	SF	Lucy Byram	2	1:01:19	
2	SM	Alexander Hannay	10	1:01:46	
3	M50	John Saeki	9	1:07:03	73.88%
4	M45	Brandon Holroyd	17	1:08:46	69.61%

5	F45	Julia Thomas	6	1:09:03	76.97%
6	M50	Neil Robins	7	1:09:53	70.88%
7	F35	Helena Croft	15	1:11:35	69.22%
8	M50	Wayne Byram	16	1:12:33	68.27%
9	M50	Bob Dickinson	11	1:14:52	65.58%
10	M50	David Williams	23	1:15:04	72.98%
11	M55	Ian Goulding	19	1:16:00	68.77%
12	F50	Kath Farquhar	22	1:16:36	74.17%
13	SM	Jack Walker	8	1:16:57	
14	F45	Nicky Ottaway	12	1:17:53	68.24%
15	M40	Craig Noble	4	1:18:47	60.47%
16	M70	Rob Kersey	21	1:20:17	73.90%
17	M55	Andrew Robertson	13	1:21:29	64.14%
18	M55	Gary Graham	25	1:22:08	62.48%
19	F40	Lisa Blackburn	14	1:23:40	63.53%
20	F55	Janet Foreman	18	1:25:05	70.09%
21	F50	Debbie Beck	3	1:27:33	64.13%
22	M70	Neil Midgley	1	1:28:40	67.65%
23	F45	Tracey Newman	20	1:30:13	58.38%
24	F50	Debbie Clarke	5	1:30:17	61.47%
25	M65	Richard Whale	24	1:45:32	54.33%

Towneley 5k

This was the next event in the Club Road Championships and should have been a 10K but road works caused it to be changed to a 5K within the park.

I had a terrible race going of much too fast and then going into oxygen debt after about half a mile. The rest of the race was like running through treacle! Three plus minutes slower than a 5K run 2 weeks ago. Just goes to show even the most experienced runners can get it wrong sometimes, perhaps it was the mass start again after so long.

As it was shortened to a 5K the race was split with the women going off 30 minutes before the men. Heidi O'Shea and Jane Stirling were are only female runners and both ran well

with Heidi O'Shea running 24:19 and Jane Stirling 27:32. Michael caught me as I was floundering and ran 25:20 and I eventually finished in 26:45.

Heights Ultra and 10K



Ruth Churchill-Dower after the Heights 50K ultra. 6hr 30 mins for 50K and 1,232m of climb. A massive achievement.

Noreen Edery won her age category at the 10K version, 1st F70. Again congratulations.



Paul Girdlestone, Jonny McLean, Michael Sanderson and Phil Brown also took part in one of the various distances on offer. Paul report is on our website at

[https://www.holmfirthharriers.com/race-](https://www.holmfirthharriers.com/race-report-heights-ultra-trail/)

[report-heights-ultra-trail/](https://www.holmfirthharriers.com/race-report-heights-ultra-trail/) Well done to all who took part whatever the distance.

Holme Moss Fell Race

On the 25th July Holmfirth Harriers hosted the Holme Moss Fell Race, from Cartworth Moor Cricket Club. This is a very hard race of almost 18 miles with some killer climbs and was being organised by Andy Hauser and Jean Shotter for the first time, having taken over from me. The day all went pretty smoothly so well done to them and all the many helpers without which such events cannot happen. The day started with really good running conditions, pleasantly warm but overcast and only a light breeze. As the day progressed though the predicted all day cloud cover cleared and the temperatures soared leading to many runners struggling with cramp in the 2nd half of the race.

Michael Sanderson was our first finisher in 13th place, having only just made the start! Michael finished in 3:29:10, next came Graeme Smith M45, in 48th, 4:08:28; Rob Kersey 1st (and only) M70, 74th, 4:49:13; Karen Sinkinson 3rd F60, 5:03:41 and Ruth Churchill Dower 93rd, 3rd F50, 5:39:41.

A great day out and a fantastic event but not to be taken lightly as you can see from the faces and that was only after about 3 miles!

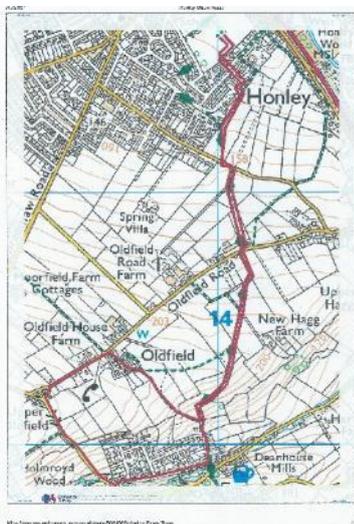


Michael Sanderson M35



Graeme Smith M45

Events Coming Up



The next event in the Club Road Championships is the **Norton 9**, a nine mile race, details at https://bookitzone.com/phil_tordoff_1/H2jFFX .

The Holmfirth Harriers Road Championship details for 2021 can be found at <https://www.holmfirthharriers.com/championship/road-championship/>

Honley Centenary Show 5K, 18th September. While you are of course welcome to enter this event (map left), HH are hosting the event so I do need help with marshalling and other

jobs. If anyone can offer help contact me on robhh1950@gmail.com , club Facebook post or any other method.

Don't forget if I've missed an event you have run in then let me know.

Please keep an eye on the Holmfirth Harriers website as it is updated almost daily and I will try and ensure that all Vets events are put on and accessible both from the **Vets Section** and also **Events**. If you are on Facebook you will also find updates on the HH and YVAA groups.

Finally for now:

Have you run an age group PB in the last year or so? We keep records of the best 10 times for each 5 year age group from 35 years upwards, for both men and women for all the usual road race distances. Check out the records via the links on the Vets Section of the HH website at <https://www.holmfirthharriers.com/sections/vets/> . If you have a time that would fit in the top 10 please let me know. I need when run, your age when ran, distance and time. The older you are the better your chance that you will get in the top 10 and not many women have sent in records.

Happy running,

Rob