

CLUB NEWSLETTER – SEPTEMBER 2019

CLUB TRACK RECORDS: 1 MILE

Rowena Skelhorn 6:14.7 (PB) – Broke the overall women's record by 20 seconds

Helen Mann 7:43.1 – Set a women's V55 record

Paul Brown 5:17.6 – Took half a second off the men's V50 record



Congratulations to all our members who set PB's in September:

James Mace set a HM PB of 1:24:56 at the Great North Run. **Rowena Skelhorn** set a HM PB at the Vale of York HM (1:39:20) which she has subsequently bettered in October!!! **Kevin Moseley** also set a PB at the same race in a time of 1:48:01 before he went plane spotting. **Andrew Baiden's** time of 5:45.0 at the Leeds Golden Mile was good enough to knock 14 seconds off his PB.

Captains Award: Peter Swoboda

Congratulations to Peter for being awarded the Captains Award in August for continually training hard in order to achieve faster times and training to run a sun 3 hour marathon which he achieved when he ran the San Francisco marathon in 2 hours 56 minutes in July, gaining himself a place at the 2019 Boston marathon in the process. On receiving his award Peter said "Thank You! We are a great club. I would never have got into running if I hadn't joined 5 years ago." **Congratulations!**



Looking to do something a bit crazy? – speak to Jason Westmoreland



"I love entering races which involve mud and obstacles and did Tough Guy for 27 years. I ran the Total Warrior race at Bramham Park earlier in the year finishing 4th out of thousands so thought I would do the Yorkshire Warrior at Ripley castle in September. There was a choice of either doing the 10k or 20k race...being a true Yorkshire man, no question the 20k race it was for me. What a fantastic course! The organisation was brilliant; the obstacles were awesome, plus there were lots of smiles and laughs. The 20k course was 2 laps, I had to negotiate my way through about 35 obstacles and cross the lake twice...and then I had to do it all again!!!! I had a fantastic run and finished in 2nd place. So if anyone fancy's doing the Yorkshire Warrior, the next one is in April, see you there!"

SEPTEMBER RACE REPORT

Leeds Country Way

The day after the night before...

A great night was had by those who attended the Run to the Pub organised by **Terry Lacey** with added entertainment arranged by **Mick Hardisty**.

This year's race was a hot one and we had a total of four teams in the event, all of whom finished. The top placed team was the **Men's A Team** who finished in overall **7th** place. Also, the best excuse for missing a race goes to **Ian Sommerville** who missed the race and instead attended the birth of his second son! Congratulations Ian!



Truce Run

This summer a small number of Rothwell Harriers have been taking part in a 6km race called the Trunce at Oxenhope near Dodworth. The race itself is a mini fell race where you have to cross a river three times. The race only costs £1.50 to enter and some money raised goes to the local Mountain Rescue for equipment. The Trunce runs on the first Monday in every month from March until September and for the last race of the year fancy dress is optional. Our very own **Jason Westmoreland** won first prize for the fancy dress and was spotted juggling at various points in the race. So why not give it ago next year....**there's a prize for naming the man in the mask...**



RACE CARD – 4 CLUB RACES

Total No. of runners: 44 No of individual runners – 31
Distance covered – 626KM or 388 Miles

No. of members who ran all 4 races – 2

Rowena Skelhorn and Kevin Connell-Moore

Club Run Round Up

11 Harriers ran the Kirkstall 7. **Simon Garside** was 1st in the men's V50 category when he finished in overall 19th place. **Rowena Skelhorn** was the first female Harrier home scoring 71.25% and significantly improving on her score of 63.85% in 2017.



Ten Harriers took part in the 8th Leeds Summer Mile on the track organised by Hyde Park Harriers. **Matthew Parker-Haim** won his heat and his score of 52% was his highest WAVA %

Steph Watkins and **Stephen Frost** used the Pontefract Half Marathon as a taper run in advance of the Yorkshire Marathon, as pictured here with **Clynt Hiscoe**.



Kirkstall 7

Pontefract HM

Other Info:

The Club Christmas meal will be at the Toby Carvery in Oulton on 12 December – please let **Christine Shaw** know if you want to come. She'll commence taking £5 deposits shortly.