



Dear Abbeys!

A genuine bumper edition here! 20 pages of Abbey awesomeness, including a new feature "Abbey Legends". We have a fantastic (and inspiring) piece written by Life Member, Hetta Morath. Hetta recounts her incredible running career, as well as how she and others came to establish our running club 35 years ago.

Stuffed Turkey Edition

Your 2021 Committee!!

Jim Whittaker, President
Graeme Littlewood, Secretary
Simon Jones, Treasurer
Helen Roden, Juniors
John Ward, Membership
Tony Bastin, Website
Alex Kilcoyne, Ladies' Captain
Ross Armstrong, Men's Captain
Jo Callaghan, Social
Jasmine Salih, Club Coach
Ordinary Members: Gill Nesbitt,
Steve Hodgkinson, Adam Ellis, Ali
Ameri, Duncan Clark

We congratulate again our 2020 Annual Award winners and all "Runners" up. But I think everyone in the club can be proud of what you have all achieved this year. 2020 has been challenging in so many ways but, as I said at the awards presentation, we are the lucky ones because we have our running and we have each other to run and train with. Running is the best antidote, so make sure you avoid falling out of the habit of regular training.

Christmas and the New Year is a great time for us all to be thinking about our running goals and objectives for 2021 - whether that is complete the Virtual Grand Prix parkrun, run your first ever 10k or half marathon, or just re-commit yourself to regular Tuesday or Thursday night training. Get a Running Diary, write down your 2021 goals, write down your progress through the year, and smash those targets!

Merry Christmas and an "Abbey" New Year!

Jim



www.abbeyrunners.co.uk



Our 2020 Runners of the Year:

Jasmine Salih (Seniors)
Sophie Brady (Juniors)

Abbey Awards 2020

Best Newcomer - Paul Craven



Paul launches himself with gusto into everything Abbey related. He only started running a year last September and is now running every week in Yellow Group. He ran the St Aidan's 10k in July in an impressive 41:30.

Highly Commended: Judith Smith, Shauna Corrigan

Most Improved - Julia Sheer



Julia started with us in our C25k last year and has climbed up the rankings ever since. She now runs every week in Green Group. Impressive progress by any measure.

Highly Commended: Lisa Persico, Jane Oughton

Most Competitive Male - Liam Jenkins



Liam ran the Dewsbury 10k in a staggering 34 mins and finished 8th overall at the Liversedge Half Marathon. This is all following a totally awesome year last year too. The man is absolutely flying.

Highly Commended: Tom Rogerson, Simon Jones, John Ward, Cal Clark, Freddie Roden

Most Competitive Female - Lisa Stansbie



Lisa just seems to get faster every year. This year, she won her age category at both the Temple Newsam 10 and the Liversedge Half Marathon. Two highly competitive races that attract fast fields!

Highly Commended: Faye Mullen, Alex Kilcoyne, Jane Oughton, Andrea Cobo Ibanez

Abbey Awards 2020 (cont.)

Outstanding Contribution - David Leslie



This Master of the Ultra is probably best known for his Long Runners Group, and planning some fantastic scenic off-road routes every weekend. He also supports the club with Runner of the Month and is Run Leader every week for Red Group.

Highly Commended: Tony Bastin, Helen Roden, Jasmine Salih, Adam Ellis, Matt Ellis

Abbey Runner of the Year - Jasmine Salih

As voted for by you!! Jasmine moved in quickly in June to bring back our Thursday night coached sessions at Bedquilts and Golden Acre Park. She has since taken complete ownership of these sessions, and the club is now enjoying record numbers of Abbeys attending our Thursday night speed sessions.

Other Runner of the Year nominees: **Andrea Cobo Ibanez, David Leslie, Jim Whittaker, John Ward, Matt Ellis, Tony Bastin**



Junior Awards 2020:

A big congratulations to **Sophie Brady** who was awarded Abbey Runner of the Year in the Junior Awards!

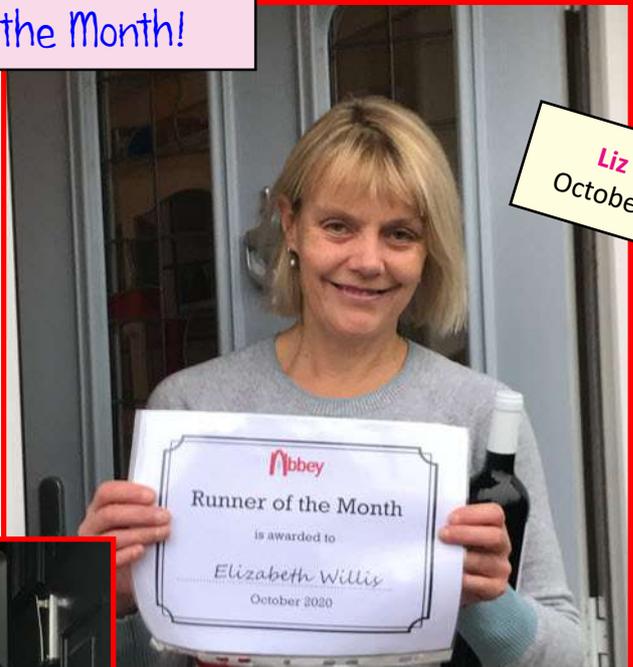
A separate release will be circulated with full details of all the Junior Award winners !! (watch this space...)

Runner of the Month

Congratulations to our latest Runners of the Month!



Fiona Holmes
September



Liz Willis
October (joint)



Julia Sheer
October (joint)



Vicki Richards
November

Well done also to our other nominees for Sept, Oct and Nov:
Lisa Persico, Zen Neal, Simon Jones, Freddie Roden, David Leslie, Tony Bastin, Shauna Corrigan, Alex Firth, Jacqueline Elmer, Helen Roden & ALL our club coaches!

Abbey spotlight on....

Judith Smith



1. When did you join Abbey Runners?

I joined the Abbeys in January 2020.

2. Why did you join us?

I never saw myself as a runner, but my friend Janet, a 2019 Abbey C25K graduate, was determined to share her new-found passion and got me started with circuits of Paul's Pond. We signed up for the Abbey Dash but as the days grew colder and darker it was hard to find routes and keep motivated, so joining the club was the obvious step. I remember turning up for a trial run and being massively intimidated by all the cheery fit-looking people in fluorescent yellow lycra. I ran with White Group and they were fantastic, taking it in turns to stay back with me as I struggled up Adel Lane, peeling off layers of unnecessary clothing. I was hooked, I had to join.

3. What is your favourite running distance race?

I'm still working up my distance but I'm pretty sure that it's going to be around 10k, there are a lot of different race events to choose from in this category and it's a 'do-able' challenge for me.

4. What is your greatest running achievement?

Those of you that have run for years may have forgotten this but, the hardest thing is to start. So without a doubt it was my second ever walk/run session moving up from 1 min to 2 mins running. I can still remember how long those minutes were, my lungs were bursting with each repeat, but at the end of the 20 minute session I was so proud to have kept going.

5. What is your greatest running disaster?

Roundhay Park with dog 6th Sept 2020. As I set off through the woods there was a torrential rainstorm and the dog shot off like a thing crazed. I spent 20 mins running back and forth shouting her name - through the wood, round the small lake, up to the bandstand, over to the mansion, only to find she had gone back to the car and was sat waiting to be let in. Wet, muddy but determined to instil better behaviour I set off with her again round Waterloo Lake, but for some reason every swan in Roundhay was out of the water, blocking the footpath and hissing at passers-by. Dog and runner called it a day, duly subdued.

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

It has to be the West Park PECO, although I've only done three races, I know this one will always be special. Everyone will remember this year's start, when we stood like a group of Emperor penguins in the hail waiting for someone to say go, but what you elite runners may not realise is that by the time 500 or so of you have run the course it is totally trashed. As a tail runner you find the downhill section in the wood is a waterslide and the mud on the corners of field really is thigh deep. Nevertheless spurred on by the marshal's shouts of "Come on Abbey". I managed to cross the line, just as they were packing it up (59:12 min). I can't wait to do it again!

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

Receiving the February "Abbey Runner of the Month" Award at the Lawnswood Arms. It was a massive privilege given the achievement of other nominees and I still can't quite believe it.

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

Oh so many. I want to be able to run 10k regularly and comfortably which probably means training to 10 miles. I want to do the full PECO series in all its muddy glory. In the summer I want to get out beyond Leeds and find some good trail runs, maybe even do a longer trail like Hadrian's Wall over a few days. I'd like to help with the C25K if possible. Finally, I'd like to be no slower and possibly even a little faster next year, which might mean learning not to zig zag around puddles or start walking when I see the finishing line.

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

It's difficult with lockdown, in a normal week I would go to the gym for a couple of classes and play tennis but it's running only at the moment. I'm aiming for 20-24km a week which would include one of Adam's White/Light Blue Group routes, Jasmine's training session, a regular Friday afternoon run with Janet and whatever I can fit in (hopefully a 10k) at the weekend. I'm lucky to be able to run during the day so I should still manage a few trails over the winter months.

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

I just love being out in the open air and although it's sometimes difficult to get out of the door, 10 mins into any run I'll be smiling. It's the infectious enthusiasm of the Abbeyes that keeps me motivated, the clear sighted handling of the COVID rules to keep us all running, the creativity of the lockdown races, the advice, the encouragement, the kindness, following the routes of my Strava buddies to get ideas, listening to the tales of past races and subtle goading to take up the next challenge.



Baildon Boundary Way - 1st Nov 2020

Race Report

by Jon Richards



The Baildon Boundary Way 2020 was a 13.1 mile (21.1 kilometre) timed 'virtual' race starting and finishing at the Baildon Rugby & Cricket Sports Club in West Yorkshire. The race was held on the 1st of November 2020 (a cold and wet Sunday) and was completed by about 250 runners.

I initially selected this race because I had many other similar distance/terrain races planned and it was a great opportunity to get a longer local race in on the terrain I like. Little did I know that this would be the only race of this type I completed this year (thanks, Covid).

On race morning, we (Alex and I) parked on a nearby road and walked to the assembly area which was well equipped with port-a-loos for the inevitable nervous pit-stop, and brilliantly set up for social distancing and sanitisation. The marshals were helpful, guiding runners to where they should be, enforcing social distancing and generally ensuring the event flowed smoothly. There was a generous amount of flexibility shown to runners who showed up earlier than their allotted start time to leave early, and for those who were a bit tardy to still be able to run. It was great to see a few familiar Abbey faces (Adam Ellis, Jim Whittaker), which was unexpected due to the staggered start times. We even managed a quick group photo in the rain.

The queue-joining process to get us ready for racing was well set out with 6 lanes set up using cones spaced 2 metres apart to ensure social distancing once again. The lead runner of each lane was set off at 60 sec intervals to begin the slow trot down the slippery slope (in my opinion the most treacherous part of the course) to the start line, and welcoming face of Martin Browne. In my case, this was probably the fastest section of the race as I flew down the hill trying to catch Alex (who left 60 sec prior) to deliver the car key... I knew she'd finish before me and would need some warm kit. On reflection, this was probably the most casual start to a race either of us has ever had, as Alex had to turn back to receive the car key after crossing the start line (much to Martin's amusement)!

Continued...

Baildon Boundary Way 2020...(continued)

The race itself led runners from Baildon, across the A6038, up and through various woods around Esholt, along the canal tow-path toward Saltaire where we left the canal to head up toward the moors at High Eldwick, which were muddy and boggy and a really hard slog to finish with, finally returning to Baildon once again (and that beautiful green finish arch). It was nice to run some familiar trails, along with some new routes I didn't know existed (or haven't yet explored). Every single marshal on the course was friendly, helpful, and probably cold, so we were very appreciative of them all for spending their time preventing us (me) from taking wrong turns and getting lost. And for their warm smiles on such a cold day. I was also delighted to see Simon Jones & Laura Phillips, who planned their own run that day to meet us and cheer not just once, but twice in separate locations around the course! Thanks guys!

My finish, while feeling like a sprint, was probably more like a slow hobble. I was broken, but the sun was out by now and everything was wonderful! Finally, it was time to enjoy the race 'T' (shirt), race tea (Yorkshire Tea), and a bottle of water to rehydrate, YUM! Given the Covid environment, we decided it was prudent to make a speedy exit and get home for some brunch while we awaited the all-important results.

What a top event all round. well organised and enjoyable. A big congrats to our Abbey team for getting out there during these trying times! I would highly recommend this race to anyone wanting a longer race on mixed terrain. I definitely intend to re-run this race when I am run-fit (and race-fit) in the future.

Jon



Position	Bib	Name	Club	10 YR Prize Category	Position 10YR Category	5YR Category	Position 5YR Category	Net Time	Share
48	64	Alexandra Richards	Abbey Runners	FOPEN	2/11	FSEN	2/11	1:52:41	
95	162	James Whittaker	Abbey Runners	MV45	29/57	MV50	10/23	2:05:14	
144	109	Jonathan Richards	Abbey Runners	MV35	35/53	MV40	20/34	2:17:51	
223	312	Adam Ellis	Abbey Runners	MV35	50/53	MV40	33/34	2:47:14	

Photo credits: woodentops.org.uk, Nigel Pepper, Gareth Bloor (thank you!!)

Heeta Morath

Abbey

Legends



NOTES

ON A RUNNING CAREER 1980 – 2017

(inc. the origin of Abbey Runners)

When and why did you start Abbey runners?

I came to running very late. I was 40 and Colin was already running seriously, at what I thought were alarmingly long distances of about 4 miles. One day I got teased at work when I found myself breathless running up some stairs. I immediately decided to follow Colin's example. It was hard and might have faded away altogether if entry to the magical London Marathon had not been a lottery. Colin decided to enter, but omitted to tell me. The result: I got in and he didn't and I felt obliged to carry on training. In the end he got a place. We ran together and raised a lot of money for Martin House and had a fantastic experience. I was hooked.

A year or so later, at the invitation of Gerry Croft, a small group of runners began to meet for an evening run outside the Original Oak in Headingley. At first it was haphazard with runners getting lost or left behind and very quickly a structure developed with a chairman and a secretary. By the Autumn of 1984 we had a membership of 40 and became a recognised club, first Leeds Runners and finally adopting the name **Abbey Runners in 1985**. Colin and I were on the committee, so I was in the club from the start.

I always enjoyed the company of other runners, and of course the craic in the bar afterwards where we never tired of talking running matters. This meant the growth of the club became enormously important to me. I have never regretted the way it transformed my life. It gave me new friends, a major new interest, and huge challenges which I would never have thought possible. At the same time I was able to carry on with my existing life with work and a family. I feel so grateful to have been a member from the start, following the growth of the club in every direction, which has given me the chance to take part in so many different events, not only locally, but all over the UK and beyond.

What was your favourite distance?

In the 1980s running was blossoming, and new events were springing up at all distances. With the London Marathon looming up I needed some race preparation. **My first races:** The first was the Boxing day Chevin Chase which had to be curtailed because of deep snow, and then The Leeds half Marathon. I found them incredibly hard, but they proved good training for the London Marathon, and after all that training, I found I could tackle virtually any distance and have thoroughly enjoyed a variety of distances from 5km - even occasional track races - through to the Haworth Hobble at 33 miles. I was able to do 10km races more or less whenever I wanted, and this was probably my favourite distance. But Colin and I both loved the mountains and wild places, and some of my most memorable, though not necessarily competitive, experiences, have been mountain trails and long distance paths, of which there are plenty in our area. I suspect the commitment, planning and training for these heightened the enjoyment. I have some particularly happy memories of holidays taken with Abbey Runners running routes such as the Cleveland Way and the Wolds Way.

I also enjoyed taking part in events like the Leeds Country Way, the Bradford Millenium Way and the Calderdale Way where all the reccies were part of the effort. I have always preferred off road running. I think tarmac is very tough on the body and at one point had almost 2 years out of running with Achilles tendon problems. However I have probably done more road races than any other type. If it was around in my time, whatever the distance I have probably done it. The pleasure of taking part was undoubtedly the main reason, but I was lucky enough to be quite good for my age, so there was often a challenge too. You soon get to know who your rivals are and age group categories are such a good way of maintaining interest and keeping a tab on your progress. Parkruns, which are such a brilliant concept, only came in towards the end of my running days, so I have only done a few, (but I did lead my age group in Roundhay Park!)

In other words, I loved running, whatever the distance, finding the company, the terrain and the type of event more important than the actual distance.

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London Marathon 87



Athens Marathon 88

Abbey Legends

Continued.....

What was your greatest achievement?

I was already a vet when I started running, and I never dreamed that it could bring me so much challenge, excitement and fulfilment. So I really feel that sticking to the training, which I owe to Colin, who was a born coach, who always gave me advice and set out training schedules, was in fact my greatest achievement. However it led to a number of results that I was very proud to achieve.

Perhaps the most important was being selected to run for England in the 1990 Home Countries International which England won.

I was also thrilled to win the silver medal in my age group in the World Fell Running Championships in 2005 in Keswick. *[see next page for pic]* I believe in Europe championship races are run downhill. Here we ran up and down, so perhaps that helped!

Other achievements come to mind. I was successful in the national vets 10km championships and I had an outright win in the Pontefract 10km. I was 3 times winner of the Abbey Runners Ladies cup in the Cross Country series. I was twice the winner of my category in the Tour of Thameside. This was a series of 6 races of varying distances over 7 days. The second time was particularly gratifying as throughout the event the announcer had referred to me as "our oldest lady competitor".

It also meant a lot to me to hold virtually all the age group records for the club, a few of which I believe still stand. *[indeed you do, Hetta, a lot of them! - Jim]*

I must mention indoor rowing which I took up when my running days came to an end. It is one of the most complete forms of exercise, (as is water rowing), and has the advantage of age grading in its competitions. My running clearly stood me in good stead. The standard championship distance is 2,000m and I have won the national championship several times, and also the silver medal twice at the world championships in Boston USA. When I was 70 I decided to row a marathon to raise money for Brain Tumour Research and Support. At Colin's suggestion we decided to go for a time and I was delighted to make a world record which I held for 7 years.

Have you had any running disasters?

I have been extremely lucky throughout my running career and haven't really had any disasters. I remember once on a country run I trod on a nail which went right through my foot and necessitated a hospital visit and a break from running. I also took the wrong colour shorts when I was awarded an England vest which was embarrassing when it came to the photos. I have a clearer memory of being able to prevent a disaster for Veronique Marot when she arrived at the Bath Half Marathon without a bra. Luckily I had a spare which I was able to lend her. She can't have been too uncomfortable as she won the race.



Bruges 1992



York Half Marathon

What is your favourite race in the running calendar and why?

People have told me I am competitive, but I did it because that way one keeps up the training. I was/am definitely happier in the hills or open countryside alongside a few friends. Racing is stressful, but there is nothing like an event coming up to make you go out and do a decent run even if it is raining or you have had a hard day at work. As a result I have taken part in a huge variety of races of all distances, from track to mountain marathons, from individual events to relays, obstacle courses and orienteering.

Of course one of the stand out ones was the Abbey Dash, founded by Colin and Richard Witt and first run in 1986. Although Richard moved away early on, Colin remained as director, working with Age UK. The club were responsible for it for about 25 years during which time it developed into one of the country's leading 10k races. Although usually helping, I managed to run it several times.

My favourite terrain though, is of road and a series that I really enjoyed was the Wild Races, organised by Paramjit Bhogal, one time Abbey Runners president. They were scattered over the North of England and usually involved camping somewhere. We had some very cheerful weekends in places like Hamsterly Forest, Bowderdale and Kielder.

Racing also provided us with an excuse to visit new places. We often used to race in the morning and follow it up in the afternoon with something like a visit to a stately home, or some show gardens. One of the most exciting trips was to the New York Marathon. The whole city seemed to put itself out to welcome the runners. We had a hectic few days of pre marathon events before the climax of the marathon itself, where we were all swept on by the enthusiasm of the crowds the whole way round the course.

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Abbey Legends

Continued.....



WV65
3rd Janet Sutcliffe, Champion Heather Goodman & 2nd Hetta Mora

World Fell Running Championships 2005



Eccup 10 HQ 2017

The Athens Marathon was another remarkable experience. It is run on the same route, from Marathon to Athens, as the Athenian messenger Pheidippides ran when he took the news of victory in the battle of Marathon back to Athens 2,500 years ago. It finishes in the stadium built for the first Olympic Games of modern times. There were some long hilly sections in the middle and I was very touched when, just as I was getting tired, one of the spectators stepped out of the crowd and gave me an olive branch which I carried to the end (a twig really) and brought home with me.

How do you keep fit now?

Although slowing up rapidly, I was still running in my mid seventies, but was stopped by a succession of difficulties, starting with a hip replacement. Anxious to get fit again, with the expectation of further running, I was introduced to an amazing man, Dick Gradley, an ex Olympic gymnast, and later runner. Then in his seventies, he coached a small group of indoor rowing enthusiasts which I was able to join. There are nothing like so many events in indoor rowing as there are running races in the calendar, but plenty of clubs and interest in racing, and this group had got involved. There is no doubt that, done properly, indoor rowing is one of the best activities there are. It is kinder on the body than running as it doesn't have the impact from the road. So Dick's coaching was invaluable. I started racing with them. This took me all over the UK and twice to the States. It was a brilliant way of keeping fit and has sadly been curtailed by the pandemic.

I also joined a walking group, and had many good outings locally and up in the Dales, but that has also disappeared with covid, but I go locally several times a week which is far more enjoyable than the exercise bike. Undoubtedly all my years of running have conditioned me into needing regular exercise. Rest days are essential, but I get very twitchy if I have to miss more than a couple of days. As I get older I find things like Pilates are increasingly valuable in helping to keep things moving freely.

You have had a successful running career. What are your secrets?

The answer is: I don't know.

I do know it would never have happened without Colin, who started running seriously and encouraged me to join him. He was a born coach. He always took an interest in what I did and provided advice on all aspects of running.

We would have one major objective such as the London Marathon and our long term training would be geared towards that. Then there would be secondary targets such as the Leeds Half Marathon. We could also put in a number of shorter races such as the Abbey Dash, the St Edmunds Fun Run, the Peco Cross Country series, or anything else that was suitable, as long as we didn't over race.

How did I keep to it? First, it was fun and interesting. Friends I made through running are friends for life. Secondly, I think positivity helped to keep the discipline going and led to a determination never to give up. I can only remember giving up once in a race, the Otley 10, when I wasn't going well, and I always regretted it.

Two of my mantras.

1. Life is short. Live it up.
2. Yesterday is history. Tomorrow is a mystery. Today is a gift.

Heeta



Heeta in the winning Abbey Ladies Team
2011 PECO XC Premier League

The Abbey Express

The Juniors section!!
by Sophie Brady



Welcome to the 3rd Edition of the Juniors Newsletter.

First, we would like to welcome ALL the new starters and there have certainly been a few.

THE ABBEYS ARE CERTAINLY TAKING OVER AND IT HAS BEEN LOVELY TO SEE THE JUNIORS SECTION GROW.

A BIG ABBEY WELCOME TO SOME OF OUR RECENT NEW MEMBERS:

SAMUEL TURVER-KINGSTON
OLIVER CONROY
GEORGIE COTHLIFF
NIKOLAS INGWERSEN
BEATRICE PENNINGTON
ISABELLA HUTCHISON
MAX LILLFORD
SEB LILLFORD
LUCY EARL

REBECCA CHALFONT
OLIVIA CHALFONT
JACK WORMWELL
ALEXANDER HENDERSON
CALLUM HENDERSON
ELENA McBREARTY
CHARLOTTE ASHWELL
BEATRICE ASHWELL
XANDER LLOYD

*...and introducing Dom Wright as
our new Junior Coach!*



Coach Simon led the juniors on their first fell running practice. This was no easy session and the juniors worked so hard and really enjoyed it.

The atmosphere was absolutely buzzing and we had a few of the 'big' abbeys turn up and join in too. That was a great surprise and really spurred us on and inspired the juniors. It was great to see some of the parents joining in for this run too.



The Abbey Express (cont.)

Otley Chevin Fell Run - 11th Oct 20



At the end, there were a comments such as:
'that was the hardest session, but so much fun.'
'I'm tired, but really enjoyed that.'
'When can we do that again?'

Everyone had smiles on their faces. Well done Abbeys.

VIRTUAL TRAINING SESSIONS in Nov lockdown:
THE JUNIORS WERE SET SOME HOMEWORK AND PROVED A LITTLE LOCKDOWN
WOULDN'T STOP THEM. GO ABBEYS GO! WATCH OUT, THEY LOOK STRONG!



Continued....

The Abbey Express (cont.)



**Week Two:
(not) parkrun**



**Week Three:
Speed endurance**



Continued....

The Abbey Express (cont.)

With all that training, the juniors were ready to race.

Up next was the 4th virtual challenge in the series...

YEAR 6 AND BELOW - Run as far as you can in 10 minutes!

YEAR 7 AND ABOVE - Run as far as you can in 15 minutes!

The year 6 and below 3 times defending champions only went and did it again! And the year 7 and above took home 3rd place. **ABSOLUTELY AMAZING RESULTS!!**

A big thanks to everyone who joined in. It was close and each person that took part scored points, so you all played your part and it was a real team effort.



PIC•COLLAGE

The Abbey Express (cont.)

Get to know.....

Lexie Cunnington

1. How old are you?

11

2. When did you join the Abbey Juniors?

2017 when I was in year 3.

3. Why did you join the club?

I ran in a school cross country race and realised I really enjoyed running so wanted to join a club to get better.

4. What has motivated you to run in lockdown?

Being part of a club has helped to keep me running as we entered the time trial races. My Dad has also been encouraging me to run with him or it might have been the other way round!!

5. What are your running (club or school or parkrun, etc) accomplishments so far?

I ran for the school cross country team and we won the regional inter-schools competition. I also ran for Leeds in the area championships.

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

My favourite food is sticky toffee pudding, I love painting and drawing and as well as running I really enjoy hockey where my sprinting comes in handy!

7. What does the Abbey club mean to you?

I really enjoy being part of a club, with great people and it gives me the motivation to run even on cold, rainy days!

8. What are your future running goals?

I want to continue training and hope that we can get back to some races soon!



The Abbey Express (cont.)

In other news.....

HAVE YOU SEEN THE NEW ABBEY MERCHANDISE?
THEY LOOK AMAZING. THE QUALITY IS EXCELLENT AND LOOKS REALLY SMART.
BUT DON'T JUST TAKE MY WORD FOR IT, LET'S HAVE A LOOK AT SOME OF OUR
NEW CATWALK ABBEYS MODELLING IT...



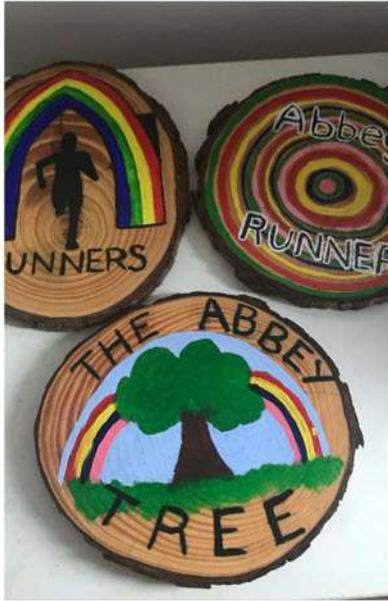
YOU CAN USE THE LINK BELOW TO SEE THE AMAZING PRODUCTS ON OFFER,
JUST IN-TIME [too late] FOR CHRISTMAS TOO. [sorry]

<https://customsportskit.co.uk/athletic-clubs/abbey-runners/>

The Abbey Express (cont.)

HAVE YOU SEEN THE NEW ABBEY PLAQUES AT THE JUNIOR TRAINING GROUNDS?

- 1) BEDQUILTS
- 2) GOLDEN ACRE



THERE IS ALSO A 3RD ONE HIDDEN AROUND PAUL'S POND. CAN YOU FIND IT?

THERE ARE PRIZES FOR EVERY JUNIOR THAT DOES AND FOR THE FIRST 3 BIG ABBEYS. JUST POST YOUR SELFIE ON FACEBOOK ONCE YOU'VE FOUND IT. IT'S ALSO A NICE SETTING FOR A FAMILY WALK OR RUN IF YOU ARE JUST LOOKING TO GET OUT.

SOPHIE

Abbey spotlight on...

Ali Ameri

1. When did you join Abbey Runners?

March 2019.

2. Why did you join us?

I started running 2 years ago when I couldn't manage to run alongside my little boy who was 5 at the time! I managed to lose a bit of extra weight I had put on over the years (30kg!) then I started looking for a running club to keep me motivated and improve my pace and running distance. Abbey Runners was recommended to me by a neighbour who is also an Abbey, Katharine Scott. Definitely the right choice.

3. What is your favourite running distance race?

I enjoy the big 10k events. I manage to keep focused in a road 10k distance.

4. What is your greatest running achievement?

Running my first ever race the Abbey Dash 2018 then running the 2019 Abbey Dash 8 minutes faster than the year before, thanks to Abbey training! My other achievement is my longest race distance which is the Round Donny 30km.

5. What is your greatest running disaster?

The last West Park PECO meant running through a storm and I admit I wasn't well prepared. I was cold and wet at the end!

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

The Temple Newsam 10 (TNT10) was an awesome race which I am looking forward to do again! I also like The Evensplits Leeds 5K race series in the Brownlee centre which guarantee a speed flavour and adrenaline rush every month.

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

This has to be the Abbey Christmas party!

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

Completing a marathon (or two!) in 2021 – Covid permitting! I also aim to run a faster 5k with hopefully a 5k PB in 2021.

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

Average 50 km of running a week including the club run on Tuesday, Abbey speed session and a weekend longish run. I also try to fit a cycling session (or cycling to work) at least once in the week.

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

Running at every available opportunity, planning a run with others and having a race or a running goal to look forward to. I also don't want to put the extra weight back on!



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.

Jasmine, Helen & Mark

THE SINGLE LEG DEADLIFT!

This is a great exercise for running because not only is it another exercise aimed at improving your glute strength, it also helps with your balance as well.

How to do it: Stand tall with both feet on the ground, arms at sides. Shift weight to right leg, hinge forward from the hips, allow right knee to bend slightly, and lower torso to the floor, as left leg lifts behind you. Hinge forward as far as comfortably possible while maintaining a straight back and proper form. Keep both hips pointing straight toward the floor, don't allow one hip to roll open. Then in a controlled manner, pushing up through your glute on your supporting leg, return to the starting position. Complete reps then repeat on other leg.

You may well find it easier to balance on one leg compared to the other.

From picture 2, progress so the your finger tips are on the floor, continuing to hinge forward until your free leg is straight behind you and your torso is parallel with the ground. *(Please note – in our pictures we haven't got one of us in the 'end' position)*

Tip – engage your core (suck your belly button in to your spine) to aid stability and protect your back.

Do 3 x sets of 10 on each leg.

Progression - perform the exercise whilst holding a weight. Hold the weight on the side of your supporting leg.



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!