

# ***RICHMOND & ZETLAND HARRIERS***

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## **NEWSLETTER**

### ***SPRING / SUMMER***

### ***2008***



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## CHAIRMAN'S COMMENTS

I'm not really sure if the Winter has gone fast or that it was just the many, windy days we seem to have endured of late. That said, it hasn't stopped us all having probably the best Winter results this club has ever seen! Pride of place must go to Fergus, who took all the major honours available to him as an Under 13 boy, so well done Fergus and please try and use your experience of handling the pressure and expectation to your advantage over the coming years. Lots will be said throughout the reports about all the individual and team results, but I would just like to add a personal "well done" to you all.

The unifying effect of our jackets seemed to gel us all together and create an image, which was complimented upon by other clubs at races. Thanks go to Ian Hepworth for his donation and also Chris Allen, whose further kind contribution, will ensure that we can continue to purchase and sell them at a greatly discounted rate. The club's 25th dinner and presentation was an undoubted success, where a good number of old members enjoyed seeing trophies they once held, being awarded. I personally found their attendance a great endorsement of our club and its spirit.

Senior runners (most of us more senior than we would like to admit), continue to challenge and train with lots of purpose and many personal goals will be tackled this Summer. The Summer Road League should again prove popular, both competitively and socially, with a new venue, where Jon Orange can review the post-race buffet. Track and Field will need support this year, so please give it a try and get in touch with Chris Peacock, Christiane Adams and Chris Allen about your availability for these events.

The club has the honour of hosting the Men's 12 Stage and Ladies 6 Stage Relay Races here at Catterick Garrison on 6th April. I hope anyone from the club not running, can come along and support. The Army at Catterick have given us great assistance with this event and I'm sure we can build on these links for the future.

Finally for all the sprinters and throwers, who have had little or no competition (or even worse, have had to run a few Cross Country races), well done if you have continued to train hard and I hope the weather is kind in the next few months and results go your way. Stay in touch with the club, train hard, compete hard and remember, that to take something out, you must put something in first!

*Shaun*

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## TREASURER'S REPORT

The club finances are in a good shape at present, thanks to excellent work from our new Membership Secretary, Chris Allen, and from many other members, who have given their time at events, which we have hosted and raised extra funds through catering.

We have also received sponsorship of £500 from Allen & Lowe and again, we are indebted to Chris. The collection at Catterick Sunday Market raised £410, which was very good considering the miserable weather on the day! The Winter training at Risedale College cost only £150 this year, thanks to Tad Zaranko, however with him moving to pastures new, we may have a bigger bill next year. Please don't forget to renew your membership, as subs are due.

*Ian*

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## SECRETARY'S NOTES & COACHING

### General

From October 07 to February 08 inclusive, we continued to use Risedale Sports & Community College in Hipswell as our indoor training base on Tuesday nights. This has again proved a success, but with a change of management at the college, charges are likely to increase. Training at the track on Thursday nights has continued as usual and we have now affiliated to England Athletics, our new governing body.

### Coaching

As with last year, 3 coaching groups have been operating over the Winter – Endurance, Sprints and Novices aged 10-11 years. Unfortunately by January 08, we had lost both of the novice group coaches. Mike Shaw moved away from the area with his job and Faye Chilton had to leave for health reasons. Our thanks go to both of them for all their help over the years and best wishes to Faye for a speedy recovery. As usual I have been acting as a reserve on Tuesdays, taking occasional sessions indoors when requested and since January, have been able to take some specific coaching sessions with the novices. They would otherwise have had to join the sprint squad for training sessions run by Christiane, who is now assisted by Scott Woodhouse. Now we are back at the track, I will be taking my own group on Tuesday evenings, focusing mainly on throws and on Thursdays they will join one of the other groups.

The club badly needs more qualified coaches to run the novices group and also to assist with the others, particularly the large, endurance squad. This needs a lot of support, especially during the Winter months, when they are out on the roads. Several people have expressed an interest in doing a Level 1 Course and unfortunately the last 3 courses scheduled in North Yorkshire have been cancelled at the last minute. Another has been organised and we hope this will be fourth time lucky!

Five athletes have attended the Youth Talent Squads at Sheffield EIS High Performance Centre (4 endurance & 1 throws). Congratulations to all who took part in the Cross Country competitions during the Winter; the club has had a very high profile and individuals have performed extremely

well. The highlight has been Fergus Roberts winning the Nationals and special congratulations must go to him.

### Development

We have applied for more new equipment through the latest Tesco Vouchers Scheme – 2 Junior 400g Javelins. Thanks to all the members who collected vouchers. Three members represented the club on the Richmondshire & Bedale Athletic Development Group, looking at increasing school/club links in area. We are hoping to get funds from this group for more equipment and are in the process of preparing a wish list. RZH will need to attain “Clubmark Accreditation” in the future and hopefully progress will be made in the next 12 months.

Enjoy the Track and Field season, as last year we were short of numbers in our teams, despite the fact that we had high numbers of athletes training at the track. We do need a better Track and Field profile to match that of our Cross Country and Road Running teams, so please compete in the 3 main Track & Field Leagues in which the club is involved - NYSD, YAL & NSL. Please support these and also the Yorkshire Championships at Don Valley Sheffield on 10/11th May.

*Graham*

Graham Purvis: Hon Club Secretary, Coaching Secretary & Development Officer  
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### **MEMBERSHIP**

We finished the year 2007/2008 with 122 people having paid membership subscriptions, although actual membership fluctuates around the 115 mark, with new arrivals and leavers taken into account. It is that time of year, of course, to renew subscriptions and it has clearly been a cross borne by my predecessors - the chasing round of members for their subs, which for this previous year lasted up until November! Our current membership has to be submitted to England Athletics by the end of May and in order for the club to do this, we need all subscriptions in by the end of April. To facilitate this, I am sending out renewal forms to every paid member with a stamped, addressed envelope, in which to return the form and subs. Please do not send cash in the post, as I will be at every training session during April when cash subs can be passed over. At the end of April, we will then post the membership list on the club notice board at the track. If you do not receive a renewal form in the post, it would indicate that we have no record of your payment for 2007/2008 and we would hope that it was an oversight on our part. Let's get this done so that everyone can receive their England Athletics membership cards with the least possible delay.

We look forward to a continued good level of membership this year, with as many members as possible competing in the various leagues and continuing the stunning results of the Cross Country season.

*Chris*

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### **ROAD RUNNING**

It is already time to hang up your Cross Country spikes and dust off the track spikes, but let's not forget that Road Running is a year-round activity. It is, after all, what many of us spend a lot of time doing when training, especially when the country is so muddy or even flooded.

So what delights await us on the Road Running scene? Inevitably the London Marathon dominates the early part of the Summer season and good luck to all those who have entered on 13th April. It's not everybody's cup of tea though and there are plenty of shorter races on the calendar. The Fixture List only has a selection of these, as it is so easy to find details of races on line these days – note John Schofield's website [www.ukresults.org](http://www.ukresults.org) and the Runners' World website [www.runnersworld.co.uk/entry](http://www.runnersworld.co.uk/entry)

The Harrogate Summer Road Race League is always good value as a race series. This year individual entry has gone up to £5 for the series, but with 6 events, that is still less than £1 per race. Last Summer R&Z did particularly well, coming 4th in the overall teams and 1st in the Veteran's teams. We also became very slick at getting to the food and drink first after the event, as some of the suppers provided were quite lavish!

Not surprisingly the league has grown in popularity and numbers have increased. This year there will be 13 teams competing and whereas some clubs go for quantity of runners, we have the quality to do really well. Our nearest veteran rivals are Harrogate, so it would be nice to beat them again. If we had more young runners (entrants have to be 15 year old), we could even try to knock Otley off their perch, as they have been top dogs for far too long.

Race details are in the Fixture List and numbers will be pre-allocated to all those who ran last year. If you are not allocated a number in advance, then the League Secretary will provide you with one on the night.

So in between track races, give some thought to Road Racing, as club members should always support club teams when they can. What can you do to help?

*Neil*

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### **CROSS COUNTRY REPORT (LADIES & JUNIORS)**

Well what a fantastic season we have had! Numbers have been amazing and Richmond and Zetland Harriers have been the club for everyone to look out for.

This report covers the Yorkshire, Northern and National Championships and the NYSD league. We have also had athletes do exceptionally well in the Schools events and six athletes qualify for the Inter-Counties, as a result of finishing in the top eight in the Yorkshire Championships at Huddersfield.

Once we all managed to eventually find the school, we had a good club turn out and a real team spirit. Six athletes qualifying for the Inter-Counties must be a club record, I certainly don't remember a time when we had as many get their Yorkshire vests in the same year! I have detailed below the fantastic performances, which EVERYONE had:

### The Yorkshire Cross Country Championships, Huddersfield

**Under 13 Boys** (63 finishers). It was unbelievable to see all the red and white vests in this race and all performing up to and beyond expectations.

- Fergus Roberts, 1st  
Yorkshire Champion, Yorkshire Qualified & Team Gold
- James King, 4th  
Yorkshire Qualified & Team Gold
- Paul Harmsworth, 19th  
Team Gold
- Daniel Overin, 22nd  
Team Gold & First Ever Yorkshires
- Glen Lent, 25th  
First Ever Yorkshires
- Max Robson, 27th  
First Ever Yorkshires
- Andrew Parkinson, 31st  
First Ever Yorkshires



### Sam Wood & Thomas Allen – Yorkshire XC Championships

**Under 15 Boys** (63 finishers). Once again fantastic performances and especially the determination and strength of Thomas to keep going when not feeling fantastic, which led to the Team Gold.

- Sam Wood, 5th  
Yorkshire Qualified & Team Gold
- Marc Scott, 8th  
Yorkshire Qualified & Team Gold (First Year As U15)

- George Robinson, 10th  
Team Gold
- Thomas Allen, 20th  
Team Gold (Gritty race)

**Under 17 Men** (44 finishers). Unfortunately not a team opportunity, but fantastic individual performances.

- Doug Roberts, 3rd  
Yorkshire Qualified – Worked nicely through the field during the race
- Liam Fletcher, 27th  
First Ever Yorkshires, Great Performance

**Under 13 Girls** (69 finishers). Unfortunately due to illness/injury, we ended up with just the one athlete in this race, but that did not phase Abbie.

- Abbie Fletcher, 34th  
First Ever Yorkshires – Great Determined Race



### Abbie Fletcher – Yorkshire XC Championships

**Under 15 Girls** (58 finishers). It's been a lonely season for Maddy, being the only Under 15 girl R&Z has competing regularly for this age group.

- Maddy Winzer, DNF  
Unfortunately had to pull up due to injury

**Under 20 Ladies** (14 finishers). Athletes ran with the senior ladies and both R&Z athletes had fantastic races.

- Jessie Roberts, 6th  
Yorkshire Qualified
- Jo Adams, 10th  
Great race, just missing out

**Senior Ladies** (101 finishers). Had a good turn out in the seniors event, finished 10th team

- Tamsin Clarke, 22nd  
First Ever Yorkshires
- Kelley Haniver, 27th  
First ever Yorkshires
- Jenny Hands, 40th  
First ever Yorkshires
- Sarah Gregory, 63rd

- Fiona Hughes, 93<sup>rd</sup>  
Oops too much running around cheering younger athletes before race
- Jenny Fenwick, 100<sup>th</sup>  
Battled on despite losing her spikes



Five Members Of The Ladies Cross Country Team  
Yorkshire XC Championships

I am sure you will all agree the Yorkshires have to have been the most successful for a number of years for R&Z, not just with fantastic performances, but the actual numbers of athletes and spectators who turned out on the day.

#### The Northern Cross Country Championships, Leeds

These Championships saw some of the “old timers” going back to a venue, which they used to race very frequently in years gone by. Once again despite the very windy conditions, R&Z had a fantastic turn out. Club tents were not allowed due to weather conditions, but everyone camped out at my “bus” and had another great day out.

Under 13 Boys (194 finishers). Once again a great turn out with 6 athletes having fantastic races.

- Fergus Roberts, 1st  
Northern Champion
- James King, 17th  
Close finish, 2 athletes in front had same time
- Paul Harmsworth, DNS  
Injured but came to support
- Daniel Overin, 74th  
Hard fought race
- Glen Lent, 84th  
Only 8 seconds adrift of Daniel
- Max Robson, 89th  
Only 4 seconds difference – very close
- Andrew Parkinson, 136th  
Improving with every race

Under 15 Boys (200 finishers). Thomas unable to compete due to injury and Marc's first race since his broken toe.

- George Robinson, 33<sup>rd</sup>  
Fantastic strong race, less than a minute behind winner
- Sam Wood, 42<sup>nd</sup>  
Stuck in despite niggles with his knee and calf, good result

- Marc Scott, DNF  
Struggled with leg and toe, so sensibly pulled out

Under 17 Men (162 finishers). Once again only 2 athletes, but fantastic individual performances.

- Doug Roberts, 13<sup>th</sup>  
Great race, working through field well to pull himself into a great, final position
- Liam Fletcher, 125<sup>th</sup>  
Continuing a fantastic first season

Under 13 Girls (223 finishers). Three Athletes had good races in this age group.

- Amy Coulson, 88<sup>th</sup>  
A great top 100 position
- Abbie Fletcher, 132<sup>nd</sup>  
Another solid performance
- Rosie Stirr, 187<sup>th</sup>  
Great race, stuck in right to the end

Under 15 Girls (186 finishers). Another Solo effort by Maddy

- Maddy Winzer, 7<sup>th</sup>  
A great race, made up for being unable to finish the Yorkshires due to injury. First year as and Under 15, so very impressive

Under 20 Ladies (50 finishers). Jo Adams on her own today.

- Jo Adams, 38<sup>th</sup>  
Good solid run, one of last races, so ground really muddy by now

Senior Ladies (290 finishers). Just me flying the flag for the Senior women today.

- Fiona Hughes, 219<sup>th</sup>  
A little happier with this position

The famous Roundhay Park hill did not phase any of our athletes, who once again wore their red and white vests with pride and battled through right to the finish line.

#### The National Cross Country, Alton Towers

A very early start (5.15am for me) and I know some were worried about how this may affect their performance, but we were extremely fortunate to have a luxury coach and two excellent drivers to get us to our venue in comfort and in plenty of time. A BIG “thank you” to Hazel and Len for driving the coach - very much appreciated. Expectations were high for another round of exceptional performances from all athletes, but it is fair to say one athlete was perhaps feeling the pressure a little more than the others ...

Under 13 Boys (353 finishers). What a race, five R&Z athletes all competing out of their skins to get some great positions.

- Fergus Roberts, 1<sup>st</sup>  
National Champion, got the hat trick
- James King, 42<sup>nd</sup>  
What a season for James, fantastic
- Daniel Overin, 64<sup>th</sup>  
First season unbelievable result, brilliant
- Max Robson, 213<sup>th</sup>  
Battled all the way
- Paul Harmsworth, 285<sup>th</sup>  
Still recovering from injury, great race



**Under 13 Boys Team – National XC Championships**

**Under 15 Boys** (347 finishers). Thomas was unable to compete due to recurring back injury.

- Sam Wood, 23<sup>rd</sup>  
Absolutely amazing result, fantastic race. We all know he gave his all, literally besides the tent afterwards...
- Marc Scott, 81<sup>st</sup>  
Fantastic battle between these two, amazing top 100 positions
- George Robinson, 82<sup>nd</sup>

**Under 17 Men** (291 finishers). Guess what, still only the 2 athletes.

- Doug Roberts, 42<sup>nd</sup>  
Great top 50 position
- Liam Fletcher, 206<sup>th</sup>  
Another great race

**Under 13 Girls** (367 finishers). Three athletes again in this age group.

- Amy Coulson, 211<sup>th</sup>  
A bit of a niggle with her knee
- Abbie Fletcher, 222<sup>nd</sup>  
Another solid performance
- Rosie Stirr, 297<sup>th</sup>  
Real positive race

**Under 17 Ladies** (194 finishers). Solo effort by Rosie.

- Rosie Adams, 143<sup>rd</sup>  
A great race over this challenging course

**Under 20 Ladies** (129 finishers). Jo Adams unfortunately on her own again today.

- Jo Adams, 90<sup>th</sup>  
Good race right to the end

**Senior Ladies** (495 finishers). Just Tamsin and Kelley today (I bowed out so I could be there in full capacity as Team Manager...my excuse and I am sticking to it!!) Both had amazing results.

- Tamsin Clarke, 82<sup>nd</sup>  
Battled well to finish in the top 100
- Kelley Haniver, 125<sup>th</sup>  
Great race to finish in the top quarter

The Nationals were another fantastic day out, with great team spirit from both the athletes and the fantastic supporters (namely parents). EVERYONE who raced had great individual successes, which they should be very proud of. Days like this make all the cold, wet training nights so worthwhile. Well done everyone!

### **The Inter-Counties Championships, Nottingham** (Qualified Through Yorkshire Champs)

We had six athletes representing Yorkshire, but not the original six who qualified on the day at the Yorkshire Championships at Huddersfield. Doug did not race due to feeling under the weather and Jo Adams got a late call-up as a reserve.

**Under 13 Boys** Fergus Roberts ran yet another great race to finish 1<sup>st</sup> (team was 4<sup>th</sup>) and James King continuing his amazing season finished 52<sup>nd</sup>.

**Under 15 Boys** Sam Wood raced well to finish 31<sup>st</sup> (4<sup>th</sup> counter, team was 3<sup>rd</sup>) & Marc Scott had another solid performance as a first year Under 15 boy to finish 76<sup>th</sup>.

**Under 20 Ladies** Jessie Roberts ran strongly to finish 80<sup>th</sup>, with Jo Adams performing well, despite the late call-up finishing 95<sup>th</sup>.

### **The North Yorkshire / South Durham League (NYSD)**

We have had one of the best NYSD seasons for a long time! We managed to turn out fantastic numbers for ALL matches and not just the first few. We finished with 6 teams being in the top 2, which is unbelievable and as a result of this, we won the Aggregate Trophy for the best club overall in the league! We also achieved an amazing 22 individual medals, which is fantastic and a credit to everyone, BUT we also had fantastic support from all the other athletes, who may not have come away with a medal. We have ALL had an extremely good Cross Country season, with some amazing personal performances. As my reports are always the longest, I can only detail the medal winners in here, so will not mention everyone, who has competed or scored points, but you know who you are and you know how well you have done! I would like to say a BIG "thank you" to you all for making it a fantastic league this year for Richmond & Zetland Harriers.

### Under 13 Boys - First Team (winning every race)

- Fergus Roberts, 1st  
Winning every match he competed in
- Daniel Overin, 3rd  
First season, amazing
- James King, 4th  
Only able to run in 4 matches, fantastic
- Paul Harmsworth, 7th  
Again only ran in 4 matches, brilliant

### Under 15 Boys – First Team (winning every race)

- Sam Wood, 2nd  
Good, consistent season
- Thomas Allen, 4th  
Battled through despite back problems
- Marc Scott, 6th  
First year as Under 15 boy, great
- George Robinson, 8th  
Got stronger as the season went on

### Under 17 Men - Second Team

- Doug Roberts, 5th  
Only able to compete in 3 races

### Under 13 Girls – Second Team

- Amy Coulson, 2nd  
A good, consistent season



Amy Coulson In Action – Richmond XC

### Under 15 Girls

- Maddy Winzer, 1st  
Winning 5 out of 6 races, fantastic

### Under 17 Ladies (Part of Seniors Team)

- Rosie Adams, 6th  
Only able to compete in 3 races, good results

### Under 20 Ladies (Part of Seniors Team)

- Jo Adams, 3rd  
Only managed 3 races, good results

### Senior Ladies – Second Team

- Tamsin Clarke, 2nd  
Great first season in league
- Kelley Haniver, 3rd  
Another great first season in league

### Vet 1 Ladies (Part of Seniors Team)

- Sarah Gregory, 4th  
Only able to compete in 4 races, great result
- Fiona Hughes, 6th  
Just made it to a medal .....

### Conclusion

It really has been a fantastic season for all of us and one everyone should be very proud of. I have really enjoyed being involved this season, both as a competitor and Team Manager. It has been very rewarding to see everyone doing so well. Also a BIG “thank you” to the spectators and officials (and taxi drivers), as your support makes a huge difference to the athletes.

We need to take the success of this Cross Country season straight into the Track & Field season and let’s hope we get fantastic support from all athletes for the Young Athletes League, Seniors League and the NYSD League. The dates of these leagues are on the Fixture List (and also on the training schedules for the endurance group), so no excuse for not knowing the dates. Once again, THANK YOU and good luck for the track season.

*Fiona*

Fiona Hughes

Level 3 Coach, Cross Country Team Manager

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### **SENIOR MEN’S CROSS COUNTRY REPORT**

Forgive me if I discount the contribution of the younger element of the Senior Men’s Cross Country team this Winter, but you must feel like a carer at times, along with the fact that you are very much the minority. Even the “Peter Pan” of R& Z Harriers is starting to show his age (I’ll omit his name, but I’m sure you all know who I mean).

Speaking of Ken Harker, I think he ran all available Cross Country races this Winter and proved to himself and us all, that last Summer’s injuries are well behind him and he is set up for a great Summer. We dominated the Vets categories in the NYSD with Jon Orange, Shaun Purkiss, Tad Zaranko, Ian Scott and Tony Ryder all scoring good points. Jim Robinson also had a brilliant season, finishing 2nd Vet 60 in the league. He continues to train hard and be a legend, as well as setting targets for all of us aspiring vets. Taff Rogers manages to combine a good Saturday night out with his racing programme, in fact, at Richmond the alcohol haze must have made him invisible to the recorders as he was omitted from the results!

The men received quite a bit of stick from the ladies for a virtual "no show" at the Yorkshires (with the exception of Ken Harker and Rich Hunt), but we reversed that at the windy, but classic Northerns at Rounday Park and honours were even at the Nationals, as both teams failed to score. Those who braved the Nationals had cracking day out, with plenty of quality performances from our club to watch.

Numbers competing have been a revelation this Winter in the NYSD - we must have been one of the best supporters of the league. Although we are primarily an increasingly ageing group of runners, who, in my view, are a credit to themselves and the club, we must be thankful for the likes of Rich Hunt, who adds a bit of youthful quality to our ranks whenever he turns out.



**Rich Hunt – Yorkshire XC Championships**

Steven Lambert has shown that with application and hard work, great improvements can be made and it will be interesting to see how he does during the Summer. Well done to all the NYSD medal winners and a great big "thank you" to all the men, who have supported the club and their team mates during this long, cold, windy Winter - enjoy the Summer season.

*Shaun*

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#### **PRE-SEASON SENIOR TRACK & FIELD REPORT**

The time has come around for this year's Track & Field league and once again, I am looking for willing competitors to turn out and represent the club. After a disappointing season last year, we were relegated from Division 3E to Division 4E - the lowest division in the league.

We should be able to do well in Division 4E, if we have a good turnout of athletes in all the matches. This is important, as we can only do well if we have the athletes competing for us.

The teams in Division 4E are:

- Birtley AC
- Blaydon Harriers
- City of York AC "B"
- Hartlepool Burn Road
- Houghton Harriers & AC
- Middlesbrough & Cleveland AC

- Richmond & Zetland Harriers

The proposed dates and venues are as follows:

- Sat May 3<sup>rd</sup> at York (City of York AC)
- Sat June 7<sup>th</sup> at Middlesbrough (Middlesbrough & Cleveland)
- Sun 6<sup>th</sup> July at Chester-le-Street (Blaydon Harriers)
- Sun 3<sup>rd</sup> Aug at Middlesbrough (Hartlepool Burn Road)

All the matches this year will be double headers with higher division teams. We are looking forward to an exciting Track & Field season and the competition will be tough. Over the next few weeks and months, we need to build our strongest possible team for each match and if we get plenty of enthusiasm and support, there is no reason why we shouldn't be able to hold our own in this division and push for promotion.

*Chris*

Chris Peacock  
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#### **PUBLICITY**

The Winter season has drawn to a close and there has been plenty to report in the newspapers, keeping people informed of just what we've been achieving and exactly how well we've been doing! Once again, it's important that we keep the information flowing, so that everyone is recognised for their achievements, efforts and contributions.

Just to reiterate, please contact me if you have any news or results, as it all makes interesting reading, as well as giving you the acknowledgement you rightly deserve. It also makes life much easier for me, as opposed to trawling the internet and wading through pages of results to see if anyone from the club has competed. Thank you to those, who contact me regularly with news and photographs, it is a great help. Please keep up the good work and encourage others to get snap-happy with their cameras. Photos from any events are always welcome, no matter how trivial you may think they are.

Club information is often sent out by e-mail, however, some people are still missing from this list, so if you wish to be included, please let me have your e-mail address, as it makes communication much easier and more readily available for everyone.

Wishing you all a very successful and enjoyable Track & Field, Road Running and Summer season.

*Sarah*

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