

Holmfirth Harriers Vet's News 84

28th February 2023



YVAA EVENTS IN 2023

As usual we hope there will be a full programme of YVAA events in 2023. The Multi-terrain GPs will include our event from Neiley (April 23rd) and will hopefully include another 7-9 events around the county. For those not familiar with the events they are mostly off-road using footpaths over fields and through woods. Distances vary from 5 to 6 miles and terrain is similar to our summer training runs. They are aimed at all abilities and certainly all our runners from Tigers upwards are quite capable of completing the courses. They are incredibly friendly events and include after race refreshments and prize giving in all 5-year age groups from 35+ right up to 75+. There are spot prizes given out at the finish as well. All this for a £5 entry (2022). All details can be found on the YVAA website at www.yvaa.org and updates on the Facebook group at <https://www.facebook.com/groups/3189196357821902>.

In addition, we will be organising a YVAA CC Championships at Beverley on March 12th, a Road Relay Championships, hopefully in May, plus the usual 5K, 5m (Bronte 5), 10K (Harrogate 10K), 10m (Tadcaster 10), and Half M Championships (Major Stone Half M at Lockington). These road races will be within open races.

It would be great to get out a strong (in numbers) team from Holmfirth for these events so keep a look out for information via your emails, the club Facebook page and of course the club website in the New Year.

YVAA CC Championships

Sunday 12th March, Beverley Race course

Free entry to HH members over 35 if you turn up and run

We usually manage 30+ Vets at this event so I need all runners from 35 upwards to offer to run.

The F45+ ladies and the M70+ men run a two lap 5K course starting at 12.00 noon and the F35-44 ladies and M35 - 69 men run a 4 lap 10K course starting roughly at 1.20pm. There are both individual competitions, in 5-year age groups, and team competitions in mostly 10-year age groups.

We don't **just** want our fastest runners, although they are obviously welcome, as if we can get more than 5 runners in a team then we become eligible for the 'All to Count' trophies, which we have won on many past occasions.

In the 'All to Count' competitions every runner scores points for the team so the more the better.

I have posted more details on the website at <https://www.holmfirthharriers.com/yvaa-cross-country/>

Please indicate via this post, email, the website joining form or verbally, that you can take part. **The club will pay your entry as long as you actually turn up and run.**

At the time of writing, team wise, I have:

2 x F35-45, 4 x F45-54, 2 x F55-64, 2 x F65+ and 2 x M35-39, 3 x M40-49, 5 x M50-59, 2 x M60-69, 5 x M70+. **So, as you can see, we need loads more runners in all age groups.**

Rob

Club 6

Club 6 – 25th March, is the next club members only event and is open to all senior club members. It is a handicap with the slowest runners starting first and the fastest last.

This is being held on a Saturday morning this year with registration at 9:15 at the club. All details and entry form (plus form to offer to help) can be found at <https://www.holmfirthharriers.com/event/club-6/>

Northern CC Championships

The Northern CC Championships were run at Blackburn this year and once again the women showed their strength in getting out 8 runners and in coming 5th team even with a couple of our strongest runners missing.

The men's team was disappointing in numbers but well done to all those that ran for the club even though we could not get a full team out. We seem to have lost many of our runners from CC from pre-pandemic days. Obviously, injury may be a reason but we never got more than 6 out this year in the WYCC league during the last season October to December 2022. Where have all the CC runners gone?

All the more reason to enter the YVAA event above to prove you can still do it!

Holmfirth Harriers Results

Women

5 SCORE 200 points, 5th out of 31 teams

POS	NAME	BIB	GUN TIME	SCORE
14	Katie Walshaw F35	118	00:29:42	14
35	Ruby Sykes SF	117	00:31:15	35
73	Claire Leaver-Hewitt F40	116	00:33:20	73
78	Helena Croft F35	113	00:33:38	78
99	Joanne Jones F45	115	00:35:02	
132	Liz Woodfield F40	119	00:37:19	
142	Sophie Cromwell SF	114	00:37:55	
179	Diane Baldwin F65	112	00:40:29	

Men needed 6 to count a team so 1 person short

265	Philip Hewitt M35	221	00:46:57
352	Adam Sunderland M50	223	00:50:37
355	James Washington M45	225	00:50:54
378	Damian McQueen M45	222	00:52:01
420	Christopher Beadle M50	220	00:54:09

Dewsbury 10K

Nine Harriers managed to get into the very popular Dewsbury 10K, a fast out and back course, with a long gently downhill finish. Hope you all enjoyed the run and pleased with your times.

Pos.	No.	Name	Cat.	Cat Pos.	Chip Time	Gun Time
160	215	James Young	MV45	17/183	35:51	36:05
164	272	Ruby Sykes	F	5/195	36:08	36:12
415	477	Simon Platts	MV40	80/206	39:56	40:07
511	747	Anthony Waring	MV50	53/184	41:22	41:51
604	424	Brandon Holroyd	MV45	72/183	42:37	42:58
717	166	Leighton Moxon	MV35	110/176	43:39	44:32
942	950	Diane Baldwin	FV65	2/20	47:34	48:03
986	1176	Janet Foreman	FV55	11/89	48:05	48:49
1956	782	Craig Sheard	M	239/246	1:04:57	1:07:23

Liversedge Half Marathon 2023

This is quite a tough Half M with a long hill at around 9 -10 miles from memory. Six Harriers made the short trip and a report is on the website written by Tracey Newman at <https://www.holmfirthharriers.com/liversedge-half-marathon-2023/>

Holmfirth results.

Pos.	Num.	Name	Age Cat.	Cat. Pos.	Chip Time	Chip Pos.	Gun Time
62	364	Anthony Waring	M50	(8/46)	1:34:55	62	1:35:00
108	97	Robert Dickinson	M50	(17/46)	1:42:15	107	1:42:26
250	46	Becky Burdon	F45	(11/26)	2:02:56	250	2:03:21
294	420	Tracey Newman	F45	(21/26)	2:12:50	292	2:13:16
312	309	Alison Smith	F45	(23/26)	2:17:28	312	2:17:54
344	369	Richard Whale	M65	(7/7)	2:30:47	344	2:31:14

FLOWER SCAR FR

On the fells 8 HH made their way to the Flower Scar fell Race. Starting close to Todmorden town centre, this is a race with steep climbs, rough moor and fast paths.

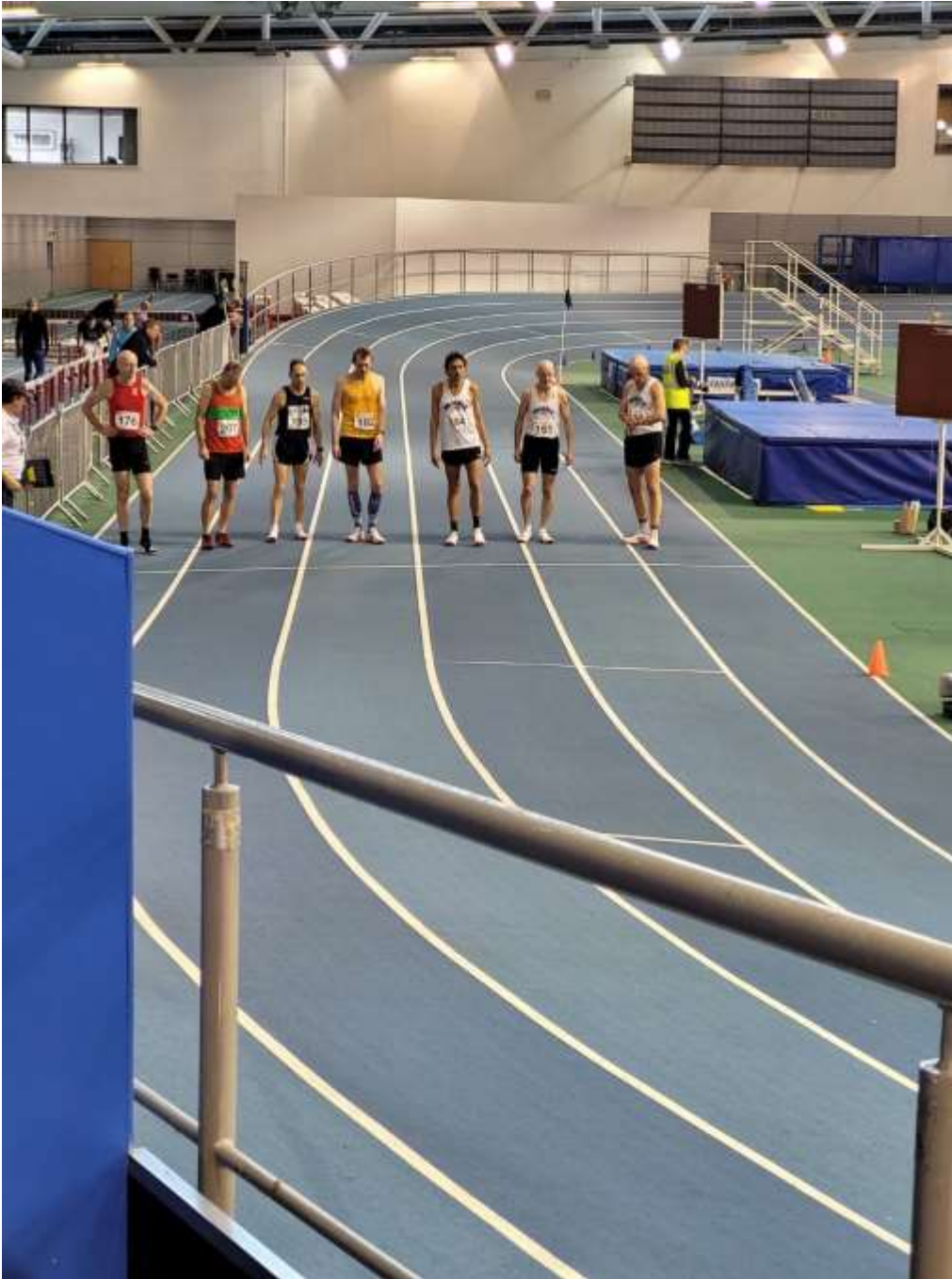
Holmfirth results

Pos.	Name	Cat.	Time
19	Curtis Firth	M	01:18:21
27	Michael Sanderson	MV35	01:21:15
103	Jon Burdon	MV45	01:35:36
113	James Durrans	MV50	01:37:19
117	Ian Goulding	MV55	01:39:05
118	Sophie Cromwell	F	01:39:08
132	Philip Hobbs	MV55	01:42:45
184	Joanne White	FV40	02:04:49

BMAF Indoor Athletics Championships

We had two athletes taking part in the Championships this year Gary Graham M55 ran in the 1500m coming 5th in 4:55.55 and Dave Cowgill M80 ran in the 400m coming 2nd in 1:58.23.

Great to see both still running well.



Gary, in middle lane, at the start.

National CC Championships

This year the National CC Championships were at Bolesworth Castle, Chester, and 9 Holmfirth Harriers made the trip to run in this great event.

POS	NAME	BIB	M/F	GUN TIME
Men				
571	Philip Hewitt	4821	M35	46:18

824	Damian McQueen	4822	M45	49:49
889	Adam Sunderland	4823	M50	50:43
920	James Washington	4824	M45	51:08
1160	Christopher Beadle	4818	M50	55:19

Women

57	Katie Walshaw	2891	F35	32:54
168	Claire Leaver-Hewitt	2889	F40	35:55
408	Sophie Cromwell	2886	F35	41:42
494	Diane Baldwin	2884	F60	43:55



Snake Lane 10

Should have been running this one, hopefully next year! Well done to all that took part. It is hard to get a place, requiring a quick off the mark entry but always a great atmosphere if you're one of the lucky ones. Great run by Julia and I believe a PB for Matthew too.

POS	NAME	CAT	CAT POS	GENDER	POS	CHIP TIME
173	Matthew Rose	Vet 50	20/139	159		01:07:58
207	Julia Thomas	Vet 45	3/148	25		01:09:12
422	Liz Woodfield	Vet 45	13/148	74		01:16:34
423	Helen Standing	Vet 45	14/148	75		01:16:35
449	Naomi Shields	Open	28/111	89		01:17:16

727	John Field	Vet 45	78/119	494	01:25:08
834	Heidi King	Vet 45	46/148	248	01:27:52
937	Michael Hall	Vet 60	35/52	614	01:30:28
1086	Philip Hanson	Vet 65	16/21	675	01:35:40
1284	Richard Whale	Vet 65	19/21	735	01:43:45
1386	Vicky Clarke	Vet 40	128/146	634	01:49:34
1533	Nicky Evans	Vet 55	82/82	745	02:18:01

Don't forget if you have run an age group PB then let me have the details so I can add you to the Vets Records. In many age groups we have very few records particularly in the female Records and older age groups.

e.g.

M50 10m		
Position	Name	Time
1	Bill Wade	1:00:15
2	Rob Kersey	1:00:22
3	Matthew Rose	1:07:58
4	Richard Whale	1:19:24
5	Michael Hall	1:19:37
6	Neil Midgley	1:21:34
7	Andy Clarke	1:30:39
8		
9		
10		

M60 10m		
Position	Name	Time
1	Bill Wade	1:05:50
2	Rob Kersey	1:07:30
3	Neil Midgley	1:27:00
4		
5		
6		
7		
8		
9		
10		

F50 10m		
Position	Name	Time
1	Karen Sinkinson	1:13:11
2	Adrienne Dewhirst	1:21:59
3	Deborah Clarke	1:30:18
4	Ruth Ch'll Dower	1:43:25
5		
6		
7		
8		
9		
10		

So don't be shy let me have your best time for any 5-year age group from 35 up e.g. 35, 40, 45 etc.

These are for all the standard road distances 5K, 5 mile, 10K, 10mile, ½ M, 15 mile, 20 mile and M.

Only road not track times.

Rob

