



## More Rambling from Your President

### Get to Know Your Members

As promised I am going to try and get Committee Members, long serving ordinary members and some new members to let me know a little about their running and why they run.

First up is **Clark Hind**. Clark ticks a number of boxes being a fairly new member, joined January 2015, one of our younger seniors at 27 and has recently taken on the job of Road Secretary, putting together this year's Road Championship events and already organising an excellent trip to the first event at the Essar Half Marathon with a meal at a local pub afterwards to warm up.



*Enjoying a pub lunch after the Essar Half Marathon*

Clark reckons he was more of a team sports player representing Isle of Man at rugby and cricket but did a park run in Greenhead Park in 2014, loved it and has been running ever since. As well as obviously increasing his fitness Clark finds running a release from work day stresses and thinks running generally makes him feel better about yourself.

At the moment Clark is training for the London Marathon and as our new Road Secretary is obviously often found doing road races but he will have a go at just about anything competing in 5K's to Ultras. He ran the West Highland Way Ultra last summer and is doing the Western States

100 in California this summer. His proudest achievement so far has been winning, by almost 1 hour, the 50 mile Calderdale Way Ultra in 2016, for which he was honoured to receive the club long distance running achievement award. With what he claims is a lack of real pace over shorter distances – 5K 17:42; 5 mile 28:38; 10K 36:04; 10 mile 1:01:31, Half M 1:21:30 and M 2:58:13, Clark reckons he's probably going to achieve his best results at Marathon distance or longer but is happy to mix up both distance and surfaces to enjoy a varied training and racing pattern (no doubt preventing the risk of boredom setting in with his running – Presidents Note).

Although Clark has just moved to Rastrick and says getting to the club (without a car) is now a pain, sometimes running there and back as part of his Marathon training, we hope he continues to be a member and develop his role as Road Secretary. He is definitely what we need more of at the club. Young, keen, an active racer, willing to get involved in helping to run the club and motivate others.

I'll leave the last words to his answer to my question "What do you like best about the club"

***Over my few years at the club I have made some good friends and training partners. These people have made a big contribution in my life and I would not be where I am without them. I probably wouldn't have met my wife to be if I didn't run so much!***

Another relatively new members is **Debbie Beck**. Debbie who is in the F45 category has been with the club for 4 years, although she says she ran "on and off" for 10 years before she joined. Since joining HH Debbie has been a very active member, taking part in club races and open



events, mainly on the road but has also had a go at CC. Though getting steadily quicker (she ran a PB at Dewsbury 10K this year), I'm sure she would agree, that she is not one of our fastest runners in her age group but she has volunteered to run for both the Open and Vets teams in Road Relays. In fact apart from the usual one quoted of "to increase fitness", "to be part of a team" is one of the main reasons why she joined and also what she likes best about the club.

Although 10 mile and half M are her favourite distances she has run everything from 3 miles to marathons with best times, so far, of 5K 24:00; 10K 48:36; half M 1:54 and Marathon 4:11.

Besides loving her racing Debbie has frequently helped at club events, when she is not racing herself. Hence she is what I would call "a fully active member", getting a lot out of the club because she is prepared to put back in as well.

*Debbie (left) with Maggie Sykes and Helen Pettit at the 2017 British Masters Road Relay Championships at Sutton Coldfield.*

# EVENTS YOU MAY HAVE MISSED

## Northern CC Champs

On Saturday 27th January the Northern CC Championships were held at Harewood House. For those of you that have never been to these championships as a competitor or supporter / spectator they are well worth the effort of attending. Clubs from all over the north attend and while at the front end there will always be some very good runners, all standards take part. The forecast torrential rain never arrived, so while very windy and wet underfoot the mild weather made for reasonable weather conditions for running. This was a "real" cross country course with some big climbs and large laps so only one or two laps were run even for senior men. Some very wet sections meant the ground cut up and turned to mud where several shoes were lost, most runners carrying on with one or no shoes!

While numbers of Holmfirth runners were down on previous years, in part at least to the sickness bugs going round over Christmas and New Year some excellent performances were put in by those that ran. All, whether first Holmfirth finisher or last Holmfirth finisher, should be proud of their achievement and for representing the club. A few exceptional results include:

### U20 women, 2nd team

17th Lucy Byram, 0:25:15; 18th Erica Byram, 0:25:25; 44th Amy Kettlewell, 0:28:31 and the team of three were well backed up by 49th Elizabeth Deacon, 0:29:15 28

### U20 men, 3rd team

19th Aaron Kettlewell, 0:29:32; 20th Christopher Law, 0:29:35 35; 27th Alex Robinson, 0:29:55; 51st Harry Shelbourne, 0:32:32 with the team of four well backed up by 64th Niall O'Connell, 0:34:12

### U13 B

An excellent 4th for Kristian Green in 0:11:02, particularly after being out through illness earlier in the month. Just 3 seconds off 3rd place and 15 seconds behind 1st.

### U13 G

8th Isabel Richardson, 0:11:59; 14th Imogen Wolff 0:12:14.



## Michael Moncrieff Spine Challenger January 2018

---

Some of us like to run in mass participation events, some to get out on our own and just battle the elements and our own limitations. This would definitely come in the second category! A fantastic effort by Michael Moncrieff, M40 in January who completed the Spine Challenger, a 108-mile route along the Pennine Way from Edale in The Peak to Hardraw in The Yorkshire Dales over the weekend of 13/14th January. His full report in on the club website at

<http://www.holmfirthharriers.com/joomla-pages-iii/category-list/26-fell/940-michael-moncrieff-spine-challenger-january-2018> . Michael completed in 44Hrs 24min. 26th man, 30th overall. Out of about 130 entrants, 103 made the start line (viruses and injuries) and only 76 finished.

He is raising money for Horatio's Garden, a charity who fund bed-accessible gardens for spinal rehab centres. If interested you can read more about them on my JustGiving page: <https://www.justgiving.com/fundraising/mpm2018>

## POSSIBLE NEW AWARD

It has been suggested that we should have an Award for a Runners Runner or perhaps better Members Member / Member of the Month / Year. The idea would be that any member or group of members could nominate another member for the award for something they had done that it was felt deserved recognition. This could be virtually anything to do with the club - running a massive PB, organising an event, helping behind the scenes, moving up a running group, tackling a new event discipline, whatever you think deserves a mention. Some views amongst the Committee were that it should be a yearly award although my own preference would be for a monthly award (more people involved in winning and nominating, easier to judge over shorter timescale). At the moment I am just floating this idea out to you the membership.

- Is it something you think worth doing?
- Would a monthly award be better than a yearly award?
- Do you think a trophy, certificate or just a public thank you and well done at club and via club media outlets would be appropriate?

**This has got to be member driven, if you the members are not interested then it won't happen, so let me know via email, Messenger, phone or in person what you think.**

If we go ahead with this we then need to decide how decisions of winners are arrived at if more than one person is nominated. This could just be left to the Committee but perhaps again a members group could be co-opted to make the decision. Members from all parts of the club could then be involved. How about someone from each of the running groups as a starting point?

**Remember this is down to YOU. No support / interest then NO Award.**

## New Members Board

Another suggestion, from a member, is that we should have a section on one of the boards to put up information about New Members that have joined in the last month (obviously this would be with their permission and for juniors their parents / legal guardians permission). This might be just a picture and what group they are running in, just to give people an idea who new faces are and hopefully, encourage more people to say hello and welcome them to the club.

**Again any comments welcome. Is this worth doing? Talk to me somebody!**

Now the snow has gone we can get running again, with only the normal hazards like potholes to worry about. Stay safe.

Rob