



NEWSLETTER

Issue 138 *edited by Rose George*

NEWS IN BRIEF

PETER

You probably all heard that Peter Hey had a heart attack on a training run. He's recovering splendidly and has written a short thank you article inside. We are all delighted, because who else is going to lead us on training runs and get our names wrong with such panache? Come back soon Peter (if you get permission).

'TIS THE WINTER OF OUR HI-VIZ VESTS

Ok, not really. But the nights are drawing in, autumn is coming and it's getting darker earlier. It's time to make hi-viz clothing compulsory for training nights again. Ideally this would be a neon top - jacket, bib, vest, or t-shirt - with some reflective features. You can get hi-viz bibs & vests very cheaply. In an emergency, Carol Moran can lend you a bib. Be safe, be seen.

TAKEOVER

There will be a KH takeover at Temple Newsam Parkrun on 12 September: contact Sam Broome if you want to take part.

T-shirts

There are still anniversary t-shirts waiting to be collected from KLC. Please pick yours up if you haven't already.

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Photo of the month: He's back! We're delighted that Peter is recovering fast, and can't wait to have him back running.



CLUB CHAMPIONSHIP

Two races this month, Knavesmire Vets & the Golden Mile. Thanks to Chris Glover for publishing the Knavesmire Results in my absence.

There are some notable changes up in those who we are seeing at the top of the results sheets. Jill Camm, Sheila King & Andrew Kirby filled out the top three places respectively at Knavesmire and Ryan Owens, Malcolm Taylor and Chris Scott took to the podium at the Golden Mile.

The top three on the leader board remain Paul Newton, with a healthy lead of 16 points over Patrick Nesden and in third place Adam Rhodes, 21 points behind Patrick.

Expect some changes in the coming month with an update to bonus points following the Yorkshire Marathon.

Coming up in September we have:

- 13th September – Rombalds Romp; and
- 20th September – Vale of York Half Marathon.

For Rombalds Romp either the fell or trail course can be used to score CC points & the run times will all be compiled into one set of results with a difficulty factor calculated on the trail course. This gives us some nice uncertainty in how to choose the fastest course in terms of run time. I'll leave that up to you lot to decide...

Entries are now full for the VoY Half, however a number of places have been offered up on the Kirkstall FB page (including my own!), have a look if you're still interested. Note: Transfers must be completed by 4th September (this Friday).

Finally: it's getting towards that sort of time where we will have to start thinking about a 2016 calendar. If you have any suggestions for improvements, different races (inclusions/exclusions) feel free to drop me a line or have a chat when you next see me.

STEVE WEBB



Who wants the toilet? OK, Chris, if you're quick. Purple invasion at Knavesmire Vets race.

FROM PETER: THANK YOU TO ALL

I would like to say a huge thank you for your concerns to all those who were running with me on that Wednesday run when my heart stopped. Also an extra special thank you to Burjor and Adam for literally saving my life. Sorry if I did not look a pretty sight but I should have realised that the stone wall would not help to break my fall!!! Apologies for spoiling what should have been the most scenic run of the month. Fortunately for me I cannot remember anything until the Saturday afterwards. Thanks too for all the kind words and thoughts from everyone that I received afterwards.



I did notice some names of members who have left long ago for various reasons, so it is nice to know that quite a few still keep in touch with the club. The doctors still cannot say why it happened but I have had a stent put in one artery that was a little blocked, and have been fitted with an Implantable Cardioverter Defibrillator, should this ever happen again. There is some cardiac history in the family. If I have not been down to the Kirkstall Leisure Centre before you read this, then I will be down soon to say a personal thank you. Hopefully when all is back to normal, and with Julie's permission, after all the upset this must have given her and the tender loving care she gave me back, I shall be running again as soon as possible.

PETER HEY

YORKSHIRE VETS ATHLETIC ASSOCIATION

There was only one race in August which was the penultimate race for this year. This was the flat course starting and finishing at the Knavesmire in York. We had 12 lady vets running out of 57, and 9 men out of 121. We also had 1 guest runner out of the 3 on the night. This will be the last year that guest runners will be allowed of any age. Next year the rule will change so that only those who are at least 33 can run as a guest.

Niamh was 3rd overall and 2nd in her age group. Emma Lavelle-Wood was 5th overall and 2nd also in her age group. Sheila King picked up 2nd prize in her age group along with Ian Brown who got 3rd in his age group.

Team wise the ladies are still 4th in all 3 competitions out of 28 clubs, and the men stay 5th in all 3 out of 37 clubs.

Individually, some of our runners are doing very well and should pick up trophies at the end of the year. Because there are only 8 races this year you have to do a maximum of 6 to qualify for prizes. For the ladies Emma Lavelle-Wood is 1st overall and 1st in her age

group having done 6 races. Niamh has moved up to 2nd in her age group but has only done 5 races. Catherine Barrett is 9th but has only done 4 races. Collette Spencer moves up to 8th but has only done 5 races, so needs to run the final race. Alyson Glover is 3rd having done all 7 to date, Karen Longfellow stays 8th having done 6 races. Vicki Hipkiss moves up to 5th having done 6 races and Carol Moran is now 7th having done 5 races.

For the men we have Adam Moger 5th overall and now 1st in his age group having done all 7 races. Kieran stays 11th having done 4 races and Andrew Kirby 12th also having done 4 races. Chris Glover is 3rd in his age group having done all 7 races and

Richard Thomas 14th from 5 races. Patrick is 9th having done 6 races and Ian Brown 2nd having done 4 races

If you are new to the club or have not done any of these races before, please give them a try, even if it will be your first and last for this year. To qualify you have to be 35 or over on the day of the race and they normally attract about 200 runners of all ages and abilities so you are in good friendly company. They are an individual and team competition, so even if you came last - which is very unlikely, your score still counts for the club. The distances are about 5 to 6 miles and are usually an interesting mix of terrains. Even if you do not win a prize for the race, there are usually a few spot prizes to be

Vets are Hip



awarded after the race - provided you stay behind - and this is one area in which Kirkstall runners seem to excel at. All this for only £5 and some food afterwards too.

The last race is on Sunday 8th Nov starting and finishing at

the Spensborough race track near Cleckheaton. If conditions are wet it can be very muddy in places, but after a lap of the running track it takes you up to the top of the course via tracks and pavement, then you work your way back downhill, zigzagging across fields and disused railway track. You may even recognise part of the Liversedge half marathon Halifax Road bit on your way back down.

PETER HEY

FEATURE: A YEAR TO FALL BACK IN LOVE WITH RUNNING

An occasional series of musings on one man's journey back to running fitness continues.

The summer is drawing to a close and it's a good time to take stock of how my year has panned out so far. It's fair to say it's been a bit up and down, The early part of the summer was a bit difficult as I had a few niggles and a busy workload which resulted in low mileage and a few layoffs.

But since I started to see a chiropractor my body has responded well allowing me to get out on the trails and road again. I have had a fairly decent summer break from work, which means I could get out on my bike, go swimming and even get down to training nights. I have even run a few of the long runs, which has been great. However it's turning out to be surprisingly expensive, as Paul Glover has started to fine me if he catches me walking on the hills! It's certainly a different motivational experience but if it works I gladly pay up!

Talking of running long, I broke the 10-mile barrier earlier this month whilst out reccing leg four of the Leeds Country Way with Noel Akers. It's a real physiological boost to break this self imposed barrier as it's been a long time coming. Although we did walk some of it – check out the profile

of the leg, it's a proper lumpy one – it still feels like a win. Happily Paul G wasn't around to fine me so a pretty cheap day out too!

The thing I am still struggling with is consistency. Even though my running is coming good again I am still missing weeks of running due to conflicts of interest such as pubs, friends, more pubs, work plans changing etc. For instance the week after doing the LCW recce I headed up to Edinburgh to the festival, my running kit safely stowed in my bag, where it safely stayed the whole week. Apart from my trainers, which came in handy as your feet can really hurt whilst standing around in bars at all hours carb loading beer like a giddy fresher.

Don't get me wrong: I had a smashing time and was just too busy to squeeze a run in. And perhaps that's OK? It is weird to think like this as I have been banging on all year about making running a more stable part of my life. But it turns out that when I got back from Edinburgh and finally out of the door, I logged a run and it was good. I felt OK, I didn't run far but I am feeling reasonably fit and pretty strong these days so I might well run too how I am feeling for a while and see where it leads me.

Bring on autumn. I might even run a race or two if work allows and there will always be the PECOs!

MATT SYKES-HOOBAN



Sebastian says: Start sooner!

RACE REPORT: CROSSING THE RUBICON

Alarm set for 4.45am for the Rubicon half-ironman at Newby Hall: 1.9K swim (including two big gulps of brown river water and being swum over by some of the faster ladies who started 5 minutes later!), a shorter than advertised bike (52 not 56 miles) and a slightly too long run. But great weather on the day, & with no mishaps I finished in 5hr05, good enough for 123rd out of 388 finishers including teams & elites.

Other than distance, the main difference to Olympic (1,500m swim, 40K bike, 10K run) is the standard - or rather, the standard of the bikes! At every tri there's a smattering of top-notch bling, but the majority here were stunning, with wheelsets alone running to thousands of pounds. Plenty of "I" for Ironman tattoos in evidence too, as well as Tri Club & GBR vests, but it's always nice as a runner to know that your best event is coming up last, even if my real speciality is transition!

I raised money for Brain Tumour Research Yorkshire for this event, after my friend Ben passed away from brain cancer recently, and many thanks to everyone who kindly sponsored me. It's worth remembering why we do things like triathlons, ultras, marathons, even 5Ks & miles: we do them because we can.



You can still donate to Adam's cause at <https://www.justgiving.com/Adam-Moger/>



Read more about Ben Forwood here: <http://benglion.muchloved.com>

MEMBER PROFILE: SHEVONNE MCLARNON

Name: Shevonne McLarnon

Age: [optional!] 42

Occupation: Business Development Manager in Corporate Pensions, Scottish Widows. I know a lot about pensions/retirement planning.

Originally from: The family farm in Bedfordshire. The bright city lights of Leeds beckoned for university and I've been here mostly since! (bar a stint in London and Sydney)

Time as a Kirkstall Harrier:
1 and 1/2 years, since January 2014

When did you start running and why?
For most of my 20s

I hardly did any exercise at all, apart from occasional hill-walking, and I spent a lot of it in the pub. I very gradually started venturing into bits of yoga, tai kwon do, and starting feeling all the benefits that exercise provides. In my early 30's I moved back to Leeds from London and started running with friends in Armley, combined with strength training in the gym. I used to feel quite powerful then! 2 children quite close together meant it was a challenge to maintain. So....

How did you end up joining Kirkstall?

For several years I'd seen the Harriers stall at the Kirkstall festival, and the odd

gang of hi-viz clad runners bobbing up the hill on a winters night nearby. After a couple of fairly nondescript performances in the Abbey Dash and Leeds 10k, I decided to enter the Leeds half marathon for the first time, in 2014. I thought I'd better join a club to up my game a bit! And I was warmly welcomed. I'd like to thank Peter and Carol for always ensuring I wasn't totally left behind at the back in the dark, for week after week it seemed!

What are your motivations for running?

It's a very efficient way to offset my sweet tooth and red wine habit. I love the flexibility that you can run anywhere and its a great way to explore new places.

The social

aspect is a bonus - I now run with friends, colleagues, and club mates. I like the incremental achievements that local events can provide.

What are your greatest running achievements?

2014 was my first full year with Kirkstall Harriers, I ran the Leeds Half Marathon in 2:05:50 and I think my pinnacle of fitness was doing the Eccup 10 mile in 90 minutes (and 3 seconds). I then had a couple of injuries and hospital treatment towards the end of 2015 that stopped me running completely, and I started 2015 as unfit as I started 2014 - it was just like starting over again only I



was more familiar with the routes and who's who! So this year I was very pleased to have equalised my fitness levels almost exactly - by taking 3 minutes off my Leeds half time and doing the

rambling self-guided runs last year and this year, for their varied terrain and general randomness.

What are your worst running related memories? I can't remember.



Eccup 10 mile in 90 minutes again! (and 15 seconds, but I'll ignore those rogue 12 seconds). I then smashed my 10k PB in the July Leeds 10k by running faster than my pre-children race time, and completing it in 52:30. I was so pleased! I wore my medal all day.

What are your best running related memories? After several years of relatively solitary race running, hearing a bunch of KH cheerers as I approached the fire station in my first Leeds Half marathon.... at that point it was the furthest I'd ever run in my life and all these people shouting and jumping up and down for me, who really I'd only met a short while ago, made me almost burst into tears right there! Although they are more relaxed than other races, I've enjoyed the

Any words of wisdom for your fellow Harriers? The same words I tell my sons, and myself: just keep going. Just keep on going.

Can you share an interesting fact about yourself? I'm an internet dating success story - I met my husband on Match.com 10 years ago.

RACE REPORT: YORKSHIRE EVENING TRAIL SERIES

The Sicklinghall Sizzler

This was the fourth and final event in this year's series of evening trail races and a few of the Purple Posse had a final chance to creep further up the leader board.

Like the previous three races, you're given a set of abbreviated instructions, no map and there are no marshals present on the course which helps keep costs down (and adds an element of difficulty in navigating the courses with varying degrees of success). This tried and tested method has resulted in the series becoming very popular this year with numbers of runners per race approaching 100 on the later occasions. You can turn your race number in at the pub at the end too, becoming a £2 voucher towards food and drink which means each race only costs £3, and getting lost and running further means your pounds per mile would impress even Jill Buckley.

This race was approximately 5.2 miles (before accidental detours) and felt shorter and less undulating than the previous races. The weather was cool and dry which meant knee deep mires became no worse than leap-able puddles. Most of this trail was across fields with far less woodland to navigate meaning that road shoes were perfectly acceptable for this route. The Sizzler would make an ideal first time trail for those wanting to try their hand (or legs) at off-road running, and copies of the route instructions should be floating around club members if you're interested in giving it a go.

For this race, we had four Harriers participating with James Woodman completing the course in 38 minutes 39 seconds, Andrew Kirby finished closely behind in 42 minutes 56 seconds, and me and Laura Davies returned after 54 minutes and 15 seconds (having been overtaken by two groups of people twice!).

These results effected the final standings in the series, with a few Harriers jostling for some of the top spots. For the gents, James Woodman came second overall and Alan Brydon finished fourth, with Andrew Kirby coming closely behind to take fifth spot. Laura Davies finished seventh in the ladies and we had several more from the club padding out the top 20 in each gender.

Spot prizes are yet to be announced, but with plenty of us having taken part in at least one of the runs, there's a strong chance of one or two coming our way! The organisers have said that they will try and organise a few ad-hoc runs over the colder months, so sign up to their Facebook page to keep up to date with any news on those.

On a final note, James Woodman has claimed he would be able to run this route in under 30 minutes, so if this is run as a club event in the near future, the gauntlet has been firmly laid down.

CHRISTOPHER SCOTT

THE SPONSORED BY L'OREAL PAGE BECAUSE IT'S WORTH IT plus some news about KA7 from our Chairman



KIRKSTALL ABBEY 7

Our annual Trail Race is coming up fast and is now only 4 weeks away! An email will be sent out from the club account requesting marshals and general volunteers to help to set up the event on the day. Please send an email reply to confirm if you can help out in anyway, or you can always let me or Adam Moger know at training that you are able to help. Adam will be organising marshals again this year. There will also be a post on the Facebook group for you to respond to. Please remember that the race is on Sunday 27th Sept with the fun run at 9.00am, U17 race at 9:25am and the main KA7 race setting off at 10am. We meet up at 8.am in the Abbey grounds to set up the course etc. Please make an effort to do what you can.

CHRIS GLOVER

FEATURE: PROJECT TRAIL

Project Trail – and some nice new kit!

Despite protests from Jill Buckley, there was no getting away from it, I was dead last. She tried to insist that I was joint last with her, but the truth was, I hadn't trained properly and the Ravenscar Coastal Half Marathon wasn't one of those frivolous flat road affairs you can toy with. It had serious hills, and steps at mile eight, heaven help us. Jill ran with me all the way and I was massively grateful (bless her) but she could have gone faster without me. That 175th place was mine by right.

I know I'll never be the fastest, but dammit, I don't want to be the slowest, even in such a small field. So when I saw an enticing little article in *Women's Running*, offering a 'trail-ready body', dressed in Salomon kit with a fancy watch and one-to-one training with the goal of not collapsing in a heap on a 'challenging' [half marathon on the Gower peninsula](#) in November



(and not coming last), I knew it was for me. All I had to do was write in and tell them why it should be me, so I did. It wasn't the £500 worth of kit (though that's rather nice), I told them, it was having a goal and someone to kick me towards it, someone who would make me do hard training stuff, someone who I wouldn't shout back at (ie not Noel).

Project Trail, as [Women's Running](#) call it, is aimed at encouraging women to have a go at trail running as, for some reason, there seems to be some reluctance to leave the roads. Now I told them I didn't like road running and saw no reason to pound the pavements when there's perfectly muddy and stony trails to fall over on, but I am very slow, so I asked if I could be part of the project as I didn't want to be last again. They agreed.

First off was a photocall down in Reigate, where I had to pretend I was running uphill with confidence, easy enough, it was only a few metres. Then there was the real thing, our trainer, ultra trail runner and all-round lovely person [Anne-Marie Latagan](#). Though she did warn me I wouldn't think so after a few weeks of the training plan. Now all I have to do is work out how to use the watch!

ANNE AKERS

RACE REPORT: MINNESOTA

On a recent family visit to Minnesota after 3 years, arriving on a Thursday evening and starting to look at the week ahead, my sister-in-law advised that on Sunday she was popping out to run a 5k race.

Me too, please! I said, and immediately regretted not bringing my Kirkstall Harriers vest just in case.

It gave me an interesting insight into small, locally organised races in America. The overall field was probably only 250, but being charity organised it was still chipped and as a result cost \$40 (wow! \$45 for the 10k! which I only heard about on arrival.... thought about.... and decided to stick to the 5k plan. It was relatively early on a Sunday morning after all and jet lag still in effect).

The weather was hot and humid even at 8.30am, but the whole of Minnesota is flat, and most of America has good pavements in residential districts. So it was easy running. Minnesota is known as the land of 10000 lakes... so we ran round one of them, in the town of St Paul which is the state capital.

I just ran and ran as I normally would (my style is basically to just keep going as much as I can), crossed the line, and looped past the freebie cereal bars to the lap tops set up ready for you to check your stats immediately! And again and again as more cross the line! That's quite a new experience - usually we are waiting a day, or consulting landscape A4 sheets as they are produced one by one.



I deduced that despite a relatively humble 26 minutes on the nose - I came first in my category of F40-49. The lady who came second had a time of 26.01, that extra second very pleasing to me! On realising that I had attained this position, which of course would never have happened should any of my speedy lady KH running mates been in attendance, I decided to wait around for the medal, which was accompanied by a voucher for a free pie!

SHEVONNE MCLARNON

RECIPE: LAYERED FETA PASTA BAKE

*From Linda McCartney's World Of Vegetarian Cooking
Submitted by Sandra Warren*

Serves 6

400g/14oz tinned chopped toms
 115g/4oz tomato puree
 200ml/7fl oz water
 2 tsp thyme (dry or fresh)
 2 cloves garlic, crushed
 10 sun dried toms chopped
 200g/7oz feta, diced
 sea salt and black pepper to taste
 350g/12oz dried pasta (fusilli or penne) gluten free alternative can be used if you have wheat intolerance
 1 medium onion chopped
 3 medium courgettes, sliced
 3 tbsp olive oil
 50g/2oz cheddar, grated

In a medium saucepan, simmer the tomatoes, tomato puree and water with the thyme, garlic and sun dried tomatoes. When the sauce has reduced and thickened a little, after 8-10 minutes, add the feta. Season to taste. Meanwhile, cook the pasta according to the packet instructions. Drain, and mix it thoroughly with the tomato sauce. In a medium saucepan, sauté the onion and courgettes in the olive oil for 2-3 mins. Spread half the pasta mixture into a large baking dish and layer the courgette mixture over the top. Cover with the rest of the pasta mixture. Sprinkle with the cheddar and bake at 180d/350f/gas4 for 20-25 mins.

MEMBER BIRTHDAYS IN SEPTEMBER

Claire Bromley
 Alan Brydon
 Sean Cook
 Viki Daniel
 John Durkan



Eleanor Gallon
 Emma Lavelle-Wood
 Paul Miller
 Bethan Thomas
 Lloyd

CLUB NEWS: PBs

DISTANCE	PB/FIRST RACE	NAME	TIME
5K	PB	SHAMISO SISIMAYI	0:20:00
MILE	PB	ANDY CARTER	0:05:46
MILE	FIRST RACE	TIMOTHE DAZIN	0:06:13
MILE	FIRST RACE	PAUL HALLAM	0:05:45
MILE	PB	SHEVONNE MCLARNON	0:07:35
MILE	PB	JAMES NUNDY	0:06:17
MILE	PB	RYAN OWENS	0:05:41
MILE	PB	CHRIS SCOTT	0:06:59
MILE	PB	ANTONY SHAW	0:06:36
MILE	PB	MALCOLM TAYLOR	0:06:33
MILE	FIRST RACE	RICHARD THOMAS	0:06:09

NEW MEMBERS IN AUGUST

Yekanth VENKITEELA

Alice MURRAY-GOURLAY

Welcome!

THE END

Kirkstall Harriers meet every Monday and Wednesday at Kirkstall Leisure Centre at 6.50pm for a 7pm start. All standards of runners are welcome to join us. We usually run in at least three groups, and no-one is left behind. You are very welcome to turn up and run with us a couple of times to try us out. We are very friendly!

*Please visit our website for more information:
www.kirkstallharriers.org.uk*

We also have an active Facebook page for our members.

And anyone is free to follow us on Twitter: we are @kharriers and welcome all your thoughts, in 140 characters or fewer.

Please email kirkstallharriers@googlemail.com if you would like to contribute to the newsletter. All articles are gratefully received.

