

# ***RICHMOND & ZETLAND HARRIERS***

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## **NEWSLETTER**

### ***SPRING 2007***



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## CHAIRMAN'S COMMENTS

Another winter season has been completed, with lots of positive results from you, the athletes. Standards are very high, as you will read in the team manager's reports, but most of all, I'm getting a good feeling of club spirit across all areas with parents, coaches and athletes sharing the collective responsibility. This is what makes a voluntary club like ours function. Behind the scenes of any club, are a band of dedicated people, who spend loads of their spare time doing the unseen, unpaid and very much needed jobs, which are sometimes taken for granted. I know not everyone has the time, but in many small ways, you can contribute to club life.

Feedback in terms of a few kind words to coaches, training more often, competing for yourself and your club regularly, paying your subs on time and generally taking an active role are all great. Remember, that although you pay a membership fee, it is not a payment for a service, but is a bit like training - you have to put in the work to give yourself the chance to reach your potential. We are very lucky to have the facilities available to us - track costs are going up this year, so please pay subs on time. Risedale Sports College facilities have been a great alternative this winter and thanks must go to Tad Zaranko; the Headmaster and club member for this.

My message to you all therefore, is yes, take advantage of what the club has to offer, but don't forget it takes a good deal of work and commitment to keep it going, so please don't take it for granted. In the 25 years, which the club has been going, there have been hundreds of athletes pass through our membership, all achieving personal bests and winning medals at all levels. History needs rewriting on a regular basis, so as well as trying to beat your own personal bests, please let's see if a few of the old club records can disappear in the near future. It is my hope, that at the presentation evening in November, we can have a club reunion of some sort, similar to the one we had on the 21st anniversary, so watch out for information on this soon. I also hope to offer a trip to the World Cross Country Championships next year in Edinburgh; a few of you have already expressed interest, so again, watch out for more information.

Finally, before I finish, can I please say enjoy your sport, however many different ones you take part in and remember, while you have the chance and the opportunity - take it. Looking back and saying "I could have" or "should have" or "used to" is not the way to approach involvement in any sport. Push your own boundaries, put in the work and commitment and the results, which are not only measurable or timed, will stay with you forever.

*Shaun*

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## MEMBERSHIP

Please may I remind all members, that subscriptions are now due for 1st April 2007 to 31st March 2008. To date, only a handful of members have paid for this period. Fees were due on 31st March 2007 and should be paid now.

An e-mail was sent at the beginning of March, as a reminder to all those, who have given me their current e-mail addresses. Please note, unpaid fees mean you should not be using the track for training and are not covered by the club's insurance for any events. Attached is a renewal form, which should be posted to me at the address on the form or handed to your coach.

Seniors & Juniors - £28  
HM Forces & 2nd Family Members - £23  
Family Membership - £69  
Social Membership - £12

All members are now required to register when attending the track or a training session, which will be done via a roll call through their coach. In the case of the Seniors, a nominated person will complete a register in the same manner. Wishing you a successful Summer season .

*Sue*

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## SECRETARY'S NOTES COACHING & OTHER MATTERS

### General

In October we changed our indoor training base on Tuesday nights to Risedale Sports College in Hipswell. This has proved to be a great success and thanks are due to the headmaster Tad Zaranko and his staff. We have been able to use the Sports Hall and Gym; both much larger than anything we have been used to in the past. There is plenty of athletics equipment available and we also have a small weights room at our disposal. The Richmonshire & Bedale Athletic Development Group, to which we contribute, also meets at the College. Training at the track on Thursday nights has continued as usual. The new rota for opening up is now running smoothly and thanks go to Phil Wadsworth for organising it and to the members, who volunteered to help. Thanks also to Taff Rogers and colleagues for closing up after training. Nationally, England Athletics is now our governing body and holds the purse strings, so we as a club, must affiliate to them this April. The future of Road Running has assumed a prominence in the athletics press recently and there is to be a local meeting on this at Ripon Cricket Club on the 25th April.

### Coaching

Three coaching groups have operated over the winter: Endurance, Sprints and Novices aged 10-11 years, with the same leaders as in Summer 2006. I have been acting as a reserve on Tuesdays, taking occasional sessions indoors when required. Now we are back at the track, I will

be taking my own group on Tuesday evenings, focusing mainly on the throws. On Thursdays they will join one of the other groups. James Brownfield-Pope has recently done a Level 1 Coaching Course and the majority of our coaches have now been CRB checked. Nine athletes have attended the Youth Squads at Sheffield EIS High Performance Centre (8 County & 1 Regional). Four of these athletes, have also attended extra training sessions in York, with Regional Coaches and several of the sprinters have competed indoors during the winter.

Development

We have acquired more new equipment through the latest Tesco Vouchers Scheme: 8m Agility Ladder, Speed Ladder Set and Foam Frisbees for Discus training. Thanks to all the members who collected vouchers. The club is represented on Athletic Development Groups looking at increasing school/club links in both the Richmondshire & Hambleton areas. Enjoy the summer track and field season. Fiona has already provided you with the dates of the 3 leagues in which the club is involved (NYSD, YAL & NSL). Please support these and also the Yorkshire Championships at Cudworth on 12-13th May.

*Graham*

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**TREASURER'S REPORT**

Just a reminder that subscriptions were due on 1st April, as already advised. It is very important to the club finances, that everyone pays their subscriptions on time; this also reduces Sue's workload in chasing up late payers.

With increasing costs for entry into the various Leagues and Competitions, it is essential that we make the most of fund raising opportunities to minimise any future increase in subscriptions. We have a date of 18th NOVEMBER 2007 to collect at the CATTERICK SUNDAY MARKET so please put this in your diary. We need to have people at the two entrances to the racecourse from about 8.30am until 3pm. With a good response, no-one will need to spend more than a couple of hours here and it will reap dividends for the club. There will be a list on the notice board at the track, so please put your name down and we will organise a rota nearer the time. In the past we have raised over £600 in this way, so it is a massive boost for the club and makes a big difference to everyone concerned.

*IAN*

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**CROSS COUNTRY REPORT**  
**Males (Under 13 - Under 17) & Females (All Ages)**

Female & Junior Male Cross Country Season 2006/2007:  
 What a fantastic season Richmond and Zetland have had! Even the commentator at the Yorkshires was wondering if anyone was actually left in Richmond, as we made our presence felt so much! Everyone, and I mean everyone has given it "their all" this season and it has been a real pleasure to be a part of it, so Thank You! We started the season well, winning the Under 13 Boys Cross Country Relay (retaining the title) and took 3rd in the Under 13 Girls.



**Leading The Way: Maddy Winzer At Whitby**

NYSD Cross Country League

We had a good selection of athletes competing this year in this league, fantastic numbers in some age groups and poor numbers in others, but that said, everyone knew Richmond and Zetland meant business. It would be impossible to list every competitor (this has been done throughout the season in Sarah's reports), so all I am going to do, is say WELL DONE to everyone and list the actual medal winners (anyone scoring 20 points or more):

Under 13 Boys

- 1st Fergus Roberts 48 points
- 2nd Marc Scott 42 points

Under 13 Girls

- 3rd Maddy Winzer 28 points

Under 15 Boys

- 4th Thomas Allen 28 points
- 6th Sam Wood 23 points

Under 17 Men

- 3rd Doug Roberts 26 points

Under 17 Women

- 4th Jo Adams 30 points

Under 20 Women

- 3rd Jenny Fenwick 28 points
- 4th Jessie Roberts 20 points

Senior Women

- 4th Kelly Haniver 27 points

### Team Results

Under 13 Boys 1st Retaining The Title Again  
Under 15 Boys 6th  
Under 13 Girls 4th  
Senior Ladies 4th

### Yorkshire Cross Country Championships - Skipton

Some people may think of Richmond and Zetland Harriers as a small club, hidden away in the country and if they do, how wrong are they! Small club with BIG Talent - 2 Yorkshire Champions, a Yorkshire winning team and numerous other fantastic individual performances says otherwise! Well done everyone once again.



**Yorkshire Champion: Fergus Roberts**

### Under 13 Boys

1st Fergus Roberts  
4th Marc Scott  
19th James King  
31st Paul Harmsworth  
36th Rob MacLean  
42nd Rob Scott

### Under 15 Boys

17th Thomas Allen  
22nd Sam Wood  
56th Jack Young

### Under 17 Men

14th Doug Roberts

### Under 13 Girls

1st Maddy Winzer  
31st Amy Coulson

### Under 15 Girls

49th Hannah Dawson

### Under 17 Women

25th Jo Adams  
37th Rosie Adams

### Senior Women

42nd Kelly Hanniver  
73rd Sarah Gregory  
94th Fiona Hughes

### Team Results

Under 13 Boys 1st No stopping them!!  
Senior Women 15th

### Northern Cross Country Championships - Manchester

Another good day out was had by all ....

### Under 13 Boys

2nd Fergus Roberts  
8th Marc Scott  
110th Paul Harmsworth

Unfortunately with only 3 runners we were unable to challenge for the Team Trophy – what a shame!

### Under 13 Girls

25th Maddy Winzer - Fell early in the race & carried on  
77th Amy Coulson

### Under 15 Boys

38th Sam Wood  
57th Thomas Allen

### Under 17 Men

39th Doug Roberts

### Under 17 Women

56th Jo Adams  
89th Rosie Adams  
109th Jane Thornton

### Under 20 Women

51st Jenny Fenwick

### Senior Women

57th Kelly Hanniver  
192nd Fiona Hughes

### National Cross Country Championships - Sunderland

It is so nice to have a National Championship so close to home, this only happens every 4-5 years. By the time this event came around, numbers were dwindling, myself included. It was a very hard decision for me not to be there and I thank those, who stood in for me and to Jane for keeping her promise and ringing me with the results.

### Under 13 Boys

4th Fergus Roberts  
17th Marc Scott  
115th James King  
208th Paul Harmsworth  
14th Team

### Under 13 Girls

41st Maddy Winzer  
155th Amy Coulson  
233rd Gaby Rawdin

### Under 15 Boys

73rd Thomas Allen  
100th Sam Wood

### Under 17 Men

55th Doug Roberts

### Under 17 Women

82nd Jo Adams  
123rd Rosie Adams

### Under 20 Women

62nd Jessie Roberts



**Team Tactics: Thomas Allen & Sam Wood**

### Road Race At Redcar – Normally Relays

A very quiet event for us, but those who went to the event did exceptionally well.

### Under 13 Boys

1st Fergus Roberts  
2nd Marc Scott  
6th Rob Scott  
8th Paul Harmsworth  
1st Team - This makes it the full set AGAIN!!!!

### Under 15 Boys

2nd Sam Wood

### Under 13 Girls

13th Kerry Robson

### Under 17 Women

2nd Rosie Adams

### Senior Women (Vet 1)

2nd Fiona Hughes

Richmond & Zetland athletes have also done fantastically well within the Schools Cross Country season, with several athletes going all the way and making it to the English Schools. I do not have all of the results, so rather than make mistakes and leave someone out, I have not included these within this report, but well done everyone!

I would like to take this opportunity to say thank you to all the parents, who taxi the athletes to and from all these events, stand out in all weathers cheering all the athletes on and helped with the organisation at our own race at Richmond. You play a very important part .... I would ask now please, that you don't take a rest, but keep the momentum going for the track and field season - you never

know, we may even get good weather! We really do need all the help we can get, not just getting the athletes to the events, but in officiating and you, the parents, start earning the team points by doing so!!

Athletes, I know not all of you enjoy the track season, but it is an important part of your development as an athlete, so please keep it going. Let's transfer the excellent results from the country onto the track and show the NYSD summer league and the Young Athletes League that we mean business all year round!! Seniors...don't go hanging up your spikes, as we need you for the Seniors League!

Once again thank you to everyone and well done to you all, it really has been a pleasure this season and it really makes it all worthwhile.

*Fiona*

Fiona Hughes

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**Fine Form At Stockton Cross Country: Jo Adams**

### **SENIOR MEN'S CROSS COUNTRY**

So another Cross Country season has come to a close. Overall, it's been a good season; six NYSD events and the weather was quite reasonable for most races. At the sharp end as usual, was Jon Orange, who had a very consistent season yet again, although he was not very happy after Richmond, following a fall and some cursing in the mud. This is why it's called Cross Country running – mud, mud and more mud!! Despite this, he took the Vet 1 title again and Shaun Purkiss, a well-earned 3rd place in the same category. It was good to see Rich Hunt back and running well again after a long injury, I am sure he will be back with a vengeance next season. Even I managed to turn out for most of the events and although I would've liked to have been a bit higher up the ranks at times, I still enjoyed the races and all the support we receive from family, friends and fellow athletes.

It was good to see Shaun Purkiss running well and it also looks like he is going to have a good Summer season on the roads too. Jim Robinson walked off with the Vet 3 title, so congratulations to him on a well-deserved victory, while Neil Piper collected a medal in the same age group. There

were also some very good performances from other members: Taff Rogers, Ian Hepworth, Ray Robson (with his new found newspaper fame), Neil Piper, Tony Ryder, Ian Scott, Tadd Zaranko and many others.



**Vet 3 Champion: Jim Robinson**

The Yorkshires, Northerns and Nationals were unfortunately fairly poorly supported on the men's front, however, Jon and Shaun put in strong performances at the Northerns in Manchester, finishing in 76th and 216th, along with Neil Piper and Dan Brooks. Rich Hunt also ran fantastically well to take 32nd place at the Yorkshires.

These are the races where we need athletes from the Club competing and getting us on the map again. These are always very good days out for everyone involved, so please try and support them in future. I say it each year, but we still need a bigger turn out at these races – it seems that we get the people to training, but then when the races come along, we don't see them. These days out are all very friendly, very supportive and have a great atmosphere, so come on guys, get your spikes out, dusted off and ready for the Summer season. Make sure you come and join us - WE NEED YOU!!

*Ken*

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**Best Foot Forward: Ray Robson At Whitby**

### **SENIOR MEN & WOMEN'S TRACK & FIELD PREVIEW**

It's almost time for the 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, when we were relegated from Division 2E to Division 3E, hopefully this year, we will not have a repeat of this and so avoid the drop any lower.

We should easily be able to hold our own in Division 3E, 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 representing us.

The other teams in Division 3E this season are:

Blaydon Harriers, Durham City Harriers, Jarrow & Hebburn Seaton AC & Tynedale Harriers

The proposed dates and venues are as follows:

Match 1	Sat 5th May	Hexham
Match 2	Sat 2nd June	Carlisle
Match 3	Sun 8th July	Shildon
Match 4	Sun 5th August	Jarrow

As ever, the competition will be tough, so we need to build our strongest possible team for each match. If we get plenty of enthusiasm & support, then there is no reason why we shouldn't do exceptionally well.

As we will be the host club for match 3 at Shildon, I am looking for enthusiastic volunteers to help on the day. Top of the agenda is a person to help with the important task of recording the results during the match. If anyone would like to help, please get in touch with me.

*Chris*

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### **ROAD RACE PREVIEW**

The London Marathon, Great North Run and other high profile races tend to dominate the road running scene. There's certainly a buzz about them, as well as the chance of perhaps seeing yourself on TV and the organisation is generally excellent. There are down sides however – the hassle, the cost, the crowded courses and the difficulty of possibly achieving a PB.

So it's worth noting that there are many smaller, low-key races, often much closer to home. Last November a few of us ran a friendly 10K race in Ravenstonedale, a little known village near Kirkby Stephen. There were lots of prizes, just over 100 runners and we all ended up in the pub afterwards, the cost being only one third of the Abbey Dash 10K in Leeds the next day.

Small races are fun and need our support. The Black Sheep Series is very local and worth turning out for. There are hundreds of others all over the country, so if you're not

very fit, you can do a race further afield. Also lots of races have "fun runs" of 2 to 3 miles, ideal for our younger members.

The Harrogate Road Race League follows the usual format, except that this summer, the team competitions revert to all 5 races counting. Individuals still count their best 4 races and all are between 5 miles and 10K in distance. The fixtures are as follows:

Thu 03 May	Otley	10K
Thu 17 May	Gilling West	Pond Dale, 5 Miles *
Thu 07 June	Harrogate AC	Beckwithshaw, 6 Miles
Wed 27 June	Wetherby	Harland Way, 6 Miles
Tue 03 July	Dragons AC	Esholt, 5 Miles
Tue 17 July	Ripon Runners	Handicap/Presentation

\* This is our own event, so we will be looking for willing volunteers to help with organisation and marshalling the course.

It is possible to turn up on the night to register, but it's better if I can allocate you a number beforehand. Let me know if you are likely to compete, as a good showing of RZH vests would be terrific!

Incidentally, the Road Runners Club has a Standards Scheme, which may interest some of you. It has Open and 5-Year Veteran categories, divided into 4 standards for both men and women. For example a 45-Year old man, who runs a 10K in 37 minutes is 2nd class. Quite tough standards, so if you want to know how good you are, just ask me.

Neil

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#### **PUBLICITY**

The weekly newspaper reports are a great way of recognising the efforts and achievements of all our athletes and the club as a whole. Again I would like to reiterate, just how important it is that we keep this going, so that people are aware of the club, what we do and that we are competitive.

Once again, I'm asking that you please tell me when you or your children have competed, along with the results, especially in the schools events, as these results are not readily available. Although I check all the results, you can provide a much better service, by imparting the personal touch, which I can add to the reports – behind every result is a story in itself. I may also miss something and I would much rather receive 3 reports, than none at all, meaning someone is omitted. It also makes my life a lot easier and the task less time-consuming. It need not just be running, I am always keen to hear of any other sports, which you compete in.

As usual, photographs are limited and I ask that you please forward me any that you may take yourself or have on file at home. They are easily attached and make a fantastic accompaniment to any written report. I've noticed that we are the only local running club, which regularly has photos printed in the newspapers, so I would really like us to keep this going and need your help to do so. Remember to bring your camera along to all the events, get snap-happy and e-mail me your photos.

Editors have the final say as to what is printed each week and what you see, is not necessarily exactly what I have submitted and maybe a rather curtailed version in some cases.

All reports, no matter how big or small, are always more than welcome. Let's keep the Club in the public eye, as we all deserve recognition for our efforts!

Sarah

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