

Holmfirth Harriers Vets' News 66

31st August 2021

YVAA NEWS

2021 YVAA Races

YVAA Multi-terrain GP's

At the time of writing (30/8/21) there are still 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. I think everyone is waiting to see if CC fixtures happen this year before attempting to plan any dates. 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_FqsyQm8RZFoUnT42ZtSeqMelw3IWK5YD0hBFU-8VMJHOWs

We have not given up on the Road Relays but the York course is not available so having to look for alternatives.

Cop Hill Fell Race, from Meltham, looks like it will happen in November so that will mean the YVAA Fell Championships will happen. It is a two lap course and over terrain much like our summer training runs. At about 7 miles it would certainly be within the scope of all our Jackals, Wolves and probably Tigers.

Club Road Championships and Closed Events

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.

Norton 9

Wet, wet, wet! Torrential rain most of the way there and a section of flooded road to negotiate on the way made we wonder what parking field would be like but it turned out to be ok and the knee high grass helped to keep the mud down where cars had driven over the field, even the uphill exit was ok when I left. It rained heavily right up to the start and shortly after the finish but only gently on and off during the race. Eight Harriers made the start with Kevin Dessoy and then Bob Dickinson disappearing out of site (of me) quite quickly. Nicky Ottaway passed me at about 3 miles but I managed to keep her just in sight till the last big climb at about 7 ½ miles. 2 minutes in front by the end. Michael came in next then Tracy and Jane quite close together with Richard a bit further back.



From the left Kevin, Nicky. Below Bob D and Rob K



Below Michael and Tracey



Jane, above and Richard below (next page)

Hopefully some other viewpoints of race before I send this out.

Richard Whale wrote this for the website so I have lifted it and added here just in case there are those amongst you that do not look at our excellent new and constantly updated website.



All eight harriers lined up together at the start of the 2021 Norton 9, as the rain abated and as the whistle blew to set all 210 runners off; I soon waved farewell to my fellows as we turned the corner straight into fairly steep little hill. The weather was perfect now, dry, a slight breeze and definitely a lot cooler than my previous 'hot, hot, hot' outing at the Vale of York 10, last month.

The route is a rural undulating course through the North Yorkshire countryside, winding its way through scenic villages on quiet country roads. After the first hill (20 yards long), the first mile is mostly a downward incline which was perfect to get comfortable and into a rhythm, once comfortable it was an easy run on wet but well drained country lanes; the marshals were all very enthusiastic and a great boost, water at mile 4 was very welcome as we saw quite a long incline to go up. I got talking to a chap from Barnsley who said that this is the only hill on this course, but I expect you are used to hills at Holmfirth, I told him, I was used to hills but it doesn't make them any easier! I have to say at this point that going up that 'hill', I overtook 3 runners who were moaning about it, but really it was just a fairly long 'incline' not a proper hill! At mile 6, the 'incline' got steeper, I thought to myself "you little tinker, this one just gets steeper". I overtook another two people going up and over this one. Then when I saw the mile 8 marker, time to up the pace for a fast finish, it was a downhill finish and despite there being no one in sight to catch, I gave it my all; I could see the start point, I sprinted, but only to find that someone had moved the timing mats! Oh bother, I thought, I was directed left up to the first hill we went up, a very welcome sight of all fellow Harriers in great voice cheering me on, I have made it hurray; NO! I hadn't, straight on someone said, by this time I was not amused as I couldn't see the finish, turn right down a lane, but then I saw the finish in a field, hurray, I can now tick the Norton 9 off as well and truly done. Michael welcomed me at the finish line and as we walked back to meet the others the heavens opened it was torrential rain, and everyone had already headed back.

I was not parked at the designated car park in a field with quite a steep entrance / exit and wondered if anyone would have difficulty getting out, I had another mission a drive to Blackpool to meet my wife and family for fish and chips and maybe dip a toe in the sea, I didn't manage a dip in the sea but the fish and chips were wonderful; what a great day.

Richard Whale

Pos	Name	Cat (Pos) &	Age G%	Chip T	Chip P	Pace K/Mile	Gun T
38	Kevin Desso	M55 (3/20)	74.66	1:03:12	38	4:22/7:01	1:03:10
55	Bob Dickinson	M50 (6/26)	66.24	1:06:21	56	4:35/7:22	1:06:25

81	Nicky Ottaway	F45 (2/14)	68.17	1:09:57	80	4:50/7:46	1:10:06
99	Rob Kersey	M70 (1/1)	73.83	1:11:51	98	4:58/7:59	1:12:00
139	Michael Hall	M55 (15/20)	59.95	1:18:42	139	5:26/8:45	1:18:53
155	Tracey Newman	F45 (8/14)	57.45	1:22:15	155	5:41/9:08	1:22:25
156	Jane Stirling	F50 (5/9)	60.48	1:23:15	156	5:45/9:15	1:23:26
183	Richard Whale	M65 (7/7)	55.81	1:32:11	183	6:22/10:15	1:32:21

York 5K

This is one of a monthly series but the August edition was a counter in our Club Road Championships. The course is based around the York cycle track, where we have held the last two YVAA Championships and the YVAA Road Relays. It is an excellent fast course and has floodlights for night time running. * Harriers made the trip and were rewarded with some excellent times.

Pos.	Name	Age grade	Cat.	Cat. Pos.	Time
39	Jack Sunderland	73.2 %	MJUN	1/3	18:42
57	Adam Sunderland	72.2 %	MV50	6/10	20:25
62	Robert Dickinson	69.2 %	MV50	7/10	21:18
72	Nicky Ottaway	70.5 %	FV45	1/5	22:28
84	Heidi O'Shea	64.7 %	FV40	3/4	23:54
86	Michael Hall	64.8 %	MV55	5/7	24:14
90	Tracey Newman	61.8 %	FV45	2/5	25:26
96	Richard Whale	60.4 %	MV65	2/2	28:03

Next Events in Club Road Champs

Garstang Half Marathon, 5th September

Shepley 10K, 12th September

You will find links at <https://www.holmfirthharriers.com/championship/road-championship/>

Other Events



Deborah and Andy Clarke did the Lakeland Trails Ultra on 10 July, to celebrate Deb's 50th year. She wanted a race with 50 in it so they returned to the Lakeland Trails Ultra a race of 55k and 7000 ft. of climbing. In fact Deb reports it turned out to be nearer 58k and in very hot and muggy conditions. **THEY HAD A Fab day knocking over 1.5hrs off previous time.**

Great effort.

Right,
Richard,
Tracey,
Vicky,



Charlotte (probably not a vet?) ran the Vale of York 10mile race during the heat wave I think it was Tuesday 20 July.



Tracey Newman completed the Tunnel to Tunnel ultra 50k in 5hrs 35min on Sun 15 August. Due to the nature of the run (5 x 10k laps) roughly 40% of the run was in a tunnel!

Read the report at <https://www.holmfirthharriers.com/two-tunnels-50k-ultra/>

Debbie Beck F50 at the Leeds running Festival Half Marathon. A hilly half M around Roundhay Park. Debbie ran 2:08:33 on the tough course.



Don't forget if you run in an event let me know and I'll include it here. This is not just about the faster runners. Anyone that competes and wears the Harriers vest is worthy of a mention.

Age Group PB's

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