

The



Newsletter

March 2023



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www.abbeyrunners.co.uk

Presidents Note's

I'm going to start the first Abbey Newsletter since I took over as president with a couple of thank yous.

Firstly, thank you to Jim, who is not only our outgoing Prez, but also brought back and edited the Abbey Newsletter. Always a highlight when it comes out. Thank you, Jim. Secondly, thank you to Tony (and Katie), who has taken over the editors role and is now the man (/woman) in charge.

During the winter months, it can be difficult to find the motivation to drag yourself out into the cold and dark. And for me, that is when our group runs become all the more important. I can honestly say, I don't ever remember regretting turning up and running a Tuesday or Thursday session! And it's been wonderful to see good numbers in our club sessions. If you haven't had a chance to try a Thursday yet, why not give it a go?

Another PECO season has nearly drawn to a close (still the relays to go!) and I'm so proud of our all our runners for putting their hearts and souls into running these races and securing continued premier division places for both the men's and ladies' teams, and some fantastic individual results for our juniors.

I know a lot of you have been inspired by Rob Burrow's story and are running the Rob Burrow marathon in May. Please do use the Long Runners group in Spond to meet up with other Abbeys for your training runs. It does help make the miles much more enjoyable and they tick away much more quickly when you have someone to run with!

And don't forget to check out the Abbey Grand Prix. There's plenty of time to complete the required races, and get that much sought after Abbey Grand Prix souvenir at the end of the year.

We love to hear what you've been up to as well, whether it's a bit of running tourism, or a race that you've really enjoyed, or a new training route that you've discovered. Please keep in touch using the Abbey Facebook page, or why not write a piece for the next newsletter.

There's going to be lots going on over the next few months. Judith is organising a Couch to 5k group, and we are now actively recruiting for this so please spread the message far and wide. Please mark the dates for Eccup 10 (9th July) and Golden Acre Relay (18th July) in your diaries as we need all hands on deck for these races.

Happy running everyone and enjoy the newsletter.

Jasmine





Record Breaking!

A list of club records that have been beaten since our last issue in February 2022! Well done Abbeys!

Men's Records

Male 5K M40

Robert Cumming—17:30 (EvenSplits York Oct, 28/10/22)

Male 10K Open

Freddie Roden— 31:44 (Abbey Dash, 23/10/22)

Male 10K M60

David Mullen—41:59 (Dewsbury, 05/02/23)

Male Half Marathon M70

David Leslie—2:12:33 (Baildon B Way 04/04/22)

Women's Records

Ladies 5K F35

Faye Clark—19:47 (Evensplits, 23/03/22)

Ladies 10K F35

Faye Clark—39:55 (Dewsbury, 05/02/23)

Ladies Marathon F45

Masako Kondo—3:11:46 (Paris, 03/04/22)



PECO Cross Country League



2022-23

PECO Cross Country League

Captain's Notes!

It was a superb PECO season for the men. We had a great turn out, numbers wise and it was really good to see some new faces (and some returning ones), and those faces were all beaming after the race!

Performances were really strong across the group which shows that everyone is running well. We've shown an excellent depth in strength and quality which I am really proud of. "Top" runners don't have to be relied on like years gone by and that is what a team event is meant to be about. There are 9 counters for teams in the Premier Division, and I could name at least 20 people that could easily shoe-horn their way into that top 9 every single race. I hope we keep building on this, like we did from promotion last year.

I love the PECO's, my first race as an Abbey was a PECO, and I think they are a flagship event for any Leeds club runner so its great that we have had such a successful year!

- **Liam**

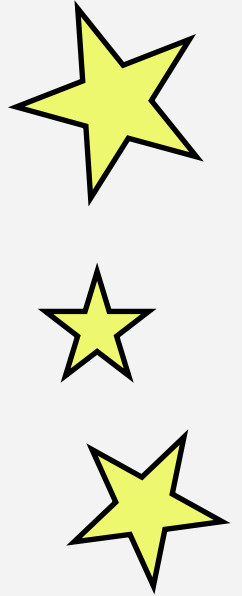
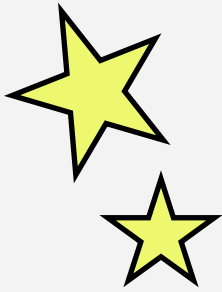


I always heard a lot about the PECO. I remember my very first days with the Abbeys and I remember listening to very weird conversations about the scoring system and I was thinking "what are these crazy people talking about?". Now I understand what all this madness is about. This year it has been my third PECO season, and I managed 5/5 races, and hopefully the relay next week. I can't get enough.

The last couple of seasons as captain I've been very demanding and a bit bossy (apologies, sometimes my ambition takes over), and luckily the women have responded in a very positive way, pushing themselves to their limits and giving their best at each race. I'm so grateful for that and I have only good words for them all. I am hugely proud of our team, and can't wait for next season. In the meantime I'll invest myself in recruiting more ladies for the team to consolidate our position or even get better. Thank you all ladies for your dedication

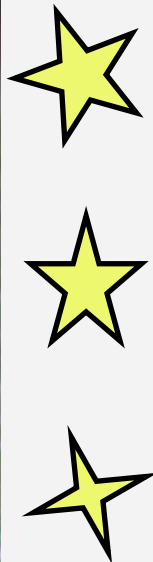
- **Andrea**

Abbey Awards 2022!



Well done to all of our award winners in 2022, as well as those who were nominated!

Runner of the Year: Freddie Roden



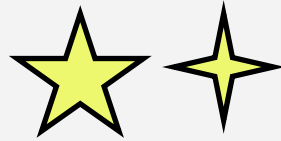
Most Competitive Male: Ed Newbould



Most Competitive Female: Faye Clark

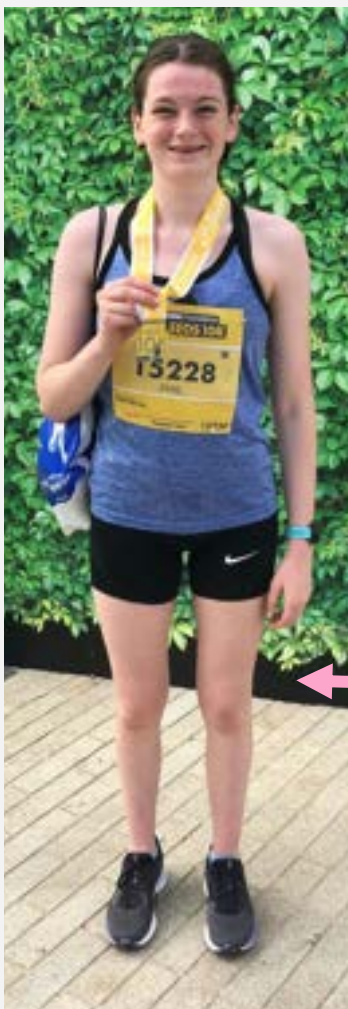
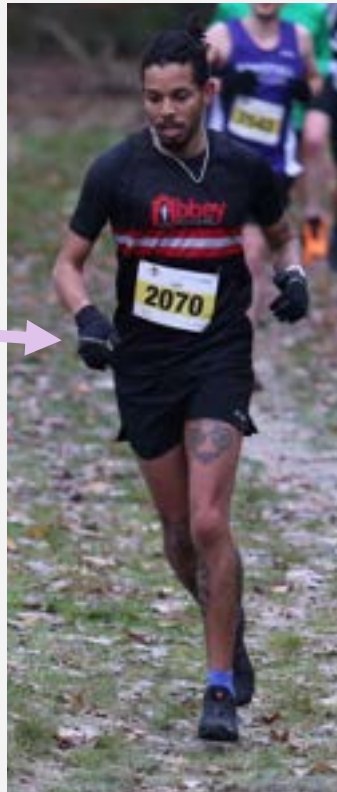


**Outstanding
Contribution:
Adam Ellis**



**Most Improved:
Tony Bastin**

**Best Newcomer:
Joel Rhule-
Samuel**



**Under 23
Female:
Philippa
Bromley**



**Under 23 Male:
Stef Brien**

PECO Pontifications

By Paul Greene



The legend of Brigadoon is about a village that appears out of the mist in Scotland every 100 years and after a vibrant life, disappears from view until a century later. Although it's supposed to be fictional (see <https://en.wikipedia.org/wiki/Brigadoon>) I'm always reminded each year when 4 Leeds parks host the 5 PECO races and transform from places of solitude and beauty into colourful running festivals and muddy competition between the many Running Clubs making up this brilliant Cross-Country series.

I say brilliant because I wasn't always a PECO fan. I could sense the excitement and enthusiasm at my first few races, but a combination of the cold, wrong shoes and twisted ankles made me think my wide-eyed fellow competitors were in the grip of mass-hysteria. It all had the ring of the Emperors New Clothes and far from it being wonderful, was just an absurd, but necessary evil in the life of a club runner.

But a few years ago it all clicked. I got involved, marshalled, helped put the Abbey tent up, got the right shoes and even did a bit of training to add cross-country mud to my road-running armoury. I'm hooked now.

I had a great year in the 2021/22 series when ridiculously I won a prize as the second fastest male oldie (VM60) and even have a trophy to prove it. But this year, I have returned to my natural position happily making up the runners and achieved 8th in the series for my age group.

I've enjoyed all the races this season. Middleton 1 was a hoot, Temple Newsam incredibly cold and, in my case, wet (I misjudged the water feature and fell in!) West Park was ace and Middleton 2 just brilliant. Roundhay felt tropical after last year's cold, driving rain. All have been a lot of fun.

More on Next page!

The Abbey camaraderie has been as ever, awesome. There's such a great atmosphere and to see all the many running club tents grouped together on the edge of a muddy field puts me in mind of medieval warfare, the combatants limbering up at the start before heading into battle. And that's just the women.

And when Mark Hetherington has finished haranguing the runners and that siren blows, all nerves go and you're off, thrashing across a muddy field, jostling at the corners, fighting for your place in the melee. Not literally of course, but it is exciting and a real race.

It's not everyone's idea of fun of course. But even Cal Clark's disdain for the PECO's is a vital part of the season and I did think it was a bit drastic for Lisa Stansbie to gain a promotion and uproot her family to Worcester just to avoid them. I think I've got that right?

But it's a proper competition, league promotion and demotion, real drama, exciting sprint finishes. Brilliant results were achieved this year in a team effort by the Abbey Women, Men and Juniors holding their places in the Premiership, in all senses of the word.

And if you'd had a good or bad run, there's always the prospect after of a warming cuppa and goodies from various Abbey kitchens to restore warmth, sanity and morale. It wouldn't be the same without tea and cake so thanks to Sarah, Janet, Katie and everyone else who kept us fed and watered.

Now, those fields are quiet again until next winter. The birds and dog walkers can enjoy the peace, the rowers of Roundhay lake their tranquillity on the water. But I'm waiting for the tents to appear again, Brigadoon like, in the muddy fields of dreams.

- PAUL



National XC Championships

By Andrea Cobo Ibáñez



I have always been surprised with the low numbers of Abbey runners taking part in the Nationals, but luckily numbers are going up, and I'd like to get more people on board in the future.

Seriously, these races are so amazing, not only as a runner, but also as a simple spectator. The level of the runners around the country is so high, and it is nothing like any of the local races that we are used to (with all my respect to the local races, of course). Can you believe the first man crossing the finish line did it in just 36 minutes (12km race) and the first lady completing 8.6km did it in 29:28? I know, it's tiring just to think about.

I still remember my first time, in Nottingham, Feb 2019. I already knew I would be certainly far from the winning ladies, and that's probably what made me enjoy it so much, there was no pressure at all. That was my first official cross-country race and I still hadn't experienced the joys of PECO by then, surprising right? I will never forget that race, it was only myself and "the Roden". I ran with Helen, and we both have lovely memories from that race; we even had to jump over fallen trees! It was the first time I feared losing my shoes in the mud.

My second experience was last year in London, Parliament Hill. A few Abbeys travelled there, and stayed for the weekend. This time we had a bigger Abbey representation, "the Roden", Matt Sharpe, Laura, Simon, Cy and me.

This year Nationals XC Championships were at Bolesworth Castle, Cheshire and I am so happy to say that we managed to have a ladies' team: Helen, Masako, Laura, Sally and I. We had great Abbey representation with so many juniors: Boe, Stef, Evan, Charley, Beatrice, Freddie and Isaac, and Simon with an impressive 44:44 for the 12km senior's course. Everyone did amazing, I seriously mean it. It was the most runnable race I had since my first experience, flat-ish and not muddy, great grip in the grass. It was awesome running conditions and we had no excuses.

I honestly recommend this race, if not to run, then just to see the start of the seniors, it's something to witness. The ground literally vibrates, that sound! Minutes of runners trying to look for a gap to move forward in the crowd. I really hope this encourages more people to take part in 2024!

-Andrea

Ed's Bob Graham Round!



This summer, on 6th May, I'll be attempting the Bob Graham Round (BGR).

As some Abbey's may know, the BGR is legendary on the fell running circuit. It's a 66 mile, 27,000 ft circuit of 42 of the highest peaks in the English Lake District, starting and ending at Moot Hall in Keswick. You must complete within 24 hours for a successful round, with a one in three attempts making the target.

There's a lot of history to the round, first done way back in 1932 by Bob Graham. There are five legs in total, with two or more runners supporting the runner on each of the legs – carrying food and water, as well as witnessing each summit. There's also a support crew in the car on the ground.

I've been fell running since I was 12, and the BGR has always been a bit of a dream of mine, so I hoped one day I'd be able to have a go at it. There's a fantastic book about it called "Feet in the Clouds" which I'd recommend to anyone - interested in fell running or not. After supporting a couple of rounds last summer, and remaining injury free through the winter (touch wood), I decided now was as good a time as any.

As you can imagine, it's a big old logistical operation, as well as a physical challenge. You'll notice me running up and down a lot of hills on Strava in the last few weeks of preparation with my trusty hill training companion Reg – and I'll also be making some trips to the Lakes to do my final recces of all parts of the route.

A lot will depend on conditions on the day, as well as how my body responds to 24 hours of running, but fingers crossed I get lucky!

I've already recruited a couple of Abbeys as part of my team, but please get in touch if you'd be interested in being involved – you can contact me on eddyn3003@hotmail.com

-Ed

Lanza Lunacy

2023

Well, it feels like too long since we've had our group holiday to Club La Santa in Lanzarote.

Worth the wait?

Definitely!!!!

So what's it all about?

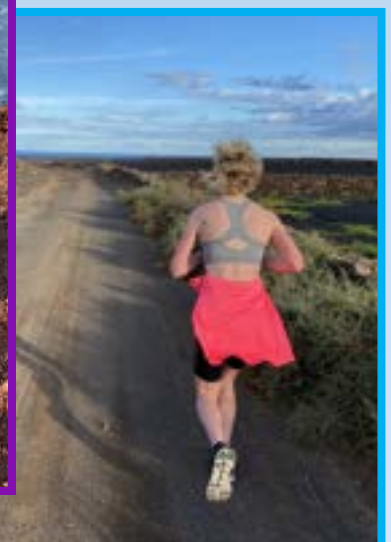
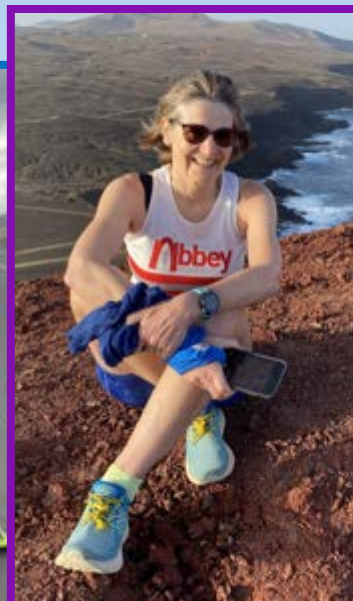
This is a sports holiday where you can throw yourself into exercise, taking part in the familiar (swim, bike, run), the things we don't normally have time for (strength and conditioning), the fun (fit ball, Sh'bam) and the just bizarre (trampoline fitness, bungee fly). It turns out those Danish teenagers are really good at Sh'bam and dance - do they teach it in schools over there?

So, your day may start off with the life affirming morning gymnastics, or an open water swim in the lagoon, followed by a couple of exercise classes, a run or a bike, and finished off with a pool swim or stretch and relax.

With plenty of stops to refuel along the way.

But the best thing? It has to be the wonderful company. This year's group was Alison, Emma, Helen, Jane, Jasmine and Katie, with Andrea joining us for the first few days and Faye, Cal, Skye, Debbie and David staying next door.

Will we be back? Of course!



- Jasmine

Getting into triathlon

By Katie Taylor-Cross



You may be aware that Abbey Runners is now affiliated with British Triathlon, with many members involved in multi-sport. My own triathlon journey started almost five years ago in 2018 when my husband Rich and I rented bikes to cycle around Bruges! I enjoyed it so much I then got a bike through my work's Cycle to Work scheme. One day cycling home I had a thought that it might be fun to try out a triathlon one day. Fast forward four years and I've completed my first ironman distance event!

My first triathlon was the sprint distance 'Last of the Summer Tri' in Holmfirth, which consisted of a 400m indoor swim, 24km bike and a 5.7km run. I remember being so nervous and feeling like I had no idea what I was doing when setting up everything in transition. I saw mostly road bikes and everyone wearing tri-suits whereas I had my hybrid bike and swam in a swimming costume. It didn't matter though, everyone was friendly and supportive and I remember waiting for it to be my turn to swim and chatting to someone for whom it was also their first triathlon. I did breast-stroke on the swim because I'd never been able to do front crawl – again, it didn't matter! I loved the event and came away knowing I wanted to do another. I initially thought I would only do indoor swim events because the thought of open water scared me. However, that soon changed when I was inspired seeing Abbeys and friends doing this.

I saw the organisation Go Tri offering a 'Learn to swim front crawl' six week course, which I signed up to. I never thought I would be able to do it, but the lessons were great and eventually it clicked. I then kept practising at my local pool. I also saw beginner open water swim sessions offered at the Blue Lagoon, near Pontefract, and signed up to one of those.

Continued on Next Page!

I quickly got the bug and started signing up to lots of events! I've always done triathlon for fun and to enjoy it, rather than worry about time. Over the last few years I've done many events near-by such as Ripon Duathlon and Leeds, Ilkley and Tadcaster triathlons. I found there was always at least one other Abbey, if not a few, at the events too. Always wanting the next challenge, I then found myself signing up to longer distance events including the Yorkshireman and Ironman Staffordshire 70.3 Half Ironmans, followed by the Lakesman full Ironman.

In 2021 Andrea Cobo Ibanez, David Barrick and I set up "5am cycle club" where the three of us would meet at 5am and go cycling before work, enjoying the sunrise and quiet! During the warmer months many Abbeys often meet for social bike rides. My favourite place to swim is the Blue Lagoon, who do supervised sessions on Wednesday evenings and Saturday and Sunday mornings. There is a short and a longer swim route and a mixture of abilities and not everyone is training for events, just enjoying open water swimming. It's really nice if we have warm weather – there are rare occasions where you don't need to wear a wetsuit! I've also joined Bramley Wheelers cycling club and they do group rides on Wednesdays and Sundays and have a few groups for different abilities.

I thought it might be helpful to share some suggested ways to try out triathlon for anyone who might be considering it:

- ⇒ The organisation [Go Tri](#) support get started in triathlon and duathlon – running beginner training sessions and events around the country.
- ⇒ You could try a duathlon first, which is usually run-bike-run, or an aquathlon, which is usually run-swim-run. There are often at least a couple of distances available at one event – so you could try a shorter distance and perhaps an event with an indoor swim.
- ⇒ Ask a fellow Abbey who is involved in duathlon/triathlon any questions you might have!
- ⇒ There are triathlon and cycling clubs in the area.
- ⇒ There are many places around Yorkshire where supervised open water swim sessions take place including Blue Lagoon, Allerthorpe Lakeland Park and Ellerton Park.
- ⇒ You can often rent a wetsuit so you don't have to commit to buying one if you're trying it out.



– Katie





THE HEBDEN 22 RACE REPORT

BY DAVID LESLIE



I ran The Hebden 22 on the 21st of January, thinking this an ideal target race for early in the season. I thought that if I could do 22 long and hilly trail miles this early in the year then anything later in the year should be easy. I have done the race before three times and the hardest part had always been navigation. With modern watches and a gpx file I thought that must surely be easier.

I checked in at the Church Hall in Mytholmroyd, meeting a few people I used to know from Todmorden Harriers, then walked 100 yards or so to the race start. The first mile was flat (the only flat bit in the whole race actually). Then we went into the trail race routine of "follow the runner in front" for a series of climbs and descents on our way up to Old Town and the first Check Point (CP1). A runner at CP1 had some minor injury so in fact nobody checked us there and we went along following other runners as this proved to be a much better route guide than the GPX file.

The route is a 22 mile loop around Hebden Bridge but meandering up and then down some of the valleys which lead into the town and skirting the shoulder of Stoodley Pike. This made for a lot of climb and descent and also some wonderful views. The first two or three hours were bright but chilly sunshine before the clouds came over so we were lucky with the weather. Last time I did this race it snowed, and I still treasure the photo of me holding hands with a magnificent snowman made by the family who looked after checkpoint 5 that year.

At CP2 most of us ignored the cold drinks and sweets, but I could not resist a great spread at CP3 with hot drinks, sandwiches, cakes and more. From there we had more ups and downs (and a photographer where I had enough energy for a heel tap) before getting to CP 5 where we could choose to run back to Mytholmroyd for the 15 mile version or else carry on for another out and back up and then down Cragg Vale on some of the most scenic parts of the route. Feeling pretty strong still I continued and found myself in the company of a lady from NLFR and a young man on his very first trail race from Oldham. With each taking turns at leading and setting the pace we gained a few places - despite a number of places where the route was not at all obvious. Then only a few hundred yards from the finish they both swept past me though the young man had the grace to ask if I minded being overtaken. There was a great atmosphere at the finish, with most runners sat down to a hot meal and drinks, but I missed out on the substantial meal to get round and chat to some old pals. I did manage to down 2 glasses of hot mulled wine before getting back to my car, some dry clothes and the road home.

– DAVID

★ Fell Running Fun! ★

By Hannah Fox



Hey everyone, Hannah here...

Now PECO season is nearly over, it's more than likely you will spot me at a fell race. I got into this last year thanks to @FayeMullen. Since then, I have not looked back, (my legs disagree!). I thought I'd share the reasons why I love fell running, tips on getting into it, and finally share some races—most of which we did last year!

In case you want convincing to run a fell race....The reasons why I love them:

1. You can enter on the day (I am not always the most organized!)
2. Races after work or later starts on Saturdays
3. They are cheap - entry normally below £10
4. In the BEAUTIFUL Yorkshire countryside
5. Always okay to walk!

If you ignore the hill/ fell bit, they are great races to try. They are also a very good way to build strength in your legs and ankles, as you generally run over, up, down or through anything. Note that a good level of hill fitness is required.



Getting into Fell Running...

The thought of buying kit did initially put me off, but actually it's nothing to worry about. You will have most of the kit or need to borrow it for the first few races. You should get yourself a bargain bag at Decathlon (Thanks @Amy Young, it also makes a great Birthday present). There are mandatory kit requirements which can be found at files.fellrunner.org.uk.



What shoes?

If you are Peco ready, you are
fell race ready, trail or
mudclaws have been fine

Some Common Questions!

Do I need to Recce?

Not unless you plan on winning,
always worth taking the map
just in case.



Upcoming Races!

| Date | Race Name | Location | Distance | £ | Entry |
|----------------------------|--|-----------------------|--------------------|---------|--------------------------------|
| Sat 25 Mar 2023 @ 11am | Coledale Horseshoe 2023 | Braithwaite, Cumbria | 13.7 Kilometres | £11.00 | Pre Entry |
| Wed 7 Jun 2023 @ 7.30pm | Otley Chevin Fell Race | Otley, West Yorkshire | 2.9 Miles | £8.00 | Pre Entry/ Enter on the day |
| Mon 29 May 2023 | Illkley Harriers Trail Race (Fields and Moors) | Illkley | 6.9 Miles | £12/£15 | Pre Entry/ Enter on the day |
| Sun 6th August 2023 @ 11am | ROUND HILL FELL RACE | Blubberhouses Moor | 8.7 miles | £5.00 | On the day |
| Tue 9 May 2023 @ 19:15 | JACK BLOOR RACE | Illkley | 8.4 km / 5.2 miles | £7.00 | On the day |
| Sat 23 Sep 2023 @ 11am | ROMBALD'S ROMP | Illkley | 13 km / 8.1 miles | £9.00 | Pre Entry/ Enter on the day |
| Thu 15 Jun 2023 @ 19:15 | BEAMSLEY BEACON | Addingham | 8.8 km / 5.5 miles | £5.00 | On the day |

- Hannah

RECOVERY

By David Barrick

With a lot of Abbeyes training for marathons it is crucial to manage your training load in order to avoid injury and ensure you are in the best shape possible for the big day.

Why?

When the words “rest day” come up on your schedule it's easy to think “I will gain more by putting another run in” especially as we all know the addictive nature of the sport we love.

It is important we maximise these rest days, training itself causes stress on the muscles that when you run, you aren't just building your stamina and strength. You are also breaking your body down, causing a tiny amount of tissue damage with every step, this requires time to heal and this healing process allows the adaptations we desire from training.

This recovery allows you to be fully able to complete the next session or next race in the best condition possible. Muscle fatigue can also mean that your running form changes, in turn leading to various niggles/ injuries.

When?

Ideally you should factor in one or two rest days a week, this will enable your body time to recover from the demands you have put upon it. You WILL NOT lose fitness by not putting a training session in on those days, you will more likely find your motivation to go out and train the next day has increased and you will feel stronger for it.

What?

Recovery can come in various forms, it can be a recovery day where by you do nothing and don't feel guilty for it!

You can optimise these rest days to do activities such as, swimming, cycling (light efforts), stretching, foam rolling or even yoga and Pilates or maybe even a strength training session on a different part of the body.

Recovery runs can be used but be mindful that the intensity and duration should be very low.

Finally, this is where I can help out with shameless self-publicity, a sports massage can really help.

- David

Coaches Corner!

Fit Ball Frenzy Edition

Well, your coaches enjoyed fit ball exercises so much, we have devised an exercise session to try out. If you're short of time, try a couple of these exercises. If you don't have a fit ball, they can be bought very reasonably online.

Here is part 1. Part 2 will be brought to you in the next newsletter.



Warm up

Sit on your fit ball, start to bounce up and down. Gradually make the bounces bigger until you are jumping up off the fit ball.

Sit on your fit ball, and then side to side on the fit ball, gradually increasing the movement so that the leg in the direction you are moving come out straight, and then roll all the way to the other side.

Exercise 1

Squats: Have one leg kneeling on the ball and the other to one side. Squat down, then squeeze your glutes to come back up again.

3 sets of 12 reps for each side

Exercise 2

Crunches: lie with your back on the ball, hands on the side of your head. Use your abdominal muscles to crunch up.

3 sets of 16 reps.



Continued...

Exercise 3

Balance: sit on the ball and with your toes on the ground, rest your heels against the ball. Then lift your toes up. If you can, straighten your legs.

-As shown by our coaches!



Exercise 4

Leg lifts: Lay with the ball under your shoulders. Tighten your core muscles and engage your glutes. Lift one leg and then lower again.

3 sets 12 reps each leg.

Exercise 5

Walking plank. Lay with your stomach on the ball, with your hands touching the floor. Walk forwards with your hands, making sure to engage your core so that your body remains completely straight. See how far you can get. Can you get the ball to your thighs, knees or even ankles?

- Jasmine and Helen



Upcoming Events!



Some local upcoming races

The Guiseley Gallop 10k trail race - Easter Sunday 9th April at 10.30am.

Apperley Bridge Canter (approx. 10k) - Thursday evening 1st June 2023 at 7.30pm.

These races are popular and usually filled with abbeyes, so sign up!

Club Trip!

Donna has found the perfect club trip on June 11th. There's a choice of 10k, Half Marathon or 23 mile routes, running or walking. Let Donna know ASAP if you want to take part!

More dates for your diary

Our race, the Hollybank Eccup 10 will take place on Sunday 9th July, and the Golden Acre Relay on Tuesday 18th July. We need as many Abbeyes as possible to be available to assist with these races, these races can't run without you!

Thank you for Reading, see you next issue!