

Vets Newsletter

Summer 2010

THIS NEWSLETTER CONTAINS THE VIEWS, OBSERVATIONS AND OPINIONS OF THE AUTHOR WHICH ARE NOT NECESSARY THE VIEW OF THE CLUB.

Welcome

Welcome to the 2010 vets mid-summer newsletter.

Sorry for the delay, behind, just like my running at the moment.

There has been some brilliant times and results posted. Once again Bingley runners are dominant in the Yorkshire championships, taking many titles in the 5k and 5 mile events.

More in the results section.

There is now a ladies vet's captain, none other than Mandy Clarke.

Please be as supportive to Mandy as you have to me,

We are here to help, encourage and promote veteran running within the club.

Just in process of going around the Millennium Way with the vet's team.

Just done leg 2, brilliant run. Did leg 3 last week, fantastic and on our doorstep. Really worth just having a run around any of these legs.

Finalising the run for the club trip 15th July to the Royalty Inn, Otley Chevin.

What about making it a social evening for the vets also?

If you don't want to run or go on the coach, come just for a natter.

Details from your forum, web page or social sec

Adrian.Netherwood@corsair.co.uk

Or contact me and I will sort.

You do need to book a place though.

The last Thursday of every month has been designated as the night there is food at the club. Please come and support.

More details on your forum.

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Picture Quiz?



***Quiz: Go to the forum to enter the competition.
I want the place, year, and names,
Then to qualify, any relevant stories.***

“The National
Open Masters
road relay
championships
at Sutton park
Birmingham.
Fantastic
performance
from the
Harriers.”

Results

Since the last newsletter, some great results.

This is just a small percentage of the results and apologies if I have missed you off, if you notify me or the forum of your results we will publish them.

22/05/10 - BMAF Relays

The National Open Masters road relay championships at Sutton park Birmingham. Fantastic performance from the Harriers.

Men won the 0/70s

Peter Covey 20.18(2ND FASTEST)

John Smithurst 21.56

Fred Gibbs 19.55(FATEST and record)

Peter set the team up finishing 1st,

John who has run this event as a 50, 60 and 70 year old maintained this position for Fred to not only win for the lads but gain the course record in the process (he also holds the 0/60 record)

0/60s 7th (fastest 17.18)

Mike Smith 18.34

Bryan Parkinson 18.36

Les Haynes 19.05

The lads had a good solid performance, Les coming back from injury and he and Mike being 0/65. Bryan Parkinson ran well and since this event seems to be getting faster.

0/50s 16th(15.40)

Shaune Jordan 17.19

Pete Pyrah 16.50

Mark Westman 19.34

Gerry Bell 18.51

Results Cont.

Carey Gray 18.28

Roy Bailey 17.59

The lads ran very well. Shaune is having a good year, Pete just flew around, Mark showing good progress, Gerry as consistent as ever, Carey had a long lonely journey to the race but ran a sterling leg, but the performance of the day came from Roy Bailey in his first race in a long time, a lot more to come.

0/40s (fastest 14.11, record) the fastest time out of every one, Marc Teasey in 16.41
No team to back him up.

Ladies 0/35 3rd (fastest 16.51)
Andrea Dennison 18.46
Ruth Whitehead 18.53
Sara Jarvis 16.57(2nd fastest)
Sue Becconsall 18.37

Andrea with marathon training in her legs had a good run; Ruth was as reliable as ever. Posting a fast time despite being impeded by a cyclist. When I remonstrated with the cyclist who said something about a cough. Les said when Sara passed him she blew the hair of his head into his eyes. She was flying, bringing the girls into joint first. The start of the last leg Sue had to contend with a faster runner along side her and an even faster runner behind her; she hung on by the skin of her teeth and turned herself inside out to try and keep the place as best she could. A gutsy performance

from all.

Ladies 0/45 4th (fastest 17.40)
Alison Marks 20.50
Sue Cariss 19.48
Ali Raw 18.29(3rd fastest)

Alison ran a solid first leg handing to Sue who maintained the momentum; Ali Raw turning herself inside out ran a blinder pulling the team through to an agonizing 1 second behind the 3rd team. I feel guilty as I made her laugh when she passed me.

Chris Hoy half marathon Marc Teasey ran a very credible 78.16 beating Sarah Jarvis's 79.11. Sarah claimed Marc had made her do the washing and ironing the night before the race to tire her out.

24/25th April was a busy weekend.

The 3 Peaks saw 27 harriers complete the race. Paul "fat legs" Mitchell ran a brilliant 3.27, thankfully over the horrible virus he picked up in winter.

Ali Raw had a fantastic run, closely followed by Ruth Whitehead and Pauline Munro.

A very strong showing from our vets, well done.

More results on your forum.

"Carey had a Long Lonely journey to the race but ran a sterling leg"

Results Cont.

Andy Nichol and Steve Fry completed the peaks 3 times, raised a load of brass for charity.

Please take the time to read the account here

<http://www.bingleyharriers.org.uk/forum/viewtopic.php?f=4&t=426>

At the London marathon Richard Balshaw broke the 3 hour barrier with a 2.56.47, Oliver Downing (60-65) had a cracking run with 3.29.06, Marisol ran a credible 3.46.47. More results on your forum.

At the English championship counter race, Ian Holmes took some classy scalps to win the Coniston fell race.

He also came a close second to Rob Jebb at Jura.

Yorkshire vets 5k championships at Esholt.

Stewart Macdonald won silver medal, this is despite running with a broken collar bone (ouch)

Shaune Jordan showing good form also took silver in the v/55.

Sue Becconsall won Gold in the f/50.

Brian Parkinson won Gold in the 0/60s.

Mike Smith won Gold in the 0/65s

On the comeback trail Les Haynes won silver in the 0/65s.

Bob Dover followed with a credible bronze in the 0/65s.

Fred Gibbs won Gold in the 0/70s Pete Covey close behind for silver, followed by John Smithurst for bronze.

Marisol Carrera won bronze in the f/40.

27 runners competed in the event, well done all.

Fred Gibbs won the BMAF 10000 meters track championship at Oxford.

Fred also won the Otley chevin fell race.

Mary Green won the L/v 50s at Austwick.

Mark Latham and Sean Thompson have been showing good improvement and both are proving to be quite prolific racers.

Andrea Dennison in extreme hot and sticky conditions clocked 3.16 in the Edinbrough Marathon.

Finishing 4th in the the 45 to 54 age group. 25, 000 runners competed.

On the 3rd June 2010, at Haworth, the Yorkshire 5 mile road championships were held.

Bingley showed just how strong a club they are by taking many a title.

“Oliver Downing (60-65) had a cracking run with 3.29.06

Results Cont.

“Good runs on the night from Mark Westman, Michael Long and Sean Thompson.”

The Yorkshire 0/40s 5 mile champion is Stuart Macdonald. (5th overall)

The Yorkshire 0/55s champion is Peter Pyrah.

The Yorkshire 0/60s champion is Bryan Parkinson.

The Yorkshire 0/65s champion is Bob Dover.

The Yorkshire ladies 0/55s champion is Sue Beconsall.

Silver medals were gained by Stephen Bailey (0/35s)

Gerry Bell (0/55s)

Oliver Downing (0/65)

Marisol Carrera (f/v 0/40)

A bronze was obtained by Mary Green (f/v 0/50)

Good runs on the night from Mark Westman, Michael Long and Sean Thompson.

Oliver Downing won the 0/65 at the Cross bay challenge, Cumbria (06/0610)

At Harewood House good runs from:

Marisol Carrera (first F/0/40)

Sue Fulton (first f/50)

Martin Peace (2nd 0/40)

Shaune Jordan (1st 0/55)

Stuart Thompson (1st 0/60) and Mark Westman (2nd 0/50)

Result here

http://www.bingleyharriers.org.uk/html/harewood/hwood_10.htm

Some sad news, Alan Spence is not to well.

Our thoughts and hearts go to Alan and his family.



Fixtures

JULY

3 & 4—BMAF T&F Champs, Cardiff

11—Grand prix event, Honley

AUGUST

4—Grand prix event, Knavesmire

11—NVAC track and field, Leigh

18—Grand prix, Stainland

22—BMAF Half Marathon, Slough

SEPTEMBER

5— NVAC T&F, Hynburn

12— NVAC 10k champs, Goodrich

19—YVAC T&F, Spenbrough

YVAA ROAD RELAYS TBC

OCTOBER

2—BMAF XC RELAY, MANSFIELD

3—BMAF 10 mile champs, Bristol

9—YVAA XC CHAMPS, SHEFFIELD

Further details here,
<http://www.nvac.co.uk/>
<http://www.yvaa.org/>
<http://www.bvaf.org.uk/fix/fix.asp>

You will be receiving a request to run in the relays nearer the time, Please support the request.

Thank you.

“The Wharfedale TTT is a weekend racing 'extravaganza' for the whole family ”

The Wharfedale TTT 2/3/4th July 2010

The Wharfedale TTT is a weekend racing 'extravaganza' for the whole family held in the lovely Yorkshire Dales village of Kettlewell in Wharfedale, North Yorkshire.

The first race on the Friday evening is a short, mainly uphill, road race. The Saturday will be 'A' medium with navigational skill required and the weekend will culminate with a marked 'A' short straight up and down affair.

Facilities include a field where a tent can be pitched (at a small charge) together with directions to three nearby public houses. Toilets, showers and refreshments are also available.

The main prizes will be given on a cumulative basis with a Grand Prix Prize awarded to THE CHAMP who does best over the three races. There will be smaller awards to the winners of each individual event.

An Introduction to Mandy Clarke



Age 41 - have been in denial about being a vet apart from the odd occasions when have won a prize because I guess no one else really turned up.

Born - St Helens when it was Lancashire, not Merseyside, and no I am not a scouser! Obviously partial to watching a bit of Rugby League, but don't mind football either and no prizes for guessing that Liverpool would be the club I'd support if I could be bothered.

Started running at school mainly because I sussed it was a way of being allowed to stay out with my mates past normal curfew hours. Did the usual track and x-c, competed for Merseyside Schools in XC (i.e. when I was about 17/18 and the speedy girls had discovered boys so had given up - yes sometimes you just need to bide your time and your chance will come along!!).

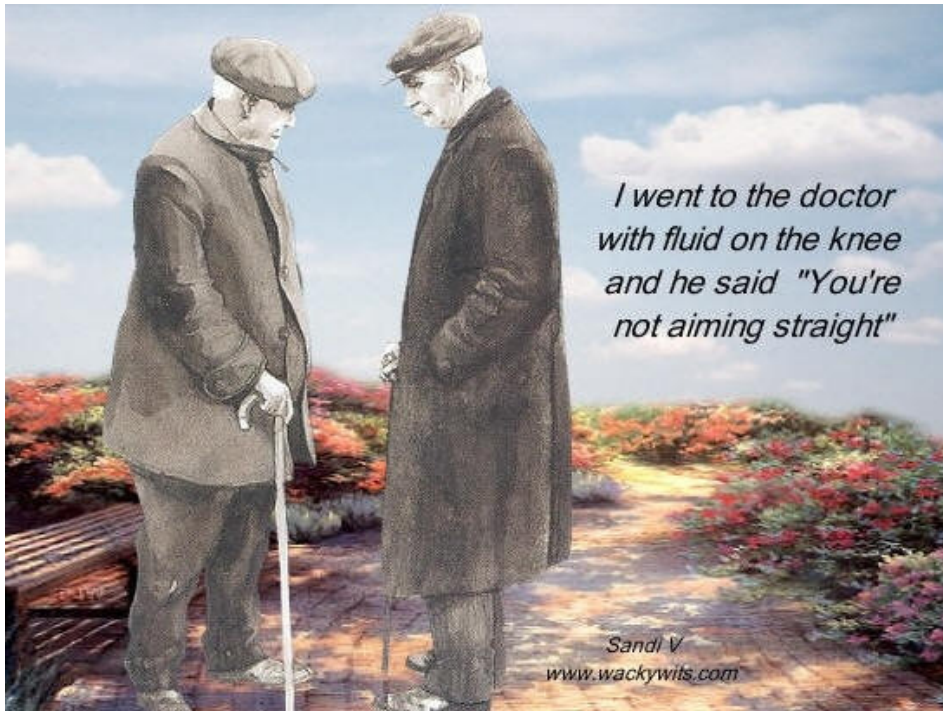
After a couple of years off being a bit of a gym bunny in my early 20's found running again when moved up to Yorkshire and wouldn't be without it again, not through choice anyway. I love running and when I chat to people at work who run but hate it I make all the right noises, but guess I don't really understand fully. Maybe they just need to get out on the hills and trails and get off the treadmill!

Used to run for Knavesmire Harriers in York and did lots of road running, mainly 10k, half's and some marathons. Joined Bingley a few years back, when I wasn't in a club, after meeting Bob Dover on an athletics coaching course when he insisted that living in York and joining a Bingley wasn't a bit odd.

Heroes - Joss Naylor (obvious I know), Lance Armstrong (Floyd Landis is lying), Seb Coe, Steve Ovett, Steve Cram, Michael Johnson, Chrissie Wellington, Jane Tomlinson and to be honest I could go on for ages about people who have inspired and do inspire me.

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Your Opinion please?



Gathering names for races and relays is never easy. Is there a better way to contact you to get you to run? I currently send out emails, place on the forum and also make requests for names in the vet's newsletter and the club magazine.

After the event I then hear the quotes such as

"I would have done it if I had known"

Or

"You should have said"

Or

"No one asked me"

So I wonder if I should make personal contact. Should I be ringing you? What about the extreme of calling on you personally?

It's a genuine question as I want as many harriers to turn out for the club as possible, without being a pain by asking. Same applies to all captains/manager's. Would you rather be left alone with no desire to run relays or races?

How would I know, what shall I do to resolve?

Your representation at the various races is a reflection upon our club.

I just wish to fix a weakness within the club. What do you suggest, we really need to know. If I don't ask I will not know.

Thank you.

If you wish to be phoned to be asked to represent the club please respond by sending me an email now, thanks.

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