

**RICHMOND
& ZETLAND
HARRIERS**

www.richmondzetlandharriers.org.uk



NEWSLETTER

***AUTUMN / WINTER
2009-2010***



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CHAIRMAN'S COMMENTS

Dear All,
Can't believe it's almost the cross country season already ! any way I'm sure we as a club will be ready willing and very able once again. Congratulations to Sarah and Mark on the birth of Aston, we look forward to her Paula Radcliffe like return to running with I know the London marathon 2010 is on the agenda ! . The long term member known as the green container has moved and has been replaced, a cost the club could have done without but our landlords and old age made the move inevitable. With the membership of around 100 our finances are always going to be under the spot light so the collection at the Catterick market is going to be an all hands on deck day please to help shake the bucket and relieve a bit of pressure. On a lighter note whilst being injured and having time on the all too many few times I have been at training, I got time to watch and smile at a great bunch of people of all ages enjoying activity, friendship, support and a great deal of hard work. This atmosphere must be preserved and protected, the pressures of finance, regulation and too much to do individually can only undermine or undo the long established club spirit. We are faced every day with rules and regulation in our working day be it at school or in our jobs, the last thing we should do is bring it too far into club life. I for one acknowledge a need for the basics of our structure as a club and committee to be in tune with laws and rules but feel we are being asked too much by the powers that run our sport and they expect us to jump through too many hoops. We are being drawn into a north Yorkshire based development group at present with the carrot of 80k over 3 years being available to the 17 clubs , all we have to do as far as as I can see is do the hard work for the federation may be should be doing for us. We are in danger of over working and regulating the volunteers that run not only our club but many others, and as long as I am involved with the club I will resist the temptation to draw the club down a road that will burden or put of people off giving what time they have turning a passion or interest into a job is not what this is about. So thank you to the people who share the load you know who you are !

Being injured this summer has been a hard pill to take , and the possibility of retirement was a real one. But light at the end of the tunnel is about to shine I hope! Please when it gets hard and things don't go to plan stick at it and stay the course it will be no good in the years to come when you say I could have been or should have done or used to be! Be your best and life

will be good. My target is the cross country season trying to keep up and shake off the 16lbs I have absorbed somehow! See you out there.

Shaun
Shaun Purkiss-McEndoo: Chairman
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Rosie and Sophie Eastbourne NYSD in the rain!

SECRETARY'S NOTES

AGM, PRESENTATION EVENING & DISCO

The 2009 AGM, Presentation Evening & Disco will be held at the Catterick Bridge Hotel, near Catterick Racecourse on **Saturday 17th October** commencing at 6.45pm. This will be followed by a carvery meal, presentation of awards for the year and a disco.

The AGM is open to all, but only fully paid-up, first claim members are eligible to vote. The Agenda for the AGM will be as follows:

1. Apologies for Absence
2. Minutes of 2008 AGM
3. Matters Arising
4. Chairman's Report
5. Secretary's Report
6. Treasurer's Report
7. Election of Officers for 2009-2010
8. Additional Business

Any other items to be raised under "additional business" must be submitted in writing to the Hon Secretary, Anne Wood Harmby Dene, Harmby , Leyburn DL8 5NT
atwood3@btinternet.com

A copy of the 2008 AGM report, which includes the income/expenditure accounts, balance sheet and the list of officers elected for 2008/09, will be circulated at the 2009 AGM. Please look at the list of officers and be aware that nominations will be sought for **ALL** these positions and will be voted upon. If you think you can help in any capacity, then please volunteer. Nominations for officers may be sent either in writing to the Secretary or be proposed at the meeting. All nominated personnel should be aware of what the position entails and should have indicated their willingness to be elected.

Website

Just a reminder that the website is live and open to contributions! Any photos or other news please forward to atwood3@btinternet.com and we will try to include them, there is also a page on the website where comments may be placed, please use.

COACHING & OTHER MATTERS

General

The weather has been better this summer than the previous two years so conditions were reasonable for most matches with the exception of the first and last NYSD meetings at Darlington when we had persistent heavy rain. The track and field season did not go as well as last year. The junior team was not helped by bad timing of the fixtures while the senior team was unfortunately relegated back to Division 4. Had the turnout throughout the season been as good as it was for the last match which we hosted at Shildon then we would have survived in Division 3.

RZH has always supported the NYSD Tuesday night competitions well. Our athletes regularly turned out in numbers and it was noticeable that we always had more juniors than we did for the week-end league competitions possibly because of the convenience of the venue and also the much shorter time period of the meeting. Perhaps this is a pointer for future week-end competitions. Support from club officials at both week-end and mid week matches was always good.

A special thanks must go to my long-suffering wife Ann and friends and colleagues in the club who kindly gave me lifts to training, the league matches and committee meetings. Without their support I would have struggled to operate in athletics this last spring and summer.

Coaching

Both the main coaching groups, endurance and sprints, have continued to operate over the summer with small numbers throwing on a Tuesday evening also. Sadly the hammer/discus cage on the in-field is still out of bounds so the top ground cages are essential for training in these events. Unfortunately the army has now decided to convert all the grass area beside and behind the pavilion into all weather football pitches over the next two years so repair and maintenance of the expensive "state of the art" in-field cage will be essential if we are to be able to throw hammer and discus in future.

There has been much talk recently from England Athletics about supporting grass roots coaching at club level but so far nothing has materialised. Several athletes from the club did well at the Yorkshire Championships in Sheffield, notably Jo Adams with two gold medals (U20 800m and 1500m) and Fergus Roberts with a gold and a bronze medal (U15 1500m and 800m). Both athletes also won medals at the Northern Championships, Jo a bronze in the U20 800m and Fergus a gold in the U15 1500m. For the second year running Fergus represented North Yorkshire at the English Schools Championships, held this year in Sheffield, coming a creditable fifth in the junior boys 1500m final. Both he and Jo ran in BMC races in Manchester lowering their PBs in the process.



Fergus Roberts

Development

Once again we have applied for equipment through the Tesco Vouchers Scheme. My thanks to all members who collected these for us. Also thanks to the Outhwaite family for kindly donating poles for vaulting and hammers to the club.

Earlier this summer the MOD expressed concern about the condition of our equipment container at the track now more than 20 years old. We have decided to replace it with a "new" model and this will be sited on the tarmac at the far end of the car park behind the pavilion so it will not interfere with the new developments planned for the grass areas.

On the national front England Athletics are pushing the concept of Club Local Area Networks the purpose of which is to increase and sustain participating levels in the sport and improve levels of performance. Meetings are ongoing in the county to discuss this.

Autumn/Winter Training

We will return to Risedale Sports & Community College on Tuesday 6 October and will continue to go there on Tuesday nights up until the end of February 2010. On Thursday nights training will be at the track as usual with floodlights in use once the nights turn dark.

North Yorkshire Regional Squads

These will take place from November 2009 to February 2010 at the Sheffield EIS HPC (most events) and other venues (endurance and hammer). The squads will cover the three age groups U 15, U17 and 1st year U20. Athletes will only be invited if they have reached a certain standard. Coaches can attend to assist/observe and there will be more focus on coach education this year with some workshops.

Graham Purvis
Coaching Secretary
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MEMBERSHIP

Richmond and Zetland Harriers Membership

Club membership for 2009/10 currently stands at 100. Membership runs from Apr 1 to Mar 31. Subject to approval at the AGM fees for the remainder of 09/10 and 10/11 will be fixed as follows:

Annual membership	£35
(with discounts for family membership)	
6 month membership (from 1 Oct)	£20
3 month membership (from 1 Jan)	£10

£5 from each subscription pays for an athlete's mandatory affiliation to English Athletics. All club members should have received a EA card which includes their EA registration number. This number is being asked for more and more by race organisers with many events baring non EA members. Should you require your number at any time please email me at ryders@btinternet.com

Richmond and Zetland Harriers Road Running

The highlight of this summer's road running was the male vets securing a fourth consecutive win in the Harrogate and District Summer Race League and the team finishing second overall, our highest place since achieving the same position in 2002. The six race series saw over 500 runners, including 20 from R&ZH compete over courses of varying terrain and in all sorts of weather – who can forget running up the 'Richmond Hill' in a monsoon only to be greeted at the summit by bright sunshine! Success was brought about by a real team effort but there were still individual honours to Jon Orange in the V45 category and Marc Scott at junior level.



Marc Scott
Junior Road Race Winner

Special thanks goes to Shaun and the rest of his 'team' in organising a memorable race in the HDSRL – a course, I am sure, which will live in the memory of those who did it for years to come.

Club members competed in a whole host of other events over the summer. Jon Orange, Ronnie Corbett and Taff Rogers all accepted the Para 10 mile challenge, a gruelling race across the Catterick Military Training Area. On the day the race was won in a course record shattering and truly amazing time of 52mins 22 seconds with our three runners coming in at a very commendable 1:00hr, 1:04 and 1:08 respectfully.

Tad Zaranko and Tamsin Clark both completed the London Marathon around the 2hr 56 mark but I'm sure both will agree that the 'marathon performance of the year award' goes to Tom Osorio having finished the Edinburgh Marathon in 3hrs 15 mins.

More recently five R&ZH members joined the masses at the Great North Run with Tony Ditchburn leading the male club runners in at 1:34 and a top 1000 place. A surprise showing from Ronnie Corbett following his Para 10 time, crossing the line in 2:17 – maybe try it without the divers outfit next eh!!

And finally, for those of you who find it a struggle to get to a race at the likes of Ripon or Ilkley, spare a thought for Tamsin Clark who completed a 14000 mile round trip over 5 days to compete in the Singapore half marathon!

Apologies if I've missed out your notable achievement – I do scour the web pages to see where club runners have competed. If you're happy to be included under the road running banner in the next newsletter please drop me an email detailing what you've done and I'll include for all to see.

Tony Ryder
Road Running
ryders@btinternet.com



A good looking chap receives the winners shield on behalf of the Vets

NYSD Track and Field Report 2009:

Each year between April to July 6 meetings are held on a Tuesday evening which gives everyone the opportunity to compete in the track and field locally and at a reasonable level of competition where you can try out new events without feeling too conscious or compete in your usual events to a reasonable standard. This year 5 out of the 6 matches were held at Darlington's 'Eastbourne Stadium' and the other one was held at Shildon's 'Stadium 2000'.

We had good turn outs at most matches and quite often RZH vests were the only ones competing in the events. Once again everyone who competed had some fantastic performances really doing themselves and the club proud.

Last year RZH ran away with all 3 trophies and these trophies have been circulating throughout the club over the last 12 months stopping off at athlete's houses to be put on show for relatives etc to see. We therefore had our work cut out to see if we could retain these trophies well guess what.....WE DID! Well done to all those athletes who turned out on a Tuesday evening (some evenings being horrendous weather) as each point you achieved by crossing the finishing line, or jumping/throwing as far as you could has led us to once again proving we are simply the best club in the NYSD.

So what was it we have won I can hear some of you asking:

- Female team award with 68 points overall
- Male team award with 69 points overall
- Club aggregate trophy with 71 points overall

Once again though some of the credit for the points has to go to the officials and team managers who earn the club valuable points too and we have to remember without them the event could not go ahead.

We are simply the club that leads the way now and the ones to beat so please keep up all your hard work at training and lets go for a fantastic Cross Country Season.

Thanks,

Fiona
UKA Level 3 Coach

Young Athletes League



Karl Murray and Christiane

Well done to all the athletes who competed for the club at Jarrow, Shildon and Hexham, {unfortunately the last match at Chester Le Street was cancelled due to flooding} Many PBs were achieved.

SENIOR MEN'S TRACK & FIELD REPORT 2009

In 2008 Richmond & Zetland Senior Men and Women's T&F team had a successful year and were promoted from Div 4E to Div 3E in the NoEAA T&F league and as another season draws to an end, it falls to me to write a few words on how we fared in the higher division.

We were hoping to hold our own in the higher division, but, quite frankly, we fell well short of expectations. A combination of poor turnout for the club and some good opposition saw us finished last in Div 3E and relegated to Div 4E as we carry on our traditional rollercoaster ride of relegation, promotion, relegation...

The first match at York on May 2nd was a promising start to the season. We finished 3rd and although we only had 6 athletes turnout for the senior men, they all did us proud. Notable performances were Jon Orange having a rare run in the 800m and Tony Ryder stepping on the track for a 5000m, a bit different from his normal road running. I think he enjoyed the experience.

The second match at Jarrow on June 6th was the low point of the season, we only had 4 senior men turn out and the team could only manage 5th position. Notable performances of the day was Tim Burn in the 400m (52.0) and a step up

in distance for him to 800m, which I know he finds quite tough being a sprinter!

The third match at York on 5th July saw a better turnout of senior men – we had 8 athletes but could only manage 5th position as we faced stiffer competition from other clubs in our division. We also had Tom Allen and Sam Wood compete in the senior league – well done lads. We had quite a few good performances on the day, the most notable was Tim Burn in the 400m – he managed 50.8 in the 400m – a PB and a time which is ranked 111th U20 in the UK – well done Tim! We also managed to win both of the men's relays!

By the end of the 3rd match, we were in last position overall but with 3 other clubs all on 9 points, just 1 ahead of us, it was all to play for and if we could turn things around and results went our way, we had a chance of avoiding relegation going into match 4.

We were host club for the final match held at Shildon on August 2nd. For this match we pulled out all the stops and had 11 athletes compete for the senior men! Unfortunately, the other clubs also arrived with a healthy compliment of athletes so our home advantage was somewhat blunted!

We had John Wild compete for us for first time during the season – his usual points tally has been sorely missed.

Nick Zissler made a welcome return, running well in the 800 & 1500m. Doug Roberts also ran well in the 1500m despite missing most of the season through injury and both scored good points for the club finishing 1st in the 1500M A & B races respectively. Well done lads! Another very welcome return was Brian 'Taff' Rodgers, who competed in the 3000M steeplechase. Taff was a very accomplished steeplechaser in his younger days but he hasn't competed over this distance for a number of years and although he found it tough going, he still finished 3rd in the A race, the old style was still there and was pleased he did it.

Despite all our best efforts, we finished 4th on the day, and last overall. We will be relegated to Div 4E next year which is a disappointment as I had hoped we could have held our own and maintained our place in Div 3E.

Things have been relatively quiet for the likes of Ken Harker, Jon Orange and John Wild for the 2009 season, mainly due to injury, operations, work commitments etc.. Let's hope things pick up in 2010 and they have a successful year.

Many thanks to all who did compete for the club throughout the season but in the end it was a losing battle.

Finally, I would like to thank again the athletes - male and female - as well as the officials who turned out for the club this year.

Yours in Sport

Chris Peacock
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Report for Track and Field league (Senior Women) 2009

Well wasn't it fun had by all!! We definitely went into this season with apprehension not sure what to expect regarding standard of competition as we had been promoted last season and of course we were without our star athlete, namely Sarah....

Six of us turned up to the first match at York, and Sarah also got dragged along to timekeep for us as I was not letting her get off that easily - her thumbs and fingers were still well and truly in working order. The day started off with another nice surprise for the team with the return of Katie Roberts who got stuck in immediately. The competition standard was not too bad and we held our own and somehow managed to finish 3rd.

The second match was at Jarrow and we were down to five athletes and no Sarah....it was looking bleak, but in true RZH female gritty determination we all got stuck in, maxed ourselves out and did not disgrace ourselves and generally had a good day out...chips were nice too or so I was told!

We then had to travel back to York for the third match and managed to pull in a 'ringer' – Caroline Allen finally gave in to all the bullying from me and Laura (I think when we got on our knees begging her to run for us it simply got too much and she could only say yes)...we managed to turn out seven athletes....but this is when I believe the scoring all got a bit dodgy as despite covering nearly all the events other than pole vault, hurdles and high jump we somehow finished last!! But we held our heads up high as we stormed the 4 x 400m relay finishing the day with a win, none of us could physically walk anymore, but that was cool because we WON

the 4 x 400m relay! Sush don't give the secret away.....

The final match was the one we hosted at Shildon and a special thank you has to go to the ladies who organised the 'Tuck shop' and Denise who delayed her holiday and turned out on her wedding anniversary to run the 'Tuck shop' – that to me is true dedication and commitment to RZH. We managed to turn out six athletes and once again all six of us maxed out on our events. But we once again finished last....I did say I was going to go over the results with a fine tooth comb, but must be honest I have not done so, we shall take defeat and relegation with dignity and honour as we know we did our very best. The day once again ended with an amazing 4 x 400m relay race, although it was 2nd place this time it was a fantastic way to finish a great days competition.

I have to say a huge thank you to all who helped officiate over the four matches, these people are key to these league events, they work extremely hard and earn us valuable points too.

I can not list all performances etc, and as I always say Sarah has already done a fantastic job doing this throughout the season anyway within the reports, however what I am going to do is list the athletes and the events they did over the 4 matches so you can see, we all really just get stuck in, and give anything a go. Although we might be tired and a little sore at the end of the matches if you ask any of the athletes they will say it was a fun day out and they were pleased to be involved....

Rosie Adams – 100m, 400m, 800m, Discus, Shot, 4 x 100m, 4 x 400m

Jo Adams – 200m, 400m, 800m, 1500m, Discus, Hammer, 4 x 100m, 4 x 400m

Katie Roberts – Discus, Hammer, Javelin, Triple Jump, Long Jump, 4 x 100m

Jenny Fenwick – 100m, 200m, 400m, Long Jump, Shot, 4 x 100m, 4 x 400m

Caroline Allen – 1500m, 4 x 100m, 4 x 400m

Laura Wrigley – 100m, 800m, Hammer, Javelin, Shot, Discus, 4 x 100m, 4 x 400m

Fiona Hughes – 200m, 400m, 800m, 1500m, 3,000m, Javelin, Long Jump, 4 x 100m, 4 x 400m

The club's committee now has a hard decision to make as each year we look at how much the leagues cost us to enter and how many athletes turn out to compete in them and its fair to say the league attendances for both Juniors and Seniors has been extremely poor, when you look at how many members we have. It is an

extremely hard decision as the ones who do turn out to compete get so much out of them and why should they potentially be penalised through poor attendance by those athletes who are prepared to take up the coaches time every week (which is given up voluntarily) however are not prepared to give something back to the club and compete in the red and white vest. I am always the bad one who makes this point every year, and each year we decide we will give it another go, but at some point we won't.....

I want to end on a positive note and say WELL DONE AND THANK YOU to the Senior Ladies who gave their all this season, it was a pleasure being a part of the team (although whilst running 7 ½ laps maybe that's not always what was going through my mind) and once again THANK YOU to the officials as you really are a special breed of people.

Good Luck for a fantastic Cross Country season and yes it will be me badgering you all to compete in the NYSD league which starts on Sunday 11 October at Croft and the Yorkshire's, Northern's and Nationals etc. For the few that maybe don't know who I am, I am the one that can stand and shout and be heard from pretty much anywhere.....

Thanks,

Fiona

Level 3 Coach/Senior Track & League Manager (Females)/Cross Country Team Manager (Females all age groups and Males up to U 17's)

PUBLICITY

Many thanks to all on the good wishes on the birth of Aston. Please keep news of events and results coming!

If you would like to be added to the club contact list for news and events, please forward me your e-mail address.

Wishing you all a successful and enjoyable Winter season.

Sarah

Sarah Gregory

Publicity Secretary

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