

**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  
Liam Jenkins, Men's Captain  
Jo Callaghan, Social  
Jasmine Salih, Club Coach  
Ordinary Members: Gill Nesbitt,  
Steve Hodgkinson, Adam Ellis, Ali  
Ameri, Duncan Clark

[www.abbeyrunners.co.uk](http://www.abbeyrunners.co.uk)

## President's Notes

Dear Abbeys!

As restrictions have fallen away, Abbey Runners has come roaring back in style to the racing scene - organising as well as running them! Despite the major uncertainties in the months leading up to the Eccup 10 and Golden Acre Relay, this club was determined to bring both back, for our supported charities as well as for our local running community. A big THANK YOU to all of you who helped to make these races possible. Both were massive successes.

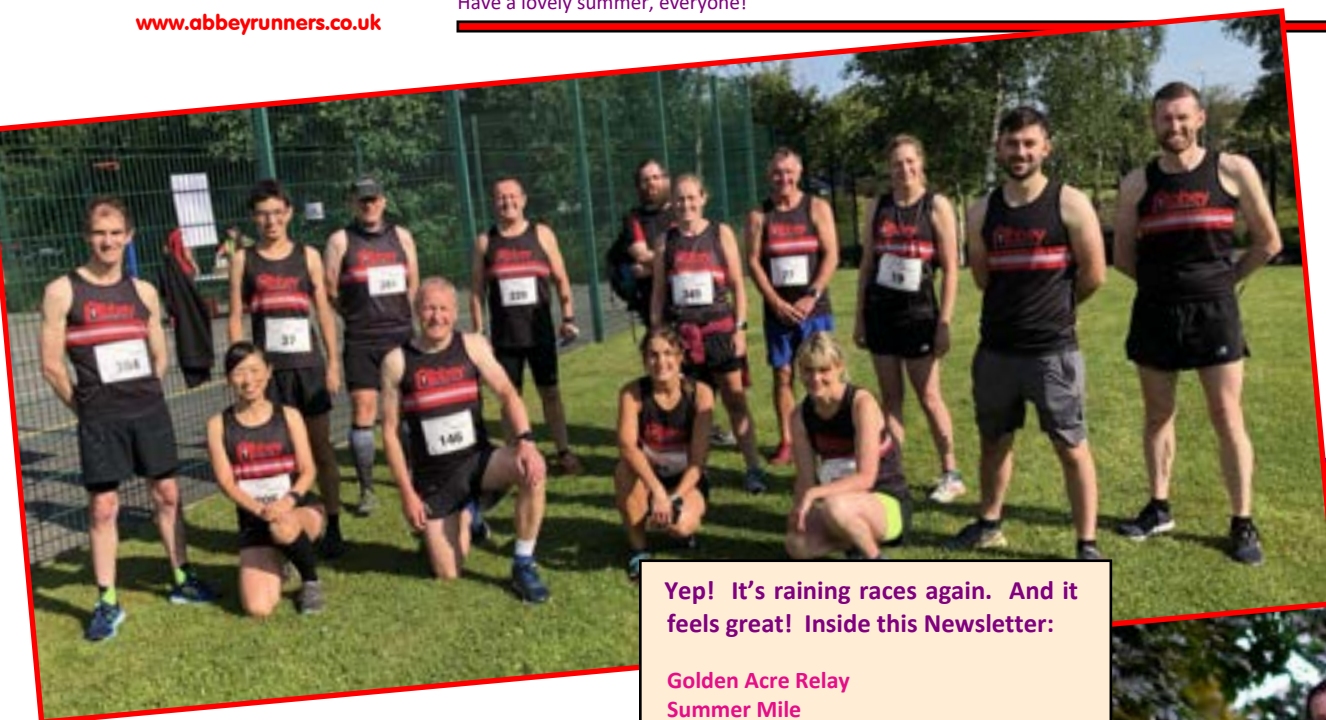
Races are now happening again on a weekly basis and it has been so awesome to see so many Abbeys out in their vests racing again, many of our recent joiners for the first time!

A big welcome to Liam Jenkins to the Committee as our new Men's Captain. Ross has (sadly for us!) moved out of the area but I am pleased to say remains a staunch Abbey member! On behalf of the club, I would like to thank Ross again for all of his hard work during his time on the Committee over the last few years.

We look forward to everyone being back together again at our HQ, Holt Park Active, but we still have to be mindful that many of our younger members are not yet fully vaccinated. So we will continue as we are over the next few weeks, but clearly we will have more flexibility on group numbers. I cannot over emphasise the importance of keeping up with your regular Tuesday and Thursday training. Training with others is essential in building up your speed and endurance. So re-set those 2021 running goals, get yourselves entered into some Autumn races, make a training plan and keep a running diary. And even greater things will come.

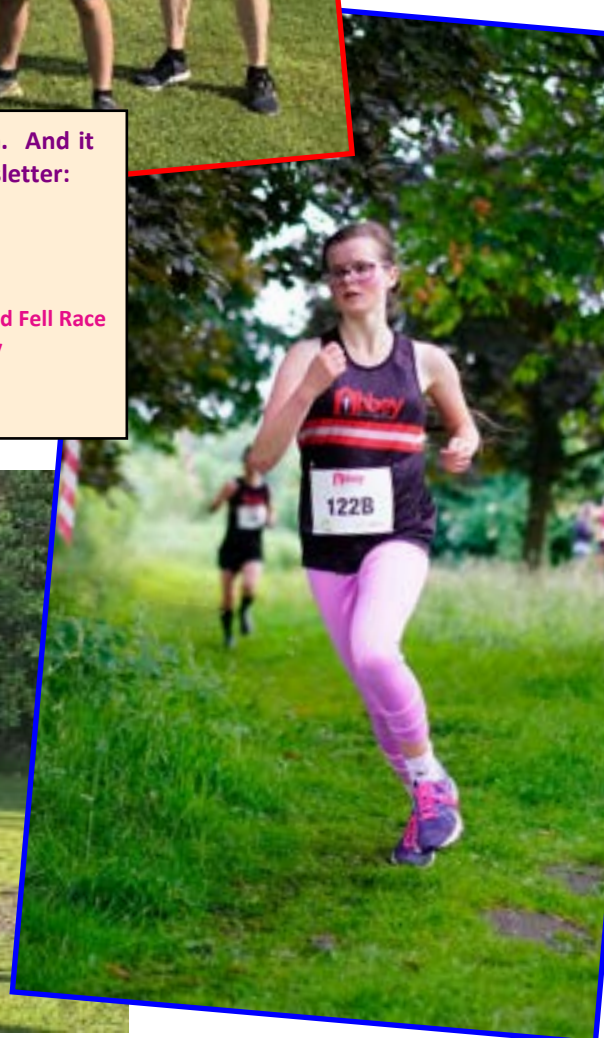
Have a lovely summer, everyone!

*Jim*



**Yep! It's raining races again. And it feels great! Inside this Newsletter:**

**Golden Acre Relay**  
**Summer Mile**  
**Cookridge Community Run**  
**Brian Clough Head and Ken Dodd Fell Race**  
**Bradford Millennium Way Relay**  
**Otley 10**  
**...and lots more!!**





# Abbey spotlight on....

**Paul Greene**



Chevin Chase 2009



Wakefield 10k 2008



## 1. When did you join Abbey Runners?

I'd just turned 40 in 1999 and thought I'd better do something about my 'middle aged spread'. I was good at running when I was younger before student fun, family and work intervened. I thought I could be good again and it might reduce my spare tyre and turn me into a lithe Adonis. Well, it has reduced my stomach.

## 2. Why did you join us?

Abbey used to meet at the YMCA near where I live and a neighbour, Bernie Foster, was a member. Alastair White and I went along and immediately loved it. We were put into the slow group for our first run and despite stopping a few times, the whole group waited for us. I loved it and in the following weeks quickly got better with the great encouragement of the welcoming Abbeyes. This spirit is so in the DNA of this club and has if anything got better and more structured with C25K and the groups. All the runners, whatever their ability and experience, share in the success of everyone else. It's brilliant.

## 3. What is your favourite running distance race?

I love 5ks through to half marathons and am due to start my first Marathon in October. But I think the 10 miler is my favourite. My 'goldilocks' distance, not too short like a 5k sprint, and not too long like a half. 10 miles is 'just right' for me.

## 4. What is your greatest running achievement?

Definitely the Round Doncaster Run which I did with Duncan Clark, Ali Ameri and Tony Bastin in 2019 (see pic below). 19 miles running various stages linked by 4 miles walking/jogging – 23 miles on my feet. It was hot and hard and although I was very slow towards the end, still managed a sprint finish. It made me realise that I could complete a Marathon one day. And great camaraderie among the 4 of us during the training, the race and after, really helped. I also really enjoyed Lawrence's 'Way in May' and did all the training runs and legs of the Leeds Country Way; I must like long runs!

## 5. What is your greatest running disaster?

I've had a few (!) but over-training and under stretching when building up for the 2004 Dublin Marathon stands out as I ruptured an Achilles tendon at the Harewood 10 Miler two weeks before the big event. I did though go over to Dublin with Angie and see her successfully run the Marathon we had both trained for. And I still got a T-Shirt and enjoyed the fantastic atmosphere. I didn't walk without crutches for about a month and couldn't run for about 6 months. When I returned to running it wasn't the same and I gradually concentrated more on cycling instead with a few parkruns to 'keep my legs in'. When our friend the great Peter Leach died, I went along to his Memorial Run and just knew I had to get back into Abbey running. And too be honest, I haven't looked back and love it more than ever. Every cloud.....

Continued....



# Abbey spotlight on...

Continued...

Paul Greene



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

It just has to be the Chevin Chase. 7 miles up and over the beautiful Chevin on Boxing Day with a fantastic downhill sprint back to Guiseley, while wearing tinsel and a Santa Hat. What's not to like? There's a real Christmas festive spirit, lots of great costumes; rain, mud, snow and ice just cannot dampen the fun. I remember one year running up towards Surprise View, going past a runner dressed as Darth Vader with the crowd chanting "feel the force, feel the force". Always a great T-Shirt and loads of Abbeys on the run and in the crowd. And after, you feel you've worked off the Christmas excess, have earned a beer or two and a wee afternoon snooze.

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

There's so many, but the club's Eccup 10 is a great event. It gets most of the club out to marshal and organise the main and Junior's races and just stands out as a beacon for me about all this club is about – well organised, friendly, supportive of everyone and devoted to Running. And it keeps the Treasurer and some great causes happy.

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

At this stage I'm focused on the Yorkshire Marathon on 17<sup>th</sup> October. And once again, great Abbey support for the training plans, long runs, encouragement and advice.

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

Usually a Tuesday Lime Group run, a Thursday training session and a long run over the weekend, about 25-30 miles in a week. I do benefit at my age with a few rest days, and I'm enjoying the summer cycling and the benefits of cross-training.

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

I love running. Such a simple and beautiful sport. So empowering for all. So good for body and soul. And with Abbey Runners, such a joy. That's all the motivation I need.





# Runner(s) of the Month

Congratulations to our latest  
Runners of the Month!

**Alex Firth**  
March (joint)

**Sarah Field**  
March (joint)

**Sarah** was the first Abbey to complete "Abbey Bingo"! Plus she was nominated for completing her first PECO type run around Roundhay and Temple Newsam, running her first track session and a strong 5k WHM parkrun time.

**Jacqui** was nominated for her performance at the Hardmoors Wainstones Trail Marathon (and then went on to do another one a week or so later!!)

**Alex** was nominated for winning the Abbey Winter League, including an impressive sub-22 at WHM parkrun.

**Laurence** was nominated for his "The Way in May" challenge, which involved bringing many Abbeys together for some amazing group runs and reccies. Happy 10th Abbey Birthday, Laurence!

**Laurence Lennon**  
April

**Jacqui Elmer**  
May



**Well done also to our other nominees for Mar, Apr and May - respect!**

Naomi Jones, Faye Mullen, Shauna Corrigan, John Ackroyd, Adam Ellis, Meg House, Ged O'Donnell, Paul Craven, Laura Phillips, Liz Walker, Paul Greene, David Leslie

# Brian Clough Head and Kenn Dodd Fell Race

15th May 2021

race report by Ed Newbould



Summit of Clough Head

*"Walk to that tuft of grass, then you've got to run."*

Only the tuft comes along, and walking is hard in itself, now. My nose is brushing the hillside. Calves are strung tight, and quads are on fire.

*"Ok, well maybe the next tuft...Surely the next tuft is do-able?"*

For the first race back in 15 months, climbing Clough Head (2,382ft) is a slap in the face. It is followed by a kidney jab from Great Dodd (2,812ft), and a shove to the floor by the Coach Road finish back to Threlkeld.

And yet here we are. A grey Saturday morning and a two-hour drive to the Lake District. The cloud is high, the summits visible, and 166 runners laugh and smile nervously at the bottom of a Lakeland fell.

There must be something in it, because it'll be the same again at a different race next week, and each week after that.

## The sound of racing

Parking the car, walking to the registration, there's a familiar hum in the air which has become a distant memory over the last 15 months. Glimpses of conversation from running friends who haven't seen one another in an age.

"I haven't done much training at all, really." "Well, I've got a knee niggle, so I'll be going easy." "How much water are you carrying?" "How many double knots have you put in your laces?" "How many jelly babies will you eat in the first 500 meters?"

I try not to listen, because last minute decisions over jelly baby count is a sure way of getting it wrong.

But there are differences, too. Face coverings on the start line, for one. The sight of a buff-wearing mob lingering in Threlkeld Quarry might be intimidating, if it weren't for all the bum bags and the scrawny limbs.

At 11am, we're sent on our way with a no-nonsense "GO!" from the race starter's eight-year-old daughter.

## Clough Head

Fresh legs and adrenaline blind us to the size of the looming hill as we race the winding track out of the quarry. Mr No Training scrambles off at break-neck speed with Knee Niggle hot on his heels "taking it easy". I imagine further back someone is trying to eat 500 jelly babies in the first 500 meters.

As we hit the grassy slope, runners take off to the right up the apparently vertical face of Clough Head – you can go whichever way you like, so long as you reach the top. I decide these ones have left common sense back in the lockdown one. There are plenty of yellow Keswick vests opting for the "gentler" curving path, and I choose to follow the locals.

Continued on next page



# Brian Clough Head and Kenn Dodd Fell Race (cont.)

race report by Ed Newbould

Soon enough there's a snaking line bobbing up the mountain from top to bottom. I glance to the two men high above, already distancing the chasers, and marvel at their pace (Daniel Howarth and Brennan Townshend will go on to finish three minutes clear of the rest). But soon enough, I'm in a world of my own.

Hands on knees, eyes on the footholds. The most intrepid spectators take on the climb too, and they're rewarded with five agonising minutes of each athlete panting towards them. It takes 20 minutes or so before I crawl over the last rise, and the wind slaps at the number on my vest, threatening to push me right back the way I've come.

A runnable slope to the trig point, and I gasp for air, glimpsing the view for the first time.

I see the dark mass of Skiddaw to the right. Derwentwater glimmers far below, and Catbells rises from its shore.

A grunt from the runner behind brings me back to the trail and my list of ailments. Sweat stings my eyes, my lungs are too tight for comfort, and my calves are on fire.

I wonder now if I saw that view at all. It really had been a long climb.

## Great Dodd and down

After a short descent from Clough Head, we climb to the highest peak of the race. A grassy rise, and a blur of exchanged positions with a group of four runners to the summit. I grimace for the camera, and then it's off into the unknown and a whole different ball game: the descent.

It is here that the leaders' leg speed, strength and grit tells. Watching them fly by, brows furrowed in concentration, is a sight to behold, but they're long gone by now.

Instead, passing walkers are treated to my legs cartwheeling through the grass. No boulders, no scree, and my confidence grows as the descent goes on. If I fall, I might just survive this thing.

The thud of feet from my group of four fades away behind until soon enough I'm on my own. I even catch and pass a chap (he's lost a shoe, granted, but he should have listened to his friend talking laces earlier) and skid onto the Coach Road after 10 minutes of free-fall.

## A long way back

A glance at the watch, and I frown. We've only been six miles. The track before me is loose and rolling, and I haven't bargained for it.

I run as hard as I can and try not to look back, knowing everyone else has the same idea. The race becomes a grind against leaden legs and rising nausea, and I pass the occasional victim of the Coach Road, weaving along the track towards the finish.

Spectator numbers grow, offering their encouragement as we clatter by. I recognise a few, giving me a much-needed distraction from the clock watching and the voice in my head telling me I should stop this immediately.

After what seems like forever, Threlkeld comes into view. A final gnarly drop through some boulders and into the quarry, and it's around the winding bends to the finish line at nine miles.



Run to the finish in Threlkeld

Continued on next page

# Brian Clough Head and Kenn Dodd Fell Race (cont.)

race report by Ed Newbould



## Those damn voices

Within 30 seconds of crossing the line, the impending collapse of lung, leg and heart fades. After the first cup of post-race water, the desert of my throat is forgotten.

We're given a printed ticket with our results. 37th, it says, with time checks for each point. I share a word and a laugh with the marshal collecting timing chips about how it went. A small voice, too quiet to notice at first, whispers in my ear.

*"That was good, wasn't it?"*

I shake my head. I gather with friends at the bottom of the slope, and we agree how painful the climb was, we curse the agony of the Coach Road. We clap and cheer as others come home, knowing what they're going through, knowing soon they'll feel like us. Grinning fools with voices in their heads.

But it only grows louder. It wasn't that painful, was it?

It won't go away. Not until the next start line, and we do the whole thing all over again.

Ed

37th	125	Ed Newbould	Abbey Runners	MSN	01:23:19	+00:17:01	00:30:30 35th	00:30:38 35th	00:10:42 37th	00:49:20 41st	00:11:55 51st	01:01:15 40th	00:22:04 47th	01:23:19 37th
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Position: 37th (166 ran)

## STOP PRESS!

**Congratulations** to Matthew Holmes for being awarded our Runner of the Month for June.

Matt came back from injury to run an impressive all time 5k PB of 17.45. He also put in a strong showing at the Summer mile with 5.06. It's been great to see him really enjoying his running and being involved with the club.

**And well done to our other superb nominees for June:**

**Ross Hutchison, Ed Newbould, Simon Jones, Adam Ellis, Duncan Clark and Tony Bastin.**

**You're all totally awesome!!**





# Abbey spotlight on...

Lisa Hulme-Vickerstaffe

## 1. When did you join Abbey Runners?

I joined Abbey in 1998 the year before my son was born so have been a member for 23 years.

## 2. Why did you join us?

I have run since the age of 16 and have been a member of a local running club all of that time. Firstly in Hull and then when I went to Uni in Huddersfield. I then moved to Leeds and joined Abbey.

## 3. What is your favourite running distance race?

My favourite distance is 10 miles. It takes me a while to warm up so 5k is a bit too short, 10k I'm getting into my stride and feel comfortable finishing a 10 mile.

## 4. What is your greatest running achievement?

I have actually won a few races and being placed in my running years. Firstly, in my school cross country aged 17. I was second lady (to my running friend Viv) in one of the first Beverley 10k's. I was first lady in my age category in the Wetherby 10k in 2006 – my victory was captured in the Wetherby Times newspaper. I was 7th in my age category in the Great North Run in 2006. In the early 2000's Abbey Ladies regularly won the Leeds Country Way and I have probably 3-4 trophies. I also got the LCW fastest leg for Leg 5.

## 5. What is your greatest running disaster?

There have been many, probably too many to list. My earliest disaster was the Swanland 10 mile run when I was 16. It was run in January and was considered locally as a serious club runner race – I didn't know this! It had snowed overnight and the race was in doubt but it was run in the snow. I ran it and completed the distance but was actually last in the race. People kept asking me if I wanted to stop but I wouldn't. When I finished I was half dead and frozen. My mum told me off and said I had to stop running if I was going to come home in that state. I didn't listen to her and here I am.....still!

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

I really enjoy the Leeds Country Way and try to do it every year.

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

There have been loads, too many to mention. The International parkruns have been great to Dublin and Poland. Club Trips are always brilliant.

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

At the moment it is to get over my current injury. I haven't been able to run for 12 weeks and it's been killing me. I will probably spend the rest of 2021 getting back to fitness.

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

I run 4 times a week and do a Personal Training session once a week. I like to do a long run at the weekend and enjoy the runs organised by Laurence. When I'm back to fitness I'm hoping to do the Thursday sessions – I know they are good for me but extremely painful! :)

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

My love of running, being outdoors, being and keeping fit. As I've done it from 16 it's always been an important part of my life. I've always had really good friends from running.







Pos.	Name	Net Time
14	Liam Jenkins	04:52.6
25	Cal Clark	05:00.8
31	Matthew Holmes	05:06.1
61	Tom Rogerson	05:34.0
70	Paul Craven	05:39.4
102	Ali Ameri	06:06.1
113	Lisa Stansbie	06:13.2
115	Andrea Cobo	06:13.6
125	Craig Kent	06:22.1
127	Matt Ellis	06:21.9
171	Rang Smith	06:57.3
175	Ian Patchett	06:57.8
209	Jacqueline Elmer	07:51.3





# BMW Relay



## The Bradford Millennium Relay – Sunday 13<sup>th</sup> June. Race Report by Paul Greene

This was a great event for the region's runners, kept away from racing for so long by the pandemic. 69 teams with 2 from Abbey, 20 club runners in all, running the 5 stages of the beautiful and challenging Bradford Millennium Way. Up-hill and down dale. But mainly up.

I was really good with map and compass as a boy scout and felt it would play to my strengths organising a reccie for the 2 Abbey Teams doing stage 3 from Laycock to Silsden. So, one Tuesday night instead of our group runs, Andrea and Masako for Team A, and Bev and me for the Bs, set off from Gusto on a hot, dry evening for lovely Laycock, having left a car at Silsden. Equipped with maps and route descriptions and my orienteering genius, what could possibly go wrong?

We got a good idea of the challenging terrain the minute we left high-up Laycock and seemed to head further up. And up. But then there was a glorious downhill sprint. All seemed fair and good as we headed down into Steeton. We passed round the back of Airedale hospital and eventually, after much head scratching and 'excuse me we're lost' enquiries of helpful locals, crossed the railway line and headed to the busy A629 and a perilous tootle and crossing of the dual carriageway. So far so good.

After that we seemed to settle into a strange world of bewildering footpaths and odd locals, one of who bellowed across a field at us - to this day I don't know what he was blathering, but he seemed friendly enough. But it was like being on the set of the "League of Gentlemen" with strangely named hamlets to match – Brunthwaite, Swartha, Tomling Cote – the Vikings may have been here once. And my map reading, sense of direction and frankly, common sense, deserted me. But a team effort and much head scratching got us back to the finish 2 hours later. Although the light was fading, it was still warm and we headed home tired but safe, satisfied the race itself would now be a doddle.

Race-day on June 13th was the hottest of the summer. Andrea had had to drop out, Abbey fielding Duncan in her place, a true super-sub. Heading off at 8.30am it was already warm, Andrea wonderfully volunteering to drive, cheer and support us. Sleepy Laycock was now transformed into a heaving mass of 69 teams of runners, plus excellent Saltaire Strider marshals and intrigued locals all waiting for the Stage 2 runners to lumber up the fearsome hill into the village. I must confess that in the time we waited I had a distinct attack of pre-race nerves, Lockdown having obscured the excitement of racing.

Soon, Dean and Tom blasted in, and Masako and Duncan were on their way for Team A. Meg and David, plus so many others, missed the cut-off, so Bev and I were sent on our way in a mass-start. All nerves disappeared as we again strained up the hills out of the village. Halfway I was feeling the heat until some water and a gel got my legs back into gear. Bev meanwhile was serenely eating up the miles – how does she do it?! And all went well until I blundered again in the League of Gentlemen nether-world around Swartha. We came in at 1 hr 35 mins - could, should have been 1:30. Not bad though for 8 challenging miles on an incredibly hot day.

Afterwards, Andrea, Masako, Duncan and I drove off to the race finish at Bingley Rugby Club for a few well-earned drinks and to see the Abbeyes finish the race. En route, Andrea burned off a boy racer on the Bingley bypass, showing her Abbey running prowess in her driving as well; great fun. We saw Ed and Robert complete the race for Team A and Craig and Sunny for Team B. Such was our post – run euphoria we paid no attention to England's opening Euro game against Croatia on the club-house giant screen, the chat and race atmosphere was far more engaging.

It was a great event, the reccie and the race. A game of two-halves with my map-reading deserving a straight Red on the Reccie and a Yellow on the race. But hey, a good time was had by all, and Abbey did great.

Continued....



# BMW Relay (cont.)



Cal and Liam ran the 10th fastest leg 1



Ed and Rob ran the 7th fastest time for leg 5



Overall, our Team A finished 14th and Team B finished 50th. Top work!!



# Cookridge Community Run



An astonishing 33 Abbeyes turned out in force for the Cookridge Community Run on 11th July. Congratulations to **Masako Kondo** and **Freddie Roden** for achieving 2nd place Mens and Ladies podium finishes. An awesome event!

Position	Bib	Name	Club	Category	Category Position	Net Time
2	299	Freddie Roden	Abbey Runners	MSEN	2/31	38:00
7	213	Simon Jones	Abbey Runners	MSEN	4/31	40:44
13	193	Simon Glyn Jones	Abbey Runners	MV50	2/19	43:03
14	260	Gerard O'donnell	Abbey Runners	MV35	3/14	43:27
15	135	Rory Goldthorpe	Abbey Runners	MV40	3/21	43:51
17	201	Dominic Fanaroff	Abbey Runners	MSEN	6/31	44:21
18	37	Stef Brien	Abbey Runners	MSEN	7/31	44:28
21	60	Gareth Cavill	Abbey Runners	MV50	3/19	44:49
22	206	Masako Kondo	Abbey Runners	FV40	1/22	45:05
23	77	Paul Craven	Abbey Runners	MV50	4/19	45:11
30	106	Tom Engel	Abbey Runners	MSEN	10/31	45:52
36	65	Andrea Cobo	Abbey Runners	FSEN	3/24	46:38
49	335	Ali Ameri	Abbey Runners	MV40	4/21	48:41
56	384	James Whittaker	Abbey Runners	MV50	8/19	49:49
58	220	Graeme Littlewood	Abbey Runners	MV50	9/19	49:58
63	146	Paul Greene	Abbey Runners	MV60	2/9	50:49
73	316	Julia Sheer	Abbey Runners	FV45	3/18	51:57
76	300	Katie Roe	Abbey Runners	FV40	3/22	52:33
79	402	Laura Wylde	Abbey Runners	FV40	4/22	52:58
99	170	Fiona Holmes	Abbey Runners	FV35	3/17	55:32
101	165	Liz Hindmarsh	Abbey Runners	FV35	4/17	55:48
109	241	Aidan Mooney	Abbey Runners	MV40	10/21	57:05
112	199	Craig Kent	Abbey Runners	MSEN	25/31	57:17
118	381	Alastair White	Abbey Runners	MV55	8/11	58:00
120	345	Donna Swales	Abbey Runners	FV40	6/22	58:14
164	194	Joan Kavanagh	Abbey Runners	FV55	7/15	01:02:21
165	19	Alexandra Benyon	Abbey Runners	FV35	8/17	01:02:21
174	387	Liz Willis	Abbey Runners	FV55	8/15	01:03:31
190	102	Adam Ellis	Abbey Runners	MV45	26/27	01:05:14
212	276	Lisa Persico	Abbey Runners	FV40	15/22	01:08:58
239	291	Victoria Richards	Abbey Runners	FSEN	22/24	01:17:03
242	328	Judith Smith	Abbey Runners	FV65	3/3	01:18:20
249	113	Sarah Field	Abbey Runners	FV50	11/12	01:21:23



# “ The Way in May ”

## Laurence Lennon



About 4 years ago, I was waiting to start the LCW leg 5 with James Balkwill at Golden Acre Park. This rather sweaty runner without a badge went running past the handover point and I enquired what leg is he doing. I think it was Duncan who replied that he was doing all six legs in one day. That put a seed in my mind! Quite a few months later I was inspired by a young fellow called Matt Ellis who did, I seem to remember, 9 Parkruns in one day,

Now I'm in my sixties, although I haven't got the speed or endurance of John Ward or David Leslie, I thought I'd do something relatively challenging to mark my 10 years with Abbey Runners. Also with me doing London Marathon next April 2022 I also needed a spot of early doors training. I wanted to do something that would not only lift the spirits in difficult Coronavirus times but would also be inclusive of both fast and steady runners.

Having also taken up walking with my wife during the lockdown I knew I needed something that would allow me to factor that in as well. I originally thought of doing all 6 legs of LCW in one week and then decided in my condition I probably needed to train for three years to do that. In the end, the 'Way in May' was born: all 6 legs in one month.

I started walking with my wife to reccie the route in March 2021 and then in April the 'Way in May' long runners group was launched. We ran 10-12 miles each weekend in April including a couple of LCW reccies with expert support from people like Lisa V., Graeme and Jas. Then on 1<sup>st</sup> May the real thing kicked off with leg 1 with the aim of completing all 6 legs (65 miles) by Bank Holiday Monday on 31<sup>st</sup> May .

I am very pleased to say at the last count 35 Abbey Runners (including one little one), one Valley Strider and my wife took part in 'The Way to May' 2021.

These were Louise (my wife), Adam, Angela, Paul, Jo, David, Chris, Howard, Peter B, Duncan, Lesley & Malcolm, Shauna & Helen, Jasmin, Lisa V, Joe, Graeme, Tom, Gill, Tony, Lisa & Peter P (and of course Henry), Liz Walker, Liz Willis & Jim (Mr President), Paul & Donna, Alison & Mike, Laura W, John, Jacqueline, Katie and, last but not least, Anya. The Valley Strider was a very nice fella (who some of you know) called Andy Wicks with help from his wife June.



Continued....



# “ The Way in May ”

## Laurence Lennon

(continued)

Some of the best memories included:

- The Abbey Chant at the end of leg 1 with Jas, Laura, Joe, Peter, Howard, Alison and Mike;
- Liz Willis very politely instructing me to NOT take a group photo at a lovely little bridge in the freezing cold and torrential rain in leg 2; *[I heard it wasn't that polite, Laurence - Jim]*
- Jo courageously smiling for a photo in freezing cold and pouring rain near Dewsbury in leg 2 with Howard looking desperate to hit the road again;
- Henry Persico's beautiful smile (leg 2);
- The faster group causing havoc by getting us all lost at the start of leg 3 (you have to blame someone!); *[sorry, Laurence - Jim again]*
- Me taking the steady group down the wrong path towards the end of Leg 2 adding an extra 1.5 km to some very tired legs (I was very popular);
- A limerick competition hosted by Liz Walker and Shauna Corrigan on leg 3;
- Lisa Persico shouting "help Laurence" in leg 3, when a dog started barking at her as if I had some special dog whispering powers;
- Simply the great company and running from Helen and Shauna for three legs;
- Leslie and Malcolm Lavery walking the plank crossing the biggest puddle ever on leg 6;
- Duncan, Sarah, Paul, Donna, Peter helping us finish the whole thing in style on legs 5 & 6;
- David Leslie organising and running all 6 legs over two days;
- The ABBEY Road picture with Paul, Chris, Adam and I on the zebra crossing near Garforth Sports Centre to mark us four completing all 6 legs (Paul thinking he's Mc Cartney in his bare feet);
- Finally the excellent post run drinks at the Lawnswood Arms (leg 5) and The Inn on Wetherby Road (Leg 6).

**Thank you everyone for an incredible experience!**

Special thanks to the brilliant Adam Ellis and Paul Green who did all 6 legs with me and David and Chris who did all 6 legs in two days.

Not forgetting Liz Walker and Tom Engel who did 3 legs in one day and Jo Callagan who did three in one weekend. Extra special thanks to my lovely wife Louise who walked the whole of LCW putting up with me!

**ALL 36 OF YOU HAVE BEEN INSPIRATIONAL TO ME AND HOPEFULLY ONE ANOTHER IN VERY DIFFICULT TIMES!**

Laurence







My Day		
Leeds Country Way leg 3	TIME	PACE
16.21 km	2:35:09	9:34
Leeds Country Way leg 2	TIME	PACE
18.56 km	2:29:08	8:02
Leeds Country Way leg 1	TIME	PACE
19.03 km	2:14:42	7:05

My Day		
LCW leg 6	TIME	PACE
15.75 km	2:15:31	8:36
LCW Leg 5	TIME	PACE
16.03 km	2:18:54	8:40
LCW Leg 4	TIME	PACE
18.31 km	2:46:07	9:04



On the weekend 22/23 May a group of us made our contribution to a Way in May by running the complete Leeds Country Way in a weekend. This adventure had some planning. There were 4 of us running the first day and a different 4 the second day, and we all contributed to the car shuffles needed on a linear run or the job of leaving water bottles and some nutrition at most of the leg change overs. The 22nd was a full day of running for us all with Chris Corbet, Tom Engel, Liz Walker and myself. We did legs 1,2 and 3 a total 53.8km (about 33m). We were lucky the rain held off, though it was very wet and muddy in places, but it was a great run with plenty of cheerful chat. I have to say the pace did get a bit slower by leg 3. The star of the day was Tom Engel completed his very first ultra, and his first trail run of more than about 5km. He is a great runner and powered on despite blisters and what must have seemed very unfamiliar territory. I will never forget him turning to me and saying 'Is that IKEA over there?' then taking a picture to prove to the family how far away from our normal territory we had run. Certainly for all four of us we did a PB for this route – and I recommend it to anybody training for long distance trail racing.

On the second day Chris and myself did legs 4,5 and 6 a total 50.1km (about 31m) and with Kate Smithson (Pudsey Pacer) doing leg 4 with us and Joanne Callaghan doing legs 5 and 6. I know Chris and myself were so glad to have Joanne running with us that day. With fresh legs and enormous enthusiasm she pulled us along on routes she knew well (even meeting acquaintances en route). By leg 6 I was not running the uphill any more so was delighted to see each hill coming towards us on the basis that we could walk for a bit. Altogether this was a great run, a tribute to the Leeds Country Way as a fantastic resource for runners in our city.

A tribute also to Laurence Lennon - the Way in May was his idea and we would never have done this without his initiative and support.

David



# Otley 10

POS	NAME	GUN TIME	CHIP TIME
73	Ali Ameri	01:39:53	01:18:31
97	Laura Phillips	01:48:40	01:22:03
98	Tony Bastin	01:44:46	01:22:07
104	James Whittaker	01:40:15	01:22:54
111	John Ward	01:46:38	01:23:59



Pos.	Name	Net Time
167	Tony Bastin	49:45
248	Tom Broadley	53:56
290	Malcolm Lavery	55:37
306	Natasha Babar-Evans	55:55
642	Lesley Lavery	1:08:56
760	Judith Smith	1:21:06
775	Stephen Broadley	1:31:45



# Harrogate 10k





# Golden Acre Relay



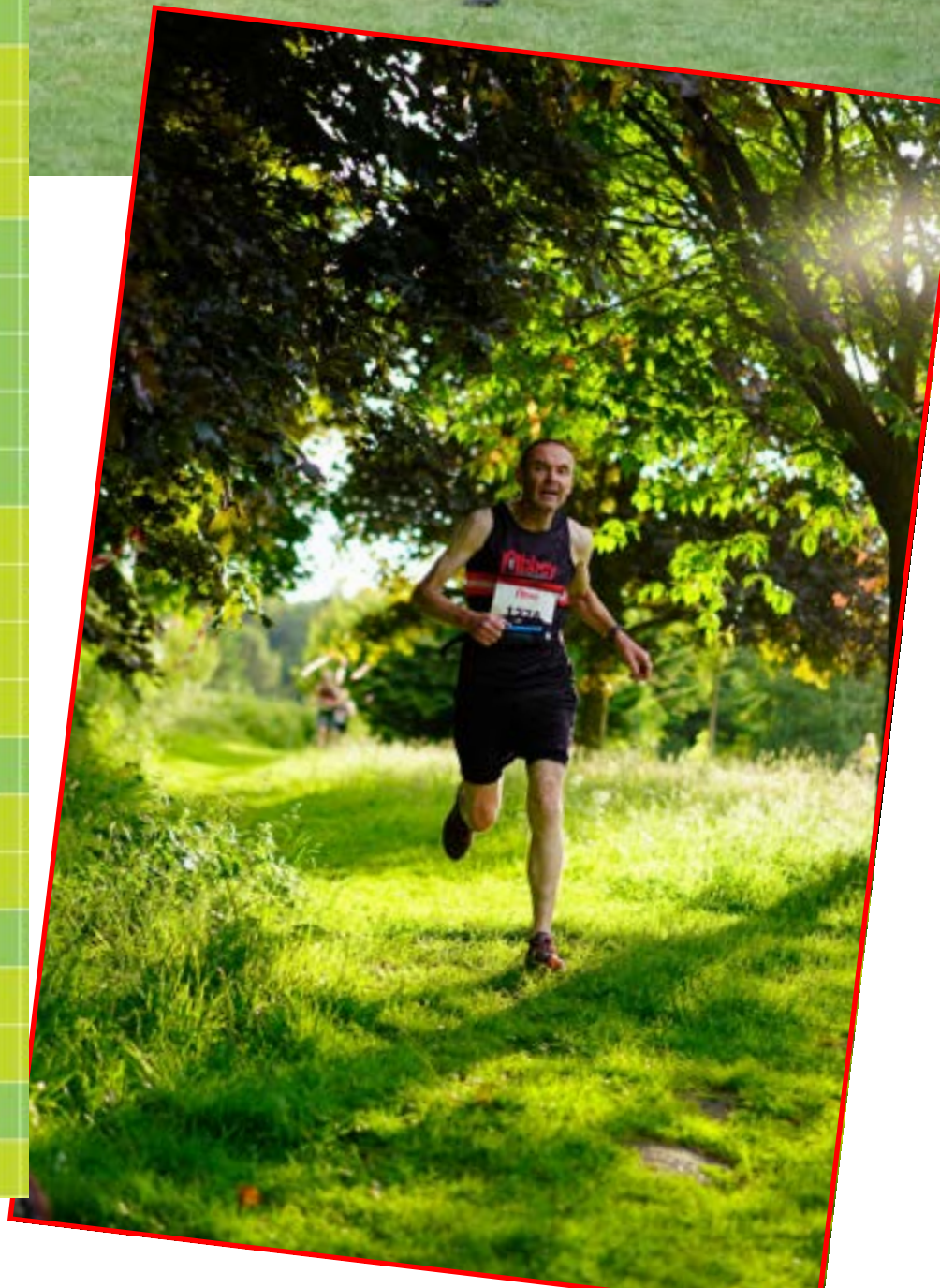
Well done to all teams who ran the GAR, and a big 'thank you' again to Race Director, Mark Hetherington, Senior Marshal, John Ward, and everyone else who helped organise and marshal the event!

Continued on next page



# Golden Acre Relay (cont.)

Pos.	Name	Net Time
9	Liam Jenkins	15:31
11	Ross Hutchinson	15:33
14	Ed Newbould	15:42
22	Simon Jones	15:55
35	Matthew Holmes	16:19
42	Simon Jones	16:39
50	Stef Brien	16:54
69	Robin Sarsfield	17:24
89	Paul Craven	17:43
101	Oscar Roden	17:57
108	Dean Jenkins	18:11
124	Andrea Cobo	18:39
126	Masako Kondo	18:41
144	Lisa Stansbie	19:09
158	Paul Simkins	19:23
163	Helen Roden	19:37
169	Kirsten Hutchison	19:41
179	Katie Smith	19:48
199	Sarah Ward	20:13
212	Laura Phillips	20:25
213	Graeme Littlewood	20:25
233	Ali Ameri	20:56
248	David Leslie	21:27
253	Matt Ellis	21:33
301	Gill Nesbitt	23:03
310	Georgia Arnold	23:32
337	Kathryn Ashworth	24:45





# Golden Acre Relay (cont.)

## team results

Team position

### Golden Acre Relay 2021

#### Team Results

evensplits

Bib	Position	Name	Leg	Time
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#### Senior Relay

#### 6. (123) Abbey Team 1- Male Open 0:47:08

123A	21	Simon Jones	Leg 1	15:55
123B	13	Ed Newbould	Leg 2	15:42
123C	9	Liam Jenkins	Leg 3	15:31

#### 17. (127) Abbey Team 5- Male Vets 0:52:13

127A	90	Dean Jenkins	Leg 1	18:11
127B	76	Paul Craven	Leg 2	17:43
127C	33	Matthew Holmes	Leg 3	16:19

#### 29. (122) Abbey Runners Junior Open Team 2- Mixed 0:53:18

122A	85	Oscar Roden	Leg 1	17:57
122B	52	Katie Smith	Leg 2	19:48

#### 29. (122) Abbey Runners Open Team 2- Mixed 0:53:18

122C	11	Ross Hutchinson	Leg 3	15:33
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#### 34. (121) Abbey Runners Junior Open Team 1- Mixed 0:53:55

121A	64	Robin Sarfield	Leg 1	17:24
121B	47	Stef Brienan	Leg 2	16:54
121C	42	Helen Roden	Leg 3	19:37

#### 45. (129) Abbey Team 7- Male Open 0:56:58

129C	39	Simon Jones	Leg 3	16:39
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#### 45. (129) Abbey Team 7- Male Vets 0:56:58

129A	155	Ali Ameri	Leg 1	20:56
129B	120	Paul Simkins	Leg 2	19:23

#### 48. (126) Abbey Team 4- Female Vets 0:57:31

126A	33	Lisa Stansbie	Leg 1	19:09
126B	25	Misako Kondo	Leg 2	18:41
126C	46	Kirsten Hutchinson	Leg 3	19:41

#### 57. (124) Abbey Team 2- Female Open 0:59:17

124A	101	Andrea Cobo	Leg 1	18:39
124B	64	Sarah Ward	Leg 2	20:13
124C	70	Laura Phillips	Leg 3	20:25

#### 75. (128) Abbey Team 6- Male Vets 1:03:25

128A	164	Matt Ellis	Leg 1	21:33
128B	143	Graeme Littlewood	Leg 2	20:25
128C	162	David Leslie	Leg 3	21:27

#### 103. (88) Horsforth Harriers Ladies Vets C Team- Female Vets 1:10:28

88A	104	Bev Hurst	Leg 1	22:27
88B	103	Jill Hobson	Leg 2	22:20
88C	168	Nicola Revill	Leg 3	25:41

128 teams competed  
Well done, Abbeys!!

Juniors results will be in the upcoming Abbey Express Juniors Newsletter (which will be sent out separately)





# Abbey spotlight on....

**Andrea Cobo Ibanez**



## 1. When did you join Abbey Runners?

I run for first time with the Abbey Runners the 5<sup>th</sup> of March of 2019.

I came to the UK on the 7<sup>th</sup> of October of 2018, and on the 16<sup>th</sup> of November, I had the great idea of running from Harrogate to my favorite reservoirs, all off road, with trail shoes (never did off road before, never used trail shoes before either, plus didn't run for a month due to moving overseas), the result?????, a massive achilles tendonitis, after 19km running and 12km more walking back home in poor weather conditions, only 2 degrees, an absolute nightmare.

That put me on out for what felt like years. I was desperate for running!

I was told about how good running clubs are here and my only consolation was looking for a club to join when I recover. I found Horsforth and Abbeys, based on my location, and I don't know why, I chose to contact Abbeys (destiny?). David Leslie was the one who replied to me and invited me to join any Tuesday session. I had to wait until I could run again to do so. My first session was in Jim's group, and I run with Bev all the way, she probably does not remember hahaha, but I do!

I didn't miss any Tuesday session since, until summer holidays to Spain.

However, I did not get the official membership until June, and I received the Abbey vest the day that we did the Abbey handicap race.

Since then, I never stopped, I was racing nearly every weekend, some weekends twice, in order to get qualified for the Abbey Grand Prix.

Joining the Abbey Runners is probably my best decision since in the UK. I made really good friends, and I don't run alone any more.

**ONCE AN ABBEY, ALWAYS AN ABBEY.**

## 2. Why did you join us?

Reasons above, plus I was new to the city and I wanted to meet new people and find my place. Couldn't think a better way than doing what I love, with people that shares the same passion.

## 3. What is your favourite running distance race?

I don't think I have a favorite distance; I just love the nervousness before racing, the happiness after finishing and the speed in my legs during the race (when they respond).

I think I'm better at longer distances, because I have better endurance than sprint, but I do like 5K because the suffer lasts less, or even the one mile (however, it is more obvious that I'm slower in those races). This probably makes no sense with the fact that I'm now training for Manchester Marathon hahaha I'm just full of contradictions, I'm better at trail running (even more if it involves hills), however, I do prefer flat road races.

## 4. What is your greatest running achievement?

Never have I thought I could run a 10k in less than 48 min, which was my best time in Spain. Just 2 weeks after running with Abbeys, I did Wakefield in 45min, and 5 months later, I did Abbey Dash in 42.42, so I think that's the biggest achievement (I did the Abbey challenges last summer, and I got 42.22 I think). However, the aim is 40 min, which now still looks a bit impossible...

Also, Holly Hustle, Nov 2019, 22km, 2<sup>nd</sup> lady, that made me so so so happy.

## 5. What is your greatest running disaster?

NO DOUBT! TNT, TEMPLE NEWSAM TEN, JAN 2020. Oh god! I felt so weak, no power at all, my body wouldn't respond, I could see everyone passing me.

Continued....





# Abbey spotlight on.....

**Andrea Cobo Ibanez**

Continued...



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

I'm not sure, I did not run any twice (covid did not allow me) except the Summer Mile, which we did just 1 week ago. That one has a great atmosphere. I find it so enjoyable as we all run in different heats, therefore is so amazing cheer and being cheered by the other Abbeys.

Seriously, I can't pick just one, loved bike leading Eccup 10, loved running with Faye in the Abbey Dash 2019, loved running with Duncan in Holly Hustle 2019 and Lightwater Valley 10 (2020), loved my first ever Peco in Temple Newsam in Nov 2019 (Abbey ladies were brilliant...), they all have something memorable.

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

NO DOUBT AGAIN!!!! CHRISTMAS PARTY December 2019!!!! SEEING EVERYONE WITH FANCY DRESSES, HIGH HEELS, LOTS OF FOOD AND PROSECCO, THE AWARDS, BEING ALL TOGETHER, THAT WAS THE BEST THING EVER AND CAN'T WAIT FOR THIS YEAR'S ONE. FINGERS CROSSED WE CAN DO IT AGAIN. *[watch this space, Andrea! - Jim]*

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

Priority 1: 5k sub-20

Priority 2: Manchester marathon within 3h30 and 3h45

Optional: 10k and half marathon PB while training for the marathon.

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

First at all, I do not have a plan, I don't know how my week is going to be like. I just know, I can't miss Tuesday's session with Yellow Group, which I love, they make me faster, and I also try to commit to Thursday's speed session, I LOVE THE TRACK. The rest of the week it depends on the time of the year and goals, the last few months I did lots of cycling and swimming as I was training for my 1st triathlon, now with Manchester Marathon around the corner, running needs to take the lead back. There are a few months when the weather is good, that we have the Abbey Riders on Mondays around 6:30pm, and I try not to miss any session.

Weekends involve social walks, swimming, cycling, or just nothing, it really depends on how I feel like.

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

There are so many good reasons for me to run, but for me to train hard simply one: I'm so competitive, really competitive.





# The North Leeds Trail Ultra Marathon

On Friday 30<sup>th</sup> April, Liz ran her very first Ultra, a little under 30 miles on the North Leeds Trail Ultra route starting at Eccup and looping across to the Chevin then over to Roundhay Park and back through Harewood grounds.

It was only a few months ago that Liz was a short and mid distance road easy trail runner. She accepted the challenge and went through the right training – including plenty of “Leslie miles” and a different route for every run with steady increases in distance. Think of it as rather like C25K but over wilder country and including navigation skills. This worked well for both of us as we both needed running partners to replace group activities with 1+1 runs during lockdown.

Now with the training behind her and a first ultra done (part of the Great Owl virtual Grand Prix – we even bagged a trig during the ultra), Liz now has 2 more ultras planned in her schedule and is committed to this type of running – both trail and fell – over the coming months and years.

My only regret – she was stronger than me towards the end of the run. While my brain slowly turned to mush (as it does after 20 miles or so), she was happily composing limericks with lines like “Dave said ‘let’s do more miles, and jump over some stiles’, so then Liz said ‘Oh David, behave!’ ”





# Big Flat Runway Races

25th April 2021



One of the few races held during lockdown....but, boy, did it feel good!!



### Pre-launch WHM parkrun trial:

The club enjoyed the trial at Woodhouse Moor parkrun on 17th July 2021, prior to the national re-introduction of the famous parkrun races!  
Great to see so many Abbeys together again in one place!



**The Abbey Express Juniors Newsletter will be sent out separately this month. There're just far too many brilliant things going on at the Club to fit everything into one Newsletter!**

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](mailto:abbeyweekly@outlook.com)

**See you next issue,  
fans!**