
The

MOUNTS BAY HARRIERS

RUNNING, TRIATHLON & ATHLETICS CLUB

Newsletter

Issue 19

www.mountsbayharriers.co.uk

November 2012



21st April, 2013

Our ballot for the 2013 Virgin London Marathon places were drawn on Mon 22nd Oct - 11 members threw their name into the hat for one of the 3 club places. The successful members were;

**Jackie Stone
Helen Squire
Steve Davies**

With a reserve place going to Mike Johns should one of the above be unfortunate and not be able to run. If you are running and I would advise booking your accommodation as soon possible if you haven't already AND more importantly let Sue know if you wish to travel on the train with us!!

**MBH / Mike Robinson
Handicap Race**

SUNDAY 27TH JANUARY 2013

This year Mounts Bay Harriers will be holding their Annual 10K handicap race on the Marazion 10K route kicking off at 10.30am- Named The Robinson Cup, Mike will be coming down especially from Plymouth to oversee the proceedings and to make sure everything goes to plan Entry is £2 - if you're unsure, it works like this - If I have a best 10K time of 40mins and yours is 50 mins you would get a 10 minute head start, hopefully, everyone will approach the finish line at roughly the same time!! As with all GP races now, may I remind you that ipods etc are not to be worn

**Viv's Mince Pie
5 Mile Challenge**

THURSDAY 13th DECEMBER

Viv's annual 5 mile time trial - run the

**Children's Presentation
and Disco**

Friday 14th December 2012

7pm - 10pm Heamoor British Legion



Junior Section Awards Presentation Evening Disco - 7 till 11pm at Heamoor British Legion PARENTS - please could you bring along a small plate of savoury food, bottle of pop or raffle prize to help cut costs - DUE TO THE NATURE OF THIS YEARS 'PRESSIE' THESE CAN ONLY BE COLLECTED ON THIS NIGHT - so make sure you are there.

**Adult Presentation Meal
Queens Hotel**

Saturday 16th February 2013

The Queens Hotel in Penzance.

As previous this will begin at 7pm prompt with the meal followed by our presentation.

Voting Slips are attached and if you wish to join us for the meal please complete the form at the end of this Newsletter and return to either Sue or Ian asap.

CLUB TRIPS 2013

THE DISNEY MARATHON - FLORIDA!!

We will be leaving Penzance on Wednesday 9th January 2013



Christmas Lights Run

This years annual Mousehole Christmas lights run will be on **MONDAY 17th DECEMBER**

Starting at 6.30pm.

Please wear fancy dress, something sparkly, glittery, flashing, hi visy and put a couple of pence in your shorts to put into the buckets when we reach Mousehole. We will of course be heading back to The Yacht Inn afterwards for mince pies, chips and coffee (or something stronger if you want!)

2013 Competitions/Events

MOUNTS BAY EVENTS

Sunday 14th April - Adult Triathlon

Sunday 25th May - 1st Jubilee Pool Aquathlon (1st June ?)

Wed 26th June - 2nd Jubilee Pool Aquathlon

Sunday 7th July - Junior Aquathlon Penzance Leisure Centre

Wed 31st July - 3rd Jubilee Pool Aquathlon

Wed 28th August - 4th Jubilee Pool Aquathlon

Race for Wildlife - Sunday 13th October

Remembrance Run - Sunday 10th November

FIRST GP RACE 2013

Storm Force - Sun 20th Jan

Marazion 10k - Sun 3rd Feb

winter 5 mile route and post either a new time or compare how you have fared from previous years – meet 7.00pm outside front of Mounts Bay School.

Leisure Centre

Just a reminder that all MBH members get cheaper membership of Penzance Leisure Centre as we have a deal that you can get the corporate rate instead of the normal monthly fee.

Club PBs

Many Thanks to Joanna Lawless for updating

New Years Eve

Nothing to do New Years Eve? Why not join us at Heamoor British Legion for a 60's Party Night with the famous JERIAN DISCO? Adults only and all for only £5 – Limited tickets available from the Legion

Wednesday Circuits

MBH Weekly Circuit Sessions are held at Humphry Davy School. The classes run on a Wednesday from 6pm till 7pm in the Sportshall and are designed to improve running technique through core strength exercises and eventually progressing onto more advanced plyometric exercises. Why not come along, it's only £2 members £3 non members, you will certainly feel the benefit of all over body fitness – please note there will be no circuits from December 21 until January 7 – so back on again on Weds 9 Jan

Parents / Carers of Junior Members

A reminder of a few important points – please ensure your child is appropriately dressed for athletic activities, training shoes, track suit etc – due to insurance purposes your child may be excluded unless suitably attired

The sessions start at 6pm or 7pm, and recently children have been arriving late or early, this disrupts the warm up, the coaches plans and any team selections – ENSURE YOUR CHILD ARRIVES ON TIME – it is your responsibility to drop off and collect your child from INSIDE the Dome, please be prompt as we have had coaches waiting till well gone 8.30pm for parents to collect their children!

We are not a babysitting club – if your child is unable / unwilling to participate they may be asked to forfeit their membership and leave the club, disruptive behaviour will not be tolerated.

MBH Website ...

For the very latest up to date information, race reports, club news etc visit our website and join in the banter on the forum

www.mountsbayharriers.co.uk

OR FACEBOOK PAGE



CLUB KIT

Now being obtained from Endura
Order by Jeremy
Hoodies
T Shirts
Hi Vis Vests
Running Vests
Triathlon Kit

The HUGE Festival of Sport on the weekend of 14 – 16 September 2013

(check out

www.festivalofsport.net)

Thursday swim sessions

Don't forget Yvonne is still running our swimming sessions on Thursdays at Penzance Leisure Centre 9pm till 10pm

- it's for those of you who
- really want to have a go
- at drills and improve your stroke – it's an all pay session – members £2
- (cheaper than a swim if you paid normally to get in!)

Thursday Winter Wessions on the G3 Pitch

Thursdays sessions are going well at the G3 pitch at Mounts Bay School – all under floodlight, running on a surface that is as near to grass as you can get except no mud! Ronnie, Viv and Mark do a fantastic job of taking the sessions and the benefits can be seen by the numerous PBs that have appeared! 7pm till 8pm, members £2 non member £3 – all pay

2012 Cornwall Road Running Round up

MBH had their best participation numbers to date for the 2012 season – 126 different Harriers entered at least one GP race – 79 men and 47 ladies. Our Mens team were 6th and Ladies team 5th – Susie Taylor won the ladies O55, Charlotte Davey 3rd in the ladies O35, Geoff Letchford won the mens O60 and Clive Hibbert 3rd in



Banana Oat Energy Bars / Makes
10-12

What you'll need:

- 2 very overripe bananas
 - 1/2 cup vegetable oil
 - 1 cup unbleached sugar
 - 1/2 tsp vanilla extract
 - 1 1/2 cup rolled oats
 - 3/4 cup unbleached flour (up to 1/2 cup of which can be whole wheat flour)
 - 3/4 tsp baking powder
 - 1/4 tsp baking soda
 - 1/2 tsp salt
 - 1/2 tsp cinnamon
 - 1/2 tsp nutmeg
 - 3/4 cup toasted chopped walnuts
 - 3/4 cup dried cranberries
- (Use your choice of nuts and dried fruit as substitutes)

How to make it:

1. Preheat oven to 350, grease 8x9" baking pan
2. In a mixing bowl, mash bananas. Mix with sugar, oil and vanilla extract until smooth.
3. In a separate mixing bowl, combine baking powder, baking soda, salt, cinnamon, nutmeg, flour and oats.
4. Add banana mixture to oat mixture,

Running Shorts
Cycling kit
Etc etc

Activities Over Christmas

Friday 13th December – Junior party and Awards Night

Sunday 16th December – Ken Barclay Memorial 7 hills of Penwith Cycle ride
10am Penzance Prom – outside Arcade

Thursday 13th December – Viv's Mince Pie 5 Mile Challenge

Monday 17th December – MBH Christmas Lights run

December 26th December– Penzance Wheelers, Leedstown 10 mile TT

Thursday 27th December – St Levan, off road 6 mile coastal run, 10.30 am at St Levan 10k start – Cake at the Prady's

Monday 31st December – 60's New Years Eve Party Heamoor Legion

Tuesday 1st January – 10.30 Zennor Moors Run

Sunday 27th January – MBH 10K Handicap (the week before the actual Marazion 10K Race)

2013 / 14 membership fee changes

Mounts Bay Harriers will be offering a 2 tier membership this coming year. A £20 or £30 option - The reason for this is that England Athletics have doubled the cost of a race licence from £5 to £10 – therefore if you intend to do less than 5 races a year you would technically not benefit from having a race licence and therefore be better off with our £20 membership package, entering races as unaffiliated and paying the £2 per race extra – this would not stop you being part of the MBH team – but would prevent you from entering races through the club entry system

the mens O65. 12 male and 10 female members completed 8 out of the 14 GP races and only one MBHer, Paul Angove, completed ALL 14 events – that included 2 marathons, 2 half marathons, 3 10 milers, 2 7 milers, 2 10Ks, 2 5 milers and a 4 miler – phew!! Other top 10 finishes in the GP were Jack Hands 5th U20s, Gary Richards 10th O40, Mark Omori 6th O45, Paul Angove 9th O45, Rob Burrows 8th O55, Terry Bromfield 8th O60, Dave Austin 10th O65, and the ladies – Nancy Hill 5th O40, Nicola Kewn 8th O40, Yvonne Watkins 7th O50, Iva McNevin 6th O55, Eileen Milsom, 4th O60

A very well done to all of you – next year I feel will be our best performance year yet!! Keep up the good work!

Yvonne a STAR!!

Well Done to Yvonne Turner who recently won the 'Official of the Year' Award presented by Cornwall Sports – I'm sure you will agree with me this is well deserved for all the hard work she does for the club to organise and promote our events.

VOTE FOR US!!

You will see in the media very shortly a list of clubs who have applied for Community cashback award – we have only asked for £200 to help subsidise at least one of our summer aquathlon series races – keep an eye out on our web pages, Facebook and local papers and vote 1029 for MBH

mix until just combined.

5. Fold in walnuts and cranberries, careful not to overmix.

6. Pour mixture into baking pan, and spread evenly. Bake for 20 minutes or until the top is browned and a toothpick inserted in the middle comes out clean. Allow to cool completely before cutting.

2012 Triathlon GP round up

Cornwall Triathlon Series consisted of ten events of which competitors had to finish six to qualify for a series position. Penzance Triathlon, which took place at Penzance Leisure Centre, was the first event in the series followed by five open water triathlons and four pool-based ones.

Helen Webb of Mounts Bay Harriers was second in the overall series but first in her fiercely fought 21-39 age group. Helen was awarded with a lovely glass trophy together with a selection of USN products.

Neil Eddy, who runs for Mounts Bay Harriers but competes in triathlons for Cycle Logic, was joint first in the overall series together with team mate Dave Bartlett. Neil and Dave also received a glass trophy but were presented with a pair of Giant carbon fibre wheels each, worth over £1,500 per pair!

Everyone who completed six events received a medal (although at the awards they did run out of these on the night!) Helen Webb, Yvonne Turner, Liz Prady and Rob Burrows were the only Mounts Bay Harriers who completed the series. Quite a few other Harriers took part in individual triathlons in the series but did not manage to complete six of them.

Yvonne and Liz came fourth and fifth respectively in the female 50-59 age group with Rob Burrows finishing

sixth in the male 50-59 age group.

MOUNTS BAY HARRIERS PRESENTATION MEAL

QUEENS HOTEL – 7.00 p.m. SATURDAY 16TH FEBRUARY 2013

£17.50 per person

Menu Choices:

Chef's Leek and Potato Soup (V)

or

Hot Mushrooms with a Warm Cream, Garlic & Blue Cheese sauce (V)

Roast Beef with all the Relevant Trimmings

or

Supreme of Chicken with Cream of Asparagus Sauce

or

Red Onion and Goats Cheese Tartlets with tossed Salad & Lemon & Olive Oil Dressing (V)

*All served with Chefs selection of 2 vegetables plus Roast & Boiled Potatoes
All sauces and gravies can be served on the side if required.*

Hot Chocolate Sponge with Chocolate Sauce (V)

or

Various Ices (V)

Coffee and Mints

**OVERNIGHT ACCOMMODATION IS AVAILABLE AT THE QUEENS FOR 16TH FEB ONLY AT
£35.00 PER PERSON INC. BED AND BREAKFAST - PLEASE CONTACT THE QUEENS ON 01736
362371 TO BOOK**



.....
From: Name: Number in Party :.....

STARTER: MAIN COURSE: SWEET:

.....

I enclose a cheque / cash for £ (amount) to cover the cost of my ticket(s)

Places are limited. Please return the above form to Sue or Ian with payment of £17.50 per person or post to 13
Sona Merg Close, Heamoor, Penzance. TR18 3QL

Cheques to be made payable "Mounts Bay Harriers" please.

THE MOUNTS BAY HARRIERS ANNUAL AWARDS

Please have a think and get your nominations in asap!

Female Road Runner of the Year 2012 (last years winner Nancy Hill)

Nominations & reason please?

Most Improved Female Road Runner of the Year 2012 (last years winner Karen McClay)

Nominations & reason please?

Male Road Runner of the Year 2012 (last years winner Richard Savage)

Nominations & reason please?

Most Improved Male Road Runner of the Year 2012 (last years winner Paul Angove)

Nominations & reason please?

Most Improved Triathlete 2012 (last years winner Andrew Hickson)

Nominations & reason please?

Cycle Logic Best Triathlon Achievement of the Year 2012 Male (last years winner Mike Johns)

Nominations & reason please?

Best Triathlon Achievement of the Year 2012 Female (last years winner Helen Webb)

Nominations & reason please?

Bummer of the Year Award 2012 (last years winner Richard Boucher)

Nominations & reason please?

Junior Club Person of the Year (last years Winner Chris Trehella)

Nominations & reason please?

Club Person of the Year 2012 (last years winner Yvonne Turner)

Nominations & reason please?

**Please e-mail or post Sue or Ian your nominations before
Saturday 12th January 2013**

Would last years winners please return their shields / cups asap please

The 2013 Grand Prix comprises 15 races as listed

	Race	Dist	T	Day	Date	Organisers
1	Stormforce 10	10 m	R	Sun/am	20/01/13	Carn Runners
2	Marazion	10k	R	Sun/am	03/02/13	Hayle Runners
3	Duchy Marathon	26.2 m	R	Sun/am	03/03/13	Cornwall AC
4	Falmouth Half	13.1 m	R	Sun/am	17/03/13	Falmouth RR
5	An Res Hellys	10 m	MT	Sun/am	23/03/13	Tri logic / Carn
6	Trevornick 10	10 m	MT	Sun/am	12/05/13	Newquay R R
7	Cubert	5 m	R	Tue/pm	04/06/13	Newquay R R
8	Sticker	5 m	R	Sat/pm	15/06/13	St. Austell R, C
9	Turkey Trot	4 m	R	Wed/pm	10/07/13	Cornwall AC
10	Magnificent 7	7 m	R	Sun/ am	14/07/13	Tamar Trotters
11	Indian Queens	13.1 m	MT	Sun/ am	04/08/13	Newquay R R
12	Treggy 7	7 mile	R	Sun/ am	01/09/13	Launceston R R
13	Truro Half	13.1 m	MT	Sun/ am	15/09/13	Truro R C
14	Newquay	10k	R	Sun/ am	06/10/13	Newquay R R
15	Cornish Marathon	26.2 m	R	Sun/ am	17/11/13	East Cornwall Harriers

The races are open to all but for individuals to be included in the Grand Prix tables they must be a member of one of the affiliated Cornish Running Clubs and wear the club colours during the competition.

To achieve a Grand prix completion award the competitor must have completed 8 out of the 15 races, two of which must have been a distance of 10 miles or over.

Once a competitor has completed more than the minimum 8 races the lowest scores will be discarded. There is an alternative award if a competitor completes all 15 races in the series.

There are two individual competitions for both Male and Female, the "Open" and the "Age" category competition. All ages compete in the open and the winner of the race is awarded 300 points and second place 299 and so on down the field.

For the category competition the competitor's age on the 1st January 2013 is their competition age for the series. The winner of each age category is awarded 100 points and the second place 99 and so on down the field.

Age categories are: -

Male and female under 20 (Only for race of 10k or less as shown in green above)

Male under 35, M35-39, M40-44, M45-49 M50-54, M55-59 M60-64, M65-69 M70-74, M75+

Female under 35, F35- 39, F40-44, F45-49 F50-54, F55-59 F60-64, F65-69 F70+

Both the men's and the women's team competition require teams of six to score. These will be the first six male finishers from a club and the first six female finishers from a club.

The 2013 Multi Terrain Race Series comprises 10 races as listed

	Race	Dist	Day	Date	Organisers
1	The 5 Tors	10 m	Sun/am	07/04/13	East Cornwall Harriers
2	St. Austell Half	13.1 m	Sun/am	19/05/13	St. Austell R, C
3	Bude Lifeboat Run	6 m	Wed/pm	12/06/13	Launceston R R
4	Meet your Max	7 m	Wed/pm	19/06/13	Truro R C
5	Lanhydrock	10 m	Sun/am	23/06/13	NT + CAC
6	Bocconoc	5m	Thurs/pm	04/07/13	St. Austell R, C
7	Tywarddeath Trotter	7m	Sat/pm	27/07/13	Tywardreath + St. A
8	Trelissick	10 k	Sat/pm	24/08/13	NT + TRC
9	Race for Wildlife	10k	Sun/am	13/10/13	Cornwall WLT + MBH
10	Rememberance Run	7 m	Sun/ am	10/11/13	Mounts Bay harriers

The races are open to all and in this initial series all individuals will be included in the Series tables regardless of whether they are a member of one of the affiliated Cornish Running Clubs. Members of affiliated running clubs must wear their club colours during the competition.

To achieve a Series completion award the competitor must have completed 6 out of the 10 races...

Once a competitor has completed more than the minimum 6 races the lowest scores will be discarded.

There are two individual competitions for both Male and Female. The "Open" and the "Age" category competition. All ages compete in the open and the winner of the race is awarded 300 points and second place 299 and so on down the field.

For the category competition the competitor's age on the 1st January 2013 is their competition age for the series.

The winner of each age category is awarded 100 points and the second place 99 and so on down the field.

Age categories are: -

Male under 35 M35-39, M40-44, M45-49 M50-54, M55-59 M60-64, M65-69 M70-74, M75+

Female under 35, F35- 39, F40-44, F45-49 F50-54, F55-59 F60-64, F65-69 F70+

Both the men's and the women's team competition require teams of four to score. These will be the first four male finishers from a club and the first four female finishers from a club.

Team competition is open to affiliated running club teams from any county.

**Information
from
Mount's Bay Harriers Coaches/Leaders**

New Structured training for Monday evenings

The coaches and leaders of Mounts Bay Harriers collectively agreed to initiate some additions to the structured training for existing and future club members. The Coaches/Leaders are encouraging current best practice as advised in the recently published UK Athletics endurance development model.

Below is a brief summary of the Endurance Athlete Development Model.

Fundamental stage

This stage is important to develop basic movement and coordination skills that provide the foundation for sporting involvement and achievement later.

This is a crucial stage of development for fundamental movement skills and motor skills development often termed "physical literacy". The stage should provide the broadest possible movement experience and include activities focusing on agility, balance, coordination.

Foundation stage

In this phase the athlete is learning how to train. The emphasis should be on developing a training ethic and quality of practise not on competition. Competition should be limited but an enjoyable part of the training process. The emphasis should be on frequency and volume rather than intensity, with lots of varied repetition work to develop skill. High intensity speed work (short duration) and strength work through bodyweight and gymnastics exercises should form the basis of training.

Event Group Development

At this stage the appropriate balance between training volume, intensity and competition must be maintained if the athlete is to achieve their optimum potential whatever their starting point and level of ability. Many athletes plateau during their running careers due to an over emphasis on competition instead of on training in this period.

Technically, the focus is on refining skills and introducing tactics. Mentally continue working on commitment, independent goal setting, perception of pressure and realistic performance evaluation.

To coincide with UK Athletics endurance development model it was decided to introduce the 3 levels of development stages (as above) to the structured training groups. To give members the opportunity to meet their running potential we have a proposed plan for Monday evenings will be as follows:-

1. New beginner group (**Fundamental stage**)
2. Intermediate group (**Foundation stage**)
3. Advanced group (**Event Group Development Stage**)

The existing social run Monday evening group will remain the same.

Having received a positive response from the two beginner groups set up in 2012, a new beginner 10 week programme will start on **Monday 7th January 2013**. The programme will follow the previous session plan encouraging people to gain enjoyment and fitness through structured training and will incorporate the fundamentals of running skills.

The existing “Intermediate beginners” group has also proved successful and a continuation of this section will also take place with the first session starting on **Monday 7th January 2013**. Increasing on skills previously learned and building the foundation for achieving running potential

An additional group for club members wishing to partake in a structured, coached training session has been added to the options available to members. This group will be open to members, whose intention is to attend pre-determined races, setting goals/targets. The group will be formed of the members from the existing “advanced beginners” group and current club members whose capability is such that a greater level of intensity and progression is at a stage of requiring further development. The purpose of forming this additional group is to meet the needs of all club members and giving all the opportunity to progress at their pace. The sessions will involve hill training, timed intervals as well as easy paced running as the plan dictates. It is hoped that the group working alongside the coach will gradually progress and achieve the goals and targets. The coach has identified that the group will not cater for runners wishing to drift in and out depending on the session! This group will also be starting on **Monday 7th January 2013**.

Finally to cater for all members, it is recognised a number of runners wish to attend the club on a Monday evening to run socially, the coaches and leaders do not wish to discourage any runner from the social run, therefore those wishing to carry on running their respective distances will still have that option available.

Important

Due to the wide ranging abilities within the club, accommodating each member may prove difficult at first. Therefore existing club members wishing to partake in structured sessions will be encouraged to attend the group best suited to their current ability level, this may be beginner group (re-learn the fundamental movement skills), intermediate (having achieved a level of running experience now requiring increased level of intensity but not yet at faster paced level) or the advance group (higher level of intensity being focussed on structured and refining skills)

All participants except the new intake of beginners on 7th January will be required to be current members of Mounts Bay Harriers

