

SHORTS



THE newsletter for thirsk and sowerby harriers - January 2010

The Norman Smith Memorial Trophy

The Norman Smith Memorial Trophy, competed for in the Thirsk 10 this year for the first time to honour the memory of the Club Chairman and founder who died in March, was presented to the first unattached



runner living in the Thirsk postal area to finish the race. Paul Atkinson of Thirsk was the winner of the trophy and he was presented with it recently by Norman's widow, Sheila Smith, who congratulated Paul and spoke of her pride in the club and its achievements since its modest beginnings with just a few youngsters back in 1977.

Next Committee Meeting 10th Feb 2010

Fixtures

JANUARY

23/01/10	Northern X/C Championships, Witton Park Blackburn
24/01/10	Brass Monkey Half Marathon, York FULL
31/01/10	Ferriby 10
31/01/10	Dewsbury 10k

FEBRUARY

06/02/10	Yorkshire Vets X/C Championships Graves Park, Sheffield
07/02/10	NYSD X/C - Acklam Grange, M'boro.
07/02/10	12.00pm St Wilfred's Muddy Boots 10k
07/02/10	Dewsbury 10k
13/02/10	Falcon Flyer 26, Scarborough
14/02/10	10.30am Castleton-Beacon Fell Race NEHRA Winter Series
14/02/10	Liversedge Half Marathon
14/02/10	Winter Hill Fell Race, Horwich
27/02/10	National X/C Championships Roundhay Park, Leeds
28/02/10	Huddersfield 10k
28/02/10	10.30am Comondale Clart NEHRA Winter Series
28/02/10	Snake Lane 10m, Pocklington FULL

MARCH

07/03/10	Hawswater Half Marathon
14/03/10	NYSD X/C - Old Richmond Race Course, Richmond
21/03/10	9.00am Bradford 10k
21/03/10	Northern 12/6 Stage Road Relays
28/03/10	Baildon Boundary Way Half Marathon, Shipley
28/03/10	10.30am Hartlepool Marina 5 mile
28/03/10	Wakefield Hospice 10k
28/03/10	Stokesley Spring Duathlon-5k, 30k, 5k

28/03/10	10.30am Blakey Blitz Fell Race
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APRIL

02/04/10	Mermaid 10k, Marske
04/04/10	10.30am Guiseley Gallop 10k,
04/04/10	10.00am Helmsley 10k
11/04/10	11.00am Gisborough Moors Fell Race
18/04/10	Redcar Half Marathon
25/04/10	9.30am Sheffield half Marathon
25/04/10	Fountains 10k BlackSheep Race Series
25/04/10	Virgin London Marathon

DUNN RUNNING

An Extract from Gary's Blog - 2nd Jan 2010

Rest not Rust

REST - Even if it was forced rest it's definitely true what they say in that rest is a vital part of improving. Today's session at the gym was weight training which I enjoy and for that added moral boost I just about smashed all my lifting P.B.'s to pieces. The best thing about rest is that it seems alot easier to do as you get older, and in another 10 years I should be able to get 6 rest days in a week and then I will be flying. (I wish).

New Years Day is looking like a case of an easy 10 miler just in case the devil drink manages to sneak past my defences, to be honest I don't think it will sneak past but more like come flooding in.

So no Captain's Cook Fell Race on New Years Day for me, even though I would like to have a crack at it. I have done a few training runs around the course and besides the unbelievable steep slippery section to the top of the woods before Captain Cook's monument it seems to be a fast going route which is just how I like them. You can't beat having a good bit of tarmac section in a fell race I say, I don't think the hardened fell runners would agree though.

My latest idea is to have a go at some indoor track racing. 1500 metres or the 3000 metres sounds the right distance to me, yet again more for having fun before getting serious for the marathon. The more fun now the easier the hard training will be when the time is right. You can't train hard after months of racing hard.

Not Forgetting - ALL THE BEST FOR 2010

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



The French Riviera Marathon

8th November 2009 BY Alan Somers.



The last time I wrote an article for Shorts it was following the Yorkshire 3 Peaks, and I said if I ever said I was going to enter it again, then someone should slap me, well the same goes for a marathon. When I saw it advertised it sounded wonderful, with the start going from Nice and running down the coast through Antibes and finishing at Cannes...so I entered Sarah and myself for the race. I booked flights from Heathrow and a posh hotel on the Promenade des Anglais, so we were set, and when I told Sarah I was taking her to Nice for a long weekend, she was delighted. Unfortunately I then had to mention the small item of running 26.2 mile...but it would have nice views.

We had 2 months to train, so we started building up the mileage steadily until we reached the time for a 22 mile hilly run, at the end of which we were nearly divorced, as Sarah was not happy and spent the last 7 miles swearing at me and telling me she hated me... I think it was just her hormones. As the time approached we had done all the hard work, and it was hard, running early morning and late at night, trying to fit it in with the three children's own schedules, but we did it.

We boarded the plane at Heathrow and so did Roger Moore, as he was going home to his house in Monte Carlo...but during the flight there was an announcement, which said " my name is Moore, Roger Moore, it used to be Bond, James Bond, but that was a long time ago" He then came up the plane collecting all our loose change for UNICEF..with all the women kissing him and having their pictures taken, but when he got to me he said, "aren't you Alan Somers" and asked if he could have his picture taken with me...

Well we arrived at Nice on the Friday to lovely sunny weather and the sea view room I had booked complete with balcony was fabulous, with views over the beach and to the harbour, so we chilled and went to explore and sign on and get our goody bags and timing chips. There was the usual array of trade stands within the tent and we got loads of other application forms for races, as we felt good...

Saturday arrived and we had breakfast and joined the dozens of other runners pounding the sea front, and we ran to the start area and also to see where the baggage cars would be...the views along the front have got to be seen, as are the boats in the harbour, the expensive shops, and the beautiful people, however by lunch time it was pouring down, and the azure sea did not look so blue, and we had not brought any cold weather running kit, only club vests and shorts.

On the Sunday morning the start was at 8am and it was freezing and raining and the queue for the toilets stretched for miles.... but with a bit of pushing and shoving we got in, and with 5 minutes to spare I entered the pen for the 3 hour 15 min group and Sarah went into the 3 hour 45 pen. People were running

in long leggings, fleece hats and long sleeved jerseys. this was not what I had entered for..the photo I had seen showed sun and smiling faces running along the coast, not shivering runners going blue.

The gun went at 8am and my pace runner was off with his flag flying which was strapped to his back, and sure enough we went through the first mile in 7 minutes .23 seconds and this pace was constant throughout the race. Sarah however was having trouble with her pace guy as he was varying from 8-minute miles to 8 minutes 30 seconds and was not consistent. There was a big group of runners around my pace runner, and I hung on to the back of the group feeling fairly comfortable with the speed. We went through the 13.1 mile mark at 1 hour 37 minutes, and we were spot on for a 3 hour 15 finish, however that was where the trouble started for me, as when we hit Antibes the road kicked up fairly steep, and the pace kept going and I slid off the back, but I kept them in sight and ran as hard as I could, but a bit further down the road we hit the Cap D Anglais which went up and up and really did hurt, with my pace dropping dramatically. I reached 20 mile in 2 hours 29 mins, and was confident that I could do the remaining 6.2 miles in 46 minutes, but my body had other ideas. Because it was cold I had not taken on enough fluid and was starting to cramp in my quads and then my calf, so I had to ease off until the pain went, speed up until it came back and then slow down again. I went from 7 minutes 20 second miles to 8 minutes 30 seconds, and it was awful..The last 2 miles I was on survival mode, hated every step, never wanted to run again, wanted to cry, and the line never seemed to be coming. When I did cross the line in 3 hours 23 minutes, I just fell over and was asked if I needed assistance. I managed to get up and staggered to get my medal and bag from the changing area.

I then returned to wait for Sarah who was having her own personal battles, in agony, and also hating every step of the race. When she crossed the line in 3 hours 56 minutes she was so distressed, she pushed through the crowds and collapsed in a heap by the exit fence. I begged some



water from a marshal as there was none available at the finish, and went for her bag. To collect her bag took nearly an hour with a massive crowd all pushing and shoving, it was a disaster and not what you wanted after finishing a race, as people were being sick and fainting as they stood in

the massive crush. I eventually found Sarah in the refreshment tent, where she looked a bit better for having fluid and food, so we got our things together and headed into Cannes, where we had planned to look around, but neither of us could be bothered as it was still cold, so we headed for the free train back to Nice.

In the hotel we analysed over and over again what we could have done different, how bad we both felt, how hard it was, and how poor was the organisation at the end, and whether either of us had seen or enjoyed the magnificent views. Even at the restaurant that night eating more pasta trying to re fuel we still debated the race and our individual strategies.

The following day we headed back to England and were surprised that we could still walk, without looking like we had pooped ourselves. Now back home we are still thinking if only I had done this or that, and the pain of the day has faded, and I am sad to say that we have both entered the Edinburgh marathon and are determined to train harder to reach our target times...please slap me someone.

Alan Somers

How good a runner am I?

Article supplied by David Shorrocks

Standards MEN

Distance	5m	10k	10 mile	1/2 mar	marathon
under 40					
Diamond	26:20	33:00	54:00	1:12	2:35
Gold	28:45	36:00	60:00	1:20	3:00
Silver	30:30	38:00	63:00	1:23	3:10
Bronze	33:00	41:00	68:00	1:30	3:30
40 - 44					
Diamond	27:10	34:00	56:00	1:15	2:40
Gold	30:00	37:30	62:00	1:24	3:05
Silver	32:00	40:00	66:00	1:28	3:20
Bronze	35:00	43:30	72:00	1:36	3:45
45 - 49					
Diamond	28:00	25:15	58:00	1:18	2:45
Gold	31:30	39:30	65:00	1:28	3:12
Silver	33:30	42:00	69:00	1:33	3:30
Bronze	37:15	46:30	76:00	1:42	4:00
50 - 54					
Diamond	28:50	36:15	59:40	1:20	2:50
Gold	33:15	41:30	68:00	1:32	3:20
Silver	35:15	44:00	72:00	1:38	3:40
Bronze	39:30	49:30	80:00	1:48	4:15
55 - 59					
Diamond	30:30	38:30	63:30	1:25	3:00
Gold	34:45	43:30	71:00	1:36	3:30
Silver	37:30	47:00	76:00	1:43	3:50
Bronze	42:30	53:00	85:00	1:55	4:33
60 - 64					
Diamond	33:00	41:15	67:30	1:30	3:15
Gold	36:45	46:00	75:00	1:41	3:40
Silver	40:00	50:00	80:00	1:48	4:05
Bronze	45:15	56:30	90:00	2:02	4:55
65 - 69					
Diamond	35:30	44:30	73:00	1:37	3:30
Gold	39:15	49:00	80:00	1:50	3:55
Silver	42:30	53:00	86:00	1:59	4:23
Bronze	48:00	60:00	96:00	2:13	5:17
over 70					
Diamond	38:10	47:50	78:00	1:44:30	3:45
Gold	41:30	52:00	86:00	2:00	4:15
Silver	45:15	56:30	94:00	2:10	4:45
Bronze	50:30	63:30	105:00	2:25	5:42

Standards WOMEN

Distance	5m	10k	10 mile	1/2 mar	marathon
under 35					
Diamond	31:30	39:30	65:00	1:27	3:04
Gold	36:00	45:00	74:00	1:39	3:30
Silver	38:30	48:00	79:00	1:46	3:45
Bronze	42:45	53:30	88:00	1:58	4:10
35 - 39					
Diamond	33:00	41:30	68:00	1:31	3:13
Gold	37:30	47:00	77:30	1:44	3:40
Silver	40:00	50:00	83:00	1:51	3:56
Bronze	44:30	56:00	92:00	2:04	4:22
40 - 44					
Diamond	34:45	43:30	72:00	1:36	3:23
Gold	40:00	50:00	81:00	1:49	3:52
Silver	42:30	53:00	87:00	1:57	4:09
Bronze	47:00	59:00	97:00	2:10	4:36
45 - 49					
Diamond	37:00	46:30	76:30	1:42	3:36
Gold	42:30	53:00	87:00	1:56	4:07
Silver	45:00	56:30	93:00	2:04	4:24
Bronze	50:00	63:30	103:00	2:18	4:54
50 - 54					
Diamond	39:45	49:45	82:00	1:50	3:52
Gold	45:00	56:30	93:00	2:04	4:25
Silver	48:30	60:00	99:00	2:13	4:43
Bronze	54:00	67:00	110:00	2:28	5:15
55 - 59					
Diamond	42:45	53:30	88:00	1:58	4:10
Gold	49:00	61:00	100:00	2:14	4:45
Silver	52:00	65:00	107:00	2:24	5:05
Bronze	58:00	72:00	119:00	2:40	5:39
60 - 64					
Diamond	46:00	57:45	95:00	2:07	4:29
Gold	52:00	65:00	108:00	2:25	5:07
Silver	56:00	70:00	115:00	2:35	5:29
Bronze	62:00	78:00	128:00	2:52	6:05
over 65					
Diamond	49:15	61:45	102:00	2:16	4:48
Gold	56:00	70:00	115:00	2:35	5:29
Silver	60:00	75:00	123:00	2:46	5:52
Bronze	67:00	84:00	138:00	3:04	6:31

A question we have all asked ourselves is 'How good a runner am I?' A few races under the belt gives an indication but that depends on the quality of the field.

There are some UK standards for men and women that offer 4 levels for distances from 5 miles to marathon. Because the levels are seen as tough there are set out at the end 3 levels of introductory standards, which could be classed as "working towards bronze". Clubs that operate the system seem to accept achievement at 4 out of 5 to qualify, generally based on the fact that most runners do not do marathons, or 5 mile races are few and far between.

Take a look at the charts to work out where you stand and if you have not yet set a 2010 target aim to achieve the next level in some, if not all of the distances.

FACTFILE

The Who's Who of Thirsk and Sowerby Harriers

- 1 Name Andrew Halliday
- 2 Occupation Senior Pensions Manager, Tarmac Limited
- 3 Home Shirley (West Midlands), although I also class Thirsk as "Home"
- 4 Favourite Distance 5 miles and 10k
- 5 Best Running Moment Winning Centurian 5 mile road race, Nov 2009
- 6 Worst Running Moment Any moment where I know I've obtained an injury which will set me back
- 7 Favourite Training Speed interval sessions (but only after I've finished them)!
- 8 Local training Area Garage (on treadmill!) and Earlswood, West Midlands (my cycle route)
- 9 Other Interests Family-time (usually at children's soft play!), Cycling (time-trialling), Pub Crawls (usually on a bike!)
- 10 Running Aspirations Sub 33 minute 10k (2010?) and a 1-2 finish with a Harrier in a BlackSheep Series race(2010?)!

Introductory Standards	2 - 5 miles	
	pace/mile	pace/km
under 40		
Gold	7:00	4:30
Silver	7:25	4:40
Bronze	8:00	4:55
40 - 49		
Gold	7:45	4:53
Silver	8:18	5:10
Bronze	8:53	5:30
Over 50		
Gold	8:08	5:15
Silver	8:40	5:38
Bronze	9:23	6:00
Distances 5 miles and over all age groups		
Gold	95% of full bronze pace	
Silver	90% of full bronze pace	
Bronze	80% of full bronze pace	

Introductory Standards	2 miles and over	
	pace/mile	pace/km
under 35		
Gold	7:45	5:00
Silver	8:15	5:15
Bronze	8:53	5:38
35 - 49		
Gold	8:38	5:30
Silver	9:15	5:49
Bronze	9:53	6:11
over 50		
Gold	9:00	5:45
Silver	9:38	6:08
Bronze	10:23	6:30
5 miles and overall ages		
Gold	95% of full bronze pace	
Silver	90% of full bronze pace	
Bronze	80% of full bronze pace	

Results

Cross Country

NYSX XC Summerhill - 6th Dec

Summerhill, Hartlepool. Keziah Paxton ran well to finish 9th out of 47 ladies in a time of 19.01. In the men's race, Richard Hall came 8th in 35.11, Walter Busuttill 12th in 36.04, Phil Utley 18th in 36.51, Ken Evitt in 45.29 and Phillip Graig 96th in 62.24



NYSX XC Flatts Lane - 15th Nov

Round 3 of the NYSX cross country league was held at Flatts Lane recently and it was good to see Keziah Paxton flying the club colours to finish 2nd lady in 24.41 minutes. Angela Hall finished a very good 12th in 27.08 and Pam Sherlock 47th in 40.17. Five Thirsk and Sowerby men competed, with Richard Hall coming in 15th in 39.30, Walter Busuttill 18th in 40.08, Phil Utley 28th in 41.50, Ken Evitt 82nd in 49.21 and Phillip Craig 106th 66.39.

Road & Trail

Thirsk Ten

The Thirsk 10 road race was a huge success in spite of the wet weather. There were over 1000 finishers in this increasingly popular race which attracted some high quality runners as well as a large number of very supportive club runners from far and wide. Runners came from as far afield as Dumfries, Lincoln, Salford, Cleethorpes and Sunderland, to name but a few. The winner, David Webb, was a Leeds City runner, who finished comfortably ahead of the second runner after a close fought race right up to the last mile or so. David Webb's time was a superb 48.32 and 2nd was Andrew Pearson of Longwood in 48.54. Sarah Jarvis of Bingley Harriers won the ladies' race in 58.27. One wheelchair entrant, Hannah Cockcroft from Halifax, completed the course, her first race over 10 miles, and was delighted with the event and with her time of just over 67 minutes. The bulk of Thirsk and Sowerby members did a stalwart job in marking out the course, marshaling the race, arranging car parking - no easy matter with such greasy ground conditions, handing out t-shirts to finishers, picking up litter, and all the other myriad jobs which are essential for the smooth running of such an event. Judging by the many positive comments after the race, all the effort was worthwhile, and some members rewarded themselves by going out for a meal in the evening! A handful of members did actually run the race, with Gary Dunn finishing 10th in 52.55, Robert Durkin 170th in 65.12, Julian Norton 173rd in 65.29, lapsed member Peter Huxley, once one of the elite runners in the club, 479th in 76.16 and Christopher Green 574th in 79.03. New member Nick Searle, running for his former club, Episkopi, came 266th in 69.07.

Jolly Holly Jog

On a beautiful morning in sub-zero temperatures, 441 runners negotiated the tricky footpath to get to the start of the annual Jolly Holly Jog 10k at Ripon! It was a chance to shake off some of the Christmas excesses, and you certainly had to be alert to remain upright! If you could find soft snow to run on you were fine, and just occasionally there were stretches of clear road, but a lot of the time, sheet ice had to be overcome. Runners, usually keen to get to the finish, had to be more circumspect, and showed great consideration to their fellow runners and most people got round the course without mishap. Phillip Elliot-Dick of Knavesmire won the race in an impressive 37.39 minutes and Julian Norton was the first Thirsk and Sowerby runner to finish, in 5th place in 41.43. Oliver Harrison, in one of his occasional outings for the club, came 30th in 45.13, Keziah Paxton 63rd, and 9th lady, in 48.15, Alan Somers 73rd in 49.32, Ken Evitt 100th in 51.15, Lorraine Hiles 161st in 56.22, Steve Harrison 180th in 58.19, Sarah Somers 225th in 61.46, Ian Codling 317th in 68.15, Debbie Pooley 320th in 68.18, Les Sutton-Haigh 403rd in 80.03, closely followed by his wife, Nik, 404th in 80.17, Lydia Evitt 418th in 1.22.49 and Marian Codling 424th in 84.55. All in all, the runners managed to enjoy the event, but will hope for better conditions for next year's race!

Leeds Abby Dash

Iain Milner is making an excellent start to his running career with the club and came in a superb 784th out of almost 6000 runners in the Leeds Abbey Dash at the weekend. Paul Walton, another recent addition, was 2212th in 50.31.

Wedgnock Winter Mud and Mayhem 10k

Flying the flag for the club in the Midlands, Andrew Halliday had a superb win in the "Wedgnock Winter Mud and Mayhem 10k" last weekend, and although this was described as multi-terrain, Andrew felt a more accurate description would have been a fell race. Some steep climbs, mud, and the odd patch of flat, dry terrain, tested all the runners and Andrew did well to finish in 40.27 minutes.

Shakespeare Raceway 10k

Andrew Halliday also took part in the Shakespeare Raceway 10k over a totally flat course based at an airfield. Here, the most significant factor was the wind, which was gale force, and you had to run just to stand still at times! Andrew finished in a very creditable 5th place.

Great Langdale Christmas Pudding 10K

Ian and Marian Codling had a weekend away to compete in race 1 of the Great Langdale Christmas Pudding 10k's on a lovely morning over a beautiful, undulating course. Ian finished 316th out of 446 runners in 55.11 and Marian came 416th in 64.36, with every finisher receiving a Christmas pudding! 378 more runners completed race 2 the following day.

Fell

Guisborough Woodst

The stalwarts in the fell race series brave the

elements and the Guisborough Woods race went ahead on Dec 27th after some concerns about safety the previous day. Ice gave way to mud and slush, with snow covering water in places, and 113 runners managed to complete the course. Phil Sanderson of NFR won in 40.00 and Oliver Harrison had a good run to finish 37th in 50.40 with Ernie Huck 97th in 62.11 and Steve Harrison 106th in 64.53.

Eskdale Eureka Fell Race

Only a couple of Thirsk and Sowerby members made the long journey to Castleton on a cold wet morning, Dec 6th, to take part in the Eskdale Eureka Fell Race, race 5 in the winter series. Dan Middlemass of Eskdale won the race in 68.31 with Angela Hall putting in another good performance to finish 37th in 84.41 and Ernie Huck came 75th in 98.43. Both of them were 2nd in their respective age-groups.

Clay Bank West

Clay Bank West Fell race, race 3 in the winter series, attracted 116 runners and Matt Speake of Dark Peak FR won in 30.14. Richard Hall came a very good 7th in 35.08, with Cameron Choules 32nd in 40.57, Angela Hall 51st, and 2nd V50, in 42.51 and Ernie Huck 89th, and 1st V65, in 47.58.

Cyclo Cross

Baildon Moor

Our cyclo-cross enthusiasts took part in an interesting event at the weekend when runners competed against cyclists over a 6 mile course on Baildon Moor. A runner won the event, but the cyclists won the competition overall and Noel Clough came 4th with Pete Wilkin 1st V50.

Myrtle Park, Bingley

Once again Noel was 4th overall and 1st V40, and Pete was 1st V50. The previous weekend they were at an extremely muddy Mallory Park, Leicester for the National Points series, where the clayey conditions were described as horrendous! Noel managed to finish 2nd V40 but Pete was disappointed that he could only come in 6th in the V50 category!

North of England Championships

Conditions were once again bad for the North of England cyclo-cross championships at Thornes Park, Wakefield, where the slippery course was made worse by exposed tree roots. Our two enthusiasts acquitted themselves well, with Noel Clough finishing 2nd V40 and Pete Wilkin an excellent 1st V50.

Macclesfield Supacross

Noel Clough and Pete Wilkin competed in the mudbath which was the Macclesfield Supacross in Cheshire. Noel finished 7th and 2nd V40 and Pete was 3rd Vet and 1st V50.

Peel Park Bradford

Our cyclo-cross members were at Peel Park, Bradford for race 5 in the National trophy Series on a very slippery course. Noel Clough came 5th and is 5th overall in the series, and Pete Wilkin finished 6th having overcome mechanical problems, which puts him 3rd in the series at the moment.

Christmas Handicap Results 16 December 2009

"New 2 mile course" Results

Start time	Runner	Finish time	Actual time				
00:00	Chris Sykes	19:03	19:03	06:30	Jill Knight	20:31	14:01
01:30 (02:30)	Richard Easby	18:04 (19:04)	16:34	07:45	Stephan Tomaszewski	20:33	12:48
05:45	Paul Atkinson	19:05	13:20	07:45	Stewart Mechie	20:33	12:48
01:15	Pam Sherlock	19:44	18:29	06:00	Allen Harrison	20:37	14:37
01:00	Marian Codling	19:49	18:49	04:15	Jo Fambely	20:39	16:24
07:00	Iain Milner	19:50	12:50	06:00	Geoff Bullock	20:41	14:41
05:30	Helen Ashworth	19:53	14:23	03:15	Phillip Craig	20:54	17:39
08:00	Charlotte Sanderson	19:54	11:54	04:15	Nik Sutton-Haigh	20:58	16:43
06:15	Ken Evitt	19:58	13:43	08:15	Edd Banks	21:00	12:45
01:30 (2:30)	Ellie Wilson	18:58 (19:58)	17:28	03:30	Ian Codling	21:06	17:36
07:15	Rob Burn	20:01	12:46	04:30	Yvonne Wood	21:07	16:37
05:45	Steve Billings	20:03	14:18	06:15	Ernie Huck	21:20	15:05
08:00	Gavin Coventry	20:06	12:06	06:45	Hywell Smith	21:24	14:39
06:15	Lorraine Hiles	20:07	13:52	01:15	Rosie	21:28	20:13
07:15	Angela Hall	20:09	12:54	04:00	Alan Wikeley	21:49	17:49
08:15	Lee Walker	20:17	12:02	08:15	Rob Goldie	21:49	13:34
05:30	Nigel Morgan	20:21	14:51	00:00	Jean Sykes	24:54	24:54
09:15	Richard Hall	20:26	11:11				
07:15	David Shorrocks	20:27	13:12				
07:00	Alison Calvert	20:30	13:30				

Names in red had no handicap or an invalid/incorrect handicap.
Two people started at the wrong time and finish positions have been adjusted accordingly. Handicaps will be amended as required.

CLUB CHAMPIONSHIP EVENTS Announced

a.m. Sun February 28th –	Commondale Clart Fell race -	approx 5.5 miles, 600 foot climb
p.m. Sun March 14th –	Cross Country, Richmond –	approx 6 miles men, 3 miles ladies
a.m. Sun March 28th –	Hartlepool Marina 5 –	flat road race
a.m. Sun April 25th –	Fountains 10k multi terrain.	Majority on road. A Black Sheep (BS) Series event
a.m. Sun May 9th –	Ripon 10 multi terrain –	majority off-road.
evening Thurs May 20th –	HDSRL, Leeds/Bradford tri club	
evening Thurs June 17th –	HDSRL, Nidd Valley	
a.m. Sun June 27th –	Rainton 10k	Some off-road. (BS)
p.m. Sun July 4th –	Burn Valley Half Marathon.	Some off-road (BS)
p.m. Sun July 11th –	Kilburn 7.	Road race through Coxwold and Oldstead.
a.m. Sun August 8th –	Darlington 10k –	mainly flat, fast road race.
a.m. Sun September 5th –	Tholthorpe 10k –	mainly flat road race.
a.m. Sun October 3rd –	Harewood Trail 10 –	mostly off-road
a.m. Sun October 10th –	Ampleforth Multi-terrain 7 –	mostly off-road, hilly course.
p.m. Sun October 24th –	Cross Country, tbc	
a.m. Sun November 21st –	Clay Bank West Fell Race, tbc	

All races age adjusted in accordance with National Athletics Age Factor Tables. A minimum of 8 events to be completed, including at least 1 fell race, 1 cross country, 1 HDSRL event, and 1 10 mile or half marathon. Best 8 results to count.

Points to be awarded after age adjustments to finishing times as follows :-

1st male member – 50 points – i.e. male member with quickest finishing time, age-adjust.

2nd male member – 48 points

3rd male member - 46 points, and so on.

Same process for female runners.

To keep up to date with progress in the Club Championships, see SHORTS or visit club website www.thirskandsowerbyharriers.co.uk
Trophies awarded at the club Christmas Dinner in December.

Publicity -

If you Have any results, articles or photos that could be sent to local papers please Communicate with Marian on 01845 522805 or email marian.codling@nasuwt.net