

SHORTS



THE NEWSLETTER FOR THIRSK AND SOWERBY HARRIERS - DEC 2008

FACTFILE

The Who's Who of Thirsk and Sowerby Harriers

- 1 Name** Gavin Coventry
- 2 Occupation** Farm Manager.
- 3 Home** Sowerby
- 4 Favourite Distance** 14km
- 5 Best Running Moment** James Herriot Trail Race 2008. Lovely setting, great views, hot sunny day and a pint on the way home.
- 6 Worst Running Moment** Still to come!
- 7 Favourite Training** Fells, Trails and Mud.
- 8 Local training Area** Kilburn Woods, Sutton Bank and Station Road Thirsk.
- 9 Other Interests** Munro's, Ice Hockey, Baseball, family walks and my work.
- 10 Running Aspirations** Be able not to lose as many places on the downhill sections of fell races and to run greater distances.



DUNN RUNNING

An Extract from Gary's Blog -
Sunday, 30 November 2008

Rivals did good.

Due to family commitments and the need to train i missed the Thirsk 10 mile road race which was a massive success with the feed back received via Thirsk and Sowerby Harriers website. I managed to see the race at the 9 mile point where Ste Hepples of Loftus was in the lead and was looking quite relaxed but the Holmfirth runner behind in 2nd place was putting in some really hard work to try and catch him. Just behind them was Ian Fisher of Otley in 3rd and Darran Bilton of Leeds in 4th. After these there was a large gap to the next runner. The race was also the Northern 10 Mile Championship and i was hoping to be in the race and winning a medal but to be honest i don't think i would of had a chance unless there where more than three medals up for grabs, may be the iron medal or even the tin one would of done. I'll just have to make sure i'm ready next time.

I did the midweek club time trial of 2.2 miles and was hoping to beat my target of getting under 11 minutes, i ran it in 10 minutes 44 seconds so i was more than pleased with the result, 32 seconds off my best time but i was chuffed to bits none the less. The weight training is still going really well so it will be good to see if it pays off next season.

The mince pie time is coming around fast, starting with the Harriers Christmas do this coming Friday. Just when i was starting to get in shape all these parties come along to put you out of shape. The next cross country race is the same weekend so i'll be trying my hardest not to go over the top with the drink, but you know what its like once you get a couple of drinks down you, you can't stop pouring them in. Cheers ! Oops getting into the spirit of things already.



Committee Meeting

10th Dec 2008

FIXTURES

DECEMBER

- 07/12/08 1.00pm NYSD Cross Country Acklam Grange NYSD XC League
17/12/08 Loftus Poultry Run - 7 mile
26/12/08 Chevin Chase 7 mile
26/12/08 Boxing Day 10k, Leyland
27/12/08 Guisborough Woods Fell
N.E.Fell.Winter Series
28/12/08 Ribble Valley 10k
28/12/08 Jolly Holly Jog 10k (Ripon)

JANUARY

- 01/01/09 Captain Cooks Fell Race
N.E.Fell.Winter Series
10/01/09 Yorkshire Cross Country County Championships T.B.C.
18/01/09 1.00pm NYSD XC League
Cademon School, Whitby
18/01/09 FULL Brass Monkey 1/2 Marathon
10/01/09 Wheeldale Tandem 28 mile
24/01/09 Northern Cross Country Championships
St Helens

FEBRUARY

- 01/02/09 Dewsbury 10k
08/02/09 1.00pm NYSD XC League
Blakeston School
08/02/09 St Wilfred's Muddy Boots 10k
15/02/09 Liversedge Half Marathon
21/02/09 National Cross-Country
Champs
Parliament Hill, London
22/02/09 FULL Snake Lane 10 mile

MARCH

- 01/03/09 10.00am Comondale Crossing
Fell Race
N.E.Fell.Winter Series
08/02/09 1.00pm NYSD X/Country Richmond
Racecourse
NYSD XC League
21/03/09 British Masters X/C
Championships
Ruthin
22/03/09 10.30am South Leeds Stadium 5 mile

APRIL

- 05/04/09 10.30am Hartlepool Marina 5 Mile
05/04/09 11.00am Gisborough Moors Fell Race
05/04/09 Baildon Boundry Way
Half Marathon
Multi Terrain
05/04/09 Wakefield Hospice City 10k
05/04/09 Blackpool Marathon

CYCLO-CROSS SPECIAL

Myrtle Park, Bingley. 23-11-08

The penultimate round of the 2008-9 Yorkshire Points Cyclo-Cross series took competitors to the pleasant surroundings of Myrtle Park, Bingley. And whilst the distinctive Bradford and Bingley Building Society building - with all its credit crunch



Noel Clough in action at Myrtle Park Cyclo-Cross Event

associations - overshadows the park, Cyclo-Cross in Yorkshire continues to boom, with over 150 riders lining up for five races on the muddy parkland course on the banks of the River Aire.

Overnight rain ensured conditions were damp under wheel and riders had to battle with the combined effects of mud collected on tyres on the lower river-side stretches and leaves and other debris which were then picked up on the higher parkland loop. It was indeed a day of mechanicals and early baths for several.

Highlight of the day was undoubtedly the senior and junior race, which attracted the classiest field of the season to the series, with national stars Robb Jebb, Paul Oldham and Scott Thwaites joining the fray.

The first rider to show was Noel Clough, who blasted away from the start leaving the rest of the field trailing. He led for the first lap but was soon being tracked by Thwaites, Oldham and Jebb. And it was Jebb who made the most significant move, powering smoothly into a lead he was never to relinquish.

Noel Clough briefly dropped back to fourth as Oldham and Thwaites moved into contention. But with Oldham's retirement on lap 5, Clough was back on the charge, sweeping up to Thwaites and this duo then kept Jebb well within their sights.

Although Jebb eventually moved clear, the battle between Clough and Thwaites drove them along at a furious pace and soon moved them out of reach of the chasing pack, which was led by Chris Young, fresh from his National Series win last week. No matter how hard he tried, Thwaites could not throw off Clough and eventually, after 7 laps, Clough moved through into second. Thwaites had no answer and Clough was able to take the runner-up spot alone.

- 1 Rob Jebb Wheelbase
- 2 Noel Clough Fietsen Tempo (& Thirsk & Sowerby Harriers Member)
- 3 Scott Thwaites Crosstrax
- 4 Chris Young JD Cycles
- 5 Oliver Webster Team JD Cycles
- 6 James Sharp York Cycleworks
- 7 Tom Moses ssc-cyclesport
- 8 Tim Baldwin Bradford Olympic - Paul Milnes Cycles



Noel Clough, left, and Scott Thwaites enjoyed the best battle of the day

RESULTS

Road

Barnsley 10k

Jill Knight took part in the Barnsley 10k road race, with excellent weather, bright sunshine, little wind and few hills. This was reflected in Jill's time of 47.40, two minutes quicker than her last year's time for the race, and she came 328th out of about 750 runners.

Holmfirth 15

Jill Knight joined more than 200 runners in tackling the Holmfirth 15, described by Jill as one of the most difficult races she has ever done! The hills only ever seemed to go up, and the fact that it was a 2-lap race meant you knew what was coming next time round, with the wind adding to the difficulty. Jill finished 166th in a very respectable 2h 12 min.

Bridlington Half Marathon

Gary Dunn participating, along with 663 other runners, in the Bridlington Half Marathon. In a high class field Gary did well to come 3rd, in a time of 1.13.22.

Cross Country

NYSO Upsall Hall Country Park (Flatts Lane) 16th Nov

Keziah Paxton, aged just 15, demonstrated her credentials in running by finishing an excellent 5th in the ladies' race in the recent NYSO cross-country fixture at Upsall Hall Country Park. A beautiful morning saw runners tackling the challenging and very interesting course which had hills, grass and

plenty of mud. Angharad Owen of Loftus and Whitby won the race in 24.02, with the first 5 runners all within a minute of that, Keziah's time being 24.55. Angela Hall continued her usual strong form to come 12th in 27.27, Pat Kirby 35th in 31.27 and Pam Sherlock 52nd in 41.49. The team finished 3rd. The men's race, over twice the distance, was won by Lewis Rogers of Loftus and Whitby in 36.03, with Gary Dunn 2nd in 36.09, Richard Hall 15th in 38.40, Phil Utley 18th in 39.53, Gavin Coventry 38th in 43.21, Brett Edgeworth 42nd in 43.33, Ken Evitt 74th in 49.13, Ernie Huck 82nd in 51.57 and Phillip Craig 96th in 73.26. The men's team was 5th overall.

Fell

Clay Back West

Several inches of snow at Thirsk and this perhaps deterred members from entering the Clay Bank West Fell Race, as the evergreen Ernie Huck was the only club participant! Snow had its effect on the course and with exposed rocks tending to be slippery resulted in slower times than usual. Will Horsley of NFR was the winner in 31.36, with Ernie finishing 51st out of 73 runners in 47.12.

3 Tops Fell Race

Conditions for the recent 3 Tops Fell Race were bad underfoot after several days of heavy rain, though the day itself was dry if cold. Recent logging activity meant that some runners went off course near the end, adding to their finishing times! 110 runners took

part, with Dan Middlemass of Loftus and Whitby leading home the field in 66.55 minutes. Gavin Coventry had another good run to finish 23rd in 79.04, Stewart Mechie 27th in 81.06, David Read 62nd in 90.33, Alan Wikeley 76th in 97.00, Ernie Huck 79th in 99.10, Jill Knight, in her first fell race, 105th in 116.28 and Hywel Smith 106th in 116.39.

Cyclo-Cross

Mallorie Park

Cyclo-cross enthusiasts, Noel Clough and Pete Wilkin, suffered rain soaked conditions at Mallorie Park, Leics, at the weekend, over a course which was muddy and slippery. Noel had to let slip a significant lead when a stone got lodged in his rear wheel mechanism during the final lap, and he had to run the last part of the race to gain 5th position. Pete finished 3rd and holds his 3rd place in the National O50 placings.

Chantry Park, Ipswich

Rain was a significant feature of the cyclo-cross event at Chantry Park, Ipswich, and Noel Clough fell, causing him to finish only 7th and lose the coveted yellow jersey. He is at present 2nd in the National Table, and Peter Wilkin is 3rd in the V50 National Table, having finished 4th at Ipswich.



Pete Wilkin on the podium at Ipswich

2009 CLUB CHAMPIONSHIPS RULES

Aims of the championships

The purpose of the club championship is to promote the wide participation of Harriers in designated races throughout the year. The championship is intended to promote athletic excellence and encourage competition amongst club members of all abilities. By targeting certain races it is hoped to raise the profile of the club and encourage interest amongst potential new members.

Championships

There will be three separate championships, Road Championship, Fell Championship and Cross Country Championship.

Road Race Championship

There will be twelve road races which will score points for the Road Championship. Your best eight race results from the twelve races will count as your score. 50 points will be awarded for first place and then reducing by 2 points every place after that. All races will be age related. Therefore the champion will be the runner with the most points scored.

Races, dates and format to follow shortly.

Fell Race Championship

There will be sixteen fell races which will score points for the Fell Championship. Your best six race results from the sixteen races will count as your score. 50 points will be awarded for first place and then reducing by 2 points every place after that. All races will be age related. Therefore the champion will be the runner with the most points scored.

Races, dates and format to follow shortly.

Cross Country Race Championship

There will be six cross country races which will score points for the Cross Country Championship. Your best three race results from the six races will count as your score. 50 points will be awarded for first place and then reducing by 2 points every place after that. All races will be age related. Therefore the champion will be the runner with the most points scored.

The six cross country races will be taken from the NYSD Cross Country League fixtures. The last three fixtures from this season and three from next season.

Races and dates to follow.

Overall Club Champion

The overall Club Champion will be the runner with the highest score from adding all their Road, Fell and Cross Country scores together.

Championship Tables 2008

MENS CHAMPIONSHIP																	
Name	Cat.	Whitby NYSD XC	Ackworth Half Mara	Hartlepool Marina 5 mile	Carlton Chall Fell	Ripon 10	Castle Howard 10k	Rainton 10k	Swaledale HDSRRL	Kilburn Feast	Darlington 10k	Tholthorpe 10k	Ampleforth 7 mile	Harewood 10 mile	TBC NYSD XC	Deductions	Total
G.Dunn	65	65	1	1	1	1	65	1	1	1	65	1	65	65	1	0	8
R.Hall	65	1	2	4	65	65	2	2	2	65	2	2	65	2	2	0	15
B.Edgeworth	65	65	65	65	5	4	6	65	65	2	5	6	1	6	0	35	
I.Codling	3	65	65	65	65	7	10	5	3	4	7	7	2	65	0	38	

LADIES CHAMPIONSHIP																	
Name	Cat.	Whitby NYSD XC	Ackworth Half Mara	Hartlepool Marina 5 mile	Carlton Chall Fell	Ripon 10	Castle Howard 10k	Rainton 10k	Swaledale HDSRRL	Kilburn Feast	Darlington 10k	Tholthorpe 10k	Ampleforth 7 mile	Harewood 10 mile	TBC NYSD XC	Deductions	Total
A.Hall	33	1	1	1	33	1	1	1	1	33	1	1	33	1	0	8	
H.Cox	1	2	33	33	2	4	2	2	33	1	3	2	2	33	0	14	
M.Codling	2	4	2	5	5	8	3	3	4	2	6	33	33	33	0	25	

Information

Entryforms for races are available in the club folder, the Website www.thirskandsowerbyharriers.co.uk, and various places on the internet. Please ask Ian Codling, Gary Dunn, Marian Codling or Phil Utley if you need any entryforms that you can not find anywhere.

Events once chosen may change if, for example, it is found out later that there are clashes with other fixtures or if the event is cancelled. If this occurs an alternative event will be selected and at least 1 months notice of the change will be given. Similarly competition rules may need to vary during the year and again the Championship Sub Committee (CSC) will meet to agree the change.

Notice of such changes will be published in the 'Shorts' Newsletter as well as the Website for at least a month. Whilst every effort will be made to ensure that eligible club members are aware of all changes, failure to receive a copy of 'Shorts' will not be a reason for later objections to the change.

All Championship races will be widely advertised well in advance. "Shorts" Newsletter, Thirsk and Sowerby Harriers Website (www.thirskandsowerbyharriers.co.uk).

Rules

Second Claim Members of Thirsk & Sowerby Harriers will not be eligible to compete for the Trophies.

Club kit must be worn by members to score points. Failure to do so will result in the performance being disregarded. Club kit is defined as club vest or club t-shirt. If a member has requested the club to provide a vest and the club is unable to do so, the runner should refer the matter to the CSC.

Club AGE GROUP Categories

This year there will also be Age category awards, the leading age categories will be taken from each Championship.

	AGE CAT		
MEN	V40+	FV35+	V50+
WOMEN	FV45+	V60+	FV55+

The expected no of age group prizes will depend on the number of qualifying runners.

THIRSK AND SOWERBY HARRIERS

MEMBERS APPLICATION FORM (For RENEWAL & JOINING)



SUBSCRIPTION FEES 1/1/09 - 31/12/09:
Senior.....£25.00 Under 16.....£10.00

Please make cheques payable to 'THIRSK & SOWERBY HARRIERS' as payment of ANNUAL Membership together with the completed application form below and send to:

P.Sherlock
Thirsk & Sowerby Harriers
Clarence House,
Coxwold,
York. YO61 4AB
Email- pam.sherlock@btinternet.com

Please PRINT all details in FORM below!!

SURNAME: _____ First Name(s) _____

Address: _____

POST CODE *: _____

TELEPHONE NO.: (Home) _____ (Work) _____

EMAIL ADDRESS *: _____

DATE OF BIRTH *: _____

MALE / FEMALE _____ UNDER 16 / ADULT _____

Other Athletics Club of which you are a member (if any): _____

I wish to become a member of Thirsk and Sowerby Harriers, and declare that I am an amateur as defined by the BAF.
I understand that upon payment of a membership fee, the completion and returning of this form, and acceptance by the Club Committee, I become a member of Thirsk & Sowerby Harriers.
I understand that, upon my membership being accepted, I am eligible to race under the 'Thirsk & Sowerby Harriers' name and that I am eligible to attend any of the club training and social functions.
Membership can be terminated at any time by the Club Committee should they deem that any actions from myself have brought the club into disrepute.

Signed: _____ Date: _____

* Please supply this information.

(This form may be photocopied)