

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

President's Notes

Dear Abbeys!

It has been another cracking couple of months of running! Putting this newsletter together just brings it home to me how much is going on in the club, despite the lockdown, with some awesome performances, PB's galore, and lots of fun along the way.

A big congratulations to our Juniors who have not only returned to coached training sessions with masses of energy and enthusiasm (thanks to Helen and Mark), the year 6 & under Juniors have won the virtual relay (twice!) against 7 other running clubs in Leeds!! Fantastic!

Also, a big thank you on behalf of the club to Jasmine and her helpers for the successful re-launch of Thursday coached sessions for the Seniors. It has felt so good to train and run with Abbeys again!

Thanks too to our Abbey Lockdown Committee for the great work they have done to challenge us each week. It feels as if as a club we are closer together more than ever thanks to these challenges and others. Just check out some of the pics on our Abbey Facebook page - inspiring, bonkers and definitely demonstrating everything that Abbey Runners is about.

Keep up the good work, everyone!! And keep Abbey Running!

Jim



Congratulations to our Runners of the Month for May and June: **Tom Rogerson** (May), and **Dave Jackson** (June).

Tom was nominated for his continued strong running, dedication to his training (and the club) throughout the lockdown. Plus, he secured a cracking 5k PB of 19:11 in the month too! Pretty darn good. Well done, Tom!

Dave has worked really hard to get back to running after injury and has smashed two PBs during the lockdown league. He's also promoted the benefits of running in improving wellbeing and mental health. After his op and the postponement of the Yorkshire Marathon, he may have decided to take it easy. Not our Dave. During lockdown, Dave has fired on all cylinders and topped off his excellent form with 5km and 10km PB's in consecutive weeks! He's now onto Marathon training just in case. Onwards and upwards!

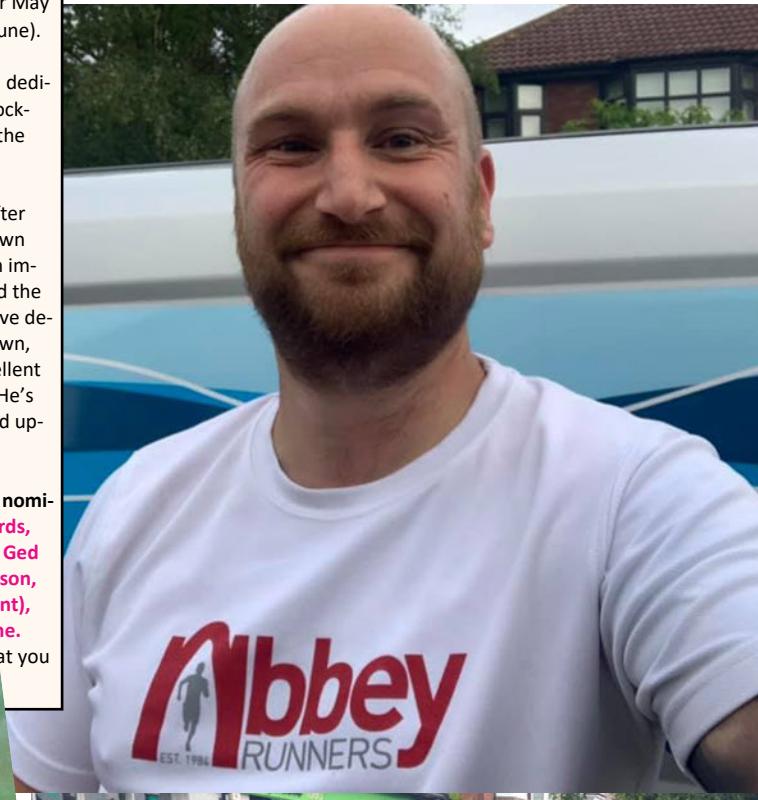
And well done too of course to our other top quality nominees for the two months: **David Leslie, Alex Richards, Tony Bastin, Freddie Roden, Cal Clark, Jasmine Salih, Ged O'Donnell, Liam Jenkins, Martin Jones, Steve Hodgkinson, Ed Newbould, Helen Roden/Mark Hetherington (joint), John Ward, Julia Sheer, Scott Macdonald, Paul Greene.**

You have all been so brilliant and we are proud of what you have achieved.



Can you guess which two Abbeys we have in the Spotlight this week?!

See inside!



"STAND BACK, BIG ABBEYS..."



...our Juniors are taking over!

New Juniors section inside!

Abbey spotlight on....

1. When did you join Abbey Runners?

I joined Abbey Runners on the 10th November 2015 - coincidentally, the same night as Ross Armstrong (current men's captain). I had misunderstood the information on the website and ran with the beginners group, who used to meet an hour before the main club run. I followed the beginners run with the main club run - I was quite tired after the double session! Everyone was so friendly and welcoming, I knew I didn't need to check out any other running clubs in the area! I made the commitment to join Abbey Runners then and there. Jasmine Salih, who was the ladies captain at the time, also signed me up to PECO on my very first night at the club!

2. Why did you join us?

I had just moved to Leeds and knew precisely no one. I hoped to make some friends through the running club - I couldn't have imagined quite how many wonderful people I would meet!

3. What is your favourite running distance race?

Well, that's a very hard question! Especially as I haven't really done that many pure running races (in the last few years I've done more triathlons). I think it's probably the PECOs - so just under 5 miles.

4. What is your greatest running achievement?

Probably the PECO XC races this year where I finished 7th lady overall in the league. However, I have also been really happy with some of the runs I've done as part of triathlons. A key run for me was at Llandudno Tri, my first qualifying race for the GB Triathlon Age Group team. My swim and bike weren't great and I definitely wouldn't have qualified if it hadn't been for the run, where I was 3rd fastest female in very competitive field. It was an amazing feeling to pull something special out of the bag for such a big race! Qualifying at Llandudno meant I could compete in the World Championships in Rotterdam, which was an incredible experience.

5. What is your greatest running disaster?

Hmm, difficult... I forgot my shoes for one of the PECOs... Jon had to rush home and back to bring them as I only had slip on shoes with no grip! However, the biggest running disaster was the Washburn Relays a few years ago where I unknowingly ran on a broken foot and had to go from the race to Wharfedale Hospital. I still finished my leg of the relay, but I was in a lot of pain!

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

Ilkley Moor Fell Race. It's a FRA Category A fell race. Although it is only 5 miles, it has over 400 m of climb! Brutal!

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

Difficult to choose! Probably the Grasmere Gallop in 2016 - it was just a great trip from start to finish and the race was so beautiful.

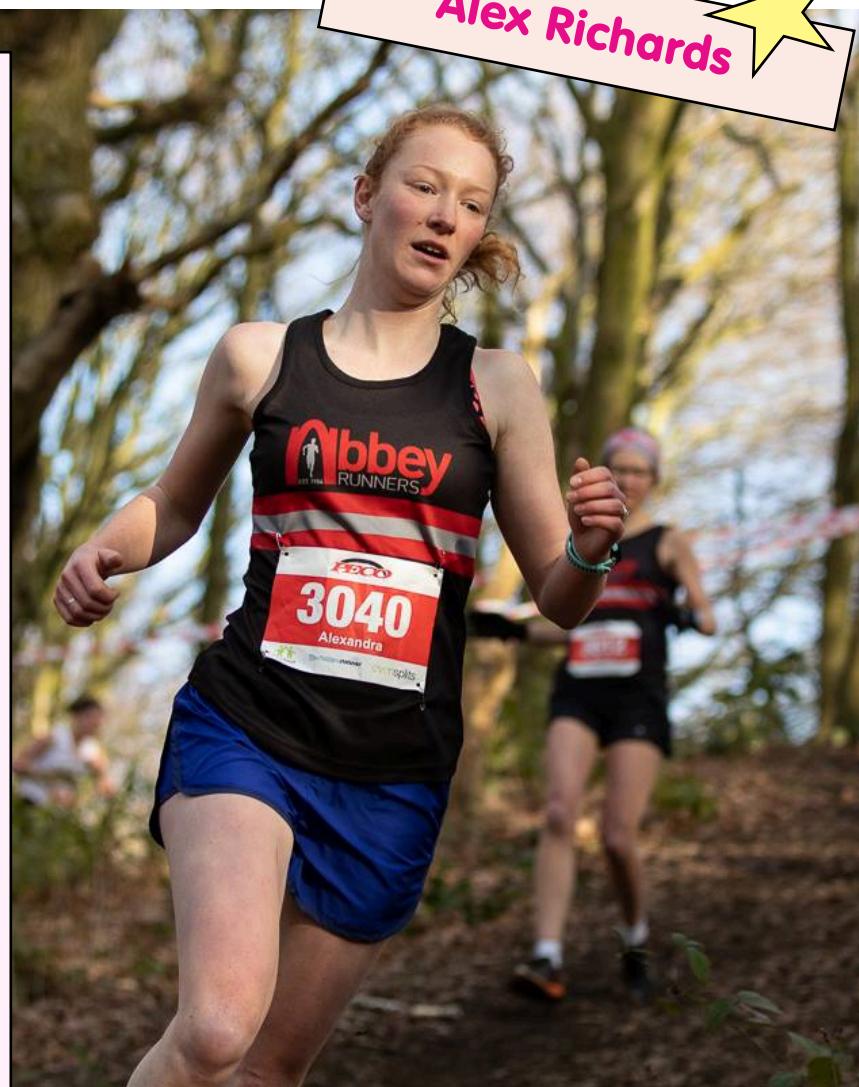
8. What are your running goals for the next 12 months?

Well, this year was planned as a year off from triathlon and a year to focus on running for the first time ever! I've got one race left that hasn't yet been postponed / cancelled, and it's a big one - an off-road marathon in Scotland! Aside from the marathon, my running goals are to get some PBs for 5K, 10K and half-marathon. I haven't done a competitive 10K for years so I think I could easily beat my PB if I were to do one now!

9. What does your typical week's training look like? (pre-Covid!)

Well, I'm only just finding my feet for this running lark (see what I did there?), having previously had to balance swimming and cycling against my running training. Generally I do yoga or gym on Mondays, Abbey club session on Tuesday, gym / swim on Wednesday, Abbey session on Thurs, rest day or easy run on a Friday, run on the moors or a race on either Saturday or Sunday. I'm quite fluid with my training and prefer to train by feel rather than follow a strict plan. I'll never turn down a run / sporting adventure with friends either, so my weeks of training are often very varied!

Alex Richards



Continued on next page



Alex Richards (cont.)



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

I am very competitive, I always have been! However, what drives me with running is just the joy of getting out to beautiful places. The more I train, the more I can see and appreciate when I'm out running on the moors or on the off-road paths around Rodley where I live. I also find running very relaxing - it's a good escape from work and everything else. If I'm ever grumpy at home, Jon pushes me out the door to go for a run and I always come back smiling.

11. You've mentioned triathlon a few times, how do you think that helps your running?

I think the cross-training I've been doing for the last few years has definitely helped my overall fitness. However, I think the biggest advantage of doing more than one sport has been to help prevent injury. Triathlon has always limited the amount of running I can fit in, which has meant I can't overtrain and am less likely to get injured.

12. Tell us something about you we might not know?

I used to play underwater hockey (octopush) for Great Britain before switching to running and triathlon. I actually didn't do any running until about 10 years ago when my mum entered us in the 'Race for Life'. I had to do a lot of training runs to make it round the 5K course!

13. Finally, what's the best thing about being an Abbey Runner?

The people! Everyone is so inspiring and wonderful. We're such a varied bunch from a range of backgrounds and life experiences. I am of course particularly proud of all our fantastic ladies and the way we've really come together as a team for events like the PECOs.

C25K one year on

"Abbey is a true family club"

by Fiona Holmes



I took part in the Abbey C25K in 2019 after feeling tired and unmotivated to exercise at all on my own. I went along wondering what it would be like and a bit nervous as I had never run with a running club before. I had always thought they were for really serious and fast runners! I had done a bit of running 10 years ago before having kids, and then a brief return 5 years ago in the 2014 Leeds 10K for charity.

The C25K was great, very supportive and friendly, and the club members gave up such a lot of time to take us newbies out! A couple of the other school mums were taking part too, so we would chat at the school gate about how we were getting on.

Since then I increased my distance to 10K, I tried the 1st PECO XC in November at Temple Newsam (most of the way round thinking 'never again!'), and then pushed on up to 10+ miles. It felt so good to get out for short runs around family life, the regular Tuesday club runs and longer weekend runs – it had turned into my new 'me' time!

In September my son, Callum, who was 6, started going to the Abbey Juniors training. He loved it too! He has always enjoyed running, often taking part in the Boddington junior 2k parkrun so clearly takes after his Dad (Matthew) who has always been a runner. Then after my husband Matthew saw how supportive club and club members were, he also decided to join in time to take part in the 2nd PECO XC. He is now a regular at the Abbeys Thursday speed/hills session.

My next aim is a half marathon having got a charity place for the Great North Run but as that's now cancelled it will have to wait until 2021! Instead we have all really enjoyed the Lockdown Abbey Challenges – they have been a great way to feel connected to the club, and Callum has hardly taken off his Abbey vest – it's his new uniform since school closed! Now we're just waiting for Grace (3 years) to join too, although she does already have an Abbey vest thanks to Helen!

It really is a family club!!

The Abbey Express

Our new Juniors section!!
by Sophie Brady

9th May 2020

The juniors were invited by the Big Abbeys to join in a **virtual 20 minute relay**. There was even a competition for the most creative baton. Think everyone can agree, this was so much fun and just what we needed with the cancellation of so many races.

Thank you for the invite

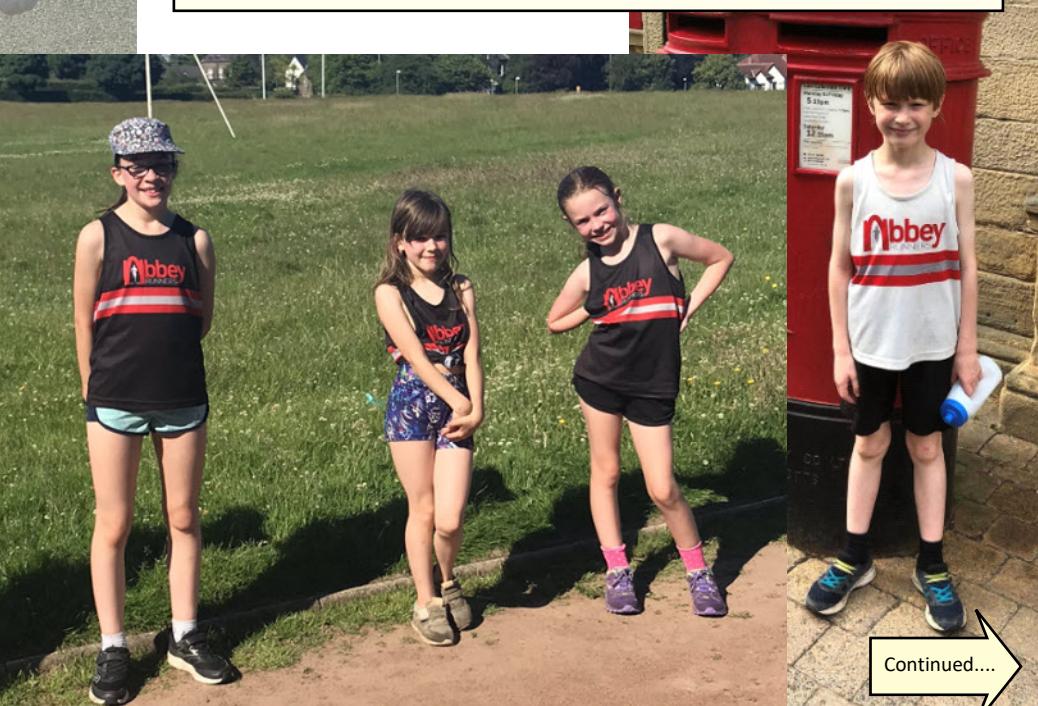


**Abbey Junior's
Owning It
at the
Virtual
Relay**

19th May 2020

Some juniors signed up for the **abbey lockdown league challenge**, which is still going on as I write this. We are on challenge 7 now. The top of the table keeps changing, anyone can still win it.

For anyone unsure about these type of challenges, they are not all about speed and ability and are suitable for everyone.
Thank you for including the juniors.



Continued....

The Abbey Express (cont.)

**Abbey
Junior
Virtual
Peco
Relay
2020**



27th May 2020
Junior Virtual PECO Relay weekend.
This was a 15 minute run. And one of our relay teams took 2nd place.
Well done!!!



**Leeds Junior Clubs Virtual Race
6-7 June 2020 - Younger age group
Winners: Abbey Runners**

11th July 2020

THE REMATCH! This is what you have been waiting for. As we go to print, we may have to live report the results of the upcoming race. The Abbey Juniors are coming off a big victory and will be keen to defend their title. The other clubs have also been working hard and want this crown. Who will cross the finish line first? My money is on the Abbeys.

Follow our facebook page for live updates or you will have to read all about it in the next months edition.

STOP PRESS! And you were right, Sophie, because we have just heard that our Year 6 and under Juniors have won again against 7 other clubs (114 runners)!! YAHOOOOOOOOOOOOOO!!!!!!

Sophie

6th June 2020

Virtual Race (10 or 15 mins). There were a massive 20 runners over the 2 age groups. The year 6 and under took first place. They dominated and won 4 of the 5 relays, with the other one coming in 2nd. The high school team finished 2nd place out of 6 teams. **The Abbey Juniors were the overall winners** and secured the highest points across the 7 clubs competing.

A massive congratulations.

Continued....

The Abbey Express (cont.)

Get to know....

How old are you? Nine.

When did you join the Abbey Juniors?

October 2019

Why did you join the club?

I only started running in September with my school and wanted to get better. After my first session, I had so much fun, I joined straight away. I am so happy I did because I am really improving and have some new best friends at the club too.

What has motivated you to run in lock-down?

I started off running locally to my friends houses to do chalk art. This quickly expanded when I saw the Abbey street tag game. This encouraged me to run further, explore new areas and leave fun inspiring messages for everyone to see. I would get really excited when the other Abbeys would find them. If you didn't already know, I'm the Chalk Bandit. I also started doing abbey treasure rocks (and take personal requests). I have a few more ideas, so watch this space.

What are your club accomplishments so far?

I was so excited to be nominated for runner of the month in April, more so alongside my mentor and buddy Andrea. When we both won, I was so happy. I also really liked trying to find the secret picture locations. My favourite was when I was the first to find Duncan's pond.

What are 3 things we don't know about you?

My favourite colour is blue. I love to sing and dance and pizza is my favourite food. Yum!



What does the Abbey club mean to you?

The Abbeys are really important to me. Before I joined, I did not have a lot of confidence in my running ability. That quickly changed. I have felt accepted and supported. The emphasis has always been to just enjoy it. I feel like I know so many of the Abbeys from the lockdown challenges, there is a real family feel to this club. I hope when training fully resumes, some of the runners I look up to might come out to a junior training session. That would be really cool.

The Abbey Express (cont.)

Joke of the day:

Q. What is harder to catch the faster you run?
A. Your breath



WORD SEARCH

E	H	M	T	I	F	O	J	R	F
Z	P	I	F	Q	L	E	P	B	U
T	C	B	L	R	U	N	A	L	N
S	D	R	S	L	M	A	C	V	S
T	O	L	T	V	S	P	E	C	O
A	B	B	E	Y	S	T	O	V	C
R	C	O	R	A	C	E	S	P	A
T	C	H	S	I	N	I	F	R	Y

Can you find:

Run Abbeys Finish Fun Pace Hills Peco Start Races

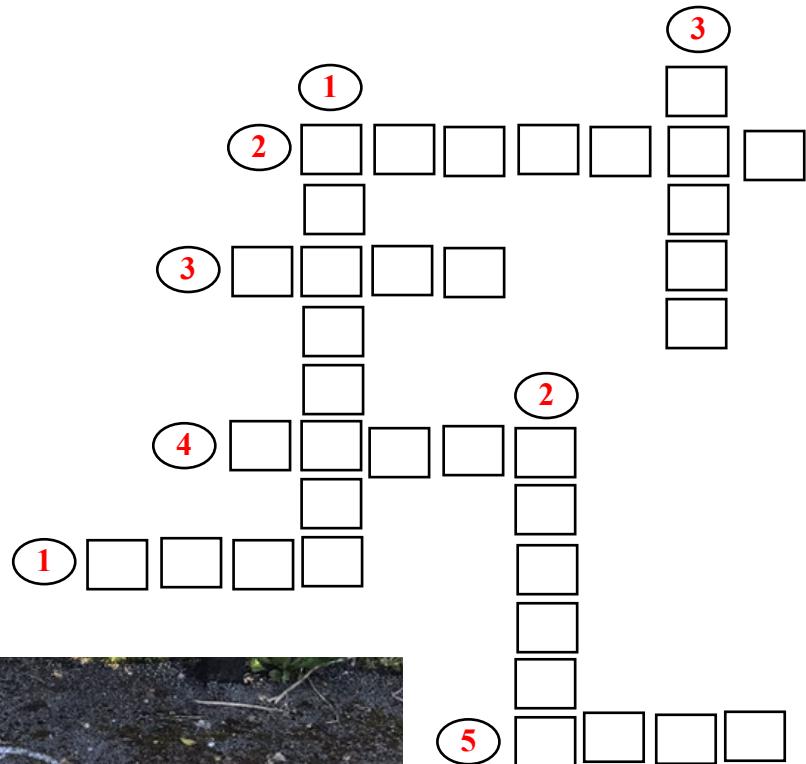
CROSSWORD*

ACROSS

1. Wear it on your foot (4)
2. Junior 2k and 5k (7)
3. Not slow (4)
4. Incline (5)
5. Abbeys (4)

DOWN

1. Training (8)
2. Really fast (6)
3. When it rains (5)



Abbey spotlight on...

Joseph Ibrahim

1. When did you join Abbey Runners?

February 2017

2. Why did you join us?

I wanted to improve my running endurance. Prior to joining Abbey's I had done a lot of strength and conditioning of which running is an integral part, but it was done within HIIT parameters i.e. short bursts, generally along the lines of 2-1 or 1-1 effort -recovery. In addition, I was lifting heavy weights as I was following strength programs such as 5x5, which are not suitable if you want to take up longer pursuits of endurance (my back and legs were constantly fatigued). In Feb 2017 I changed my goals, I wanted to run a half marathon, do standard distance triathlons and one day a marathon and an Ironman. So I thought the best way to get better at running long distances is to do more long runs.

3. What is your favourite running distance race?

Even though I want to challenge myself at taking up longe runs, I've discovered that 10K is my favourite distance.

4. What is your greatest running achievement?

The Rochdale Half Marathon October 2017 (8 months after joining Abbey's). I completed it in 2:21, not a fast time, but i'm proud that i did the distance. I used to do the odd 10K before joining the club but I would never have been able to take that distance on without the regular training and support from Abbey runners.

5. What is your greatest running disaster?

PECO 2017-18 Race 4, Middleton park. I was enjoying the PECOs generally and this run in particular when all of a sudden running through the woods I turned my ankle. It felt swollen immediately and I had to stop and hobble around for a few minutes, eventually I started to run again and finished the race but it put me out of action for about 10 days after. I still get the odd tinge from it now and again.

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

The last PECO race. I look back with pride completing the XC season (which are by any definition tough) and I look forward to the spring and summer when we run off rd with the club during the lighter nights.

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

The June 2018 5K handicap. I went out like a mad man and if you remember the heat wave we had, it really was the wrong thing to do. I really suffered after running a 3K PB, the next 2K was hell.

8. What are your running goals for the next 12 months?

Take on the world coal carrying championships (1Km run with 50kg bag of coal)

Get faster at 5K and 10K

Maybe take on a marathon



Continued....

Joseph Ibrahim (cont.)



9. What does your typical week's training look like? (pre-Covid!)

Working towards the first 2 goals above, I've started to do more strength and conditioning again.

2 days a week I'll start with some strength or skill work.

The Turkish Get Up is a favourite of mine, which really works the core, or, one of the other big compound movements: bench press, deadlift or squat. After this I'll do a HIIT workout which usually includes burpees, sit ups, running, and lifting some (lighter) weights, either squatting, power snatch, or pressing movements. The idea is to get the heart rate high and just as one area of your body is becoming fatigued switch to work on another movement.

One medium run (6 miles) and 1 shorter intense run either hill sprints/ reps, fartlek, or a 5K.

Before lockdown I was cycling to work regularly (20K there and back a few times a week) which is always good for active recovery. If I've got a triathlon coming up I would tend to do longer cycles too.

If I do decide to do a marathon (my 3rd goal) I'll swap out one HIIT sessions and do a long run and build my miles up each week.

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

I like to set a goal and work towards completing it. I'm usually very motivated if it's something I've never done before like a distance event or I'm trying to improve my time. I have to admit though, I don't always do all the sessions that I should.



Our Joseph's never been shy when it comes to bagging his favourite spot on the start line. Good on 'im!

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

Abbey Lockdown League ("ALL")

The story so far...



109 Abbeys!



Running "ALL" together



The Outback
Freedom parkrun
Pub Crawl
President's 5-2-10k
Postbox Challenge
Parkrun "Eyeballs out"
Prez's Bingo



Present, past and international members from as far as New Zealand!!



And what a hugely impressive array of mile PBs, 5km PBs and 10km PBs. Clever route planning, exploring new areas and exploring your local streets. Waving hello to Abbeys on route, running in your Abbey vest or running in amazing and imaginative fancy dress.

Abbey Lockdown League. Running ALL together.
3 challenges remaining. Watch this space...

ROSS

Abbey Street Tagging...

31 Abbey Runners entered the 'Isolation Street Tagging' league, an activity devised by Stephen Green.

We are now concentrating on other lockdown challenges, therefore this event is now concluded.

In total there were 446 individual street tags, with Thomas Rogerson (Alma Road), being the most popular tag with 17 visits.

The least visited was Martin & Lynn (Stepping Stones), with only 2 runners doing the round trip marathon distance!

So congratulations to **Freddie Roden** who was first to complete all 45 street tags, including his first marathon distance.

Also well done to **David Leslie** who also completed all the tags.

Not far behind were **Scot Macdonald** (44), **Thomas Rogerson** (43) and **Graeme Littlewood** (37).

Well done to all who gave it a go!



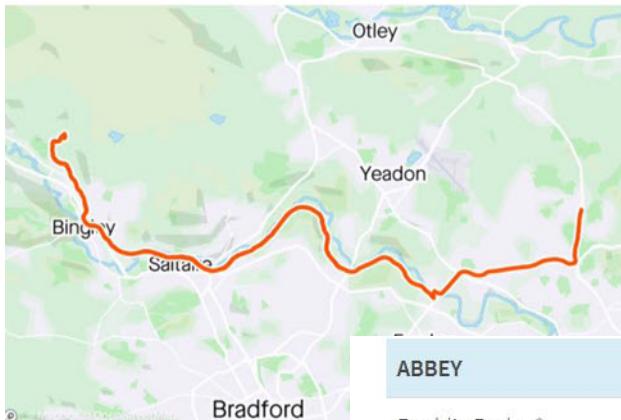
Freddie Roden

Today at 8:31 AM

John Ward

1st marathon to get the final tag in steppingstones

Steady with the first half in 1:57 and the second in 1:53



Distance
42.80 km

Moving Time
3:50:19

STREETS TAGGED	
ABBEY	
Freddie Roden*	45
David Leslie*	45
Scott MacDonald*	44
Tom Rogerson*	43
Graeme Littlewood*	37
John Ward*	33
Bev Mottley*	26
Adam Ellis*	22
Paul Greene*	19
Laurence Lennon*	16

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.

THE CLAM!

A simple but effective one this week. This is another gluteal exercise, continuing the quest for a perfect bottom!

Just to recap, your glutes are the big muscle in your butt, which help stabilise the body and create power for running. Ignoring these muscles can lead to poor running posture and back problems.

This exercise specifically targets the outer part of your glutes.



Description: Lie on your side with knees bent. Your upper hip should be perpendicular to your lower hip and pointing directly upwards.

Lift your upper leg, using your outer glute only. This may be quite a small movement, especially to start off with.

Do 15 reps on one side and then turn over and 15 reps on the other
Do 3 sets of 15 on each side.

Progression: increase the number of repetitions per set.

Tip: If you cannot feel the burn on the outer part of your glute, you are using your other muscles to assist and not gaining the benefit. Reset and start again!

Helen, Jasmine & Mark

Answers to crossword: ACROSS 1. shoe; 2. parkrun; 3. fast; 4. hills; 5. team DOWN 1. practice; 2. sprint; 3. muddy

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!