

# Club Report September to October 2017

We'd like to say a big **THANK YOU** to the members who have contributed to this edition of the Newsletter! Thanks also to **Shahana Miah**, **Karen Head**, and **Jo Heseltine** who have already contributed to the next!!!! Please keep sending us your race reports and photos.

## Club Races

### Vale of York Half Marathon (Road) – 10 September 2017

A total of ten Harriers took part in the Vale of York Half Marathon where **Carole Clifford** and **Denise Ramsden** both marshalled. **Steve Head** was the first male finisher for the club in 106<sup>th</sup> position just one place ahead of **Darren Walker** who was a mere seven seconds slower. **Karen Head** and **Emma Bird** were the only female participants from the club. Emma ran a half marathon PB in 2 hours 24 minutes and 24 seconds and ten minutes faster than her previous course PB.

Full results: **Steve Head** 1:26:18; **Darren Walker** 1:26:25; **Matthew Wilson** 1:31:56; **Andrew Baiden** 1:34:22; **Peter Mullery** 1:41:43; **Mark Reynolds** 1:53:56; **Karen Head** 2:03:04; **Mick Hardisty** 2:04:42; **Emma Bird** 2:24:24; **Philip Laing** 2:05:36.

### Kirkstall Abbey 7 (Trail) – 17 September 2017



**Jason Westmoreland** described the Kirkstall Abbey 7 mile as a fantastic course that had 'everything' as well as amazing marshals. To quote him "*great run, loved it, except for **Paul Brown** beating me*"!!

In very muddy conditions Paul finished in overall 20<sup>th</sup> place and first in the V50 category after being "paced by Jason"....! **Chloe Wood** was the second female to cross the finish line also taking 2<sup>nd</sup> place in the female senior category having found the race to be muddier than expected.

Full results: **Paul Brown** 45:06; **Jason Westmoreland** 45:21; **Steve Head** 46:16; **Chloe Wood** 48:10; **Rowena Skellhorn** 57:11; **Mark Reynolds** 1:01:00; **Hayley Kenny** 1:02:46; **Karen Head** 1:05:54; **Sarah Booty** 1:06:16.

## Leeds Golden Mile (Track) – 23 September 2017



Race Report by **Paul Howard:**

On the weekend of 23<sup>rd</sup> and 24<sup>th</sup> September I was fortunate enough to have two track events to compete in, the first was on the Saturday afternoon at the Leeds Golden Mile which was on the track at Leeds Carnegie. It's a club run and knew it was my chance to score highly for the club championship so I have to admit I was nervous, mainly because I'd optimistically predicted a time that put me in the final heat

of the day with both last year's winner and our very own **Ross Blackburn** and the young gun **Harvey Norden** from the junior section of our club.

I had watched a number of the previous heats and thoroughly enjoyed cheering on fellow club members and watched **Stuart Thorpe** overtake **Jo Heseltine** on the finishing straight to win that heat, what a race that was. Finally it was my turn to line up on that curved start line, I found myself on the inside (lane 1) just where I had envisaged having ran the race in my head many times during the preceding week, then the gun sounded and I was off the line quickly but still found myself in 2<sup>nd</sup> to last place after just 100 metres following Gary Mann from Valley Striders who I knew I was quicker than over a shorter distance, but this was the mile! After 500 metres we were both passed by the guy from Keighley so I was now in last place and found keeping in touch with Gary very difficult as the pace was swift. I did however hang onto him with gritted teeth and in the last 120 metres I made my move having nothing to lose and managed to pass him with about 50 metres to go and finish in 2<sup>nd</sup> last place in that heat, exhausted! I was 11<sup>th</sup> overall in a new PB of 5:06.5.



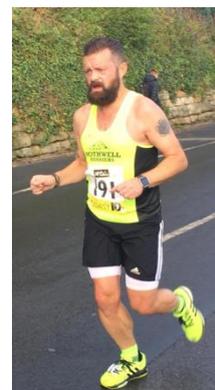
Full results: **Harvey Norden** 4:53.9 (Juniors); **Ross Blackburn** 5:00.2; **Paul Howard** 5:06.5; **Paul Brown** 5:18.3; **Jason Westmoreland** 5:19.9; **Peter Swoboda** 5:25.7; **Steve Head** 5:35.6; **James Mace** 5:55.0; **Alisha Laidler** 6:00.6 (juniors); **Stuart Thorpe** 6:31.0; **Jo Heseltine** 6:33.4; **Rowena Skellhorn** 6:37.5; **Hayley Kenny** 7:15.5; **Mark Reynolds** 7:25.0; **Karen Head** 7:28.3; **Carole Clifford** 7:50.6.

## Scarborough 10KM (Road) – 22 October 2017



Ooohhh we do like to be beside the seaside! Oohhh we do like to be beside the sea...all 29 of us!!!

**Ross Blackburn** was the first of Harriers to cross the finish line in 28<sup>th</sup> place wearing bib number 28! A honourable mention to **Alex Wyke-Ulliott** who finished in 3<sup>rd</sup> place in the junior category. **Jo Heseltine** was the first female Harrier home and also took 3<sup>rd</sup> place in the female V50 category.



Full results: **Ross Blackburn** 37:14; **Steve Head** 37:46; **Jason Westmoreland** 38:59; **Paul Brown** 39:38; **Paul Howard** 39:57; **John McCarthy** 41:46; **Andrew Baiden** 43:01; **Dale Richardson** 43:09; **Paul McGough** 44:20; **Marc Randall** 44:25; **Craig Whiteley** 45:01; **Alex Wyke Ulliott** 45:03 (Juniors); **Jo Heseltine** 46:18; **Robert Gresswell** 46:58; **Mat Kelly** 47:43; **Rowena Skellhorn** 47:57; **Ed Wyke- Ulliott** 49.40; **Stephanie Hall** 50:21; **Brian Shaw** 50:46; **Hayley Kenny** 51:17; **Tori Galab** 54:03; **Karen Head** 54:49; **Sarah Booty** 56:00; **Carole Clifford** 55:15; **Angela McCarthy** 59:58; **Jade Johnson** 1:03:34; **Louise Haley** 1:07:46; **Caroline Davies** 1:08:24; **Christine Shaw** 1:27:19; **Christine Davies** 1:29:01.

## Other Races

### Yorkshire Veterans' Athletic Association Track & Field Championships (Track) – 24 September 2017



Race Report by **Paul Howard**:

I entered two track races in the Yorkshire Veterans' Athletic Association Track & Field Championships at Cleckheaton, the first one was the 800m. **Marc Randall** also entered this race so there were two of us donning our club vests on the start line. Andrew Cartwright from Wakefield won this race easily but it was a close run thing for 2<sup>nd</sup> place and the silver medal between a Barnsley AC athlete and myself. I'd set off quickly but was passed by the Barnsley chap after just 150 metres but I was able to stay with him all the way round to the finishing straight where again I made my move and as I did so, he began to fade so I passed him at some pace and beat him by a whole second which is quite a distance at sprinting speed. So, I won a Silver medal for that and I was

very pleased. My time was 2:13.6 which is a second behind my PB. **Marc Randall** was 3<sup>rd</sup> in our age category, just missing out on a PB, but no medal unfortunately for him. My second track race on the Sunday was the 200m and my legs certainly didn't feel like running by this point in the late afternoon of the 2<sup>nd</sup> day of racing, however Marc Randall and I again lined up on the start line in our crouch start positions and this was over so quickly fortunately. I came 3<sup>rd</sup> in 26.2 seconds and Marc 7<sup>th</sup> in 28.8. No medals but great fun in the very early Autumn sunshine.

**Jo Heseltine** and **Denise Ramsden** flew the flag for the ladies. Jo won the ladies 800m for her age category (V50) and was 2<sup>nd</sup> in the 200m for her age category. Denise raced the 800m and 5000m.



## Ultramarathon

The Urban Legend 66KM (Road) **Hadrian Knight** and **Terry Tillotson** ran the Urban Legend Ultramarathon finishing in 4<sup>th</sup> and 5<sup>th</sup> places respectively. A tough but enjoyable course running through many of Leeds parks and greenways.

## Marathon

Paul McGough ran the hard and hilly Loch Ness Marathon in 3:53:17.



**Ian Sommerville** ran his first official race as a Harrier at the Leicester marathon in 4 hours 13 minutes achieving a marathon PB and knocking over 25 minutes off his time from 2016.

**Karen Head**, **Steve Head** and **Helen Laycock** all ran the Yorkshire Marathon – well done to you all.

## Great North Run (Road) – 10 September 2017

On the same day as the Vale of York Half Marathon nine Harriers ran the Great North Run. **Erin Townsend** ran her first race for the club 18 minutes quicker than in 2016. **Christine Shaw** got a half marathon PB finishing over 2 minutes faster than at the Liverpool Rock 'n' Roll earlier in the year whilst **Helen Laycock** completed the course a whopping 37 minutes quicker than in 2016 in preparation for her first marathon (Yorkshire Marathon). We're still all wondering how **Brian Shaw** managed to run 2 hours exactly!!!

Full results: **Peter Swoboda** 1:28.54; **Craig Whiteley** 1.37.27; **Ed Wyke-Ulliott** 1.44.19; **Jayne Turner** 1.56.09; **Brian Shaw** 2.00.00; **Luke O'Connor** 2.10.52; **Helen Laycock** 2.13.02; **Erin Townsend** 2.13.18; **Christine Shaw** 3.21.46.

## Ruck and Run 5km (Desert!) – 30 Septmeber 2017



Run report by **Christine (& Brian) Shaw** : We arrived along a rough road and parked up around 6.45am. We picked up our numbers and had to sign a form to say we wouldn't disturb the turtles! Oh and beware of rattlesnakes! Thanks for that. In scary desert movies it's always the one at the back that gets it first!

Our run was an out and back course. We set off at 7.30am, running over some of the most difficult terrain I have ever experienced. One minute it was soft gravel, the next was hard rocks.

There were ditches, all uphill to the 2.5k turn point and it was getting hotter as the sun was rising. I was soon at the back, by quite a way. Eventually I made it to the turn point, and found the return run a bit easier as it was down hill. It's true what they say about being deceived in the desert. I could see the finish as I turned round and there was no way it seemed 2.5km/1.6miles away. It looked about half a mile. As I got nearer there was no sprint finish, the terrain was too difficult and I was unbelievably hot. I crossed the line last with a time of 50.20. Rubbish even for me. As I crossed the finish Brian told me I may be up for a prize as he thought I was in the top 3 women! I wondered if the sun and heat had gone to his head! I was last for goodness sake. But he was right. Only 3 ladies daft enough to enter. Brian was third male in a time of 27.12. Did I enjoy it? Hmm maybe. Beer, soft drinks, burritos, and donuts at the finish. Did I enjoy it? Hmm maybe. Would I do it again? Oh yes!



## The Majors – Craig Whiteley

Last but not least – congratulation to Craig who completed the Major Series when he ran the Chicago Marathon in October raising over £20,000 for St Gemma's hospice along the way!

