

SHORTS



THE NEWSLETTER FOR THIRSK AND SOWERBY HARRIERS - SEPT 2008

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DUNN RUNNING

An Extract from Gary's Blog -
Sunday, 27 July 2008

Herriot Trail Blazer.

I made sure I was fully hydrated before tackling this years James Herriot Trail Run near Castle Bolton as I was sure it was going to be red hot, but unfortunately I didn't fuel up enough on the food side. All was going well up the first big climb and along the top of the Dale I started to feel a bit weak to say the least. On reaching the turn to descend which was my attacking place the year before I went into auto-pilot mode and settled into a more steady pace with the London runner in second place only about 15 seconds behind. By the time I reached the summit of the final climb I switched the auto-pilot mode off and pressed on with some hard effort, yet again I managed to plant my foot right onto a cowpat, I swear them things are as slippery as an eel covered in grease. They may look harmless sat there baking in the sun with its crusty outer shell but the moment you place a running foot on the damn things they open up and reveal a stinking slip trap and you can be sure there's always another in wait just ahead of that one in case you go down so you get covered head to toe in the stuff. Anyway onwards it was and I managed to win in a new record time of 53 minutes and 17 seconds. I was very surprised to of beaten my previous years time considering the conditions and was more than pleased with the minute and half I had managed to beat the second placed runner. Another well marshaled and organised event plus the sun helped in the end for all the post race picnics.

The dog enjoyed its long lazy day out in the countryside which will help in its time out phase. The dog seems to be looking energetic from its recuperation phase so I have decided to join it and pack in racing for now until September. I'm looking forward to getting in some long steady miles in after all the races I've done recently.

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



Next Committee Meeting

10th Sept 2008

Club AGM

29th Oct 08

Next Championship Race 2008

Tholthorpe 07-09-08

FIXTURES

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
14/09/08		Ampleforth Trail Race CLUB CHAMPIONSHIP
20/09/08		Simonside Fell Race
21/09/08		Viking Chase Fell Race
21/09/08		Tees Pride 10k
26/09/08		Hardmoors 110mile ultra
28/09/08		Sutton Seven (Nr York)

OCTOBER

04/10/08	11.00am	White Swan 10k Nr CastleHoward
05/10/08	11.00am	S.L.Johnstone Memorial 10m Multi-terrain/ Boroughbridge
05/10/08	10.35am	Harewood 10m Trail Race CLUB CHAMPIONSHIP
05/10/08		Great North Run
12/10/08	1.00pm	NYSD X/Country Croft Circuit NYSD XC League
12/10/08	10.25am	Kirkby Overblow Trail Races Harewood House area
19/10/08		Bridlington Half Marathon
19/10/08	11.00am	Richmond Castle 10k
19/10/08		Saltergate Gallows Fell Race
26/10/08	1.00pm	NYSD X/Country Summerhill NYSD XC League
26/10/08	10.30am	Holmfirth 15 mile

NOVEMBER

02/11/08		Through The Villages Race Wheeldon 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

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.



FACTFILE

The Who's Who of Thirsk and Sowerby Harriers



- 1 Name** Hester Cox
- 2 Occupation** Artist
- 3 Home** Was born and brought up 'down south' but now live in Masham
- 4 Favourite Distance** 10k or 10 mile
- 5 Best Running Moment** Being the fifth woman at Burton Leonard and still managing to cycle 16miles home.
- 6 Worst Running Moment** Running around like a headless chicken for ages, trying to find the hanging rock checkpoint on the Guisborough 3 tops fell race. I also got stomach cramp in the Thirsk Cross Country which was horrible.
- 7 Favourite Training** 6 mile circuit via Swinton and Fearby, it's lovely country lanes and you see hares and sometimes deer plus you have some good hills. I really love the club training too because everyone is so supportive of each other and its good fun.
- 8 Local training Area** Masham - I vary my routes regularly but its mainly country roads and some trails.
- 9 Other Interests** Cycling, scuba diving, film, photography, growing veg & fruit on my allotment and I am going to learn to sail this year.
- 10 Running Aspirations** To complete the London Marathon in one piece...a good time would be a bonus!

Harrogate Town Centre 10k - 27th July
More than 450 runners took part in the Harrogate Town Centre 10k. The course has changed over recent years and competitors found the long hills on the 2-lap course testing in the heat. Darran Bilton of Leeds AC won the event in 31.10 with Ken Evitt first home for Thirsk and Sowerby in 127th place in 47.01, David Goddard 252nd in 53.45, Ian Codling 311th in 56.57, the ever-improving Phillip Craig 407th in 64.13 and Marian Codling 429th in 67.35. Club Chairman Norman Smith was also present, in the capacity of race referee.

Burton Leonard 10k

Often, the scenic and testing Burton Leonard 10k has been run in very hot conditions, but this year for once, the weather was much kinder, though wind was a factor at times. Gary Dunn was once again the winner of this latest race in the Black Sheep Series, leading home Phil Utley, 11th in 40.02 and Brett Edgeworth, 28th in 42.57 to collect the men's team prize. Congratulations to them all - they are making a habit of this! Hester Cox put in another excellent performance to come 66th in 45.54, 7th lady to finish. Ernie Huck, beginning to recover from some early season setbacks, came 70th in a very good 46.14, picking up 1st O60 prize, with Ken Evitt also getting back into form, 86th in 47.45. Sarah Somers was well pleased with her time of 50.43 which earned her 114th place, and Jill Knight continues to improve, finishing 120th in 51.32. Angela Eilbeck came 133rd in 52.36 and the list of steadily improving lady runners augurs well for the future. Judith Seaton was 159th in 56.32, Ian Codling 174th in 57.43, Jo Fambely 185th in 60.58, Cath Lumb 186th in 61.25, Eileen Howell 189th in 61.48, Phillip Craig 212th in 66.22, Marian Codling 221st in 70.13 and Pamela Sherlock 228th in 74.10.

Fell

Guisborough Grunt - 19th August

The summer fell race series is drawing to a close with Race 10, the Guisborough Grunt - so called because some steep ascents might cause one to grunt! A window of opportunity presented itself in a period of heavy and persistent rain, with the course being altered slightly because of thick mud in places. Descents were a matter of choice and some were more efficient than others! Paul Lowe of NYM was the winner in 39.38, with Rob Burn putting in another good performance to finish 19th in 45.31, Stewart Mechie 21st in 45.55, Mark Ludiman 57th in 55.25, Hywel Smith 67th in 56.56 and Alan Wikeley 75th in 60.39. 90 runners finished this challenging race.

Gribdale Gallop - 6th August

Gribdale Gallop, Race 9 in the Summer Fell Race Series, was run on a warm, sultry evening with a gentle drizzle falling throughout. The event was won by Jim Bulman of NYM in 47.43 with Rob Burn the first Thirsk and Sowerby runner to finish, and also 1st M50, in 15th place in 56.58. Stewart Mechie came 18th in 57.12, Gavin Coventry 38th in 62.22, Mark Ludiman 49th in 65.17, Neil Mechie 51st in 66.04, Hywel Smith 72nd in 70.59, Charlotte Ludiman 82nd in 73.49, Ernie Huck 85th in 74.10 and Alan Wikeley 89th in 76.26.

RESULTS

Road

Millennium Bridge 5K - 12th August

Well over 300 runners took part in the York Millennium Bridge 5k races on Tues evening, on a night which was damp and drizzly. Men and women raced separately to reduce the numbers round the local park at any one time. Young Keziah Paxton put in another superb performance to complete the course in 21.46 minutes, with Ernie Huck taking 22.29, Victoria Beasley 25.11, Deborah Pooley 26.43, Elizabeth Pointon 30.47 and Pat Huck 34.23.

Darlington 10k - 10th August

The popular Darlington 10k, one of a dwindling number of town centre road races, enjoys the support of both the Darlington Borough Council and the police, and runners show their appreciation by turning up in their hundreds - well over 900 to be precise. There were intermittent showers, but otherwise, conditions were good for this latest race in the Club Championship series.

The winner was Lewis Gamble-Thompson of New Marske in 32.22, with the first female, Aly Dixon of Chester le Street not far behind in 9th place in 33.39. Phil Utley had another good run to finish 42nd in 38.07, Brett Edgeworth 85th in 40.11, the irrepressible Hester Cox 184th, and 2nd F35 lady, in 43.05, Jill Knight 372nd in 48.22, David Goddard 445th in 49.48, Ian Codling 610th in 54.29, Marian Codling 841st in 62.36, Maggie Allison 902nd in 67.03 and Pam Sherlock 909th in 68.06. There were 958 finishers in all.



Darlington 10k - the leaders in the first mile

RESULTS

At Meldon Reservoir, Okehampton, Devon, on 2/8/08, 5 miles, quite a bit of boggy verticality, about 1350' ascent.

An impressive and scary array of fell shoes, running vests and calf muscles ambled up to the start line; I realised then that a top 10 finish, despite a couple of months of strong running, was going to be challenging. It was ok until the first hill which lasted until the top of Yes Tor, half way round the course. At the end of the track, the fell runners moved into their stride and yours truly, having started off comfortably at a fair canter in the first half dozen, found out what it was all about and started moving inevitably it felt to the back. Once the top was reached I got my breadth back and moved into my more usual stride, managing to recover some of those lost positions on the way up. In fact, it was a fast ride back over boggy ground and great views and then a fast foot path back to the reservoir with some good duals fought out in the process.

A good work out and excellent test after a five year absence from UK fell runs. Lots of up hill work needed (so more Tasek Lamas in Brunei which is pretty near the mark) but as good as over the flattish and down hill stuff. The atmosphere of a UK fell run and the finish area has to beat the road race concept hands down. Nice to finish in the top half with the complete absence of fun runners (I forgot this aspect of UK fell running). The T & SH club vest is still in good nick, having now been dusted off twice since May. Maiden Newton Madness 10k, nr Dorchester next week with Sonia then back to the road for the Kota Kinabalu 10k, Saba, in October.

John Yates

Roseberry Topping - 22nd July

Roseberry Topping Fell Race, this short but very hard sprint up and down Roseberry Topping was won by Jim Bulman NYM AC in an excellent time, of 11 minutes 47 seconds. For Thirsk and Sowerby Pete Wilkin was 4th in 13 minutes 5 seconds but 1st V50, Noel Clough 7th in 13 minutes 38 seconds

2nd V40 after being in second place to the summit overall, Stuart Mechie 9th in 14 minutes 16 secs 3rd V45, Gavin Coventry 14th in 15 minutes 49 secs 3rd Senior, Mark Ludiman 19th in 16 minutes 43 secs, Keziah Paxton 30th in 17 minutes 14 secs 1st female junior, Neil Mechie 35th in 17 minutes 39 seconds, Alan Wikely 41st but 2nd V60 in 18 minutes 39 secs,

Roseberry Topping was the latest challenge for fell racers in Race 8 of the summer series, and the fastest runner, Jim Bulman of NYM took only 11.47 minutes to achieve the up and down course! Thirsk and Sowerby's Pete Wilkin was not far behind, in 4th place in 13.05, with Noel Clough 7th in 13.38 and Stewart Mechie 9th in 14.16. The ever-improving Gavin Coventry finished 14th in 15.49, Mark Ludiman 19th in 16.43, 15 year old Keziah Paxton, a young woman with lots of potential, 30th in an incredible 17.14, Neil Mechie 35th in 17.39 and Alan Wikeley 41st in 18.39. The men's team finished in 2nd place.



Noel Clough descending Roseberry Topping

Trail

Idle 10k Trail Race - 3rd August

Ian and Marian Codling joined 300 plus runners in the Idle 10k Trail Race - actually slightly longer than 10k - at the weekend over an interesting rural course on a perfect morning for running. The winner, Paul Stevenson of Pudsey and Bramley, took 37.31 minutes. Ian came home in 200th place in 58.55 and Marian 287th in 70.50. The reward at the end was a t-shirt and an excellent canvas shopping bag!

James Herriot Trail Race - 27th July

Gary Dunn of Thirsk and Sowerby, who, according to one competitor, went off like a rocket from the start, won the race once again and again set a new record despite the heat, taking 7 seconds off his last years record and finishing in 53.17, this is the third time he has won the competition and he thoroughly enjoys the event. Over a minute behind him came Chris Beecham of London Frontrunners in 54.58 followed by Mark Aspinall of Clayton le Moor Harriers in 57.19, bearing in mind the oppressive conditions, these were excellent times for this route. Also for Thirsk and Sowerby Harriers still in come back mode was Cameron Choules in 10th place in 61.09, Rob Burn 17th in 64.14, Gavin Coventry 52nd in 72.38, Mark Ludiman 80th in 77.21, 108th but 3rd V60 was Ernie Huck in 79.37, Alan Wikely 122nd in 81.04, Charlotte Ludiman 155th in 84.22, Kaye Mechie 240th in 100.45. Gary, Cameron, Rob, and Gavin also won the Mens Team Shield. The results for the ladies saw Sarah Tunstall of Kendal AC take first place in 60.26 with Becky Penty coming second in 63.14 and 3rd placed was Erika Johnson of Swaledale Road Runners with a time of 66.09. Charlotte Ludiman was first the 38th Lady in 84.22 and Kaye Mechie 77th Lady in 100.45

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	1	2	4	65	65	2	2	2	65						80
J.Severs		7	2	4	65	7	9	11	65	65	65						105
G.Dunn		65	65	1	1	1	65	1	1	1	65						136
I.Codling		3	65	65	65	65	7	10	5	3	4						162
P.Utley		1	65	3	65	4	65	7	65	65	1						211
P.Craig		8	65	65	65	8	65	13	7	4	65						235
B.Edgeworth		65	65	65	65	5	4	6	65	65	2						240

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	3	3	4	2						25
A.Hall		33	1	1	1	33	1	1	1	1	33						40
H.Cox		1	2	33	33	2	4	2	2	33	1						47
J.Knight		33	3	33	33	33	7	6	33	3	3						121