

# SHORTS



THE NEWSLETTER FOR THIRSK AND SOWERBY HARRIERS - NOV 2008

## CROFT CROSS COUNTRY

The first of this seasons North Yorkshire South Durham Cross countries took place at Croft Aerodrome on the 12th October a great course for both competitors and spectators.

Thirsk's U13 girls showed how it should be done and managed a solid team performance finishing 5th. All ran well over a tough 2k course, with Emily Dargue coming 20th in 12.10, Poppy Wilson 24th in 13.00 and Liberty Twinn 25th also in 13.00. Well done, girls!

Also performing well in the U13 Boys was Alexander Miller, finished 18th in 12.48. In the Ladies race Hester Cox was 11th in



Hester Cox descending fast at Croft.  
All Cross country photos courtesy of Phil Evitt



Jill Soper

28.44 and Jill Soper 34th in 33.02. Gary Dunn not feeling his usual self came 2nd in the Men's race in 29.31 behind Richard Morrell of Mandale, also running Phil Utley 25th in 32.34, Ken Evitt 85th in 39.50 and Phillip Craig 106th in 55.36, not quite enough for a men's team. **Runner's needed for all NYSD fixtures! Lets try to get a mens and Ladies team in all future events.**



Ken Evitt in the mens event.



The start of the mens race at Croft

### Club AGM

29th October 2008

### FIXTURES

#### NOVEMBER

01/11/08	1.00pm	Hevellyn Trail Race 15km
02/11/08		Through The Villages Race Wheelton Chorley, Lancs.
02/11/08	10.30am	Guy Fawkes 10 Mile
02/11/08		New York Marathon
09/11/08		Guisborough Three Tops
09/11/08	11.00am	Maltby Road Race 7 mile approx.
16/11/08	1.00pm	NYSD X/Country Flatts Lane NYSD XC League
17/11/08	12.30am	Brampton-Carlisle 10 mile
23/11/08		Clay Bank West Fell
23/11/08	9.30am	Leeds Abbey Dash 10k
30/11/08	11.00am	Thirsk 10 mile Including Northern 10 mile Championships

#### 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		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		Snake Lane 10 mile

# FACTFILE

## The Who's Who of Thirsk and Sowerby Harriers



- 1 Name** Mark Ludiman
- 2 Occupation** Chartered Surveyor or land agent depending on who I'm talking to.
- 3 Home** Pearmain, Thirkleby.
- 4 Favourite Distance** I tend to enjoy longer races because the sense of satisfaction at the end is huge so I'll say 10 miles +
- 5 Best Running Moment** Going really well 25 miles in to the Lyke Wake last year until we realised we were lost but then getting back on track and climbing back up to 20th with horrible conditions under foot or Guisbrough Moors 2006. It was just one of those occasions when I felt I could have run and run and the weather included blizzards.
- 6 Worst Running Moment** Any run when I set out too fast and know the end result will be a lot of pain and a slow time. Wharfedale Marathon this year fits the bill.
- 7 Favourite Training** I love long slow distance with hills. It's made me the long slow runner I am today. It's also more sociable when done with friends.
- 8 Local training Area** Kilburn Woods and around Sutton Bank , Osmotherly if I can be bothered to drive but generally anywhere with hills, the rougher the better.
- 9 Other Interests** Anything outdoors, shooting, fishing, walking, skiing and mountain biking.
- 10 Running Aspirations** I would love to run a "quick" marathon maybe 3 hours 15 minutes or thereabouts but if you like long runs and hills a Bob Graham Round has to top the list.

## NYSD Cross Country Fixtures 08/09

Runners needed for all the NYSD Cross country's events. Join Gary's Super Squad at the next event. See Gary for full details or visit the clubs website

12th	October 2008	Croft Circuit	Darlington
26th	October 2008	Summerhill	Hartlepool
16th	November 2008	Flatts Lane	New Marske
07th	December 2008	Acklam Grange	Acklam
18th	January 2009	Cademon School	Whitby
08th	February 2009	Blakeston School	Stockton
15th	March 2009	Richmond Racecourse	Richmond

## DUNN RUNNING

An Extract from Gary's Blog -  
Sunday, 19 October 2008

### Hilly, Windy Half Marathon



Not long after starting the Bridlington Half Marathon i knew it was going to be one of those days yet again, especially when you think you must of run 5 miles at the up and coming 3 mile marker. Again i felt tired and struggled breathing and finished in what must be my worst performance personally as a runner yet. I finished 3rd in approximately 74 minutes 30 seconds Only five and half minutes off my best. But apart from that it was a good day out in windy Bridlington. I've now got my Gran Canaria holiday to look forward to next weekend, I think it will be a good chance to recharge my batteries and get some enthusiasm back.

The gym work is coming along nicely and so is the stuffing my face with food, so at least there is some positive things to look at. To try and do something different I've started hitting the treadmill on a Tuesday evening for some controlled hard work, much better than a steady 9 mile plod around the cold wet streets of Thirsk.

## THE THIRSK TEN 2008

This years Thirsk 10 will be held on the 30th November, help will again be required to ensure the smooth running of the event. Anyone willing to Marshall or offer any help please contact David Read or Norman Smith.



## CHRISTMAS DINNER

at The Golden Fleece Hotel on Friday 5th December 2008. £25 per person to include dinner and disco. To arrive 7.15pm - 7.30pm. Full details and form inside or at [www.thirskandsowerbyharriers.co.uk](http://www.thirskandsowerbyharriers.co.uk)

## LAKES TRAINING WEEKEND

21st-23rd Nov £35.00 PPPN - Info from Rob

# RESULTS

## Road

### Richmond 10k - 19th Oct

Nearly 450 people completed the excellent but tough Richmond Castle 10k at the weekend on a near perfect morning for running. Paul Lowe of NYM won the race in 34.42, a slower than might be expected time for a 10k, indicating, perhaps, its hilly nature, and Les Sutton-Haigh did well to finish 76th in 43.46. Jill Knight was the next Harrier to finish in 220th place in 50.58, with Pat Kirby 278th in 53.55, David Goddard 286th in 54.34, Judith Seaton 347th in 58.03, Nik Sutton-Haigh 371st in 60.00, Jo Fambely 374th in 60.13, Eileen Howell 390th in 62.07, Phillip Craig 434th in 69.57, Maggie Allison 438th in 71.10, Marian Codling 443rd in 72.22 and Pam Sherlock 444th in 72.30.

### Kota Kinabala 10k

John Yates, meanwhile, was running in one of the far flung regions of the Commonwealth in the Kota Kinabalu 10k in temperatures in excess of 30 degrees C! He managed to finish an excellent 3rd in 42.05, and was also 1st in the vet. category.

### Great North Run - 5th Oct

Among the 40 000 or so finishers in this year's Great North Run was Thirsk and Sowerby's Phillip Craig, running in his first half-marathon. Phillip is one of the most regular attenders at club sessions and has improved dramatically over the few years he has been in the club. His time of 2.27.39 was a just reflexion of his hard work. He thoroughly enjoyed the experience - the support of the crowds and the beautiful morning - and perhaps he'll be back again next year? Alan Harman also competed in his 11th consecutive Great North Run this year, coming back after a long injury lay off. His time was 1.53.13, somewhat down on his best, but the heat was an unexpected handicap! Angela Eilbeck completed the race in what was only her 2nd half marathon, also finishing in 1.53.03 and thoroughly enjoying the atmosphere and the crowds.

The junior event for 12-16 year olds, run the previous day, had 1500 entrants, with Keziah Paxton finishing a superb 13th in 14.31 and Ben Morgan, equally superb, 209th in 16.23. What a prospect these two young runners are.

### Harewood Trail Race

More than 500 runners tackled the 10 mile Harewood Trail Race round the Harewood Estate. Heavy rain the previous night meant that the course was pretty well water-logged, but runners could enjoy the scenery on a beautiful morning while dodging (or running through) the puddles. Salford Harrier Pumlani Bangani won the race in a time of 56.30, with Brett Edgeworth putting in another good performance to finish 67th in 71.12, Hester Cox 123rd, and 6th lady, in 77.25, Pat Kirby 310th and 2nd F55 in 89.49, and Ian Codling 438th in 103.06.

### Horsforth 10k

Maggie Allison completed the Horsforth 10k in 67.27.

## Fell

### Cock Howe & Beyond - 28th Sept

Seven Harriers took part in the latest fell race, Cock Howe and Beyond, and the ever-present Gavin Coventry finished 11th out of 60 runners in 48.02. Alasdair Thorpe came 26th in 52.26, David Read 33rd in 54.45, Alan Wikeley 40th in 56.48, Hywel Smith 47th in 59.31, Nicola Thorpe 49th in 60.00 and Steve Harrison 53rd in 62.26.

A week before that, the Viking Chase Fell Race was held in support of the Cleveland Search and Rescue Service. It involves 1800 feet of climbing over a 7.8 mile course taking in Clay Bank, Cold Moor, Cringle Moor and Carlton Bank. Gavin Coventry came 13th in 1.15.11, Alasdair Thorpe 24th in 1.23.03, Alan Wikeley 32nd in 1.27.00 and Hywel Smith 37th in 1.31.54. The inaugural running of the Foston and Thornton le Clay 10k attracted 126 runners, with David Goddard coming 88th in 52.34 and Pam Sherlock 123rd in 69.22.

## Cyclo-Cross

### The 3 Peaks Race Cyclo-Cross Event

Peter Wilkin and Noel Clough have been demonstrating the versatility of club members by competing with great success in cyclo-cross events - usually taking place in the muddy winter months. The 3 Peaks Race, taking in, of course, Penyghent, Ingleborough and Wherside and involving road, rough track and hill climbing had 500 entrants, and Noel did superbly well to come 6th in 3h14, and 3rd in the V40 category. Peter came 28th and won the V50 class in 3h22. In Abergavenny, Noel won the V40 class and Peter was 7th V50. At Buddleigh Salterton in

Devon the following week Noel came 2nd and Peter won the event, finishing on the winner's podium for the first time at the tender age of 50! He thus moves into 3rd place in the National Table.

## Thirsk and Sowerby 10k Top Ten Rankings 2008

### Men

Pos	Runner	Time	Event
1.	Gary Dunn	31-41	Tees Pride
2.	Richard Hall	36-15	Rainton
3.	Cameron Choules	36-16	Tholthorpe
4.	Phil Utley	36-55	Melmerby
5.	Walter Busutill	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	43-05	Darlington
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.	Sarah Somers	50-43	Burton Leonard
8.	Judith Seaton	52-27	Melmerby
9.	Yvonne Wood	53-07	Melmerby
10.	Victoria Beasley	54-03	Rainton

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

### Thirsk White Horse Swim Team - Saturday's 0800 - 0900 swim sessions

Thirsk white horse swim team have four lanes available every Saturday at the above times, if any members of Thirsk and Sowerby members would like to go along for an extra workout, lanes are set up as follows:-

- Lane 1 - Teaching lane, where swimmers are helped with technique need to be capable of swimming 1200mtrs in an hour. At present 6 swimmers could take 2 more.
- Lane 2 - Need to be capable of swimming 1,800 - 2,000 mtrs in an hour.
- Lane 3 - Intermediate lane for young up and coming swimmers who can cope with a session plan of about 2,600 mtrs in an hour. Could take 3 more swimmers in this lane.
- Lane 4 - Class Swimmers lane who can swim 3,000+ mtrs in the hour. However it is the clubs intention to open this lane up to dedicated athletes who require swimming as one of their disciplines, so will become a mixed session to cope with different requirements. Could take 3 or 4 swimmers.

£10.00 per annually to cover insurance under TWHST umbrella, each Session costs up to £3.00 payable one month in advance (flexible as the cost of the pool per week is £37 for the whole group). One month's notice of ceasing swimming otherwise next month's session fees apply.

Please call Peter Fish (no joke) for full detail on (01347) 822642

## 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
R.Hall		65		2	4	65	65	2	2	2	65	2	2				15
I.Codling		3	65	65	65	65	7	10	5	3	4	7	7				46
G.Dunn		65	65	1	1	1	65	1	1	1	65	1	65				72
B.Edgeworth		65	65	65	65	5	4	6	65	65	2	5	6				158

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				8
H.Cox		1	2	33	33	2	4	2	2	33	1	3	2				15
M.Codling		2	4	2	5	5	8	3	3	4	2	6	33				25

# THIRSK AND SOWERBY HARRIERS CHRISTMAS DINNER MENU

**The Golden Fleece Hotel**  
**Friday 5th December 2008**  
**£25 per person to include dinner and disco**  
**To arrive 7.15pm - 7.30pm**

## Starters

Wholesome Seasonal Vegetable Soup and Crusty Roll.  
Smoked Salmon, Prawn, Cream and Chive Roulade on a bed of Green Leaves.  
Bacon, Leek and Apple Croustini topped with Blue Cheese.  
Refreshing Melon Fantail with a Winter Fruit Compote and Lemon Sorbet.

## Main Courses

Slice of Salmon wrapped in cured ham and served on a celeriac and potato rosti coated with a watercress sauce.  
Traditional Turkey and all the trimmings.  
Roast Sirloin of Beef with Yorkshire Pudding, roast gravy and Horseradish cream.  
Medley of wild Mushroom Stroganoff served with a rice tower and garlic brushetta.  
All main courses are served with a selection of market vegetables and potatoes

## Homemade Puddings

Christmas Pudding served with Rum Sauce.  
Chocolate and raspberry Torte.  
Lemon and blackberry posset with cinnamon shortbread biscuits.  
Yorkshire Cheeseboard.

Freshly Ground Coffee or Yorkshire Tea served with chocolate mints

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**Thirsk and Sowerby Harriers – Christmas Dinner**  
**The Golden Fleece – Friday 5th December 2008 – Arrive 7.15pm to begin at 7.30pm**

Name \_\_\_\_\_ No of people \_\_\_\_\_

Starter \_\_\_\_\_

\_\_\_\_\_

Main Course \_\_\_\_\_

\_\_\_\_\_

Sweet \_\_\_\_\_

\_\_\_\_\_

Payment enclosed \_\_\_\_\_ people at £25 each = £ \_\_\_\_\_

Please return this slip to Karen Hudson, 11 Victoria Avenue, Sowerby, Thirsk, YO7 1QX (Tel: 01845 574518) with full payment by 21st November 2008. I am sorry but I will be unable to take any amendments after this date. Unfortunately no payment – no booking. Please make all cheques payable to Thirsk and Sowerby Harriers.