

# Holmfirth Harriers Vet's News 94

31<sup>st</sup> December 2023



In case anyone is wondering what the picture above has to do with December, the answer is nothing! Just a reminder that if you are not someone who takes part in races / events (or even if you do) none of these events take would be possible without those people in the background that help before during and after. The picture above is the Ian Roberts Fell Race flagging team on the Saturday before the event from this year. All the club race organisers for 2024 will need help with all sorts of jobs so if the call goes out, please help if you can.

As I reported last month **Adam Sunderland** is taking over as Vets Secretary from January 2024 so this will be my last Vets News. Didn't quite make the 100 of this 'new monthly version' but did do 26 of the simpler versions from 2009 to 2013. Not sure what happened between 2013 and 2015 when the monthly Vets News started, maybe I deleted the files!



Adam has agreed to also take on the organisation of the 'Vets Race', that's the multi-terrain race we put on for YVAA, usually in March / April time but depending when we can find a gap in the calendar.

Adam will be requiring help with getting marshals and other helpers, checking the course is safe and vegetation free (and perhaps cutting back brambles etc.), sorting out the catering and a host of other jobs so look out for requests for help in the New Year and volunteer if you can. It can take 3 to 4 months to get the event organised, it doesn't just happen on the day.

Below I have included a few pictures from past editions of Vets News can you guess the year, event, venue?







## 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. **NOTE: As John and Trish Popiolek who did our results service for many years have now retired, we are investigating using a commercial results**

**service with chip timing. This will inevitably lead to an increase in the price of entry, possibly an extra £2 per event but these will still be exceptionally good value events when compared with any open road or even fell events.** All details can be found on the YVAA website at [www.yvaa.org](http://www.yvaa.org) and updates on the Facebook group at <https://www.facebook.com/groups/3189196357821902> .

**So far, we have the following races confirmed:**

**YVAA Multi-terrain GP's**

Honley, Holmfirth H, 28th April

Kirkstall, Kirkstall H, 28th May

Leeds, Middleton Park, South Leeds Lakers 19th June

Morley, Morley AC, 25th June

Ackworth date TBC

**Championships**

Cross Country – Penistone, 24<sup>th</sup> March

Road Relays - TBC

5K - hopefully York or Leeds - TBC

5 Mile - Brontë 5, 6th June

10 K - hopefully Halifax - TBC

10 Mile Thirsk 17th March

Half Marathon - TBC

Fell - Cop Hill 3rd November



## I somehow forgot to put in anything from Cop Hill / YVAA Fell Champs last month

Apologies from all those that took part. I did put my photos on the club Facebook group and the YVAA Facebook group but briefly on a glorious sunny day we had loads of Holmfirth Harriers out and a good few picked up prizes

### Holmfirth Prize winners

F35

| Pos | Name          | Club                  | Time  |
|-----|---------------|-----------------------|-------|
| 1   | Katie Walshaw | Holmfirth Harriers AC | 48:37 |

F45

| Pos | Name         | Club                  | Time    |
|-----|--------------|-----------------------|---------|
| 1   | Helen Ilsley | Holmfirth Harriers AC | 55:06   |
| 2   | Alison Smith | Holmfirth Harriers AC | 1:20:02 |

F50

| Pos | Name           | Club                  | Time  |
|-----|----------------|-----------------------|-------|
| 2   | Fran Whitworth | Holmfirth Harriers AC | 56:03 |

F55

| Pos | Name          | Club                  | Time    |
|-----|---------------|-----------------------|---------|
| 2   | Janet Foreman | Holmfirth Harriers AC | 1:05:16 |

F65

| Pos | Name           | Club                  | Time    |
|-----|----------------|-----------------------|---------|
| 1   | Elaine Stewart | Holmfirth Harriers AC | 1:10:13 |

M40

| Pos | Name      | Club                  | Time  |
|-----|-----------|-----------------------|-------|
| 2   | Tim Brook | Holmfirth Harriers AC | 44:03 |

M45

| Pos | Name             | Club                  | Time  |
|-----|------------------|-----------------------|-------|
| 2   | James Washington | Holmfirth Harriers AC | 48:02 |

M65

| Pos | Name        | Club                  | Time    |
|-----|-------------|-----------------------|---------|
| 3   | Peter Dolan | Holmfirth Harriers AC | 1:07:25 |

M70

| Pos | Name          | Club                  | Time    |
|-----|---------------|-----------------------|---------|
| 1   | Kevin Yewlett | Holmfirth Harriers AC | 1:03:08 |
| 2   | Neil Midgley  | Holmfirth Harriers AC | 1:09:07 |

M75

| Pos | Name        | Club                  | Time    |
|-----|-------------|-----------------------|---------|
| 3   | Bill Hunter | Holmfirth Harriers AC | 1:15:07 |

Well done to all those that didn't pick up a prize but still took part as part of the team.  
Full results at <https://racebest.com/results/zxqxv>

## Some More Events I missed

### Rother Valley 10K

Lisa Alison 1:03:14 PB

### Rother Valley Half M

Carolyn Harrison F50 2:05:49 PB

### Clowne Half M

Aiislinn Cambell (Vet next year!) 1:52:28 PB

David Straw M55 1:53:03 PB

### New York M

Kevin Dessoy M60 3:10:29 PB / 5<sup>th</sup> M60

Mike Hall continues with a race almost every week and sometimes two. Recently he ran 49:49 at the Wesham 10K and 49:56 at the Wilmslow 10K.



# Some Events Our Members Have Taken Part In During December

## Denby Dale 6



This is a great local race over a typically undulating course with a nice flat run in to the finish.

Matthew Rose writes:

*A great run by all in windy conditions with 9th place for Patrick Needham 38:22, Matthew Rose 43:46, 3rd M50; Michael Hall, M60, 51:24; Heidi O'Shea, 3rd F45, 53:31 and Ellie Rose 56:54.*

# West Yorkshire XC League Meeting 4

Oulton - 10th December 2023

This was the last race in this series with just the championships events carrying on after Christmas, Although PECO league continues where you can run as a guest entering on the day, I think.

Still just 6 runners out for both men and women but some excellent performances again.

## 9.5 Km - Jun/Sen Men

|                  |     |                    |                       |       |                      |
|------------------|-----|--------------------|-----------------------|-------|----------------------|
| 30 <sup>th</sup> | 137 | Philip Hewitt      | Holmfirth Harriers AC | 41:08 | 1 <sup>st</sup> M35  |
| 32 <sup>nd</sup> | 138 | Paul Sammonds      | Holmfirth Harriers AC | 41:45 | 2 <sup>nd</sup> M35  |
| 49 <sup>th</sup> | 141 | James Washington   | Holmfirth Harriers AC | 45:08 | 8 <sup>th</sup> M45  |
| 50 <sup>th</sup> | 144 | Adam Sunderland    | Holmfirth Harriers AC | 45:11 | 5 <sup>th</sup> M50  |
| 53 <sup>rd</sup> | 142 | Damian McQueen     | Holmfirth Harriers AC | 45:32 | 6 <sup>th</sup> M50  |
| 85 <sup>th</sup> | 145 | Christopher Beadle | Holmfirth Harriers AC | 52:15 | 13 <sup>th</sup> M50 |

## 5.4 Km - Jun/Sen Ladies

|                  |     |                      |                       |       |                     |
|------------------|-----|----------------------|-----------------------|-------|---------------------|
| 1 <sup>st</sup>  | 133 | Katie Walshaw        | Holmfirth Harriers AC | 21:46 | 1 <sup>st</sup> F35 |
| 7 <sup>th</sup>  | 134 | Julia Jagger         | Holmfirth Harriers AC | 23:39 | 2 <sup>nd</sup> F40 |
| 17 <sup>th</sup> | 132 | Helena Croft         | Holmfirth Harriers AC | 24:50 | 4 <sup>th</sup> F35 |
| 18 <sup>th</sup> | 138 | Joanne Jones         | Holmfirth Harriers AC | 25:08 | 2 <sup>nd</sup> F45 |
| 19 <sup>th</sup> | 135 | Claire Leaver-Hewitt | Holmfirth Harriers AC | 25:12 | 3 <sup>rd</sup> F40 |
| 34 <sup>th</sup> | 332 | Sophie Cromwell      | Holmfirth Harriers AC | 28:31 | 6 <sup>th</sup> F35 |

Overall for the series, best 3 races to score we had:

## Jun/Sen Ladies Individual Points Table

| Pos | Num | Name                | Club | Race1 | Race2 | Race3 | Race4 | Best 3 |
|-----|-----|---------------------|------|-------|-------|-------|-------|--------|
| 1   | 133 | Katie Walshaw (V35) | HOLM | 2     | 2     | 999   | 1     | 5      |
| 4   | 134 | Julia Jagger (V40)  | HOLM | 6     | 4     | 4     | 7     | 14     |



|    |     |                            |      |     |    |     |    |     |
|----|-----|----------------------------|------|-----|----|-----|----|-----|
| 13 | 132 | Helena Croft (V35)         | HOLM | 999 | 16 | 10  | 17 | 43  |
| 16 | 135 | Claire Leaver-Hewitt (V40) | HOLM | 15  | 20 | 999 | 19 | 54  |
| 17 | 138 | Joanne Jones (V45)         | HOLM | 999 | 23 | 16  | 18 | 57  |
| 38 | 332 | Sophie Cromwell (V35)      | HOLM | 999 | 46 | 35  | 34 | 115 |

We were 3<sup>rd</sup> team overall.

### In the Vet age groups we had:

#### Senior Women 35+ Individual Points Table

| Pos | Num | Name                  | Club | Race1 | Race2 | Race3 | Race4 | Best 3 |
|-----|-----|-----------------------|------|-------|-------|-------|-------|--------|
| 1   | 133 | Katie Walshaw (V35)   | HOLM | 2     | 1     | 999   | 1     | 4      |
| 2   | 132 | Helena Croft (V35)    | HOLM | 999   | 3     | 1     | 4     | 8      |
| 4   | 332 | Sophie Cromwell (V35) | HOLM | 999   | 5     | 2     | 6     | 13     |

#### Senior Women 40+ Individual Points Table

| Pos | Num | Name                       | Club | Race1 | Race2 | Race3 | Race4 | Best 3 |
|-----|-----|----------------------------|------|-------|-------|-------|-------|--------|
| 1   | 134 | Julia Jagger (V40)         | HOLM | 1     | 1     | 2     | 2     | 4      |
| 3   | 135 | Claire Leaver-Hewitt (V40) | HOLM | 2     | 3     | 999   | 3     | 8      |

#### Senior Women 45+ Individual Points Table

| Pos | Num | Name               | Club | Race1 | Race2 | Race3 | Race4 | Best 3 |
|-----|-----|--------------------|------|-------|-------|-------|-------|--------|
| 2   | 138 | Joanne Jones (V45) | HOLM | 999   | 3     | 2     | 2     | 7      |

## Jun/Sen Men Individual Points Table

| Pos | Num | Name                     | Club | Race1 | Race2 | Race3 | Race4 | Best 3 |
|-----|-----|--------------------------|------|-------|-------|-------|-------|--------|
| 6   | 135 | Richard James Anderson   | HOLM | 12    | 7     | 8     | 999   | 27     |
| 27  | 138 | Paul Sammonds (V35)      | HOLM | 999   | 29    | 29    | 32    | 90     |
| 37  | 137 | Philip Hewitt (V35)      | HOLM | 56    | 999   | 39    | 30    | 125    |
| 49  | 141 | James Washington (V45)   | HOLM | 98    | 65    | 57    | 49    | 171    |
| 52  | 144 | Adam Sunderland (V50)    | HOLM | 81    | 69    | 64    | 50    | 183    |
| 74  | 145 | Christopher Beadle (V50) | HOLM | 103   | 89    | 77    | 85    | 251    |
| 103 | 139 | Leighton Moxon (V35)     | HOLM | 140   | 111   | 99    | 999   | 350    |

We were 6<sup>th</sup> overall team.

### **In the Vet age groups we had:**

#### **Senior Men 35+ Individual Points Table**

| Pos | Num | Name                 | Club | Race1 | Race2 | Race3 | Race4 | Best 3 |
|-----|-----|----------------------|------|-------|-------|-------|-------|--------|
| 2   | 138 | Paul Sammonds (V35)  | HOLM | 999   | 2     | 2     | 2     | 6      |
| 4   | 137 | Philip Hewitt (V35)  | HOLM | 4     | 999   | 4     | 1     | 9      |
| 12  | 139 | Leighton Moxon (V35) | HOLM | 15    | 13    | 11    | 999   | 39     |

#### **Senior Men 45+ Individual Points Table**

| Pos | Num | Name                   | Club | Race1 | Race2 | Race3 | Race4 | Best 3 |
|-----|-----|------------------------|------|-------|-------|-------|-------|--------|
| 6   | 141 | James Washington (V45) | HOLM | 15    | 7     | 7     | 8     | 22     |

#### **Senior Men 50+ Individual Points Table**

| Pos | Num | Name                     | Club | Race1 | Race2 | Race3 | Race4 | Best 3 |
|-----|-----|--------------------------|------|-------|-------|-------|-------|--------|
| 6   | 144 | Adam Sunderland (V50)    | HOLM | 6     | 10    | 7     | 5     | 18     |
| 7   | 142 | Damian McQueen (V50)     | HOLM | 999   | 8     | 4     | 6     | 18     |
| 11  | 145 | Christopher Beadle (V50) | HOLM | 12    | 13    | 9     | 13    | 34     |

## **Mo'ors The Merrier Fell Race**

Tim Brook M40, battled his way over some of Calderdale's toughest fells during Saturday's Mo'ors The Merrier fell race. He continued his excellent form with a convincing 2nd place on the 33k course which had nearly 1,400m of elevation!

## **Tinker Cup**

This year's Tinker Cup took place in wet, windy but very mild weather, a good turnout of 54 starters with only one person being forced to drop out early on.

As usual it was hotly contested early on but slightly more spread out on the way back with the wet underfoot conditions sapping the legs. Most were still able to raise a grin (or was it a grimace!) as they climbed the wall at the Hill Lane checkpoint, on the way back.

There are some great photos by



photography at

<https://flamingcreations.co.uk/hhac-tinker-cup/>

The full results are on the club website at <https://www.holmfirthharriers.com/?results-downloads=2023-tinker-cup>



*Liz Woodfield, Lorraine Smith and Debbie Hall*

## Captain's (Boxing Day) Run

Around 35 Harriers turned out on the one gloriously sunny day of the week. While still wet underfoot there was only a gentle breeze and, while blinding at times, the sun was a welcome bonus making for very pleasant conditions. Michael Sanderson had planned a run via old red phone boxes around the valley allowing for a turnback group from each to do 3, 5, 7, or 9 miles.



*The whole group at the first box in Oldfield.*



Unlike some years, the pace was kept comfortable even for the slower of us, meaning that all that wished to could do the full 9 miles



*The 14 (plus Michael taking the picture) who went the whole way.*

Thank you, Michael, for a great run.

## Amble's Revenge Trail Race

| Pos. | Bib | Name            | Category | Cat Position | Net Time | Gun Time |
|------|-----|-----------------|----------|--------------|----------|----------|
| 9    | 221 | Patrick Needham |          | MSEN8/31     | 59:26    | 59:27    |
| 92   | 119 | Ian Goulding    |          | MV55 10/26   | 1:16:48  | 1:16:58  |
| 188  | 285 | Elaine Stewart  |          | FV65 2/4     | 1:34:46  | 1:35:14  |
| 189  | 209 | Neil Midgley    |          | MV70 3/5     | 1:34:48  | 1:35:14  |
| 242  | 314 | Richard Whale   |          | MV65 6/7     | 1:48:29  | 1:49:01  |



# Ribble Valley 10K

This has a reputation as a fast course and is always well supported.



Kevin Yewlett just missed out on a prize coming in 4<sup>th</sup> M70.

Well done to all

*Matthew Rose*

## Holmfirth Finishers

| Event No | Name               | Cat | Gun Time | Chip Time |
|----------|--------------------|-----|----------|-----------|
| 10K 703  | PHILIP HINCHCLIFFE | SM  | 00:35:24 | 00:35:15  |
| 10K 693  | PHILIP HEWITT      | SM  | 00:38:06 | 00:37:57  |
| 10K 1928 | JAMES WASHINGTON   | M45 | 00:40:28 | 00:40:10  |
| 10K 1252 | MATTHEW ROSE       | M50 | 00:43:31 | 00:43:05  |
| 10K 342  | SOPHIE CROMWELL    | F35 | 00:47:57 | 00:47:30  |
| 10K 1399 | KAI SUNMAN         | SM  | 00:47:55 | 00:47:53  |
| 10K 619  | MICHAEL HALL       | M60 | 00:49:36 | 00:49:08  |
| 10K 2037 | KEVIN YEWLETT      | M70 | 00:50:35 | 00:50:07  |
| 10K 1251 | ELLIE ROSE         | SF  | 00:52:53 | 00:52:25  |
| 10K 437  | RACHEL DUCE        | F45 | 00:53:22 | 00:52:45  |

*Rob*