

SHORTS



THE NEWSLETTER FOR THIRSK AND SOWERBY HARRIERS - JUNE/JULY 2008

In this Months Issue

Results

Road - Rainton 10k, Melmerby 10k, Burn Valley Half Marathon, Castle Howard 10k, Kirkby Malzeard 10k, Evening League Thirsk and Starbeck, Edinburgh Marathon, Kilburn 7.

Fell - Langdale End, Tasek Lama National Park, Eston Nabb Nee Nocker, Osss Oiks, Fox and Hounds, Lordstones. Trail - Ilkley Trail Race, Harewood Chase, Fewston Run.

SOCIAL EVENTS

30 July 2008 7.00pm Time Trial and BBQ

White Horse Car Park Sutton. Scenic Club Time Trial followed by BBQ. Please bring food and drinks. See Nigel Morgan for more information.

DUNN RUNNING

An Extract from Gary's Blog -
Saturday, 5 July 2008

Rain Valley Half Marathon

The weather for the Burn Valley half marathon this year didn't look to good at the start with it raining heavily, not that it bothers me that much. Plus once you've got going you don't really mind that much. But fortunately after the first 15 minutes the rain eased up and then stopped, then the conditions where just about perfect.

I always said when i was cycling I hope it chucks it down, that way i knew half the field where already beaten.

Anyway this year I was determined not to go too hard at the start and I actually succeeded this time. I felt i might of gone a bit too easy in sections for the first ten mile but the last three miles I was going as hard as I could. The plan worked a treat as i finished a minute and half faster than ever before round this hilly course. Around the 7 mile mark as you cut across a farm yard i took an early bath, well a mud bath that is. I slipped on some cow s**t stuff and dived into the mud, I was getting up and looked around to make sure no one had seen me, I was sure no one had seen and as I set off again i took another dive into the mud. This time I got up and concentrated on the job in hand, but it was hard to concentrate as it now looked like I had a pair of enormous mud gloves on. I tried to scrape off as much mud as I could and seeing i didn't have anything to wash my hands with I used my initiative. Perfect! my head was that wet my hair doubled up as a mop. Hands clean i was happy in my mission once again. I managed to win the race in 74 minutes and 33 seconds, as it was another of the Blacksheep series championship races I was even more delighted. Tony Lambert was second and I must be next in line on his hit list.

It looks like I'll be heading to Kilburn next weekend for the 7 miler. It's funny how I don't like that race. I train round that circuit upto twice a month through winter and would love to live there but when it comes to racing round there, I never do very well. Probably with the fact I always get carried away and set off way too fast. Hopefully i wont be flogging myself round the course as I want to be fully fresh mentally for one of my favourite races at the end of the month the James Herriot Trail Race.

There's just two more races to go now in the Blacksheep series, Burton Leonard 10k and the Wetherby 10k, now i have got a good lead i just need to make sure i don't get an injury. That's why i always try and get in the full amount of qualifying races as soon as possible. Hopefully I should be ready for some interval training next week.

To read more from Gary click on the link at
www.thirskandsowerbyharriers.co.uk



Next Committee Meeting

13th August 2008

Next Championship Race 2008

Darlington 10k 10-08-08

FIXTURES

JULY

18/07/08 Walkington 10k (nr Beverley)
19/07/08 Yorkshire Wolds Half Marathon
20/07/08 Burton Leonard 10k
BlackSheep Series
22/07/08 7.15pm Roseberry Topping Fell Race
NYM.AC Summer Series
27/07/08 Victorian 10k
27/07/08 Pudsey 10k
27/07/08 James Herriot Trail Race 14km

AUGUST

05/08/08 7.15pm Gribdale Gallop
enter on day
NYM.AC Summer Series
09/08/08 1.30pm Arncliffe Fete 4 mile
10/08/08 **Darlington 10k**
CLUB CHAMPIONSHIP
12/08/08 7.00pm York Millenium Bridge 5k
16/08/08 Hanging Stone Leap (24 miles)
19/08/08 7.00pm Guisborough Grunt Fell Race
enter on day
NYM.AC Summer Series
21/08/08 7.15pm Summerhill Trail Race 5k
Hartlepool
25/08/08 1.30pm Spofforth 10k
31/08/08 11.00am Escrick 10k (York)
31/08/08 11.00am Staveley Stampede
31/08/08 10.30am Pinchinthorpe Plod Fell Race
enter on day
NYM.AC Summer Series

SEPTEMBER

03/09/08 Autumn Coast Road 5k
New Marske Harriers
06/09/08 Keswick 14k Trail Race
07/09/08 11.00am **Tholthorpe 10k**
CLUB CHAMPIONSHIP
13/09/08 1.30pm Castleton Show Run
enter on day
NYM.AC Summer Series
14/09/08 Wetherby 10k
BlackSheep Series
14/09/08 Yorkshireman off road
Marathon
14/09/08 11.00am Ray Harrison 10k (Billingham)
14/09/08 Nottingham Marathon
21/09/03 **Ampleforth Trail Race**
CLUB CHAMPIONSHIP
21/09/08 Tees Pride 10k
26/09/08 Hardmoors 110mile ultra
28/09/08 Sutton Seven (Nr York)

FACTFILE

The Who's Who of Thirsk and Sowerby Harriers



- 1 Name** Ian Codling
- 2 Occupation** Retired Head of maths teacher at Thirsk School.
- 3 Home** Sowerby.
- 4 Favourite Distance** 10k
- 5 Best Running Moment** Finishing the Wiggington 10k in May 2005 in under 48 minutes - the only occasion i have run a sub 48-minute 10k.
- 6 Worst Running Moment** Tearing a ham-string at the end of the Wakefield 10k - just two weeks before running the London Marathon in 2004. (Fortunately, Andrew Wilson did a great repair job).
- 7 Favourite Training** Country roads round Upsall, Kirby Knowle and Cowesby.
- 8 Local training Area** Farm tracks off Topcliffe road near the by-pass and a loop through Kilvington.
- 9 Other Interests** Woodwork, bricklaying, gardening, poultry keeping, wine making, football (life long Boro supporter), real ale (life member of CAMRA), and many other forms of DIY inside and out including planning and designing projects.
- 10 Running Aspirations** Getting my 10k times under 50 minutes again before my replacement hip gives out.

Somers, 145th in 58.29, **Ian Codling** 228th in 66.24, **Cath Lumb** 268th in 73.21, **Phillip Craig** 277th in 75.58 and **Marian Codling** 284th in 78.55. A delicious WI tea followed the race, and a generous list of prizewinners received their awards, including all finishers over 65, who were each presented with a bottle of wine! The friendly, well marshalled race was part of the annual Kilburn Feast celebrations.

Burn Valley Half Marathon - 5 July

The weather at the start of the race was torrential rain but shortly afterwards the rain eased and made ideal conditions for running in. **Gary Dunn** from Thirsk and Sowerby Harriers won the Race in 74 minutes and 33 seconds. **Brett Edgeworth** was the next Harrier to finish after a late start in 59th place in 1 hour 38 mins 19 secs. **Hester Cox** was again in the prizes taking 2nd in the Ladies V35 Category finishing in 1 hour 40 mins 05 secs. **Nicola Thorpe** 110th in 1 hour 46 mins 38 secs. **Jill Knight** 151st in 1 hour 54 mins. **Angela Eilbeck** 173rd in 1 hour 57 mins 41 secs. **Ernie Huck** 178th in 1 hour 58 mins 18 secs. **Jonathan Severs** 222nd in 2 hours 9 mins 9 secs. **Ian Codling** 243rd in 2 hours 18 mins 5 secs. **Jo Fambely** 255th in 2 hours 26 mins 6 secs. **Judith Seaton** 256th in 2 hours 26 mins 8 secs. **Eileen Howell** 257th in 2 hours 22 mins 43 secs. **Les Sutton Haigh** supporting his wife **Nik Sutton Haigh** on her 40th birthday came in together 265th and 266th also in support was **Yvonne Wood** and **Cheryl Kirby** finishing at the same time. **Marian Codling** won the Ladies V65 272nd place in 2 hours 38 mins 33 secs and **Phillip Craig** 274th in 2 hours 41 mins 4 secs.

Rainton 10K - 29 June

Just short of 300 runners, 25 of them Thirsk and Sowerby members, took part in the ever popular Rainton 10k, a friendly and well organised race. On a fine morning for running, **Gary Dunn** once again put in a winning performance over this mainly flat course. Gary's time was 32.34, perhaps a little slower than he might have hoped for as he still has the after effects of the Edinburgh Marathon in his legs! He was ably supported by **Richard Hall**, 5th in 36.15 and **Cameron Choules** 7th in 36.28, and those three carried off the men's team prize. Richard also got 1st prize in the O40 category. **Walter Busutil** is getting back into form, finishing 16th in 37.53, **Phil Utley** 35th in 39.35, **Brett Edgeworth** 37th in 39.55, **Julian Norton** 39th in 40.01, **Les Sutton-Haigh** 59th in 41.41, **Angela Hall** 77th, and 1st O45 lady, in 42.51, **Hester Cox** 84th, and 2nd O35 lady, in a personal best time of 43.17, **Ernie Huck** 110th in 45.08, **Jonathan Severs**, improving with every race, 137th in 47.29, **Jill Knight**, another runner who continues to improve, 151st in 48.54, **Angela Eilbeck** 169th in 50.04, **Judith Seaton** 195th in 52.46, **Victoria Beasley** 206th in 54.03, **Jo Fambely**, running with husband **Peter**, 210th in 54.37, **Nik Sutton-Haigh** 214th in 54.46, just pipping **Harold Vandenburgh** into 215th in 54.47, **Ian Codling** 218th in 55.01, **Eileen Howell** 232nd in 56.28, **Wendy Holden** 239th in 57.20, **Cath Lumb** 253rd in 59.12, **Phillip Craig** 264th in 61.21, **Marian Codling** 273rd in 63.10 and **Lydia Evitt** 291st in 72.45. At

10k Thirsk and Sowerby Top Ten Rankings 2008

Men

Pos	Runner	Time	Event
1.	Gary Dunn	32-12	Tees Barrage
2.	Richard Hall	36-15	Rainton
3.	Cameron Choules	36-28	Rainton
4.	Phil Utley	36-55	Melmerby
5.	Walter Busutil	37-53	Rainton
6.	Brett Edgeworth	39-55	Rainton
7.	Julian Norton	40-01	Rainton
8.	Robert Burn	41-06	Castle Howard (10.45K)
9.	Ollie Harrison	41-33	Jolly Holly Jog
10.	Les Sutton-Haigh	41-41	Rainton

Ladies

Pos	Runner	Time	Event
1.	Angela Hall	42-40	Kirkby Moorside
2.	Hester Cox	43-17	Rainton
3.	Jill Knight	46-45	Dewsbury
4.	Angela Eilbeck	50-04	Rainton
5.	Nicola Thorpe	50-15	Kirkby Moorside
6.	Pat Kirkby	50-40	Harewood Chase
7.	Judith Seaton	52-27	Melmerby
8.	Yvonne Wood	53-07	Melmerby
9.	Victoria Beasley	54-03	Rainton
10.	Jo Fambely	54-12	Melmerby

There may be missing runners and times from this list as times have been taken from back issues of Shorts.
If you have a time from 2008 to submit, please email Phil at philiputley@btinternet.com

Hi all

Thanks to everyone who came to the Aerobathon last Wednesday. The evening was a success and everyone seemed to enjoy themselves even if they did get wet. We raised just over £300 for the charity which was great.

Thanks again for your support

Sarah

RESULTS

Road

Burn Valley Half Marathon - 13 July

Gary Dunn continued his winning ways with a comfortable victory in the picturesque, though very testing, Kilburn 7, coming home in 38.14. For once, the weather was reasonably kind, in that it was warm and dry but not too hot. **Richard Hall**, running consistently well, finished 10th in 42.22, **Angela Hall** 59th, and 5th lady, in 49.45, **Jill Knight** 143rd in 57.49, just ahead of **Sarah**

RESULTS

72.45. At the finish was club chairman, Norman Smith, who was acting as event referee, a job he does regularly throughout the country.

Castle Howard 10k - 15 June

Nearly 400 runners were attracted to Castle Howard for the second 10k run, held in aid of Welburn School. The scenic two-lap course, actually 10.45k, was quite testing in places, especially second time around, but even so several members recorded very impressive times.

Cameron Choules was especially pleased, finishing 11th in 38.51. **Richard Hall** came 12th in 39.22 and was 1st M40 finisher. It was good to see **Rob Burn** involved, and he was 22nd in 41.06, with new member **Julian Norton** looking a good prospect, 25th in 41.32. **Brett Edgeworth** continued to show good form, coming 34th in 42.25, and **Angela Hall**, ever effective, came 58th in 45.27, winning the F45 category once more. **Alan Somers**, continuing to look good, 77th in 47.05, **Hester Cox** 81st in 47.28 - how did she manage that after participating in the 75 mile Great Yorkshire Bike Ride from Wetherby to Filey the previous day? **Jonathan Severs** 109th in 49.55, **Lorraine Hiles** 114th in 50.16, **Jill Knight** 152nd in 52.33, **Sarah Somers** 167th in 53.23, **Stephen Billings** 180th in 54.14, just pipping **Angela Eilbeck**, 181st in 54.15, **Pat Kirby**, ever reliable, 196th and 1st F55, in 55.23, **Ian Codling** 284th in 60.58, **Sarah Crane** 302nd in 62.10, **Deborah Pooley** 350th in 66.42 and **Marian Codling** 378th in 71.52.

Kirkby Malzeard 10k - 7 June

The previous weekend saw the Kirkby Malzeard 10k, the latest race in the Black Sheep Series. This is quite a hard though scenic and friendly village race, and star member **Gary Dunn** achieved a comfortable win in 32.42 minutes, more than two minutes ahead of the second finisher. **Phil Utley** performed well to come 9th in 37.53, and with **Brett Edgeworth** 25th in 40.35, those three were worthy winners of the men's team prize. **Les Sutton-Haigh** came 70th in 44.20, **Jonathan Severs** 117th in 48.15, **Jill Knight** 127th in 48.52, **Angela Eilbeck** 156th in 52.39, **Judith Seaton** 164th in 53.12, **Yvonne Wood** 189th in 55.56, **Jo Fambely** 193rd in 56.15, **Eileen Howell** 198th in 57.39, **Wendy Holden** 205th in 58.46, **Ian Codling** 207th in 58.58, **Nik Sutton-Haigh** 235th in 66.46, **Marian Codling** 238th in 67.05 and **Lydia Evitt** 241st in 70.43.

Harrogate Evening League Thirsk 5 June

The Club played host to the latest Harrogate League fixture last week, on a good evening for running. The 5 mile two-lap course took in town and country on mostly quiet roads. **Swaledale's** **Darran Bilton** won in 24.34 and once again, **Richard Hall** showed good form to finish 12th in 28.44 with **Phil Utley** 18th in 29.09, **Cameron Choules** 21st in 29.41, **Sam Bye**, taking a break from exams, 32nd in 30.10, **Brett Edgeworth** 55th in 31.18, **Dusan Svoboda** 61st in 31.48, **Keziah Paxton**, another outstanding young runner, 114th in 34.30, **David Barker** 147th in 35.48,

David Shorrocks 153rd in 36.10, **Lorraine Hiles**, in her first outing in a club vest, 173rd in 37.19, **Sarah Somers** 212th in 39.54, **Pat Kirby** 218th in 40.34, **Sharon Keegan** 244th in 43.59, **Richard Easby** 248th in 44.05, **Debbie Pooley** 270th in 48.07, **Phillip Craig** 273rd in 49.20, **Marian Codling** 277th in 51.20 and **Lydia Evitt** 285th in 54.58. Many more members were involved in marshalling and all runners enjoyed a superb supper laid on by Jane Wood's team at Thirsk Athletic Club.



Richard Easby finishing strongly at Thirsk evening league

Melmerby 10k - 25 May

More than 300 runners completed the popular Melmerby 10k, where wind was a factor at times, though personal bests were still possible over this fast, flat course. This 3rd race in the Black Sheep Series was won by **Darran Bilton** of Leeds City AC in a time of 30.56. **Phil Utley** was the first Harrier home, finishing 10th in 36.55, **Brett Edgeworth** 38th in 40.10, **Les Sutton-Haigh** 95th in 43.50, **Jonathan Severs** 150th in a personal best time of 47.30, **Ernie Huck** 167th in 48.50, **Jill Knight** 182nd in 50.15, **Judith Seaton** 213rd in 52.27, **Yvonne Wood** 222nd in 53.07, **Jo Fambely** 233rd in 54.12, **Nik Sutton-Haigh** 238th in 54.39, **Eileen Howell** 254th in 56.40, new member **Wendy Holden** 259th in 57.21, **Ian Codling**, trying to get back into racing again after a long lay-off, 266th in 58.56 and **Marian Codling** 283rd in 63.16. There were 306 finishers in this well organised and marshaled village event.

Edinburgh Marathon - 25 May

You know that when **Gary Dunn** is involved in a race he will always give 100% effort, and the Edinburgh Marathon at the weekend was no exception. Who could have expected that Gary would have come 4th in this prestigious race, only a minute and a half behind the Irish International runner who won the event? Gary's time of 2.26.54 was well inside that required for an automatic place in the London Marathon, and we look forward to seeing him there next year! Conditions were good for the race, though the strong winds which have plagued the north this weekend were in evidence at times. Many congratulations to Gary for his thoroughly deserved result.

Harrogate Evening League - Nidd Valley

While Gary was preparing himself for the marathon, other members of the club took part in Race 2 of the Harrogate Evening League hosted by Nidd Valley Runners, and **Richard Hall** was again in fine form to finish 12th in 31.25. **Sam Bye** ran well to come 35th in 33.48, **Dusan Svoboda** 44th in 34.12, **Cameron Choules** 52nd in 34.57, **Angela Hall** 91st in 37.10, **David Barker** 148th in 40.33, **Ken Evitt**, getting into form again after a lay-off, 158th in 41.16, **Pat Kirby** 214th in 45.18, **Richard Easby** 251st in 49.14, **Sharon Keegan** 252nd in 49.18, **Debbie Pooley**, in her first outing for the Club, 271st in 53.11, **Phillip Craig** 283rd in 56.47 and **Lydia Evitt** 287th in 59.13.

Trail

Ilkley Trail Race - 25 May

Cameron Choules and **Gavin Coventry** were among the 227 finishers in the Ilkley Trail Race, through woodlands, fields and moors. The first half of the race was a continuous climb, making for a faster downward second half. **Cameron** finished an excellent 20th in 48.54 and **Gavin** came 69th in 56.04.

Harewood Chase 10k Trail Race

Pat Kirby travelled to Harewood for the Harewood Chase 10k Trail race in the grounds of Harewood House. Weather conditions were very hot for the races, with men's and women's events run separately. The hilly course was well marshalled, and **Pat** finished in a time of 50.40, which earned her 2nd prize in the V55 category.

Fewston Run

About 40 members and families went to Fewston and Swinsty reservoirs for a social run on Fri 27th June. Members could choose from a 3.1 mile run, a 3.75 mile run, or a 10k run if you went round both reservoirs. A "flaming June" evening it definitely was not, as a damping rain fell throughout, but hopefully both runners and walkers were able to enjoy the scenery, and any disappointment was surely made up for by the lovely supper afterwards at the Stone House Inn, Thruscross. The Hopback Summer Lightening beer, specially selected by **Ian**, was also well received!

Fell

The Langdale End Fell Race - 6 July

heavy rain before the event and after the start, meant conditions throughout were very difficult, and perhaps accounted for the smaller than usual field. The Langdale End fell race was race 7 in the NEHRA summer series, and was won by **Roger Tomlin** of NYM in 44.56. **Rob Burn** had a very good run to finish 2nd in 46.42, just ahead of **Peter Wilkin** 3rd in 46.50, **Gavin Coventry** 11th in 51.15, **Alan Wikeley** 21st in 63.12 and **Hywel Smith** 26th in 65.54. The men's team finished in 2nd place.

Tasek Lama National Park Fell Race

In Brunei, member **John Yates** was taking part in the country's first fell race, in the Tasek Lama

National Park, just outside the capital. Conditions were rainy and cool, which caused it to be slippery underfoot in places. John finished 7th male and 1st GB runner in 29.18. Generous prize allocation saw him come away with his first piece of hardware, (glass) since the Ryedale run in 2002!

Eston Nabb Nee Nocker Fell Race

The weather recently has made running seem less than attractive, but participants in the Eston Nabb Nee Nocker Fell Race were fortunate to get their race in before the afternoon sleet! The race had a set outward route but a choice of return routes, and this had an effect on the results. Charles Stead of NFR obviously chose the best route, winning in a time of 33.52. **Pete Wilkin**, running well again, came 10th in 38.46, **Cameron Choules** 17th in 39.58, **Stewart Mechie** 27th in 42.47, **Alan Wikeley** 50th in 50.29 and **Steve Harrison** 54th in 51.08. The team finished in 3rd place.

Ossy Oiks Fell Race - 3 June

Following a day of almost continual rain,

conditions were soggy for the latest fell race, the Ossy Oiks when Tom Cornthwaite, a young international runner from Blackburn, was the winner in 48.54. **Rob Burn**, getting well back into his stride now, came 12th in 57.46, **Stewart Mechie** 16th in 58.50, **Pete Wilkin** 20th in 61.28, **Mark Ludiman** 40th in 67.03, **Hywel Smith** 58th in 72.15 and **Alan Wikeley** 65th in 78.57. The team finished 3rd, and presentations at the end took place in a torrential downpour!

Fox and Hounds Fell Race - 20 May

Race 3 of the NEHRA summer fell race series took place from the Fox and Hounds on a cool but pleasant evening for running. Some of the tracks would have been ideal for sheep but were quite tricky for mere mortals to run on as they were so narrow. **Stewart Mechie** was the first Harrier to finish, in 17th place in 72.19. **Pete Wilkin** came in 19th in 72.48 with **Alan Somers** 36th in 82.21, **Mark Ludiman** 37th in 82.35, **Alasdair Thorpe** 46th in 85.04, **Hywel Smith** 46th in 91.26, **Nicola Thorpe** 64th in 92.52, **Alan Wikeley** 68th

in 94.45, **Jane Butler** 73rd in 95.57, **Ernie Huck** 77th in 104.20, and **Sarah Somers** and **Charlotte Ludiman** finishing together on 110.57.

Emily Thorpe joined the family tradition of fell running and won the junior event.

Lordstones -

Race 2 of the NEHRA Summer fell race series took place from Lordstones on a misty and muggy but pleasant morning for running. Charles Stead of NFR won the race in 59.41 minutes, with **Pete Wilkin** once again putting in a good performance to finish in 5th place in 67.50. Ever competitive **Rob Burn** came 7th, and 1st V55, in 68.40, with **Alan Somers** finishing 26th in 83.14, **Alasdair Thorpe** 28th in 84.12, **Gavin Coventry** 30th in 85.35, **Mark Ludiman** 38th in 88.28, **Alan Wikeley** 43rd in 93.15, **Nicola Thorpe** 48th in 107.30 and **Sarah Somers** 52nd in 110.00. The men's team finished a very good 2nd - when they all turn out they are a match for anyone!

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
J.severs		7	2	4	65	7	9										94
R.Hall		65	1	2	4	65	65										139
G.Dunn		65	65	1	1	1	65										198
P.Utley		1	65	3	65	4	65										203
R.Burn		65	65	65	2	65	1										263
W.Busuttil		65	65	65	5	2	65										267
B.Edgeworth		65	65	65	65	5	4										269
I.Codling		3	65	65	65	65	7										270
G.Coventry		5	65	65	10	65	65										275
P.Craig		8	65	65	65	8	65										276
k.Evitt		2	65	65	65	65	65										327
P.Wilkin		65	65	65	3	65	65										328
E.Huck		65	65	65	65	3	65										328
C.Choules		65	65	65	65	65	3										328
T.Thompson		4	65	65	65	65	65										329
J.Norton		65	65	65	65	65	5										330
N.Morgan		6	65	65	65	65	65										331
S.Mechie		65	65	65	6	65	65										331
L.S'-Haigh		65	65	65	65	6	65										331
A.Somers		65	65	65	65	65	6										331
A.Wikeley		65	65	65	7	65	65										332
A.Thorpe		65	65	65	8	65	65										333
S.Billings		65	65	65	65	65	8										333
H.Smith		65	65	65	9	65	65										334
M.Ludiman		65	65	65	11	65	65										336

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
M.Codling		2	4	2	5	5	8										26
A.Hall		33	1	1	1	33	1										70
H.Cox		1	2	33	33	2	4										75
P.Kirby		33	33	33	2	1	2										104
A.Eilbeck		33	33	33	33	3	6										141
J.Knight		33	3	33	33	33	7										142
V.Beasley		33	33	3	33	33	33										168
N.Thorpe		33	33	33	3	33	33										168
L.Hiles		33	33	33	33	33	3										168
P.Sherlock		33	33	33	4	33	33										169
J.Seaton		33	33	33	33	4	33										169
S.Somers		33	33	33	33	33	5										170
E.Howell		33	33	33	33	6	33										171
J.Thompson		33	33	33	33	7	33										172
N.S'Haigh		33	33	33	33	8	33										173
D.Pooley		33	33	33	33	33	9										174
S.Crane		33	33	33	33	33	10										175

2008 Club Championship Event List

The following are the events chosen for the 2008 Club Championship.

The dates are shown if known and a question mark (?) indicates unconfirmed dates.

EVENT No	DATE	TYPE	EVENT	DISTANCE	TRAVELLING TIME
1	13/01/08	X/C	NYSD Cross Country Whitby	5 miles approx.	55 minutes
2	16/03/08	* 1/2 Marathon	Ackworth 1/2 Marathon	13.1 miles	55 minutes
3	06/04/08	* Road	Hartlepool Marina 5 Mile	5 miles	45 minutes
4	??/04/08	Fell	Carlton Challenge	5.5 miles	25 minutes
5	11/05/08	* Road	Ripon 10	10 miles	20 minutes
6	15/06/08	* Trail	Castle Howard	10 kms	50 minutes
7	29/06/08	* Multi-Terrain	Rainton 10k	10kms	12 minutes
8	01/07/08	* Road	Harrogate League Swaledale	6 mile approx.	35 minutes
9	13/07/08	* Road	Kilburn 7	7 mile	12 minutes
10	10/08/08	* Road	Darlington 10k	10 kms	40 minutes
11	30/08/08	* Road	Tholthorpe 10k	10 kms	20 minutes
12	21/09/08	Fell	Ampleforth College trail	7 miles approx.	25 minutes
13	??/10/08	* Trail	Harewood 10	10 miles	35 minutes
14	??/11/08	X/C	NYSD Cross Country T.B.C.	5.5 miles approx.	45 minutes max.

* = Age Adjusted Races

2008 Club Championship 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.

Races

There will be FOURTEEN RACES which will score points for the Championship. This year the races selected are as close to Thirsk as possible allowing for the Championship to include a full range of races i.e. Cross Country, Trail, Multi-Terrain, Fell & Road of various distances but NO Handicap events.

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.

Rules

A minimum of EIGHT RACES, from the designated fourteen, must be completed. It is the responsibility of the individual athletes to ensure that they are entered for races correctly and in good time. Athletes not shown in the official result (or using another runners entry) will not score points.

In order to count in the final results of the Championship, you must participate in the following races:

- ONE X-COUNTRY
- ONE FELL RACE,
- ONE HALF MARATHON or 10 MILER
- Five OUT OF THE REMAINING RACES.

As long as the qualifying events above have been raced, then the BEST 8 results of ALL the races competed in will be added together for the final score.

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.

Scoring System

Points are awarded based on finishing order using times that are age adjusted for all races relative to other Club members competing in the race - Men & Ladies are calculated separately. First place is awarded 1 point, 2nd place 2 points, 3rd place 3 points and so on. Anyone not competing in a Championship race will automatically be awarded 70 points if a Man and 40 points if a Lady.

Anyone who competes and finishes in:

- all 14 races is awarded the deduction of 3 points from their total;
- 13 races is awarded the deduction of 2 points from their total;
- 12 races is awarded the deduction of 1 points from their total.

The Man & Lady with the LOWEST number of points wins the appropriate CHAMPIONSHIP Trophy.

5. The Man or Lady who has competed in ALL 14 events and who does not finish in the top three placings but is the highest position over the rest of the field on the Final Results table, will also be awarded a prize.

Club AGE GROUP Categories

This year there will also be Age category awards, the leading age categories will be taken from the main overall league table.

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

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