

# SHORTS



THE NEWSLETTER FOR THIRSK AND SOWERBY HARRIERS - MARCH 2009

Please note that Club subscriptions are now overdue please see form on the last page of the newsletter and pass or send to Pam Sherlock ASAP.

## CASTLETON FELL RACE 15.2.09



I have to say that, all things considered, the Castleton fell race last Sunday was one of the daftest things I have ever done. 8 miles of leg-sapping, freezing cold glacial slush, relieved only by the chance, from time to time, to risk certain death in crossing raging torrents of meltwater pouring off the fells.

Last year I proudly finished "3rd last" but this year I just wanted to arrive back in one piece. It's a steep climb to start that sorts out the wheat from the chaff, and I was soon chaffing along at the back, just behind a guy with a slight limp. I plodded with him for a while, and he told me he was from Leicester and this was his second fell race. He'd got up at 4.00 am to drive up here for the race and was plodding because he was nursing a knee injury. Nursing? Giving it the best chance of snapping in two more like. For a nano second the sporting side of me thought I ought to keep behind him, as he had got up so early and I had dragged myself out of bed about one minute before leaving at 9.00 am, but then mean-spiritedness got the better of me and I plodded slightly faster to get by him.

There were three things that really got to me during the run (I can't call it a race):-

- (1) my feet felt as though they had been cut off every time they plunged into icy cold water, which was about once every 5 minutes;
- (2) the not-so-irrational fear that I would slip on a rock and smash my teeth on another one;
- (3) an indescribably tortuous stretch of steady uphill climb through aforesaid glacial slush, where an extra 2 miles were covered just trying to pick a route.

An unexpected and welcome sight at the top of this awful climb was Steph (injured so not participating). He had driven up to one of the marshalling points and I hoped he had brought me a plateful of Sunday roast dinner from the Eskdale Arms. Unfortunately not and, even worse, he was taking photographs for the NY Moors AC website. I tried to smile, but I am sure that, overall, it was not this season's Best Look.

When I did this course last year I had a pretty painful fall over one of the streams and got lost twice. Despite having neither of these setbacks, this year I finished a full 15 minutes slower. But, all the same, in one piece and pretty chuffed with myself. Dave the North York Moors Organising Man had a large bag of Jelly Babies reserved for the last few people in, and these were gratefully scooped by me and Pat and also Hester, who had finished a good 40 minutes earlier.

It is always a delight to stand in the suffocating ambience of a heaving pub after a fell race. I had been enticed in by the remote possibility that, if I had been the only one entered of my age, there might be a prize by default. Sadly not. It was good fun though, listening to race stories. "I was up to my knees in freezing cold water." "You were lucky, I was up to my waist." "I used to dream of being up to my waist in freezing cold water".....etc. (This won't mean much to non-Python readers.)

At one point, Steve (perhaps thinking I was going to faint) said, "Are you OK, you look a bit vague." I was fine, I had been listening to Cameron's discourse on the relative dangers of different types of alcohol (beer being mild, spirits being lethal) and I was just wondering - is wine was excessively mild or moderately lethal?

I could not believe the times of the fastest male (64 minutes) and female (77-odd minutes). There are only 3 possibilities here:

- (1) the timing was out;
- (2) they cheated - took a really good short-cut or had small, portable skis that came in handy;
- (3) they are so fleet of foot that they just floated over the mire.

Not being able to lay claim to any of the above my time was considerably more. I think the guy from Leicester with the dodgy knee was 2nd last in, which made him 98th out of 59,999,902 - not bad going.

Cath Lumb

Committee Meeting  
11th Mar 2009

## FIXTURES

### MARCH

15/03/09 1.00pm NYSD X/Country Richmond Racecourse  
NYSD XC League  
15/03/09 Spen 20 - Cleckheaton  
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  
12/04/09 Guiseley Gallop Multi Terrain  
19/04/09 Redcar half Marathon  
25/04/09 Three Peaks Fell Race  
26/04/09 9.30am Sheffield Half Marathon  
26/04/09 Fountains 10k  
Blacksheep Series  
26/04/09 London Marathon

### MAY

03/05/09 Kirkbymoorside 10k  
04/05/09 Rothwell 10k  
04/05/09 Tees Barrage 10k  
07/05/09 7.45pm Harrogate Evening League-Thirsk  
10/05/09 Ripon 10 mile T.B.C.  
Blacksheep Series  
10/05/09 Leeds Half Marathon  
17/05/09 Yorkshire 10k - Ripon  
17/05/09 Brathay Windermere Marathon  
17/05/09 BUPA Great Manchester Run 10k

19/05/09 7.15pm Fox and Hounds Fell Race  
NEHRA Summer Series  
20/05/09 7.45pm Harrogate Evening League-Wetherby HDSRRL 2009  
24/05/09 Melmerby 10k  
T.B.C. Blacksheep Series

31/05/09 9.00am Edinburgh Marathon

### JUNE

02/06/09 7.15pm Ossy Oiks Fell Race  
NEHRA Summer Series  
04/06/09 7.45pm Harrogate Evening League-Harrogate HDSRRL 2009  
06/06/09 Kirkby Malzeard 10k (T.B.C.)  
Blacksheep Series

# DUNN RUNNING

An Extract from Gary's Blog - Sunday, 1 March 2009

## Marathon Training

Today i took on my 22 mile very hilly marathon training route around Boltby and Kepwick Moor. I didn't fancy carrying the added weight of the camera with me so i could only manage this photo at the end of my run, the miles don't seem to be working on keeping me looking fresh and cheerful. After yesterday's hour of hill training i decided i had better take it steady to start with seeing as i was not sure how i would cope with the final third of the run. Everything seemed to flow along nicely all the way to the 19 mile point or there abouts and from there i cranked the pace up to the finish. For this time of year everything looks to be going really well with the time i managed to do, to be honest i was more concerned with being able to finish strongly than getting round in a quick time but i will take the quick time with pleasure. A morale booster like this is almost as good as a win. Nah ! Not really.

The weight battle continues and i have managed to extend my long run home from work on Tuesdays and Fridays to assist with the problem. Probably more speed work and tempo runs would be beneficial but there's not enough time in the week, unlike Paula Radcliffe's eight day week. My eight day week would definitely have an extra Sunday rather than an extra Monday, can you imagine a week with two Monday's.

Weight training continues, which now has become something to look forward to after all the running. So this years plan of continuing with the weight training through the race season is looking to be an easy part of the master plan. After seeing that Ricky Stevensons time from last Sundays Snake Lane 10 mile race i might be tempted to do less miles and more high speed work.



## Marathon Sponsorship Message

please, please sponsor me at the club or online at [www.justgiving.com/phillipcraig1](http://www.justgiving.com/phillipcraig1) you can now keep up to date with my progress with my blogger on the thirsk and sowerby harriers website or go to [philliprunning.blogspot.com](http://philliprunning.blogspot.com).

**Only 7 weeks to marathon day!!**

**Phillip Graig**

## Time Trial Scarborough - 25 February 2009

Position	Start time	Runner	Finish time	Actual time
1	3:30	Gary Dunn	14:31	11:01
2	4:00	Gavin Coventry	17:05	13:05
3	1:45	Rob Burn	14:54	13:09
4	3:45	Lee Walker	17:01	13:16
5	3:00	Charlotte Sanderson	16:31	13:31
6	3:15	Stewart Mechie	17:15	14:00
7	2:45	Ken Evitt	17:35	14:50
8	1:00	Alan Sommers	15:58	14:58
9	2:30	Geoff Bullock	17:50	15:20
10	2:15	A Harrison	18:07	15:52
11	1:30	Steve Billings	17:40	16:10
12	0:30	Chris McAleenan	20:36	20:06
13	2:00	Phillip Craig	22:20	20:20
14	0:45	Pam Sherlock	21:52	21:07
15	0:15	V Hutchinson	21:32	21:17
16	0:00	V Harrison	22:38	22:38

## RESULTS

### Cross Country

#### Stockton NYSD Cross Country

Cross country events two weekends running saw the latest fixture in the NYSD league taking place at Stockton on a fine afternoon. The course started out quite firm for the earlier races, but by the time the men got on to it it was muddy and slippery! Gary Dunn was once again first finisher for Thirsk and Sowerby in 4th place in 24.31, and Richard Hall finished 22nd in 26.53, Rob Burn 28th, and 1st V50, in 27.40, Phil Utley 40th in 28.49, Ken Evitt 84th in 33.46 and Phillip Craig 98th in 42.23. Keziah Paxton had another good run in the ladies' event to finish 4th in 14.25 and Angela Hall came 11th in 15.42, both of them well up among the 40 finishers.

#### Yorkshire Veteran's XC 14th Feb

This years Yorkshire Vets Cross Country Championships were held at York by York Knavesmire Harriers, with an entry list of around 450 runners this was sure to make it a hard race for all categories. The going for the race can only be described as heavy as just about every inch of the 10km course was ankle deep in mud, but other than the mud the course was perfect for a cross country race at this level.

The first race of the day was the Ladies plus Men 50+ categories, The Ladies racing over 5km ( 2 Laps ) and the men continuing to complete 10km ( 4 Laps ) over the hard going terrain. Running for Thirsk and Sowerby Harriers in the Ladies 55+ category was Pat Kirby who loved every minute of the muddy conditions, as other runners had not fixed there age categories on to the back of their vests it was difficult to determine exact positions in the race. Pat pressed on regardless and deservedly won the Yorkshire Silver Medal in her age category. Club Coach Rob Burn and Ernie Huck then continued to complete the 10km course. Rob was well placed in the M55 category and yet again it was difficult for himself and spectators alike to pin point his exact position, Rob assumed he was in second place after 2 laps before slipping back to third but not without a fight, and in the latter stages of the race he

was passed by another competitor without an age category pinned on his back but Rob battled all the way to the line non the less to find the runner was an age group younger. On checking the results Rob was confirmed as the Silver Medal Winner in his age group, another fantastic result for Thirsk and Sowerby Harriers. Ernie Huck in the M60+ Category battled the whole 10km of the race without any idea of position what so ever which in itself makes it very difficult to give 100%. I think Ernie finished just outside the medals in fourth place but we will have to wait for the full results to confirm this. Next up was myself M40 in the Men 35+ to 49 over the 10km course. After discussing the course with Rob Burn all I could make out was that it was muddy but not that slippy, just hard going. I didn't know quite what to make of this and presumed the ground under foot wasn't to his type of running. The race started and immediately Dave Watson from Holmfirth took the lead, I knew he was in the M35 category so there was no problem in chasing him even if I could of, I was then passed by a Bingley Harrier runner without an age category pinned on his back so now I knew how the others had felt. The Bingley runner opened up a small gap but by lap 3 I managed to catch and put a small gap between us myself for a short while. On the final lap Mr. Bingley came skidding past me to take the second place overall in the race but somehow I mustered enough energy and grip to retake the second place over the finish line and claim the Gold Medal in the M40 category. Mr. Bingley was in fact a M35 runner. I now know exactly what Rob had meant by the muddy but not slippy conditions. You just didn't seem to be able to get any speed going even though you weren't slipping, still doesn't sound right.

Overall the Club did excellent with the few runners that made it to the Championships, and with the added support from Pam Sherlock, wives and families, and not forgetting some of the Loftus Crew from our own Cross Country League, made it a good day for racing.

### Fell

#### Ilkley Moor Fell Race

Gavin Coventry joined the 390 finishers in the testing Ilkley Moor Fell Race as the club's sole representative. On a fine morning for running, he finished just outside the top third in 132nd place in a time of 51.20. The winner, Ian Holmes of Bingley, took 36.33. The Club Championships are just getting off the ground, with a couple of cross country races and three fell races so far.

#### Castleton Beacon Fell Race

The Castleton Beacon Fell Race took place in several inches of snow, with streams of unknown depth to be forded which were covered with unknown thicknesses of ice! Some wading through quite deep water was unavoidable. Nevertheless, almost 100 runners braved the conditions and Gary Devine of Pudsey and Bramley won in a time of 64.14. Pete Wilkin finished in 14th place in 69.52 with Cameron Choules 22nd in 73.27, Gavin Coventry 25th in 75.38, Hester Cox, in her first fell race in club colours, 57th in 86.22, Ernie Huck 74th in 91.30, Steve Harrison 88th in 102.59, Alan Wikeley, trying to get back into some sort of fitness after an argument with a cow which damaged his ribs, 89th in 103.01, Cath Lumb 94th in 114.10 and Pat Kirby 97th in 118.55. The men's team took 4th place and the ladies finished 3rd.

#### The Commondale Clart Fell Race

The Commondale Clart Fell Race lived up to its name in places, with plenty of "clart" to be negotiated, especially in the middle part of the course. Otherwise, it was a good morning for running and Dave Smith of Pickering covered the course in a winning time of 36.46. Cameron Choules came in 10th, and 1st V40, in 40.15 with Stephan Tomaszkeski not long after, 11th in 40.51. The ever-present and ever-improving Gavin Coventry finished 15th in 41.44, Hester Cox 34th in 47.16, Ernie Huck 45th in 48.59, Pat Kirby 71st in 55.44 and Cath Lumb 75th in 63.20. The ladies won the Team Prize and the men's team came 5th.

## MENS FELL CHAMPIONSHIP 2009

Name	Clay Bank East (S) Jan 11	Castleton Beacon (M) Feb 15	Commondale Clart (S) Mar 1	Blakey Blitz (M) Mar 22	Guisborough Moors (L) Apr 5	Anniversary Waitz (M) Apr 11	Carlton Challenge (S) Apr 21	Fox and Hounds (M) May 19	Ossy Oiks (M) June 2	Wharfedale Marathon (L) June 6	Burnsall Feast (S) Aug 22	Roseberry Topping Sept 1	Yorkshireman Sept 13 (TBC)	Clay Bank West (S) Nov 22	Total
Ernie Huck	46	46													92
Gavin Coventry	44	44													88
Steve Harrison	40	40													80
Rob Burn	50	-													50
Peter Wilkin	-	50													50
Stephan Tomaszewski	48	-													48
Cameron Choules	-	48													48
Alasdair Thorpe	42	-													42
Alan Wikeley	-	42													42
Steve Booth	38	-													38

## WOMENS FELL CHAMPIONSHIP 2009

Name	Clay Bank East (S) Jan 11	Castleton Beacon (M) Feb 15	Commondale Clart (S) Mar 1	Blakey Blitz (M) Mar 22	Guisborough Moors (L) Apr 5	Anniversary Waitz (M) Apr 11	Carlton Challenge (S) Apr 21	Fox and Hounds (M) May 19	Ossy Oiks (M) June 2	Wharfedale Marathon (L) June 6	Burnsall Feast (S) Aug 22	Roseberry Topping Sept 1	Yorkshireman Sept 13 (TBC)	Clay Bank West (S) Nov 22	Total
Cath Lumb	44	46													90
Nicola Booth	50	-													50
Hester Cox	-	50													50
Nicola Thorpe	48	-													48
Pat Kirby	-	48													48
Charlotte Ludiman	46	-													46

## MENS XC CHAMPIONSHIP 2009

Name	Whitby Jan 18	Stockton Feb 8	Richmond Mar 15	Croft Oct 2 (TBC)	Summerhill Oct (TBC)	To be confirmed Nov (TBC)	Total
Rob Burn	50	48					98
Gary Dunn	-	50					50
Walter Busuttill	48	-					48
David Goddard	46	-					46
Richard Hall	-	46					46
Phil Utley	-	44					44
Ken Evitt	-	42					42
Phillip Craig	-	40					40

## WOMENS XC CHAMPIONSHIP 2009

Name	Whitby Jan 18	Stockton Feb 8	Richmond Mar 15	Croft Oct 2 (TBC)	Summerhill Oct (TBC)	To be confirmed Nov (TBC)	Total
Angela Hall	-	50					50
Pat Kirby	50	-					50
Hester Cox	48	-					48
Pam Sherlock	46	-					46

# UP COMING CHAMPIONSHIP EVENTS 2009

## FELL CHAMPS

Blakey Blitz (M) 22nd March  
Gisborough Moors (L) 5th April

## XC CHAMPS

Richmond NYSD XC 15th March

## ROAD CHAMPS

Hartlepool Marina 5 5th April



# 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.

## Information

Entryforms for races are available in the club folder, the Website [www.thirskandsowerbyharriers.co.uk](http://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](http://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  
Spring Cottage  
Cawton  
York. YO62 4LW  
Tel No. 01653 627256  
Email- pam.sherlock@btinternet.com

Please PRINT all details in FORM below!!

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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)