

Holmfirth Harriers Vet's News 93

30th November 2023



YVAA EVENTS 2024

All the YVAA events for 2023 have now been completed and we have now started work on securing events for 2024. As usual we (YVAA) hope to put on at least 7 multi-terrain events, the CC Champs., RR Champs., and all the various Road Championships as in 2023.

For those not familiar with the multi-terrain GP 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 **and yes, we will be keeping this price for 2024**. 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>.

Events completed in 2023.

Event	Host Club	Venue	Date
Race 1	Holmfirth Harriers	Honley	23.04.23
Race 2	Kirkstall Harriers	Kirkstall Abbey	23.05.23
Race 3	South Leeds Lakers	Middleton Park (TBC)	21.06.23
Race 4	Northowram Pumas	NCSAC Westercroft Lane,	

		Northowram, HX3 7EN.	13.07.23
Race 5	Pudsey Pacers	Post Hill	08.08.23
Race 6	Queensbury RC	Littlemoor Park	03.09.23
Race 7	Ackworth RR	Fitzwilliam Country Park	01.10.23

YAA also has a road race championships programme that are included in open races.

Championship	Venue	Date
5 Miles	Bronte 5, Haworth	01.06.23
10k	Run Harrogate 10K	02.07.23
5k	York	13.10.23
10 Miles	Tadcaster 10	19.11.23

Fell Championships

Championship	Venue	Date
Fell	Cop Hill, Meltham	05.11.23

It would be great to get out a strong (in numbers) team from Holmfirth for these events in 2024 so keep a look out for information via your emails, the club Facebook page and of course the club website in the New Year.

HH VETS SECRETARY

I am delighted to say that Adam Sunderland, M50 has agreed to take over from me as Vets Sec from the end of the year, so starting in January he will be the one to contact for all things VETS. I will still be around to offer support as needed but after about 18 years it is time for a fresh start with a new person.

I will for the time being (2024), still be YVAA Vets Secretary, so you can still contact me about anything to do with YVAA.



Adam at the 2022 YVAA CC Champs as part of winning M50 team.



Some Events Our Members Have Taken Part In During November



Leesa Allison's first 10k as a Harrier! A great morning

York 10 mile from October

POS.	NAME	CAT.	CHIP TIME.
47	Steven Asquith	M40	1:00:53



Guy Fawkes 10

Matthew Rose and Richard Smith with Mathew's daughter Ellie who did the Guy Fawkes 10

Pos	Num	Name	Cat	CatPos	ChipTime	Pace per Km/Mile
142	746	Matthew Rose	M50	19/74	1:17:20	4:48/7:44
666	938	Richard Whale	M65	16/018	1:48:05	6:43/10:48

Tadcaster 10 / YVAA 10 mile Champs

We had just 5 members make the start line for this 10-mile Champs. Race at Tadcaster. Conditions were good on the whole, although a bit breezy in places making some stretches hard work

Pos	Name	Age Cat.	Age C. Pos.	ChipT.	GunT.
187	Matthew Rose	MV50	26/77	1:12:19	1:12:34
279	Neil Robins	MV50	38/77	1:16:41	1:17:33
397	Michael Hall	MV60	17/33	1:23:26	1:23:43
578	Neil Midgley	MV70	10/17	1:33:54	1:34:20



Matthew at about 8 miles

Photo by Nigel Pepper



Michael about 10 minutes into race

Neil and Matthew, all smiles before the start (right) and Nei (below), sweating up already, or has he spilt his water?



3rd WYCC League at South Leeds

A good turnout for the men this time although looks like the women were missing a few team members. Just one more of these races this year so hopefully all those that have entered will turn up for the final race injuries and illnesses allowing!

Pos.	number	Name	Time	Cat.	Cat Pos
Men					
9	135	Richard James Anderson	36:52	SENM	6
30	138	Paul Sammonds	40:13	V35M	2
40	137	Philip Hewitt	41:42	V35M	4
51	142	Damian McQueen	43:22	V50M	4
58	141	James Washington	44:19	V45M	7
65	144	Adam Sunderland	44:53	V50M	7
78	145	Christopher Beadle	46:02	V50M	9
84	449	Alistair Langron	46:53	V40M	12
99	435	Louis Cromwell	50:13	V40M	17
100	139	Leighton Moxon	50:23	V35M	11
115	448	Jason Haigh	57:14	V55M	8

Women

5	134	Julia Jagger	24:35	V40W	2
11	132	Helena Croft	25:26	V35W	1
17	138	Joanne Jones	26:29	V45W	2
36	332	Sophie Cromwell	29:28	V35W	2

Men's V50's Victorious in Lee Mill Relays

An abbreviated copy of the report on the club website.

We managed 4 teams again at the Lee Mills relays on Sunday 26th November even though to do so Helena Croft had to run two consecutive legs (1+2) due to a late withdrawal to the women's team. In fact, Helena (F35) ran a superb first leg of 1.01.20 which being the 1st of her two back-to-back legs, was incredibly 11 secs quicker than the time she ran in 2022. She then ran the 2nd leg in 1.03.57, a fantastic effort Helena.

There are 4 legs, each leg is the same, approximately 6.3 miles and 1200ft climb. A mixture of tracks and moorland with some very leg sapping bogs where you can go thigh deep if you are unwary / unlucky.

Go to <https://www.holmfirthharriers.com/lee-mills-relay-2023/> to read the full report but results are given below.

Men's A – Phillip Hewitt, M35, 00:59:13, Paul Sammonds, M35, 01:03:07, Tommy Holroyd 00:53:47, Tim Brook, M40, 00:54:43 – 12th in 3.50.50

Men's V50 – Chris Beadle, M50 01:03:23, Adam Wakelin, M50, 00:59:01, Bob Dickinson, M50, 01:02:02, Adam Sunderland, M50, 00:59:59 – 17th in 4.04.25

Men's B – Michael Sanderson, M35, 00:59:58, Mark Wilson, M35, 01:05:52, Louis Cromwell 01:09:21, M40, James Washington, M45, 00:58:14 – 20th in 4.13.25

Ladies – Helena Croft, F35 01:01:20, Helena Croft, F35, 01:03:57, Sophie Cromwell, F35, 01:09:54, Fran Whitworth, F50, 01:09:10 – 29th in 4.24.21

Full results are here: [Lee Mills Results 2023](#)



Paul Sammonds



Adam Wakelin



Helena Croft



Mark Wilson