

Holmfirth Harriers Vets' News 67

30th September 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.

Some Events Members Have Run

The Denby Dash

Dan Yates one of our new members reports on the Denby Dash.

Much of the quality of the Denby Dash, like most local races, is very much down to those who give up their time and effort to organise and marshall the event. The numerous smiling faces that greeted me as I registered, and that gave encouragement around the course made this a great run. The course is around 5 miles, involving a variety of running surfaces, and is challenging in the 700 feet of incline that needs to be covered. Having lost the last two weeks' training to an Achilles issue, it was certainly a challenge to me!

The weather was pretty much ideal, being cool and dry, with little in the way of a breeze - I saw a few Harriers vests, but with me being new to the club, no familiar faces. There were about 130 runners in total, and I was quietly content with finishing 108th, in a time of 1:05:42, wolfing down the complimentary flapjack that all finishers received.

The race HQ was the George Inn, so there were plenty of refreshments available for runners and spectators alike, and there were food stands as well - next year I will plan accordingly and treat myself to a rehydrating pint post-race.

Thanks for report Dan and good to see you taking part in events so soon after joining. I can endorse Dan's comments about the event and being organised by Mark Law, one of our members it deserves support.

A Report from Andrew Kerry

Hi Rob

I thought you might be interested to know that I recently competed in my first road race since London 2019. To say it was hard was an understatement, the memory of running faster was there – the legs were not!

We were on holiday visiting relatives in Northern Ireland. I thought it would be interesting if I entered the "Dambuster 10 mile". This is a 10 mile in the Mourne Mountains alongside the Silent Valley reservoir.

I thought it would be interesting as surely a reservoir run would be flat, alas, you start at ground level and then uphill to the first reservoir and then another 3 mile to the head of the second reservoir. A little bit lumpy but it was all reasonable, but all I could think was the distance, didn't add up to 10mile!

With 3 miles to go, we started to climb again in the woods and continued to do so for another 1 – 1 ½ until we hit the Mourne wall (a long dry stone wall which goes over the mountains in this part of the world acting as a fence for Northern Ireland water)

At least you are rewarded by a fast last mile as you go back to ground level. I think the last 10 mile I did was 5 years ago in York which I did in 1:13:07 (this was my M50 time – feel free to add to the records)

This time I did 1:29:59, which was on target as I predicted 1:30 (this is my M55 time for the records)

This is all practice for 1. Getting back to the club and fit again and 2. I entered the Glencoe Half Marathon 2 years ago and the race is finally on this weekend. You would have thought that with all the time available I would be super fit, but even though I started training again in January, it has taken until now for me to get my base back – so all being well I survive this weekend (it has around 900m of climbing apparently) I am looking forward to getting my strength back to see improvements for 2022.

I am not sure if I will be able to get photos on Sunday, but if I do I will send them on.

Cheers

Andrew

Arundel 10K

James Spencer M50 competed in the Arundel 10k on Sunday August 30th. Completed in a time of 51.33.

Bleaklow Blitz Fell Race



Andy Shelbourne & Mark Law at Bleaklow Blitz from Torside, near Crowden.

19 Andrew Shelbourne M55
01:18:30
22 Mark Law M55
01:21:01



The latest race in the Club Road Championships was the Garstang Half Marathon. Clark, Michael, Nicky, Richard and Bob.

9th Clark Hind, 1:25:50; 31st Robert Dickinson MV50, 1:44:14, 62.39%; 37th Nicky Ottaway FV45, 1:49:41, 63.11%; 58th Michael Hall MV55, 2:08:51, 52.76%; 73rd Richard Whale MV65, 2:35:28, 48.12%



Deborah and Andrew Clarke after (?) the Leeds Half Marathon. Both ran 2:04:13.

Major Stone Half Marathon / YVAA Half Marathon Championships

This took place at Lockington near Beverley on virtually traffic free gently undulating roads. The race started in very warm conditions and I was already feeling the heat by the 3 mile mark but was still averaging my target time of around 8 minute miles. Kevin and I swapped places several times over the first few miles depending on whether we were climbing or descending! By the 6 mile mark it was seriously hot and water stations were a welcome chance to take a few sips then pour the rest over heads for a cool down. The second half of the race became increasingly hard going and we both slipped behind on target pace.

I did manage a slight rally from mile 12 onwards and even out shuffled (sprinted would be an exaggeration) another runner who came level with me about 200m from finish! Another PW 1:49:50 (71.71%) for me and 1:55:50 (64.59%) for Kev.

I was 2nd M70 but the first ran 1:39:20 (79.3%), a great time for a 70 year old, and Kev was 4th M65.



Kevin somewhere around the 4 mile mark



Right: Kevin and Rob at about 5 miles at the Major Stone / YVAA Half Marathon, Lockington.



Skipton Trail Half

Report from John Saeki

The Skipton Trail Half on Saturday was a good do. Another beautiful course in the series of three Due North trail halves that started with Burnsall in April, followed by Kettlewell in May. This latest race involved a brutal 1,900 ft of climbing, starting with a 300 ft climb over Sharphaw and a 1,100 ft drop to Hetton village, which was repeated in reverse at the end of the race.

I did 1hr 51 and came 3rd in my V50 age group. Overall I was happy enough but I can't say I enjoyed not having anything left in the tank after the final climb up Sharphaw and being overtaken by six people in the final mile of descending, including the two leaders of my age group!

I met fellow Harrier Richard Wheeler there who came in together with the brother of Paul Girdlestone, Kevin, both clocking in around the 2:11 mark.

Shepley 10K

This is a tough local 10K that starts and finishes at Shepley Cricket Club. The course takes you down Stone Wood Lane before climbing back up to Stocksmoor. It then undulates a bit before the long climb up to the A635 opposite the Toss o' Coin pub then downhill back, via Marsh Lane, to the cricket club. Conditions were excellent, warm without being hot and virtually no wind. Good turnout from Holmfirth members, being part of club Road Champs, 15 in all. Stu Sharp thought he was 2nd but the first runner went wrong and did an extra mile ending up 5th!

As always good turnout from our Vets, 12 of the 15.

Pos	No.	Name	Cat	M/F Pos.	Age Pos.	Time	Age Grade
1.	95	Stuart Sharp	M40	1.	1.	37:39	72.78%
14.	455	Bob Dickinson	M50	13.	3.	46:29	63.93%
23.	12	Philip Brown	M40	21.	11.	47:37	57.54%
38.	446	Rob Kersey	M70	34.	1.	50:37	70.63%
64.	34	Philip Hanson	M60	54.	5.	55:07	58.88%
68.	436	Ruth Churchill. Dower	F50	13.	5.	56:29	59.63%
69.	451	Tracey Newman	F45	14.	4.	56:52	56.33%
77.	390	Kelly Law	F40	19.	8.	59:22	52.02%
78.	449	Jane Stirling	F50	20.	7.	59:47	56.34%
81.	464	Bill Hunter	M70	59.	2.	1:01:29	58.15%
82.	468	Richard Whale	M65	60.	6.	1:01:41	55.15%

85.	461	Charlotte Whale	F	25.	7.	1:03:10	
115.	20	Oliver Davies	M	70.	18.	1:14:24	
127.	265	Nicky Evans	F50	55.	14.	1:28:55	37.88%
128.	16	Tracey Courtney	F35	56.	11.	1:30:03	33.48%

After doing the calculations of age grade I realised that only 10 year age categories were given in results. I have changed those I knew to the 5 year category and recalculated. If any are still wrong let me know.

It was great to see lots of our slower runners out racing and representing the club. If everyone runs as hard as they can, slower runners, taking longer, actually work harder than the quicker runners, so well done to all.



Left: Bob, Phil B, Phil H, Charlotte, Kelly, Richard, Bill, Rob, Roth and Tracey.

Below: Bill, Charlotte, Tracey, Nicky, Bob, Phil H, Ruth, Phil B, Jane, Richard,

Tracey and Oliver.



I noticed that, From HH Facebook group,

Tracey Newman F45 ran 53:42 in the Altringham 10K recently so that gives an idea of the toughness of the Shepley race.

Apologies if your photo is not here but some would not copy.



Stuart



Bob and Phil B

*Ruth (right) and Phil H,
Tracey, Rob, Kelly and
Jane (below)*





Tracy, Richard and Charlotte

AA my.raceresult.com

MY RACE RESULT

05/09/2021

Pendle Triathlon 5th September 2021

Info Registration Participants **Results** Re

Holmfirth Harriers

The Pendle Triathlon

Overall Results

Place	Bib	Name	Gender	AG	Finish
The Pendle Triathlon					
2.	205	Jonny Mclean	M		1:05:25
Club/Team: Holmfirth Harriers / Albion Cycling					
Swim:	06:01				
T1:	00:45				
Bike:	37:39				
T2:	00:46				
Run:	20:12				

Another result gleaned from Facebook group.

Jonny McLean M35 result in the Pendle Triathlon. Looks like a 2nd position. Well done Jonny.

Trafford 10K, September 19th



Nicky Ottaway ran a PB 47:36 at the Trafford 10K.

Well done Nicky.

Deborah Clark

Deborah, (seen here, on right, at the Honley Show 5K when she swept with Tracey



Newman) together with husband Andrew are great racers, seemingly racing somewhere most weekends. They are also great supporters of the club and help at events whenever available.

Deborah is partially sighted and so relies on others to help when training and racing as she says below.

She has added this post on Facebook to raise money for Guide Dogs UK.

I'm sure she would love your support.

Some of you know I'm running London Marathon, which I could never have trained for without Andrew and my friends Tracey and Viki, supporting me and trying to stop me tripping up and bumping into stuff!

This weekend on Facebook I am celebrating running with Friends aiming have loads of fun and raise £'s for Guide Dogs UK. We have Flanci, Sisters with Blisters™, Veteran Runners UK and Wonderful Wild Women joining us 😊

I know many of our club also value the friendships made through Holmfirth Harriers Athletics Club and the support they give you too. Will you join us this weekend by posting a pic of your run and making a small donation?

It costs £34k to breed and train a Guide Dog, I'm hoping our combined efforts could provide a waggy tail!
<https://uk.virginmoneygiving.com/MrsC>, Thank you so much for your support x

Calderdale Way Relay

What a great day out racing and 4 teams of Harriers taking part. The full results can be found at https://my.raceresult.com/177132/#1_7AAEAD . As always, with Vets starting at 35 (though 40 in fell events), the vast majority of those taking part were in the veteran age groups. The weather was kind being warm but not too hot and a nice breeze, mostly dry underfoot, at least on leg 6, and great support all the way round. As a club we also had the first ladies team, 17th overall and also 2nd Vets team, 27th overall. The A team came 8th which considering we had a runner unwell on leg 1 and a navigation error on leg 4 was a good result. The Cote de Holme Moss team, any others that wanted a run and made up of 6 men and 6 women were 34th of the 63 teams.

Leg 1



Leg 2



Leg 3



Leg 4



Leg 5



Leg 6

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.

