

RICHMOND & ZETLAND HARRIERS

www.rzh.org.uk



NEWSLETTER

AUTUMN 2006



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**ACTING CHAIR & SECRETARY'S
NOTES ON COACHING & OTHER MATTERS**

GENERAL

Firstly I wish to thank the Committee, Coaches and Club Officials for all their hard work over the year and their unstinting support, which has kept me going when difficult problems arose. The Club has managed to cope with these and is moving on. Lots of young athletes are joining the Club and the coaching groups are expanding. There is also the prospect of increasing School/Club links in the future and I attended a meeting at Risedale College in early October on this very subject.

The summer track and field season has been like the curate's egg; good in parts. Our juniors performed creditably in the Young Athletes League and the Club always supported the NYSD competitions well. Once again we hosted a meeting at Catterick and this went well, helped by perfect weather. Unfortunately, the turn-out for the Northern Senior League matches was disappointing and our seniors need to make a big effort next year, if we are to maintain our presence at this level. Support from Club Officials was very good at all meetings.

Nationally, England Athletics Ltd has been created and Regional Councils set up. We come under the Yorkshire & Humberside Regional Council.

Thanks to Shaun Purkiss, Taff Rogers and Chris Peacock for all their hard work in smartening up our equipment container with paint supplied by the Army. The Long Jump pit now has a new robust cover over it and safety foam for lining the sides, when it is in use. The old throwing cage on the in-field has been replaced by a new "state of the art" model and both it and the top ground throwing area have been regularly in use over the summer.

COACHING

Since the Spring we have had four groups operating: Endurance (Fiona Hughes), Sprints (Christiane Adams), Novices aged 10-11 years (Faye Chilton & Mike Shaw) and Throws/Hurdles/Jumps (Graham Purvis). As you know, I have for personal reasons, since 1st September, reduced my visits to Catterick to once a week on Tuesday nights only. In future I would hope to support the other coaching groups when I am available and help particularly with the throws. Two parents: Mike Shaw and Stuart Dinsdale and two athletes: Jon Orange and Katie Roberts, have all done the Level 1 Coaching Course.

Congratulations to Jo Adams (800m), Leanne Shaw (200m), Ruth Hill (200m) and Holly Carrick (Shot Putt), who all represented North Yorkshire at the English Schools Championships at Gateshead.

DEVELOPMENT

We obtained new equipment from two sources. Thanks to the efforts of members, parents and friends collecting Tesco Vouchers, we were able to get three soft hammers, five junior rubber discuses and a 50m measuring tape. Also thanks to Karen Buck, North Yorkshire Athletics Development Officer, we were given more funds to obtain High Jump stands and a mini bar, a 5kg shot and a 5kg hammer.

PLEASE NOTE that we are again collecting the **GREEN** Tesco Sports For Schools & Clubs Vouchers - please hand these to myself, Sue Fraser or Sarah Gregory.

This autumn the Army announced, at short notice, that they were increasing the charges considerably for the hire of Le Cateau Gym and also to a lesser extent, the track. There are now extra charges for insurance and using the floodlights. We can just about cope with the costs for the track, but the gym charges are now too great, so we have found alternative accommodation for indoor training at Risedale Sports & Community College in Hipswell.

We started winter training here on 3rd October and will continue to go there on Tuesday nights up until the end of February 2007. On Thursday, training will be at the track as usual, with floodlights in use once the nights turn dark. North Yorkshire County and Regional Junior Coaching Squads are taking place from the October 2006 to March 2007 at the Sheffield EIS High Performance Centre. Eleven athletes from the Club have been invited to the four county days and Ruth Hill, to the six regional event days. Coaches can attend these to assist and obtain credits for their own on-going revalidation process if they wish.

AGM, PRESENTATION EVENING & DISCO

The 2006 AGM, Presentation Evening & Disco, will be held at Bedale Athletic & Sports Association (BASA) on **Saturday 25th November commencing at 7.00 pm**. This will be followed by presentation of awards for the year, a buffet supper and a Disco.

As a properly constituted club, Richmond & Zetland Harriers have to publish the Minutes of the previous AGM at least one calendar month in advance and this Newsletter is the most convenient vehicle. We must also advise all members that any items for the Agenda must be submitted in writing to the Hon Secretary, Graham Purvis, 3 Cleveland Way, Carlton Miniott, Thirsk, North Yorkshire YO7 4LN or email: gapat3@tiscali.co.uk, again at least one calendar month in advance.

A copy of the AGM report, which includes the Treasurer's income/expenditure accounts and balance sheet, as well as the List of Officers elected for 2005-2006, can be seen on the Notice Board at the track and will also be circulated at the 2006 AGM.

Please look at the list of Officers elected for 2005-2006 and be aware at the AGM, that nominations will be sought for all these positions and will be voted upon. The Committee remains under strength and we urgently need to fill two vacancies in particular. These are the posts of Chairman and Social & Fundraising Secretary. Please volunteer to help. The more people we get, the better it is for the Club, more the jobs can be shared and less of a burden placed on the individual.

Graham

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TREASURER'S REPORT

I am sure you all want to keep the subscriptions to a minimum, so don't forget we can make a difference by running fund raising events. In the past we have organised coffee mornings, quiz nights and collections of various sorts. We can also consider sponsorship. You may be aware of grants we can apply for. If anyone is prepared to help, please speak to me or any Committee member. Many Thanks.

Ian

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Treasurer
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MEMBERSHIP

With the Olympics to be held in London 2012, we have had a staggering 47 new members join the Club since April 2006, which is really good news for the Club and athletics in general.

This positive outcome for the Club however, has been offset by the poor response from 48 members of previous years, who have not renewed this year's subscription. This may be an oversight on behalf of some members and if so, I would be grateful if you could hand a cheque to myself or any of the coaches, payable to "Richmond & Zetland Harriers" as soon as possible.

Although fees went up only very slightly for the 06/07 season, this was a very small increase for the facilities and coaching available to members.

I would also like to dispel a little myth or misunderstanding, which was mentioned to me recently by a new member, who had been told that there was no payment to be made to the Club if they did not compete. Can I please clarify that this is not so. Any person, who uses the track on Club nights and takes part in its activities, has a duty to pay a Membership Subscription to the Club. Persons, who take part in Club activities and are not registered members of the Club, are not covered by the Club's insurance.

Fees for existing members were due by 31st March 06 and are renewable on the 1st April 07. Subscriptions are currently as follows:

Full Member (including Juniors)	£28.00
Family Membership	£69.00 **
Army/Forces Personnel	£23.00 #
Social Members	£12.00

Relates to employees of the Armed Forces and not their spouse or children

** Families at the same address are eligible for a £5 reduction for second or subsequent member(s), maximum payable £69.00

A Renewal Form is attached to this Newsletter. Alternatively, forms can be downloaded from the website www.rzh.org.uk. Forms must be completed for all athletes and social members.

Assuring you of our best intentions at all times.

Sue

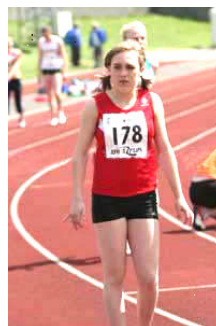
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JUNIOR ATHLETES & SENIOR LADIES' TRACK & FIELD REPORT

JUNIORS

Well what a great start we had with the first match at Shildon on 29th April. I have never been in a position where I really had too many athletes in one particular age group - namely the Under 13 boys. With so many new recruits, it was amazing to see a red and white vest in EVERY event for the Under 13 boys, both A and B string. It was a shame it could not be said for the other age groups, both male and female!! Once again we had the trusty few, who came along and gave it their all. If only we could encourage more of the athletes, who we have on 'paper' to come along and see what good fun it is, with a little bit of hard work into the bargain. Scarborough won with 321 points, Jarrow & Hebburn were 2nd with 313 points and we were 3rd with 310 points. A very close and exciting match!

The second match unfortunately saw depleted numbers and the initial influx of Under 13 boys was no more. However, all the athletes, who turned out for THEIR team did maximum events and I believe once again, enjoyed the competition. We were unfortunately pushed down to 4th place as follows: Jarrow & Hebburn 1st with 458 points, Scarborough 2nd with 445 points, New Marske 3rd with 361 points and then RZH with 208 points, quite a big gap this meeting. So after 2 matches we were in 3rd place overall.



Brogan Fraser - NoEAA Track & Field Championships

The 3rd match was back at Shildon and fell on the same day as one of the England World Cup matches, HOWEVER we managed a better turn out than I originally anticipated and through everyone pulling together, we managed to get the whole event finished 1½ hours early, in time for kick off at 4pm!! This event was more like the first match, with the points being exceptionally close and every point really counting. Unfortunately, an early blow with

Leanne Shaw being injured and having to pull-out, meant a quick jiggle around with the team, to cover as best as possible. It finished with Jarrow and Hebburn once again in 1st with 338 points and RZH just being pushed out towards the end of the match, finishing 2nd with 326½ points. Ruth Hill also got Girl's Track Athlete of the Match for her U15 200m time - a Grade 2 achievement!!



Ruth Hill Competing In The 200m

So after 3 matches it was looking as if we could possibly be fighting for a promotion place, as we had moved to equal 2nd overall with Scarborough.

The last match saw us having to travel to Gateshead to take part in a double header. It was a beautiful day for the spectators, but a little too hot for the athletes. Once again a little depleted on numbers, as the holiday season got underway, but those who competed did fantastically once again. We were pushed into 3rd with 331 points - a long way behind 2nd placed New Marske with 393 points and winners Jarrow and Hebburn with 493 points! Due to the fact that we scraped ahead of Scarborough, we thought we may have done it! Also Nathaniel Frankland was awarded the Boy's Track Athlete of the Match for his performance in the 800m!!

Final league points after all 4 matches were: Jarrow and Hebburn ahead with 23 points and us equal 2nd with Scarborough on 16 points. Anyone good at maths would see that this did not look right, however, some scrutinising of results, proved some previous match scores incorrect, which actually placed us one point behind Scarborough going into the last match and NOT equal to them. When it is tied like this, it goes on actual event points and this is where Scarborough beat us, as over the 4 matches, they had accrued 1256.5 points as opposed to our 1175.5 points, meaning they were awarded the 2nd promotion place.

So close yet so far. All the athletes who turned out did themselves and the team proud, it is just a shame we cannot get athletes out more regularly. This would mean that we wouldn't have a couple of matches with lots of athletes and then struggle to fill even "A" string events in the others.

Also we cannot forget the OFFICIALS and parent helpers. Without these people, the events would not go ahead and they get us points too, so a big THANK YOU goes out to all who helped!

SENIOR LADIES

What can I say?? Thank you to the faithful few. It was hard going, we were outclassed, but it does not help when

we are competing against people half our age and we are doing 7 events to their 1 event. The team spirit, attitude and effort of the female athletes was fantastic, but we simply did not have the numbers.

The value of competing in this League has to be questioned, if we are not going to have the support it deserves, as it costs the Club considerably. We finished last in every match and the Officials scored more points than the men at the last meeting! Food for thought?? Thank you.

Fiona

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ROAD RUNNING

The emphasis in the Harrogate and District Road Race League this summer has been on quality rather than quantity of Harriers. Only 15 of us turned out this year, compared with 17 last year and there was a distinct shortage of women, with only Sarah Gregory, Shirley Mathurin and Paula Copeland competing. Nevertheless, there were some regular competitors and Jon Orange, Shaun Purkiss and Taff Rogers deserve a special mention for running in every race, while Chris Peacock only missed the Handicap race at Ripon.



Shaun Purkiss Leads The Way At Ripon

There were some quality vets performances. Jon Orange won the Vet 40 category yet again and with good support from Shaun, Tony, Paul, Taff, Chris, Tad, Jim and others, the Veteran Team Trophy also went to RZH. This one went right to the wire as Harrogate were only 30 or so points behind (out of 1700) going into the last race, but spirited performances at Esholt clinched victory.



Neil Piper Collects The Veteran Men's Team Trophy

Virtually everyone on the RZH team was a vet anyway, so it was nice to get some reward for it. The last time we won this trophy was in 1999, but ageing memories being what they are, nobody could remember who was running then.

Next year it will be our turn to host a race again so we will need plenty of help. We have the potential to turn out a really good team, so the more support we can muster, the better the chance of scalping some of our neighbouring teams.

Away from the Harrogate League, there have been some notable achievements. One of the highlights must be Jon Orange's 2nd place in the recent Darlington 10K, in a spectacular time of 31.56, less than a week after running 4 minutes for 1500 metres.



Jon Orange Competing In The Harrogate & District Road Race League At Thirsk

The Black Sheep Race series is a set of local races, mostly around 10K, but some up to half marathon distance. Paul Scott was our most regular competitor, running in every race, with Sarah Gregory also making an appearance in some of the events. Support from other Harriers was thin and it is disappointing to see our club so poorly represented at local events. I know there is a lot of competition for time from Track and Field, but it would be good to see more people entering road races, as many of them are only a short distance away. On the plus side, it is good to hear of Harriers travelling far and wide to races in this country - from the London Marathon to the Isle of Bute and even abroad.



Shirley Mathurin Nearing The Finish At Ripon Harrogate & District Road Race League

I keep a file of Race Entry Forms. It's a big red file and is brought to the Club whenever I turn up. Have a look through it to get some inspiration for future events. There's also an updated list of events on the website. There are plenty of races coming up over the winter, which make a good alternative to ploughing through the cross-country mud, so enjoy your running!

Neil

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CROSS COUNTRY PREVIEW

Yes it's that time of year again!! The one we all love - the cross country season, with all the mud, snow, wind and rain. Already some of us have started the season with the British Masters Cross Country Championships at Sunderland. We were up against some of the best veterans in the country and we all performed very well indeed, finishing 6th team, after being in a medal position for most of the way. This was an excellent result for the club and hopefully we can now build on this for the rest of the season.



Marc Scott, Tom Allen & Sam Wood NYSD Cross Country Relays 2005

The first NYSD League is at Hartlepool on 15th October, so let's have a good turn out for that and show the rest of the clubs that we mean business this season! There seems to be a lot of us older ones turning out, so let's get some of the younger ones out - your club needs you!! Hope to see you all at Hartlepool for the first NYSD race.

Ken

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SENIOR MEN'S TRACK & FIELD

As you all know, in 2005 Richmond & Zetland Harriers Senior Men and Women's team gained promotion to Division 2E in the Senior Northern Track & Field league.

As another season ends, it falls to me to write a few words on how we fared in the higher division.

We were hoping to carry on last year's success but, quite frankly, we fell well short of expectations.

A combination of very poor turnout for the club and stiff opposition, saw us finish last in Division 2E and relegated to Division 3E. We finished last in every match, but with only a handful of athletes turning out, we couldn't have hoped to do any better. Many thanks to all who did compete for the Club throughout the season, but it was a losing battle.

The season did have a few highlights though, with some exceptional individual performances - all from veteran athletes! Ken Harker (V35), Jon Orange (V40) and John Wild (V50) all had a very successful Track and Field season. Ken kick-started the season with a fabulous Bronze medal from the World Masters Indoor Championships at Linz, Austria in March. He also competed in the World Masters Outdoor Championships, in Poland in July. To cap off a very rewarding season, he also ran 2:00 for 800m, getting back down to the fast times that he is capable of. Not bad for a V35!

Jon Orange had the track race of his life when he ran 4:0.7 in the 1500m at Middlesbrough, during the final Northern Senior Track & Field league on 6th August. That result shot him up the master's rankings to 2nd in the UK - a brilliant performance! Not bad either for a V40, knocking on the door of V45!

Myself, I ran a season's best of 2:13.4 for 800m, securing a place in the top 20 of the Masters National Track & Field (V45), but not quite the 2:10 I have been aiming for - maybe next year.

Last, but definitely not least, John Wild had his usual successful season and performed to an outstanding level in almost all the NYSD and Northern Senior League track and field events.

At the North East Veteran's Championships at Jarrow on 22nd July, he literally had a field day, with no less than five wins from five events in the V50 age group, showing that he is truly head and shoulders above the rest. Tackling all 5 throwing events, John was a convincing winner - Shot Putt 10.05m, Discus 37.53m, Javelin 36.69m, Hammer 37.98m and Heavy Weight 13.88m.



Champion Thrower - John Wild

John was in action once again on 8th & 9th July, this time proving his throwing pedigree at the British Master's Track and Field Championships at Birmingham. A fine

string of results, saw him take an excellent overall standing, with 1st in the Javelin with a throw of 34.79m, 3rd in the Discus with 38.76m, 4th in the Hammer with 39.07m, 5th in the Shot Putt with 10.28m and 5th in the Weight with 13.15m. He had hoped for a better result in the Weight, but nevertheless, performed very strongly in a group in which he was the eldest competitor.

Next year, we will be competing in Division 3E of the Northern Senior Track & Field league, so I would not like to see the same disappointing season as this one!

Finally, I would like to thank again, all the athletes, male and female, as well as the officials, who turned out for the Club this year. See you next year!

Yours in Sport.

Chris

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PUBLICITY

This is the end of my first year as Publicity Secretary, which has seen reports on the Club sent to the Darlington & Stockton Times, Northern Echo, North Yorkshire News and Northallerton & Bedale Times almost every week. We have also submitted a "Club Focus" article to Athletics Weekly, which is yet to be published. I feel it is important to keep this attention on the Club, as it not only lets people know what we have been doing and achieving, but it is also rewarding for members themselves, to gain recognition for their efforts.

Please forward any news you have to me, as I need information every week, especially when there is a lull between seasons or there is not much happening on the racing front, which can happen from time to time. This can also be other sports, which you compete in and not necessarily just running, such as Frisbee, Swimming, Cycling & Triathlon, to name a few, which I have reported on in the past.

I have a VERY limited amount of photographs and these are invaluable, so if you have any, then PLEASE forward them to me, they need not be attached to a report - I can only use them anytime, but I only have what I am given. Photos are always sent to newspapers with the reports, however, the editors obviously have the final say as to what is printed each week. There will be plenty of action in the forthcoming cross country season, as well as road races, so please keep the news flowing in.

All the best to everyone competing in forthcoming league and individual races - all reports, no matter how big or small, are always more than welcome, so let's keep the Club in the limelight where it belongs.

Sarah

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