

Bumper 'lockdown' edition

Your Committee/other positions:

Jim Whittaker, President
Graeme Littlewood, Secretary
Simon Jones, Treasurer
Helen Roden, Juniors
John Ward, Membership
Tony Bastin, Website
Alex Kilcoyne, Ladies Captain
Ross Armstrong, Mens Captain
Flick Jackson, Social
Ordinary Members: Gill Nesbitt,
Martin Jones (Grand Prix), Adam
Ellis, Dave Jackson, Jasmine Salih
Mark Hetherington (Head Coach)

www.abbeyrunners.co.uk

Dear Abbeys!

The last few weeks have probably been the most disruptive in the entire history of Abbey Runners, and I'm sure for most of you too personally. I know it has been for me. Who would have thought just a few weeks ago that today our Tuesday and Thursday training sessions would be suspended until further notice, that entries to the Eccup 10 would be suspended, that our C25K Beginners Course and Club Trip would be cancelled? I don't know about you, but I now feel thankful for my "one exercise per day".

Suspending our training sessions was utterly gut wrenching for me. But I urge you all to act responsibly in your training and exercise so we can beat this terrible virus. Keeping ourselves fit and healthy whilst keeping within the Government's restrictions on movement will be hard for us all - but not impossible, and it has been great to see on Facebook how many of you are thinking of new and creative ways to keep up your running!

These are truly challenging times. But we are not just a running club. We are a community. As I said in my email to you on 17th March, communities help and support each other at times like this.

Hopefully it will not be too long before we are all running together again as the Abbey Family we are.

Keep Abbey Running!! We will be back - stronger than ever!

Jim

Judith Smith - Feb 2020
Runner of the Month!



(Judith also gets the prize for the best RoM award acceptance speech thus far! So lovely!)

Judith was nominated for her 6 month transformation from a non-runner to one who has infectious enthusiasm for her regular running on Tuesdays with the club, parkruns and races (including the 5k Leeds Race Series at the Brownlee Centre – smashing her PB). She is happily challenging and pushing herself with her running. She ran her first XC at the West Park PECO in slightly less than ideal conditions (Storm Ciara!). Completing this PECO showed a great deal of determination and true Abbey grit. Judith also beat off some unbelievable competition too from our other nominees - Laurence Lennon, Alex Richards, Tom Rogerson, Andrea Cobo Ibanez, Helen Roden, John Ward, Jasmine Salih, Ruth Sarsfield, Liam Jenkins, and Jackie Elmer.

You're all totally awesome!!



CONGRATULATIONS

To Graeme Littlewood for running his 100th parkrun at Lister Park on 29th Feb!! (he kept it quiet the shy devil!)



Abbey spotlight on....

Jane Oughton



1. When did you join Abbey Runners?

November 2005. Peter Leach took me 'under his wing' on my first night. I was last back to the Club HQ, but the Abbey seed was sown.....

2. Why did you join us?

Our children had left home and I had some spare time to take up a new hobby.

3. What is your favourite running distance race?

I've run all distances up to Marathon. But over the past few years I've taken up Standard Distance Triathlon (1.5k swim, 40k bike & 10k run) and Standard Distance Duathlon (10k run, 40k bike, & 5k run) so I rarely just do a running race these days.

4. What is your greatest running achievement(s)?

I ran the Rotorua 10k in New Zealand last year (see left pic) and came 2nd in my age category (F55-99). I was very proud to go up on the stage in my Abbey vest to collect my silver medal and six bottles of beer! I'm also very proud to have raced in the GB Age Group Team in the European Duathlon Championships in 2019 & 2020 (below left). And all achieved because I joined Abbey Runners!

5. What is your greatest running disaster(s)?

The Holly Hustle 22k in 2017 - I came last!

6. Which is your favourite race in the running calendar?

The Eccup 10 of course! I love the atmosphere on race day and knowing we put on a great race for fellow runners, along with raising money for local charities. I find marshalling just as enjoyable as running.

7. Which is your most memorable Abbey event (club trip, party, etc)?

Race the Tram at Beamish 2010. It was a multi terrain course starting with running next to the tram down in the Beamish Village. The Tram had more power than me to get up the hillsso I didn't beat it!

8. What are your running goals for 2020?

I've qualified for the World Triathlon Championships in Canada in August and the World Duathlon Championships in Amsterdam in September so my running goals are to improve on my 10K and 5k paces. Sadly these may not go ahead due to the current situation.

9. What does your typical week's training look like?

I run less these days as I also need to fit in cycling and swim training but I benefit from the cross training . I always look forward to my Tuesday night social runs, a parkrun and a speed session.

10. What drives you? How do you keep yourself motivated?

I love hearing about everyone's achievements when they ring the PB bell on a Tuesday night and reading the Abbey Facebook to watch what everyone has been up to!



Each month, we pick on an unsuspecting Abbey to reveal their running aspirations, personal targets and darkest running secrets! Look out! Next time it could be you!!

PECO XC 2019/20

Season Report

by Ross Armstrong, Mens Captain

What a bonkers Peco XC 2019-20. We all accept (and love) mud but after the UK was continuously battered by storms throughout the winter, the race conditions were like never before and even curtailed the season early...



Race 1 Temple Newsham

The curtain raiser. A huge field. A locked gate meant a last-minute course change and resulted in a slightly longer course. With huge puddles on the top track and the usual energy-sapping uphill finish on the boggy and spongy grass...welcome back Peco, we missed you!

562 runners in Men's race. Abbey Men finished 3rd / 7 teams with 759 points.

470 runners in women's race. Abbey Ladies finished 2nd / 7 teams with 244 points.

Race 2 Middleton Woods

Abbey hosted, with volunteers spread throughout the course doing a sterling job. The men were missing a swathe of runners due to injury and illness but battled valiantly.

476 runners. Abbey Men finished 7/7 with 1,212 points.

352 runners in women's race. Abbey Ladies finished 3rd / 7 teams with 249 points.



Race 3 Crimple Valley, Harrogate

Beautiful sunny morning but mud, mud and more mud. Relentless undulating muddy 2-lap course like no other, with the steep uphill finish a sting in the tail.

497 runners. Abbey Men finished 3/7 with 616 points.

370 runners in women's race. Abbey Ladies finished 4th / 7 teams with 415 points.

Continued...

PECO XC 2019/20 (cont.)

Race 4 West Park

We all thought Crimple Valley was brutal but then saw the forecast, opened the curtains on race day, walked to the start line...OMG!!! The most ridiculous combination of biting gale force winds, horizontal rain and stinging hail from Storm Ciara meant a barmy shortened race and significantly reduced field. Ironically, the Men had their best result of the season!

294 runners. Abbey Men finished 1/7 with 468 points.

154 runners in women's race. Abbey Ladies finished 4th / 7 teams with 322 points.



Race 5 Roundhay Park

We smashed it and came first by margins both the Mens and the Ladies.

CANCELLED!



Peco Relays

Finally, it's Spring, the rain has gone and the winds have dropped but events have meant that the relays also had to be cancelled.

So at the end of the (somewhat bizarre) season, the Men finished 4th overall in Division One. Abbey Ladies finished 2nd in the Premier Division! A great result and well done to all of you who ran!

Plus, we all had fun and will return for more more mud (without Storm Ciara) in 2020-21.

In the meantime, hope everyone is well, keep smiling and take care!!

Ross



Race Report: The Thirsk 10 mile, 15th March 2020 or 'A day at the Races' by Jon Laye

Reviewing the Thirsk 10 for Abbey Runners is a bit like teaching your grandmother to suck eggs; there can't be many Abbeys who have not entered this particular event in the past, but for those who haven't please feel free to read on.

Thirsk is a small but picturesque market town situated in Hambleton bounded to the north by the North Yorkshire Moors and to the west by the Yorkshire Dales. It is famous for three things:

1. **Horse racing.** Thirsk has hosted flat racing for several hundred years and its mile-long course is justifiably famous.

2. **Vets.** Thirsk was the home of veterinary surgeon and author James Alfred Wight, better known as James Herriot, whose books and subsequent TV series entertained millions with their comic tales of life in rural Yorkshire. If you were born in a certain decade you will no-doubt look back with misty-eyed recollections of Sunday early evening TV viewing, as yet again 'Mister 'Urriot, t'vitnury' was called upon to plunge his arm shoulder deep up the rear end of a bovine patient in a frozen hovel just down the lane from Great Shunner Fell! Ah yes, who would have thought that 1930's Vets could be so entertaining?

3. **The Thirsk 10 mile road race.** Held for over 30 years, this event annually marks the end of all that slopping about up and down hills in the mud (cross country) and heralds in the flat season. It is very fast and traditionally attracts club runners from across Yorkshire and the North-East ready to gauge their levels of Spring fitness.

When I entered the Thirsk 10 several months ago, I saw it as a perfect opportunity to reacquaint myself with this classic whilst also engaging in a 10mile marathon tempo training run in my final build up to the Manchester Marathon. However, Coronavirus stepped in and the marathon was put on hold and so when I drove into Thirsk early on Sunday I was a bit unenthused. As I collected my number from the registration HQ inside the Race Course hospitality centre I realised that I really did want to run (despite all the talk of mass sport gatherings being irresponsible), but should I just let rip, go for broke and try for a fast time? In reality that was not really an option because I had already put in over 50miles of hard training previously in the week. I strolled around the edge of the paddock and onto a narrow country lane to the race start line and there I realised whether I wanted it or not, this was going to be a hard slog!



Tom powering to an impressive
1:06 finish

continued overleaf...

©Karen Harland

Race Report: The Thirsk 10 mile, 15th March 2020 or 'A day at the Races' (cont.)

Somebody forgot to tell everyone else though. As the claxon went off at 10:00am, just short of 1000 runners enthusiastically charged off at full pelt along the narrow country lanes west of Thirsk. Within the first mile I was passed by LOTS and LOTS of runners galloping along heading for PB times. I cantered along at a steady speed. The going was firm however, as the predicted rain held off and although there was a brisk headwind I got stuck in and found myself almost enjoying the myself. Finally, after 4 tough miles I caught up with stablemate and fellow Abbey, Sunny Cheema. Clearly, I was a bad example to him, because we soon slowed to an amiable trot, chatting about viruses and previous enjoyable marathon endeavours. To be fair, Sunny had also had another huge mileage week and needed little excuse to sit back in the saddle take it easy. All of a sudden, we hit the 8mile mark and Sunny dug in his spurs and off he flew leaving me clip-clopping behind. Now please remember that this is a race for thoroughbreds. This is an event for the fleet of foot and there is little space for old retired mules like myself! But when I crossed the railway bridge and saw the grandstands of the racecourse and the finish line in the distance even I accelerated from my ambling gait into a sort of high prancing gallop.

"Coming-into-the-final-furlong-its-Abbey-Runner-who-is-blowing-hard-nudging-past-Ayecliffe-Running-Club-who-looks-to-have-shot-his-bolt-but-here-comes-odds-on-favourite-New-Maske-Harrier-who-is-sitting-pretty-with-lots-more-in-the-bag-and-the-crowd-are-going-wild-as-Abbey-Runner-draws-even-with-Nidd-but-he-is-not-out-of-it-yet-and-he's-pricked-up-his-ears-and-is-launching-for-the-line-and-its-going-to-be-a-photo-finish-but-lets-hope-not-because-Abbey-Runner-is-not-a-pretty-sight-and-finally-he-crosses-the-line-in-a-lowly-242nd-but-he-has-not-stopped-yet-he-is-straight-through-the-paddock-off-to-the-knackers-yard-and-thence-to-the-glue-factory!"

Honestly, I was so very weary! But there was Sunny (01:10:15) welcoming me in the crowd and later we found Tom Rogerson (a very fast 01:06:32) also filled with the infectious enthusiasm of a great event. So, the question is, should you do this race? If you want to really push yourself then I think you should keep this race in mind. If you want to get a personal best at 10 miles this is amongst the fastest and flattest (62ft total elevation gain) that you can find (along with the Vale of York 10, also recommended). You don't have to be fast on an absolute scale, but if you want to get the best out of yourself you can feed off the 'club runner buzz' that this event develops and allows almost all the runners there to run hard. Some might say it is a little intimidating but then it's really a case of horses for courses!

I was going to write lots of jokes about vets, but the only vet I know who would forgive my mickey taking (John Ward) couldn't make it to Thirsk!!! Besides, he's never had his arm up a cow's rear end as far as I know, well, not whilst I've been out running with him.

Jon Laye

Name	Club	Cat	Cat Position	Chip time	Chip position
Tom Rogerson	Abbey Runners	M40 (stallion)	53/170	01:06:32	153
Sunny Cheema	Abbey Runners	M30 (colt)	62/124	01:10:15	232
Jon Laye	Abbey Runners	M50 (mule)	36/152	01:10:42	242

25th Liversedge Half Marathon, Roberttown, West Yorkshire

16th February 2020

(This is a sortable table - click column heading)

Not in the results/chip time same as gun time? [Click here for what to do next](#)

Filter (choose one only!)

Pos	Num	M	F	Forename	Surname	Cat	Cat/Pos	Club	Pace per Km/Mile	ChipTime
8	4	0008		Liam	Jenkins	M S	(008/065)	Abbey Runners	03:56/06:21	01:23:04
46	9	0042		David	Rogerson	M40	(007/043)	Abbey Runners	04:23/07:04	01:32:27
85	12		0009	Lisa	Stansbie	F45	(001/033)	Abbey Runners	04:41/07:32	01:38:35
95	3	0084		Sunny	Cheema	M S	(032/065)	Abbey Runners	04:45/07:39	01:40:12
137	8		0018	Helen	Roden	F45	(002/033)	Abbey Runners	04:58/08:00	01:44:41
143	13	0125		James	Whittaker	M50	(022/043)	Abbey Runners	05:00/08:02	01:45:10
158	6	0138		David	Nahal	M55	(018/041)	Abbey Runners	05:08/08:16	01:47:53
195	10		0030	Alison	Smith	F45	(004/033)	Abbey Runners	05:19/08:34	01:52:04
386	14		0126	Liz	Willis	F55	(014/022)	Abbey Runners	06:37/10:39	02:19:19



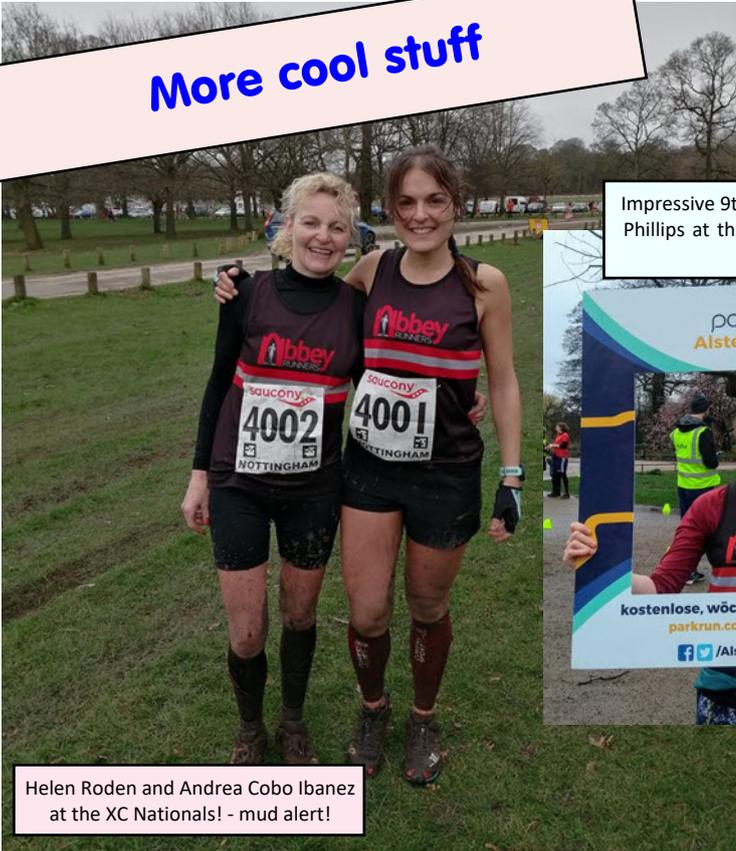
Great effort to everyone who ran the Liversedge Half Marathon (during Storm Dennis....but it wasn't as bad as Storm Ciara!!). Particular congrats to a stunning 8th place finish by Liam, a course PB from Tom, and to Lisa, Helen and Alison for coming 1st, 2nd and 4th respectively in the F45 age category! Top work!!



Not him again!

woodentops.org.uk

More cool stuff



Helen Roden and Andrea Cobo Ibanez at the XC Nationals! - mud alert!

Impressive 9th overall position for Laura Phillips at the Alstervorland parkrun in Hamburg



A big Abbey welcome to our new members who have joined us in the last month or so:

- Shauna Corrigan
- Jackie Elmer (2nd claim)
- Alex Benyon
- Robert Benyon
- Paul Craven
- Vicky Jackson
- Kate Williams
- Emma Scanlan
- Rachel Phelan



Target parkrun at Fountains Abbey!

38:51



Lightwater Challenge 10k
Andrea was 2nd female finisher!!

International Womens Day 5k
Well done to Alex Richards, Lisa Stansbie, Fiona Holmes and Reem Ameri for their brilliant performances at the IWD 5k at the Brownlee track on 8th March, with Alex and Lisa taking 1st and 2nd places!



Harewood House Half Marathon
A muddy ...gruelling...undulating...but nicely scenic course round the Harewood grounds on 23rd Feb. Congrats, however, to Kathryn and Mark Molyneux who went and conquered it!!



My parkrun journey

by James Balkwill

The first parkrun event I ever went to was New Years Day 2013 at Roundhay. This was not that long after I had started running, having gone through the familiar route of couch to 5k in 2012 - maybe I was inspired by the London Olympics! For a while, I wasn't even aware that there were 'other' parkrun events, so I stuck with Roundhay, and got to know a whole bunch of new people, including Andy Wicks, who suggested I give Abbey Runners a try. Seven years later and I am still an Abbey Runner and still doing parkrun.

By 2017 I had been to a few other parkruns, mostly around Leeds, and the odd one on holiday. I came across a Facebook group called 'Yorkshire parkruns - collect them all!' Interesting as it was, I had no intention of actually trying to do this. Then in early 2018, something had changed, and I decided with a friend, to go for it. Beer was probably involved. At this point there were probably around 43 or so events in the 'Yorkshire and Humber' region. The challenge was/is, to complete all of the parkruns in a given region according to the parkrun website. The regions have been removed now, but there are still people who track these sorts of things. If you complete all of the events you can call yourself a 'regionnaire'. It's completely unofficial, but it's a fun challenge. If you complete all the events within the M25, then that is LonDone for example.

At the time of writing, I have one event I haven't done, which I hope to complete very soon - Bowling parkrun in Bradford, which started a few weeks ago. It also happens to be my NENDY parkrun (Nearest Event Not Done Yet).

(If you are wondering where I get this stuff from - I would like to point you to the Chrome browser parkrun plugin/extension. This will show you more parkrun stats and facts than you could ever need:-

Pirates challenge - seven C's and an R.
Stayin' Alive - three B's and a G.
And so on...)

[Note: James has since regained his Regionnaire status - 7th March!! Legend]

In terms of my favourite and notable events, in no particular order:-

Fountains Abbey - a lovely setting and very scenic any time of the year.

Sewerby - along a cliff top and round a stately home - lots of changes of terrain.

Frickley Country - a park built on top of an old coal slag heap! A steak zig zag hill and not like anywhere else I have been

Cross Flatts - a nice park, not too busy, and a good hill section

Castle Howard - interesting route and very scenic. Not as far away from Leeds as you think.

And lastly, those that I would like to do:-

Lands End - because it's at Lands End.

Severn Bridge - starts in Wales, goes to England, and comes back to Wales.

Bushy - where it all started

Somerdale Pavilion - more twisty and turny than a twisty turn thing (checkout the course map!)

Portrush - all beach!



Coaches' Corner

This is a regular feature brought to you by your coaching team. We love running and we have a suspicion that you do too! These exercises are important to help keep you injury free and are likely to help you run faster to boot.

SQUATS!

The squat is an excellent strengthening exercise for runners, helping to strengthen some of the essential running muscles and also great for stability and balance. And there are loads of variations to keep it interesting. What's not to love?



Forward Squat

Start with feet slightly wider than hips, knees slightly bent and sit down like you are going to sit on a chair, and whilst you are doing this, arms come out in front

The movement should be controlled; suck your belly button in to your back to engage your core and remember to squeeze your glutes to control both the up and down movement. Try and get as low as possible.

Do 3 x sets of 10



Continued....

Coaches' Corner (cont.)

Variations - slow the downward movement so that you have a slow count of three going down and then a quick movement to a count of 1 back up. Then try slowing the upward movement so that you squat down for a count of 1 and then back up to a count of 3.

Progression – use small weights



Wide leg squat

Wide leg squats - as above but start with feet wider apart.

The Overhead squat - as above but arms straight up above head in the start/standing position and arms stay above head for the duration of the squat.



Overhead squat

The Back Squat - as for the forward Squat, but in the starting position have your hands at shoulder height, palms facing forwards. Hands stay on this position as you squat down.



Back squat

Helen, Jasmine & Mark

If you would like to contribute any articles, features, race reports, etc for the next newsletter, then please email them to the Newsletter Editorial Department at abbeyweekly@outlook.com

See you next issue, fans!