

**Your New Committee!!**

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Tony Bastin, Website  
Andrea Cobo Ibanez, Ladies' Cap  
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Jasmine Salih, Club Coach  
Ordinary Members: Adam Ellis, Ali Ameri, Kirsten Hutchison

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

## President's Notes

Dear Abbeys!

Another jam packed newsletter and full of Abbey goodness. It's been so great to see record numbers turning up and running each Tuesday night as well as wide participation in our coached Thursday sessions on track and road. As ever, thank you to all of our coaches and Run Leaders who make these sessions fresh and rewarding.

As we come to the end of the 21/22 PECO XC season, we can be hugely proud of ourselves for our consistent strong turnout at each race. Race 5 is this Sunday at Roundhay so we must keep it up, Abbeys!!

Many of you have entered Spring marathons (Edinburgh, Paris), which is fantastic, so make sure you train steadily, avoid injuries and help each other by setting up weekend long training runs on the Spond Long Runners Group.

I can also see that many of you have dived straight into our 2022 Grand Prix, and I have heard Abbeys mention how they have set themselves a goal this year to run enough qualifying races to complete it. The Grand Prix encourages us all to try multiple distances and terrains - road, trail, fell, XC. They are largely local races that are, quite simply, awesome, and simply entering a race motivates us to keep up our training!

We will soon be heading towards relay season, and Liam is already in the process of gathering names of those who wish to run the Calderdale Way Relay in May. These are brilliant club events, so if you've not run one before and fancy it - do it!!

Keep up the good work, everyone! The club's on a roll.

*Jim*



PECO XC Race 4, West Park



**Temple Newsam 10**

Our Ladies were triumphant at the TNT, winning the Ladies Team prize!

Plus well done to Masako Kondo and David Leslie who won their respective age categories

Andrea's Race Report inside!



Congratulations to Dong Hoang for being awarded Runner of the Month for December. She was nominated for smashing all of her running goals, including longest ever run and fastest 5k!



# Abbey spotlight on....

**Paul Craven**



## **1. When did you join Abbey Runners?**

I joined Abbey Runners 2 weeks before the very 1st lockdown, which wasn't ideal, but the club put some great challenges on via Facebook which still made me feel part of the club.

## **2. Why did you join us?**

I had only found running in September 2019 and it was actually Kathryn Ashworth that told me about the club and invited me to come along. I was hoping it would help improve my parkrun time.

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

I like doing 10k, it's a nice, steady distance.

## **4. What is your greatest running achievement?**

Getting under 20 mins at parkrun. A friend of mine said I would never do it, as my 1st ever parkrun was over 28 mins. That comment really spurred me on and now my PB for parkrun is 19.26.

## **5. What is your greatest running disaster?**

I think my running disaster was at the Bradford Millennium Way Relay. Myself and David Barrick didn't get off to the best of starts as we took a wrong turn in the first mile! We soon got back on track but disaster struck not just once but twice! I took a tumble scraping all the side of my face and legs but I dusted myself off and finished the race. Luckily for me, the nice people of St John's Ambulance sorted me out, cleaned me up and fed and watered me. Donna didn't believe I had been running, the state of what I looked like when I got home!

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

I'm looking forward to the Vale of York 10 mile. I did it last year for the first time - it was a boiling hot summer's evening. The first time I'd done a 10 mile and I was first Abbey to finish. My time was 1:07:21.

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

My most memorable moment was running with Matt Ellis and other Abbeys helping him out with his Simon On The Streets challenge. Running all 9 Leeds parkruns in one day was crazy yet fun; everyone encouraged each other and when we got to Woodhouse and lots of other Abbeys turned up to either run or cheer us on was great and showed what a fantastic club Abbey Runners is.

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

I'm hoping to get a place on the Great North Run so that would be my first competitive half marathon, but I just want to compete in as many races as I can and hopefully improve my times.

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

I try to do at least 50k a week doing various activities. I'm in Purple Group on Tuesday nights. I do track one week then either road session/bedquits on a Thursday, Parkrun Saturday and maybe a race on Sunday. I will go out on my own to top up the miles.

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

Definitely running with a group helps me keep motivated; I don't want to let people down so will always turn up to the group session. I think I have a lot of will power to keep me going especially when it comes to races. I also think there is some good friendly rivalries within the club - I think you always secretly want to beat one another but we always encourage each other and push one another along to get the best out of each other and I think that speaks volumes for what the club does for us all.



# PECO CROSS COUNTRY LEAGUE



Four down, one to go.....

## Ladies Premier Division

	Race 1	Race 2	Race 3	Race 4	Race 5	Total	Countback
Roundhay Runners	2	1	1	2		6	843
Hyde Park Harriers	4	2	2	1		9	1027
Abbey Runners	5	4	3	3		15	1513
Harrogate Harriers	3	3	5	5		16	1704
Chapel Allerton Runners	6	5	4	4		19	2091
Horsforth Harriers	1	6	6	6		19	2992
Wetherby Runners	7	7	7	7		28	4789

## Ladies Vets Premier Division

	Race 1	Race 2	Race 3	Race 4	Race 5	Total	Countback
Roundhay Runners	2	1	1	2		6	1858
Valley Striders	1	2	2	1		6	2183
Abbey Runners	5	3	3	4		15	3041
Harrogate Harriers	4	4	7	3		18	3277
Horsforth Harriers	3	6	4	8		21	3765
Saltaire Striders	6	10	5	7		28	4463
Knaresborough Striders	7	9	8	5		29	4508
Ackworth Road Runners	8	8	9	6		31	4789
Rothwell Harriers	11	5	6	10		32	4889
Nidd Valley Road Runners	9	7	10	11		37	5151
Wetherby Runners	10	11	11	9		41	5866

## Men's First Division

	Race 1	Race 2	Race 3	Race 4	Race 5	Total	Countback
Abbey Runners	1	1	1	1		4	1318
Harrogate Harriers	2	2	2	2		8	2570
Nidd Valley RR	5	3	5	4		17	4198
Ilkley Harriers	3	5	4	6		18	4052
Ackworth Road Runners	6	4	3	5		18	4400
St Theresa's AC	4	6	7	3		20	4094
Kirkstall Harriers	7	7	6	7		27	5678

Continued....

## Men's Vets Premier Division

	Race 1	Race 2	Race 3	Race 4	Race 5	Total	Countback
Saltaire Striders	2	1	1	3		7	2357
Valley Striders	3	2	2	1		8	2549
Harrogate Harriers	1	4	6	2		13	2798
Roundhay Runners	5	3	5	5		18	3308
Abbey Runners	4	5	3	6		18	3468
Chapel Allerton Runners	8	7	7	8		30	4017
Nidd Valley Road Runners	7	6	8	10		31	4595
Wharfedale Harriers	11	10	4	7		32	4261
St Theresa's AC	10	11	10	4		35	4777
Horsforth Harriers	6	9	9	11		35	4780
Wetherby Runners	9	8	11	9		37	5166





# PECO CROSS COUNTRY LEAGUE



## LADIES, WE'VE BEEN BRILLIANT!!

But we cannot relax!! We are "just" keeping the 3rd position, we can't allow Harrogate to overtake us! The battle between 1st and 2nd seems to be between HPH and RR, but it is not all said just yet....and ABBEYS STILL CAN SHINE BRIGHT!! I REALLY WANT EVERYONE IN THE NEXT, AND LAST, PECO AT ROUNDHAY ON THE 20TH OF FEB, WE NEED YOU!! This also applies to ladies vets, also in 3rd position!

## Well done, Men!

Let's keep up the good work. Looking forward to this Sunday! We've already secured promotion as no one other than Harrogate can catch us now. BUT... we want to end the season on top! And how low can we keep that score? Hoping for a really good turnout, gents, for the last one.

Andrea

Liam



# Abbey 2021 Awards



Congratulations to **Simon Jones**  
Runner of the Year!!



**Becky Ashworth**  
U23s winner (joint)



**Most Improved (joint) - Paul Greene**



**Most Improved (joint) - Kirsten Hutchison**

**Congratulations to all our awards winners as well as those who were Highly Commended:**  
Jane Oughton (Most Competitive Female); Helen Roden (Outstanding Contribution); Stef Brienens (U23's)

Continued on next page



# Abbey Awards 2021 (cont.)

**Best Newcomer**  
Donna Swales



**Freddie Roden**  
U23s winner (joint)



**Outstanding Contribution**  
Tony Bastin



**Most competitive female**  
Masako Kondo



**Most competitive male**  
Tom Rogerson





# Abbey spotlight on..

Katharine Scott

## 1. When did you join Abbey Runners?

January 2007.

## 2. Why did you join us?

I had recently moved back to Leeds and didn't relish the prospect of running on my own in the dark winter months. I searched online for local running clubs and up popped Abbey Runners, just down the road from where I lived. I received a typical warm welcome to the 'steady group' from Peter Leach (membership secretary at the time) and there was no looking back. A benefit I wasn't anticipating when I joined was meeting people who I now expect to be lifelong friends.

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

Probably 5k. I get quite nervous before 5k races, even before parkrun which I do most Saturdays, because of the pressure I feel to improve my times. I always have a 'nervous Wednesday' on the day of a Brownlee 5k race. But at least the pain is short-lived!

## 4. What is your greatest running achievement?

My PB at the Brownlee 5k in December 2021. My times had been steadily declining between June and October, so I took drastic action in November by optimising my training and diet. I got a sub 24 minute time for the first time in November and improved on this again in December. I never believed it possible I could run faster than I did 10 years ago, or get under 24 minutes.

## 5. What is your greatest running disaster?

The Vale of York half marathon September 2019. Having achieved a PB in the Leeds half marathon four months earlier, I was poised for another PB on what promised to be a fast flat course. My training had suffered a little with loss of routine over the summer months but I was still optimistic. I was doing ok, trying to keep up with the 1hr 50 min pacer, but then at mile 6 the sun put in an appearance and I started to falter in the heat (it could be said I am not a warm weather runner). Disaster struck at mile 11 when I stumbled in a pot hole whilst trying to dispose of my water bottle at the water station, my wobbly legs let me down and I ended up sprawled on the tarmac. I grazed myself, but more importantly the face of my few months old Garmin watch which still bears the scars of that day. On the plus side, the tumble and subsequent embarrassment must have given me an adrenaline boost because I ran the last 2 miles 1 minute per mile faster than before the fall. So I was only 34 seconds short of my PB in the end.

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

I entered the English National Cross Country championships when they were held at Harewood House in 2019. The whole event from start to finish was amazing and I said at the time it was one of the best days of my life. Arriving under February blue skies into the beautiful grounds and seeing the first daffodils of the year, there was such a fantastic atmosphere and the usual amazing Abbey support. My enthusiasm and positivity could not even be dampened when Liz Willis stole past me in the final sprint to the finish!

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

In my early years as an Abbey, I won the club 5k handicap. The first and probably last time I will win a race (and I may even not have won had Stella Cross not taken a wrong turn in the later stages due to dubious marshalling). I phoned my husband soon after in great excitement repeating "I won the race, I won the race!" He still reminds me to this day.

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

To complete the Grand Prix, which I first set out to do in 2020, and to compete in all the PECO races. It would be nice to get a 10k PB along the way.

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

Tuesday or Thursday club night, a Wednesday 4-5 mile run on my day off and Saturday parkrun with a couple of miles added on either side, or longer if I am training for a half marathon. I also try to fit in one pilates session a week and one or two HIIT sessions. I'm not sure it counts, but I do junior parkrun with my children on a Sunday which is of variable contribution to my training depending on whether I am running with the 4 year old or the 8 year old!

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

Maintaining fitness and a healthy weight, and the continuous quest for PBs. Parkrun is an excellent motivator and over the last few years has become part of my weekend routine. Entering races definitely helps keep me incentivised.



STOP PRESS!

Congrats to Katharine for being awarded Runner of the Month for January!!



# Other awesome Abbeyness...



**Sarah Ward**  
Travellers 6, 3rd Lady



**Abbeys smashed it at the Dewsbury 10k!**



And a race that is even described as “too crazy” by David Leslie...

“Some of us will have done - or tried to do - dry January or Veganuary or similar. Well, Abbey Kate Smithson entered the Spine Virtual Challenge. The Spine is a 268 mile trail race running the length of the Pennines and typically the winner does that in 3-4 days. Well, Kate succeeded in finishing the challenge, completing her 268 miles on 30 January. Really Impressive!”

**David Leslie**







# Temple Newsam 10

## Race Report

Andrea Cobo Ibanez



You probably wouldn't believe me if I say I didn't remember I entered this race until I got the Racebest pre-race email before Christmas, I usually enter the races in a very impulsive way. This year's calendar is already full despite having promised myself one weekend a month race free for travelling. No need to say that my return from Spain was all based on this race, to be able to make it. I had bitter memories from the only time I ran TNT in Jan 2020, I think I had covid, but at that time covid was a joke and we were careless, so who knows. I just know I felt weak and knackered for a month. All Abbeyes passed me and I struggled every single mile.

Therefore, I had that need of redeeming myself...

This race is just at the worst time of the year, cold weather, after Christmas, when we are less fit and fatter hahaha so it will never feel easy. Puddles in the car park were frozen and the grass was crunchy...

This year it felt even colder; I came back from Spain, running at 20 degrees in shorts and crop tops... I couldn't find the right moment to get my Abbey hoddie off. I kept it till last minute, and just gave it to Donna when there was no choice (thanks Donna!!!).

From the whistle to the finish line I have very limited memories, I remember looking for Masako in the distance weighing how likely would be for me to get any closer (and giving up on that thought the second after). I also remember seeing a ginger lady walking up one hill and not believing that could be Amy Young from HPH. I finished it before her, but we all know that's only possible if she is injured hahaha.

I remember feeling strong during most of the race, including the long hill, but I also remember feeling empty in the last tiny one, just before arriving to the field for the final sprint; for a few seconds my legs didn't respond, my calves felt like snapping and my mind kind of gave up; luckily that happened just before the finish line.

I seriously don't remember much, I could say the scenery was pretty and the day was lovely, but I have no idea, I could not run the same route with no map (probably not even with the map hahaha). I was just pushing myself physically and mentally, feeling my legs going well, but also fearing they could fail to keep that pace at any point.

I'd say I had a good result, perfect way of redeeming myself. 90th overall, 10th or 11th female (not sure how to filter the results and sometimes is not clear..), 5th in my age category, and surprisingly, we got the 1st female team prize!!

That was a sweet surprise, we weren't expecting it.

Me and Masako were in the bagging area collecting our jackets, when someone came to look for us.. Sarah, Masako and myself got a nice trophy. I have to say the turquoise T-shirt was also so pretty!

Andrea

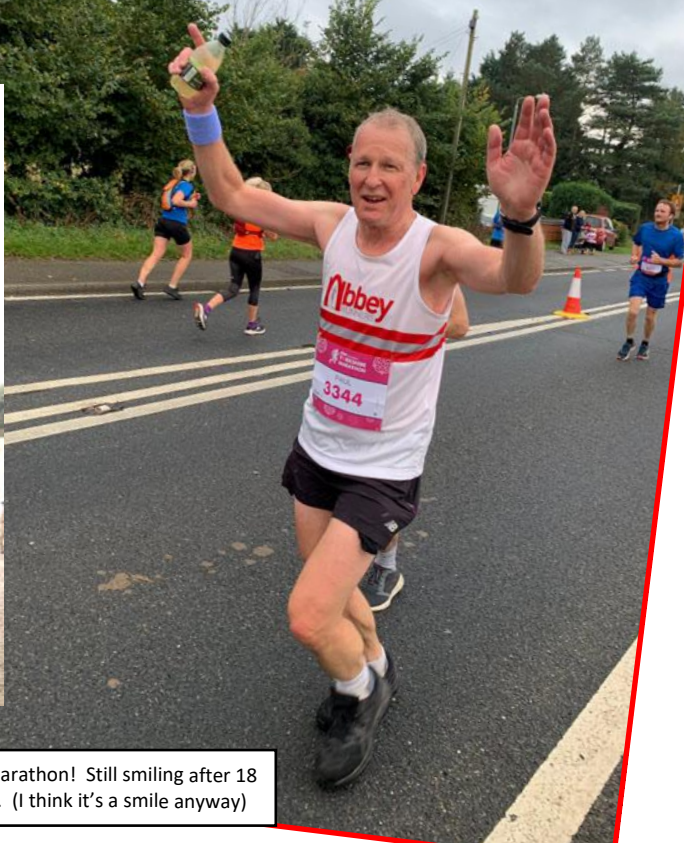


# “Marathon Madness”

by Paul Greene



Sutton Bank to Osmotherley with Masako, Anya and Tony



York Marathon! Still smiling after 18 miles. (I think it's a smile anyway)

When I first joined Abbey, I'd always intended to run a Marathon 'one of these days'. I trained for the Dublin Marathon way back in 2004, but an achilles injury sustained at the Harewood 10 mile race a fortnight beforehand put paid to that and hampered my running pace and enjoyment for a few years after. But the marathon bug remained, niggling away, demanding a good scratch one day. Particularly after speaking to so many Abbeys who had not just done a marathon, but several. Deep down I felt a running novice with just my 10ks, Park Runs and ooh, the occasional Half. The itch was getting itchier.

So, I signed up for the 2020 Yorkshire Marathon, which then kept getting delayed by the pandemic. Would I ever do a Marathon, the Gods were against me! I started training, as did Andrea, Ali and Tony (for the Manchester Marathon) using Duncan's individually tailored programme that seemed to involve daily long runs, hills, pace with Monday afternoon off for good behaviour, but only after an ice bath and sleep on a bed of nails. If you were good. Coach Clark even told me off once because I'd only done a Sunday 12 miler when his programme demanded 14! It was a great programme, thanks Duncan, but all came to nought as Covid lockdowns cancelled the marathon and so much else in our lives.

I still kept up the long running, helped greatly by Lawrence's 'Way in May' last year, cantering around all stages of the Leeds Country Way, with Adam, Lawrence and a great cast of Abbey's. Plus, recce and race of the Bradford Millennium Relay and a few outings with the weekend Long Running Group.

Then in 2021, lockdown respite gave us all the chance to race again, and it was time to crank up the training, this time with other Abbeys planning to do 'the big one'. Helen obtained a Runners World Marathon Plan and soon there were about 16 of us on a WhatsApp group arranging long runs in preparation for Manchester and Yorkshire while Simon and Laura opted for the heady spirit of the Dramathon – a marathon with regular infusions of Whisky to dull the pain and induce uncontrolled giggling.



'The 7 Hills of Leeds' 20 miler with long distance running legend, Liz Walker

Continued on next page



# “Marathon Madness” (cont.)

by Paul Greene

David Leslie told me long runs didn't all need to be on road and that off-road could be more enjoyable and kinder to tired joints, good advice!

Long runs with fellow Abbeyes were all brilliant and included Sutton Bank to Osmotherly with Anya, Masako, Tony, plus 2 dogs - great views and company and a well-earned pint after. 20 miles out and back along the canal with Laura and Ali. 32 'Leslie Miles' from Leeds to York, amazing - if we could do that, we could do a marathon surely?! The 7 Hills of Leeds with Liz Walker - I never knew Leeds had 7 hills, but Liz managed to find them! Running to the Middleton Park Run and back with Kirsten and Ali, plus 'super-pacer' Freddie Roden on the return.

Then before I knew it, the Marathon was fast approaching. I'd done the miles, had met the demanding training schedule, could do a 20 miler and spend well over 4 or 5 hours on my feet. Just in case I signed up for an emergency course of Emma Smithson's Pilates for Runners which really helped. I was now ready for Swan Lake and a Marathon.

But I was feeling the pressure. With 3 weeks to go I was pleased with my 1-45 at the Manchester Half Marathon, but could I do the full marathon under the sacred 4 hours? Mild panic. Then the Manchester Marathon Abbeyes (Andrea, Helen, Kirsten, Katie, Masako, Ali, Dean, Tony) all did brilliant times. I was wondering if I could follow suit a week later.

The night before my marathon, blind panic, like the night before the dentist, imaginary aches and pains. All training wasted, humiliation complete. Stay calm, you've done the miles, the hills, the stretches, are blister free, have eaten well. 7 oz. of pasta for tea, carbo loading for a dumper truck, an early night and little sleep.

The morning arrived. Up early, shower, porridge for an army, out the door, drive to collect David Nahal and then the Highway Agency had closed the A64 to York! Nervous fumbling with the Satnav and suddenly we were at York University, my alma mater, and I was lining up for the race of my life, instead of another pub crawl, er sorry, stroll to the lecture hall.

Then we were off, all nerves gone. Loving it. Too fast for the first mile. Legs settling down to a steady pace. 10 miles gone, oh my goodness still 16 to go. 20 miles, by cracky, still going well, no wall. Great crowds, Ali and Saif waving, mild tears of joy, how wonderful. 21, still going but the beginning of a niggle. 22, creeping aches and the strange feeling of 2 heads, one saying keep going, the other, stop you fool! 24, some strange crinkling in my tendons, torture. More crowds, cheering. Then a bloody hill near the finish, how could they? Agony up the Eiger. So much pain, then suddenly a downhill sprint to the finish, amazing, how did I manage that? Over the line, stopped, but an 'out of body experience' for a second as my legs carried on. Dizziness, disorientation, mixed with joy and amazement. 3 hours, 41minutes, blimey, life in the old dog yet. A painful drive home and a long bath. Then Ali and Tony taking me to the pub for a few, well-earned San Miguel's, not that I was able to walk to the bar.

It was one of the biggest achievements of my life. After a day saying 'never again' I signed up for Edinburgh with other mad Abbeyes. Do consider giving a Marathon a go, you'll get loads of Abbey help. And aches and pains. But by cracky it'll be worth it.

Paul



At the finish with marathon maestro, David Nahal



## Coaches' Corner

Brought to you by your coaching team, who spent some chilly time on Bedquilts to demonstrate some post run stretches. For this edition we will start of with some of the more common stretches - calves, hamstrings and quads.

But first, some general do's and don'ts.

1. In general it is not recommended to do stretches before your run - cold muscles do not stretch well and may tear!
2. Hold your stretch for about 30 seconds
3. Stop if it hurts.

Jasmine, Helen, Ali, Kirsten & Simon

### Gastroc stretch

This is the calf stretch that most of you will be familiar with. Stand, ideally leaning against a wall. With both feet parallel and facing the wall.

Keep your back leg straight and front leg bent and lean into the wall - you will feel the stretch in your back leg.



### Soleus stretch

Now bring your back leg in a little, and bend your back knee. Sit down slightly and you should feel the stretch in the lower part of your calf this time.



Continued....



## Coaches' Corner (cont.)

### Hamstring stretch

Bend your back leg and transfer your weight to this leg. Straighten your front leg and pull your toe towards you. Pull your belly button into your spine and bend from your waist, pushing your bottom backwards.

To enhance the stretch, you can pull your toe further towards you, or even grab hold of it as Matthew is doing here.



Continued...

### Quads stretch

Stand with your knees soft/slightly bent and bring your foot behind you and grab it with your hand. Push your hips forward so that you feel the stretch down the front of your thigh

If you feel wobbly and don't have any support, holding your ear with your other hand helps (it really does!).



## Coaches' Corner (cont.)

### Lying hamstring stretch

Lie with one leg flat and one leg raised and holding on to your raised leg, gently pull it back towards you. You can enhance the stretch by pointing the toes of your raised leg down towards you.

There is also a good seated hamstring stretch. Sit with one leg tucked in (like you would sit cross legged) and one leg straight and pointing outward at a slight angle. Bend from your waist so that you are reaching for the toe of your straight leg.



### Lying quads stretch

Lie on your side with both legs straight. Bend your top leg and hold your heel with your hand. Push your hips forward so that you feel the stretch in the front of your thigh.



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!