



You Bring  
Out The  
**PB**  
In Me



**Congratulations** to all our members who achieved PB's in August. It seems that five was the magic number!

**5 KM**

Rowena Skelhorn - 21:32  
Paul Howard - 18:33  
Chris Parker-Haim 22:46 (& 23:19)  
Matthew Parker-Haim - 26:22  
Christine Shaw - 38:22

**5 Miles**

Christine Shaw - 68:27  
James Mace - 29:57

## Captains Award: Luke O'Connor

The custodian of Captains award throughout August was Luke O'Connor. In July Luke entered Round the Island Ultra, a 2 day 70 mile ultra-marathon around the Isle of White. Unfortunately, Luke was advised to pull out of the race after completing 37.1 miles (60km) on the first day in temperatures of over 32 degrees. Not fazed by that disappointment, just a couple of weeks later Luke took on The Endure 24 and completed over 80km or 50 miles! Persistence can change failure into extraordinary achievement! Congratulations!



## CHAMPIONS & PROMOTION

**Say we are top of the league...we are top of the league!**

### Overall Points Division 2

Position	Club Name	Points
1	ROTHWELL HARRIERS	301
2	BINGLEY HARRIERS	262
3	HOLMFIRTH HARRIERS	203
4	VALLEY STRIDERS	117
5	KEIGHLEY & CRAVEN	85
6	PUDSEY & BRAMLEY	46
7	SELBY STRIDERS	7

Thank you to all our members who helped us achieve promotion in the West Yorkshire Track and Field League 2018!!!

The final round of the West Yorkshire Track and Field League took place on 5 August and we had representation from our

junior members as well as from **Paul Howard** and **Alisha Laidler**. As you can see, we comfortably topped the table and secured promotion to Division 1 in 2019. A great team effort from both the Juniors and Seniors! **Well Done!**

Come along to our monthly Monday track sessions and give the track a go! These sessions are held on the **2<sup>nd</sup> Monday of each month** at **John Charles Centre for Sport** from **6pm**. The next session is **Monday 10 September**.

# AUGUST RACE REPORT



## RACE CARD – 3 CLUB RACES

Total No. of runners: 57

No of individual runners – 37

Distance covered – 351KM or 218 Miles

No. of members who ran all 3 races – 6

Chris Parker-Haim, Jo Clarke, Kevin Connell-Moore, Mat Kelly,  
Matthew Parker-Haim, Paul Brown and Simon Garside

## Flat Cap 5

Wearing our flat caps with pride. A total of 22 Harriers took part in the Flat Cap 5 on Yorkshire Day where **Trish Wilson** was the first female Harrier to cross the finish line in 42 minutes 14 seconds followed by 17 seconds later by **Lynne Metcalfe**. **Anna Stones** and **Jo Hawden** both ran a time of 44 minutes and 13 seconds which meant that they were the joint 3rd fastest ladies for the club on the night. **Christine Shaw**



finished 284th out of 286 runners but smashed her 5 mile PB. **James Mace** also beat his 5 mile PB when he finished in overall 8th place. **Simon Garside** was the second male Harrier to finish followed by **Paul Brown**.



## York Millennium Bridge

**Peter Swoboda** was the first Harrier to complete the YMB in a time of 18 minutes 8 seconds beating **Paul Brown** by a single second. **Jason Westmoreland** was the third Harrier to finish just 13 seconds later with **Simon Garside** a further 19 seconds behind. **Rowena Skelhorn** not only ran a PB but was the first female Harrier to finish in a time of 21 minutes 32 seconds with **Lucy Gilliard** and **Helen Mann** the second and third ladies home for the club.

## York 5KM Race Series

**Andy Flemming** was the first male Harrier to finish the August race at Heslington in a time of 17 minutes 44 seconds and in 19th place overall. **Ross Blackburn** also finished in sub 18 minutes just 13 seconds behind Andy. Just four ladies took part from the club: **Jo Heseltine**, **Claire Easton** and **Jo Clarke**. There were PB's for a number of runners including **Christine Shaw** (again), **Paul Howard** and both **Chris** and **Matthew Parker-Haim**.