

"Last-minute" 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

President's Notes

Dear Abbeys!

As ever, I stand in bewildered awe at some of the fantastic and inspiring achievements of this running club, and everything you have all done since the last newsletter.

As reported by Sophie in this month's Abbey Express, the Juniors are maintaining their strong form by clocking yet more victories - this time the Hill Challenge! Well done to you all.

Matt Ellis blew the club away by running 9 parkruns in a day, raising over £1,200 for Simon on the Streets, our club's Charity of the Year. Full race report(s) inside. Matt, you are a legend, and that day will go down in Abbey history.

Also since the last newsletter, we have re-launched our Tuesday evening training sessions, made possible by our tech-wizard, Tony Bastin, as well as our bank of Run Leaders. We now have 10 ability-based groups on Tuesday evenings. 80 Abbeys out running on Tuesdays!! We also seem to be experiencing record numbers on our Thursday evening coached speed sessions. I just love it.

We are experiencing a real surge in new members into the club, which is wonderful to see. Please make our new members welcome. My thanks again to the hard work of our Committee.

The best is yet to come!

Jim



Congratulations to our Runners of the Month for July and August: **Jasmine Salih** (July), and **Matt Ellis** (August).

Jasmine was nominated for her unstinting work for the club and in particular for her hard work and initiative in getting the Thursday training sessions back up and running, as well as making them fun and really useful in maintaining running fitness. Jasmine is a star.

Matt was nominated for his inspirational running of all 9 Leeds parkruns in one day, raising over £1,200 for Simon on the Streets, our club's Charity of the Year. His run also inspired Tom, Duncan and Paul to join him (which is also totally awesome), as well as wider interest from many of you to run a few of the parkruns with him throughout the day, or cheering him on. What a day....

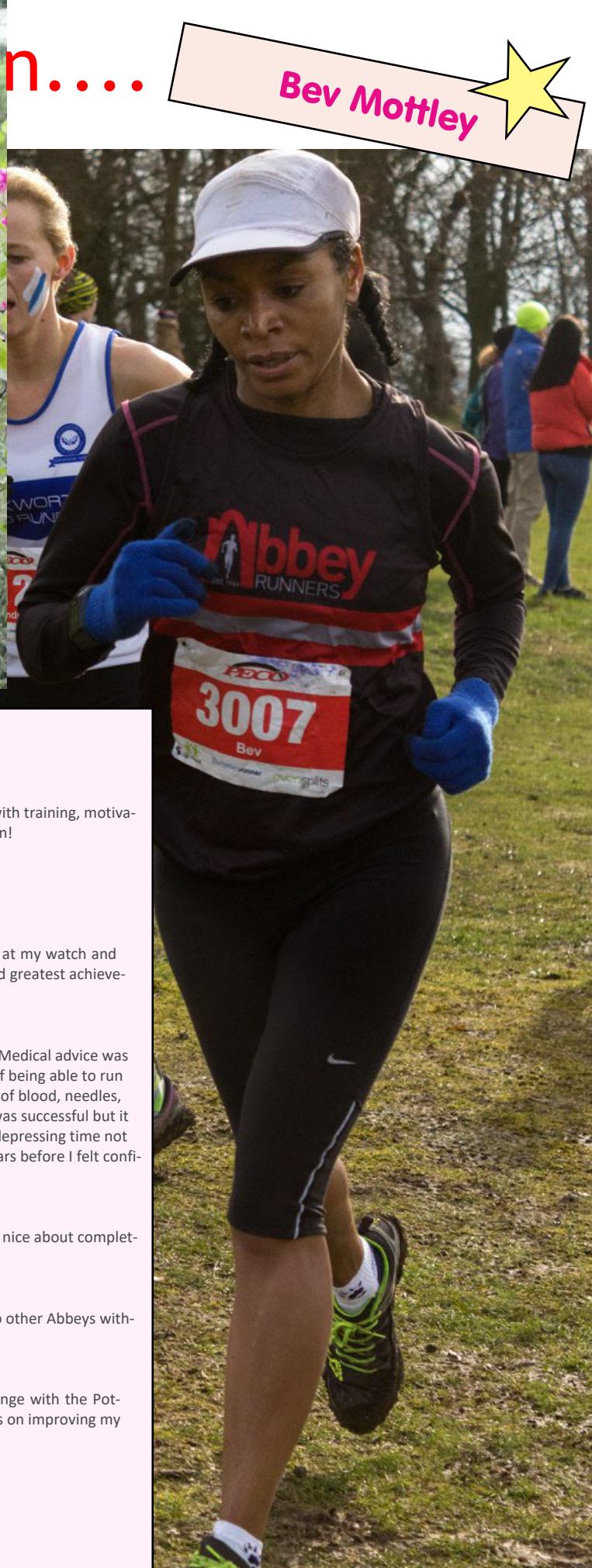
And well done to our other superb nominees for the two months: **Lisa Hulme-Vickerstaff, Martin Jones, David Leslie, Sunny Cheema, Ali Ameri, Paul Craven (for both months!), Faye Mullen, Adam Ellis, Graeme Littlewood, Tom Rogerson, Duncan Clark and Tony Bastin.**

It's great that so many of you have been sending the Committee lots of nominations and recognising the fantastic achievements of your fellow Abbeys. Keep 'em coming!



Abbey spotlight on....

Bev Mottley



1. When did you join Abbey Runners?

2005.

2. Why did you join us?

I had a Charity place for my first every Marathon (London, 2006) and I needed some help with training, motivation, staying focused and remaining injury free. I had a fundraising plan but no running plan!

3. What is your favourite running distance race?

My favourite distance at the moment is 10 miles. It's just a lovely 'in-between' distance.

4. What is your greatest running achievement?

My greatest achievement was running Manchester Marathon. I remember looking down at my watch and thinking OMG I can actually achieve my target time of 3.45. I achieved 3.44.48. My second greatest achievement was running from Leeds to York (35 miles) in 2019. It was really tough.

5. What is your greatest running disaster?

About 6 years ago I made a massive mistake of continuing to run whilst carrying an injury. Medical advice was that I stop running (permanently) or have a knee operation with absolutely no guarantee of being able to run again. Stopping running just didn't feel like an option so despite being terrified of the sight of blood, needles, drips – anything medical really, I opted for the knee operation. Thankfully the operation was successful but it took me ages to recover and get back to running comfortably. It was a really difficult and depressing time not being able to do something that had become such a big part of my life. It was at least 2 years before I felt confident enough to come back to run with Abbey Runners.

6. Which is your favourite race in the running calendar? (pre-Covid!)

I really like the York races...10 mile, Half Marathon and Marathon – there's just something nice about completing this trio! I also enjoyed doing the PECO series for the first-time last year.

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

I really like the Abbey Christmas Party. It's lovely to see everyone dressed up and to talk to other Abbeys without being breathless. I also enjoy dancing to the cheesy Christmas tunes.

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

To continue to enjoy running and stay injury free. I also have a personal on-going challenge with the Potternewton parkrun route – my aim is to knock a few mins off my course PB. I need to focus on improving my speed.

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

Monday – 45 min spin class

Tuesday – 5-6-mile local run /club run (pre-covid)

Wednesday – Rest and Recover

Thursday – 4-5 miles local run / occasional club speed session

Friday night – rest

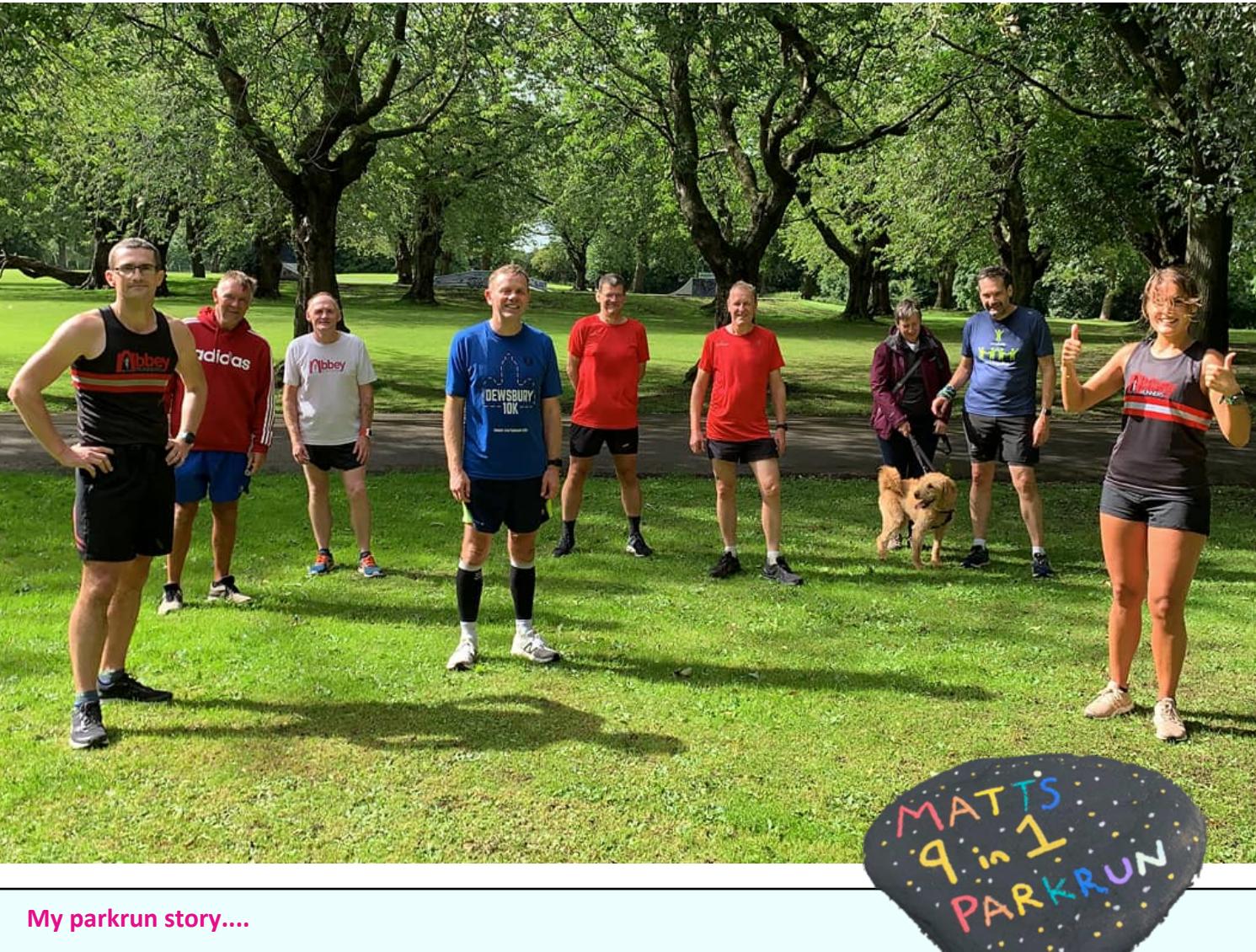
Saturday – Potternewton parkrun route

Sunday – HIIT session and 10 miles min local run

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

Running is a part of my self-care regime... something that I do just for me!

Matt's 9 in 1 parkrun challenge...



My parkrun story....

by Matt

A lovely sunny Wednesday evening in early August and I have just got in the pub after trying to cling to the shirt-tails of Duncan and Ross for an hour of punishment (for me anyway) on the Meanwood Valley Trail. The two aforementioned accomplished “real” runners had invited me along for the comedy value, I think!

We were sat enjoying the best part of the evening (for me anyway) a couple of cold beers! The conversation inevitably turned from why Ross has not yet taken Duncan’s running records to more general running and the lack of motivation for everyone during lockdown. This is where it started, not satisfied with the running lesson I had just been given that evening, I casually mentioned that I had had the idea of running all 9 Leeds Parkruns in 1 day. As the pints flowed, not only did I become 2-pint brave, then 3, then 7, by the time I got home I was setting up a justgiving page and setting the date in stone, as once it’s on Facebook it has to happen, right?

That was it, the 9 in 1 was on and it was happening in two weeks’ time!

Continued on next page

Matt's 9 in 1 parkrun challenge...(continued)



Only the morning after did I think of the actual gravity of the task. At that point I realised I had never actually run more than 22kms ever before, after which I said I had absolutely no intention of doing it again! On that occasion I had actually done an element of structured training over a number of weeks in preparation. This time, my detailed structured training consisted of the following;

- A Large dose of LURGY!
- Running as fast as I possibly could down a 5km hill!
- Running as fast as I possibly could down a 1km hill in tight jeans!
- Crawling/ shuffling around as many public houses as I could in 5k!
- Chasing Post Boxes around Meanwood, Headingley and Weetwood!

What could possibly go wrong?

The actual day arrived along with 3 top men: Tom Rogerson and Paul Craven (both showing impeccable judgement in offering to run all 9 courses in support) and our trusted chauffeur, Ross Armstrong. Off we went to Roundhay Park for an 8am start. Armed with a solid game plan of 30 mins/ run and a car boot full of treats we were in confident mood.

We were all pleasantly surprised to find a number of Abbeys assembled on the start line for the big off. I was also very grateful for the special delivery from the "Chalk Bandit" a special 9in1 decorated stone. Bang on 8am chauffeur Ross gave the nod to start and the adventure was underway. With expert pacing provided by Mrs Ellis, we were round in just under 30min as per plan. Potternewton, here we come.

Again, we were greeted by a posse of Abbeys. This included a number of new attendees who found the 9am start much more palatable than the 8am alternative, as well as a number of 8am veterans. The run itself was uneventful and went without hitch. The biggest decision to make was to drop Mrs Ellis the trusted pace maker. I came in at just over 27mins whilst Ange crossed the Line in a metronomic 29.59. You will pay for that later, she said! That sounded ominous.

Potternewton was supposed to see the end of Duncan Clark however for some reason after 8 pints the night before he chose 9 parkruns over school uniform shopping. Brave man!

Continued....

Matt's 9 in 1 parkrun challenge...(continued)



Temple Newsam was as brutal as ever. However, boosted by the support crew of Joe Ibrahim and Peter Persico it was dispatched without incident.

Rothwell was the most enjoyable run of the day for me, probably because it is the easiest. Springhead Park was very busy; however, people were very polite with the exception of one young lady who had obviously got up out of the angry side of bed that morning and was intent on telling us so!

Middleton saw an appearance from chauffeur Ross. Having not run the course before he decided to don his running shoes and see what Middleton's best had to offer. It has to be said it is a cracking course. 5 runs down and the legs were feeling average, the troops however were in good spirits. Crossflatts here we come.

Crossflatts saw the arrival of the legend Mr Laurence Lennon to offer his support. The usual whit and banter ensued. This was short lived as the challenge was about to bite back! The drag from Dewsbury Road back to the top of Crossflatts Park was taking its toll. Whilst Messers Clark and Rogerson were making short work of the hills, chauffeur Ross noted that this was the first point during the day that the smiles had been replaced by grimaces. Were the wheels staring to come off? This wasn't going to get any easier... the Beast that is Bramley was next on the menu!



Matt's 9 in 1 parkrun challenge...(continued)

On arrival at Bramley we were joined by the Abbey afternoon shift with Andrea, Paul Greene and Alastair White joining the party. If Crossflatts was tough, then Bramley was brutal, my legs were beginning to scream more than a set of rusty old brake pads and mother nature decided it would be fun to deliver a mini monsoon. Had it not been for the ever supportive and patient Mr Armstrong, my chips may well have gone all in the 3rd time up that hill. Anyone for Armley?

Armley – as the song says “Should We Stay or Should We Go”. We decided to go, 3 mins in front of schedule in fact. This move almost proved fatal as “Just in Time” Martin Browne & Lynn Taylor were, well, “Just in Time”. With the exception of Duncan “the Robot” Clark, the whole team were now starting to struggle. It is said that Armley is one of the easier Parkruns, on this occasion it was tougher than a Duncan Clark Hill Session!! However, the team dug deep, bit down hard on their gumshields, and shuffled over the line. The end was now in sight.



Woodhouse Moor has never seen as many Abbeys on a Sunday afternoon, it was truly inspirational. I didn't get the chance to count as I was in survival mode, but there must have been at least 15 running and the same again supporting, if not more. All the runners ran in their own groups and I am sure they thoroughly enjoyed it. My group consisted of the metronomic Mrs Ellis who was back for the grand finale, Just-in-time Martin and the ever so timid Gill Nesbitt!!! Between them they managed to drag me round the final 5k. You were awesome guys, thank you.

On reflection of the day, I can honestly say I have never been as humbled, from what started as an idea over a few beers, turned out to be an exceptionally well supported Abbey event. To everybody who played a part whether that was your support on the day or contributing sponsorship, a huge thank you. Between us we have managed to raise a staggering £1,200 for the club's nominated charity, “Simon on the Streets” a remarkable effort.

Just to end I must give an extra special shout out to Lisa Stansbie. Lisa was so excited to get involved she rocked up at Woodhouse Moor 24hr early.

Matt

Runner's marathon effort for homeless

CHARITY

Mark Lavery

mark.lavery@jpimedia.co.uk
@MarkLaveryYPE

RUNNER MATT Ellis completed all nine Leeds 5k parkrun courses in one day to raise cash for city-based charity Simon on the Streets.

Matt's fundraising effort is just one of a number of ideas residents and businesses have come up with during the coronavirus crisis to help the charity, which supports homeless and vulnerable people across West Yorkshire.

Abbey Runners member Matt, 45, said the group's annual Eccup 10 mile race planned for June was cancelled due to Covid-19.

Simon on the Streets was this year's nominated charity for the race and Matt didn't want them to lose out. So he came up with a plan to do all nine Leeds parkrun courses in one day. He raised £1,200 for the charity after successfully completing the challenge in



FUNDRAISING: Members of the Leeds Medics and Dentists Rugby Union Football Club (pictured before lockdown) have also raised cash for Simon on the Streets.

SIMON ON THE STREETS

NATALIE MORAN, Chief executive officer of Simon on the Streets said: "We're a small independent charity which relies solely on donations from the public and local businesses so we're incredibly grateful to everyone that fundraises for us."

"The coronavirus pandemic has seen people

and businesses come up with a variety of fun and unusual ways to raise vital funds for us, to continue our much needed work in supporting those most vulnerable on the streets and in temporary accommodation, which has been fantastic to see."

To donate, go to www.simononthestreets.co.uk/

around eight hours on August 23. He started at Roundhay Park at 8am and then did the Potternewton, Temple Newsam, Rothwell, Middleton Park, Cross Flatts, Bramley, and Armley courses before finishing at Woodhouse Moor at 4pm.

Abbey Runners Duncan Clark and Tom Rogerson ran with him and club captain Ross Armstrong drove them to each run. Matt said: "I did feel a sense of accomplishment and I was blown away by the amount of money we raised for the charity." All official parkruns were cancelled early in lockdown. Around 55 members of the Leeds Medics and Dentists Rugby Union Football Club ran a total of more than 3,000 miles over two weeks and raised more than £3,500 for Simon on the Streets.

The Cross Keys pub on Water Lane, Holbeck, is donating cash from each meal and sandwich sold in September to Simon on the Streets and Positive Action for Refugees and Asylum Seekers.



Runner's marathon effort for homeless

Yorkshire Evening Post - 14th September 2020



“Matt’s brilliant parkrun fundraiser...”

by Paul Greene

...for Simon on the Streets on Sunday 23rd August 2020 will live long in the memory as a stunning individual and Club success, bringing so many of us together on the day and raising over £1,200 for a great cause.

When Matt announced his intention to run 9 Leeds parkruns in one day, I thought “Wow!” I’d have loved to join him for all 9 but a long-delayed family do meant I could only make the last 3, Bramley, Armley and Woodhouse.

Switching on my phone after breakfast that morning, I could see the excitement building for Matt’s marathon. Bev put a video on Facebook of the Potty run and throughout the day there were more pictures and updates from Lawrence and others. By the time I set off to collect Alastair White and Andrea, I felt really excited as if I’d been watching the Tour de Yorkshire on the telly and the peloton was about to pass my house.

We arrived early at Bramley Park in time for the arrival of Matt and his Pacers: Duncan Clark, Paul Craven, Thomas Rogerson, plus Ross, Matt’s driver and social media adviser as he announced himself. As they got out of their cars it was clear that 6, yes 6, parkruns had taken their toll as the band of brothers clambered out with rolling, aching gaits like sailors hitting land after weeks in stormy seas. But their spirits were high and they were ready for their 7th parkrun of the day.

Joined by Craig Kent, we launched off bang on 2pm. This was my first time at Bramley and what a great course it is, hilly but fast on the downslope with great views over Leeds. I was really pleased as I coasted down the hill towards the end of my 3rd lap only to be told by Duncan it was a 4 lapper! By the end Matt and the Pacers were all still standing, justifiably proud of 7 ParkRuns under their belts. (continued overleaf)



“Matt’s brilliant parkrun fundraiser” (continued)

by Paul Greene

Spirits high, we all set off for Armley where more Abbeys arrived to run or support. I thought Faye and Cal were going to leg it round but being in cycling lycra and jeans respectively said they were just there to cheer Matt on; surely the lockdown challenges were suitable preparation for running in such garb? The runners set off slightly early and a few minutes into the run, Martin Browne and Lynne Taylor arrived pointing out our early start (but then they are professional race timekeepers).

By the end Matt and the gang were showing the effects of 8 ParkRuns but were ready for the 9th and final canter at Woodhouse Moor. Arriving at Woodhouse saw yet more Abbeys, either running or supporting. As we set off, spirits were high, Matt in good form. As we trotted round, I must confess that a tear sprang to my eye at the magnificent turnout. What a club, if only the World could be more like Abbey Runners.

At the finish, everyone cheered Matt as he approached and crossed the line. The support of the next generation of Abbeys was great with Thomas running in with his kids and Peter and Lisa plus Craig propelling theirs round in their buggies – Abbey Juniors in the making all.

I lost count of the Abbeys at the end, but it was a lot and took us all back to pre-lockdown. Jim made a great speech pointing out that Matt had raised more for Simon on the Streets than they would have got from the Eccup 10; amazing. We cheered Matt to the rafters. The sun shone. Beers and chocolates were handed around and a good time was had by all. Because it was a good time, in a great cause.

Hats off to Matt. And Duncan, Paul, Thomas and Ross. And to all Abbey Runners who either ran, cheered or made a contribution to the money raised.

If Carlsberg made running clubs...



The Abbey Express

The Juniors section!!
by Sophie Brady



Welcome back to the 2nd edition of the Juniors Newsletter.

It has been so nice to have everyone back at the Sunday training sessions again. The juniors have been working hard and are really enjoying it.

Thank you so much to Mark, Helen and Simon for all their hard work to make the training sessions possible. The Abbey Juniors are very lucky to have such dedicated amazing coaches.



So just what have the juniors been up to this summer? I'm glad you asked that question. Let's find out!

Continued....

The Abbey Express (cont.)

Recap: The juniors are coming off back to back wins in the virtual club challenges. Can this winning streak continue?

We didn't have to wait long to find out. Next up was a Hills Challenge!!

13th - 18th August 2020 - Hill Reps, Run for altitude gained.

Some Abbeys ran on their own, but the majority took on the challenge at a training session where they ran up and down Hill 60 (yes, THAT hill) multiple times. That's an accomplishment in itself. But they took it to the next level.

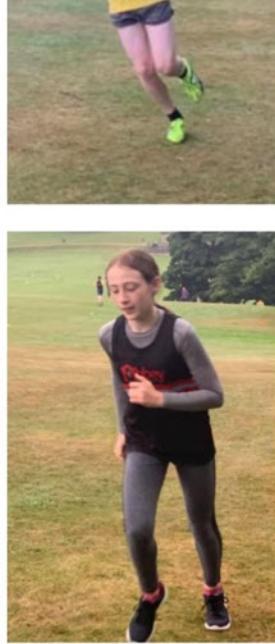


The Abbey Juniors only went and did it again!

The year 6 and under took 1st place to complete a hat trick of victories!

The Year 7 and above finished in 3rd place!

Well done to everyone who took part, all 28 of you. This was a team challenge and everyone's score counted towards the final result.



Continued....

The Abbey Express (cont.)

Get to know....



How old are you?

Nine (nearly 10 – I'm 10 on the 22nd December)

Why did you join the club?

I live in York and have been running on behalf of York Athletics but they wouldn't let me join as I'm too young. I really wanted to be part of a running club so when my dad talked to Mark at a race at Lightwater Valley and said that Abbey Runners took juniors my age I was really interested. I had noticed the Abbey Runners vests at the PECO events and thought they looked really cool.

What motivated you to run in lockdown?

I started off keeping Sundays as a time trial doing the junior park run distance by my house. Then doing runs with my dad during the week. Then I entered a few virtual races to get some medals (I love medals). I managed to achieve 4 during lockdown – 2 races (3k and 10k) by Plan B and then I ran the distance of the Inca Trail (26.2 miles) and Hadrians Wall (90 miles) by Conqueror Events – these medals are really heavy and big – I love them! When lockdown started to be less strict I took part in some of the Abbey virtual races and loved training for them.

What are your club accomplishments so far?

I only joined the club a week before lockdown, so everything I have done so far has been virtual. I was lucky to be placed in a team for my first race alongside Freddie and Timothy who both ran amazing times so we came 2nd in my first 15 min virtual relay.

I then took part in both the 10 min runs and we won both the trophies. Lastly I took part and won the hill challenge at Roundhay and then I went and did it with my dad in the North Yorkshire Moors. I'm most proud of this as I've always struggled with hills as we live in York and its flat, so dad and I had been driving all over finding steeper and steeper hills to train on.

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

I love running, playing football and futsal. I used to swim but finished when I got my gold badge.

I have an old dog called Milo.

Mo Farah is one of my sporting heroes and I have his Great North Run bib vest and his autograph framed in my playroom.

What does the Abbey club mean to you?

I really like being part of Abbey runners, everyone is really nice. It's great to run for a club that is so supportive.

By the end of 2020 I want to...

Get sub 7min 20 in the Junior 2k Parkrun time and to take part in my first 5k Parkrun (sub 19mins 30).



The Abbey Express (cont.)

In other news.....

Have you seen our very own Abbey Fairy Tree?



There might be some more to find soon, so keep an eye out.



Jokes of the day:

Q. Did you hear about the race between the lettuce and the tomato?

A. The lettuce was a 'head' and the tomato was trying to 'ketchup'.

Q. What should runners eat before a race?

A. Fast food !!

"THANKS FOR READING!"

Abbey spotlight on...

Ian Patchett

1. When did you join Abbey Runners?

I attended the very first meeting that Abbey Runners had, although I don't think the name had been conceived then. This was in 1984. I think I did a couple of runs with them but didn't officially join until May 1985.

2. Why did you join us?

I joined Abbey because they met close to where I lived. Back then they used to meet at Farnville Sports Centre and Armley (then Kirkstall for a brief period).

3. What is your favourite running distance race?

I like a variety of running distances, basically anything below 10k and anything above, up to 15 or 16m. Marathons don't get on with me - but I feel obliged to do them once in a while. Next one due around 2046 or so.

I do like 10m...

4. What is your greatest running achievement?

My greatest running achievement hasn't happened yet - but watch this space. [Jim: intriguing!!]

5. What is your greatest running disaster?

Thankfully not too many running disasters. In 40 years, I think I have had a DNF 3 times. If I was to name a few I would think my first marathon, going through halfway in 1:29 and 15m in 1:43, only to "crawl home" in 3:38 was a big disappointment. In hindsight I think some proper training would have helped...

Another would be not taking the lead in a 1500m race which was far too slow and blew my chance of a decent time. Which reminds of a mile race I did; going through the first 200m in 28s and the 1st lap in 65s is not the best way to do it (well not for the likes of me). The last 1200m was like running in treacle!

6. Which is your favourite race in the running calendar? (pre-Covid!)

My favourite road race I think is the Vale of York 10m, though a big shout out for the Worksop half - very nice around Clumber Park.

Off road I love the fells. Probably Fairfield Horseshoe: 9m, 3000 ft climb. Tough but rewarding. Ilkley Trail is another. Oh and Jack Bloor fell race too.

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

Memorable Abbey events are many. Xmas do's are always good and club trips. The trip to Grasmere was a great day out, but as I say many, many great times.

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

My next 12 months running will be focusing more on speed work. Since coming back from injury, I have got my fitness back but my old legs don't want to play ball...

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

My typical weeks training is similar to a lot of people not training specifically for a race - Tuesdays and Thursdays club (pre covid), a run or two on my own and parkrun and/or longer run on a weekend (again pre covid).

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

In terms of motivation, over the years it's been fairly easy to run/train - I have always enjoyed the freedom it gives and the sense of wellbeing. It keeps me sane and well, I just enjoy it! As I have got older it's more a case of not wanting to seize up!!



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 PLANK!

Now some of you may find this exercise about as pleasant as being hit with one, but please don't let that put you off!

The Plank is a core exercises i.e. it strengthens those central muscles around your spine and abdomen, which helps keep you upright when running. Having a strong core well help stop you slumping as you are getting tired, and also helps protect against injury, especially your back.

If anyone fancies a crack at breaking the world record, you only have to hold the plank for 8 hours and 15 seconds (currently held by George Hood)!



Here's how to do it: Get into forearm plank position. Ensure your elbows are on the ground directly underneath your shoulders with your feet hip-width apart. Make sure your back is flat and your head and neck are in a neutral position. Drive your elbows into the floor, and squeeze your quads, glutes, and core. Inhale through your nose and exhale through your mouth—don't hold your breath.

It is really important that your body stays in a straight line, so that your bottom doesn't either stick up or sag down. Your head should be in a straight line with your back and this will help maintain that line (You'll see in the picture that Jasmine has dropped her head slightly and that has made her shoulders hunch and bottom stick up).

Start off by holding a plank for 20-30 seconds; rest for a minute and then repeat. Aim for daily. As you get stronger, add 10 seconds on to the time spent in plank position, up to a maximum of 90 seconds.

Variants

1. High plank as demonstrated by Mike. In this version, the body is still kept in a straight line, but the arms are fully extended.
2. Knees down plank. If you find it too difficult to start with the traditional forearms plank and cannot keep your form, start with the knees down version, as demonstrated by Jasmine.

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!