

Kirkstall Harriers Newsletter

No. 82 September 2010



News in brief

* Kirkstall Abbey 7

A final reminder that the Kirkstall Abbey 7 will take place on **Sunday September the 19th 2010**. Please keep the date free as we will need as many marshalls as possible to make the race a success. If you have friends or family who would like to help they would be very welcome. If you are going to any races and could drop off some entry forms or you could take some to your place of work or local gym please get in touch so we can give you a supply. We also require items for the goodie bags so if your place of work could supply us with anything we would be very grateful. We will also need cakes or baked goods for the refreshment stall so please get baking! Any questions or queries relating to the race please email stoxy78@hotmail.com.

* Curry Night - 16th Sept

A curry night at the Sheesh Mahal on Kirkstall Road is being organised for Thursday 16th September, for 7.30. Please pass your names onto Jill Stocks or Peter Hey to ensure a seat is reserved.

* Chairman's Chase - 22nd Sept

This event is very similar to the Members Meander but is all on road and approx 6.2 miles or 10K. The route will be the old 10k route of Leeds and Bradford Road, Rodley, Horsforth and back down the A65, finishing in the grounds of Kirkstall Abbey and taking advantage of the security staff lighting following the Classical Fantasia event. The date for this will be Wed 22nd Sept. Please pass your names onto Peter Hey if interested. As always there will be trophies at stake for this legendary annual event so it's a good one to come along to!

This year due to the close proximity of the Members Meander and the Curry night there will be no buffet afterwards but hopefully a few more will return to the LPSA club for some rehydration fluid.

* Post Hill

We all had a good training run for the Post Hill night and managed to get 20 runners there and back safely and without getting lost (maybe some of the quicker runners did do a few extra miles – or yards). Due to an overwhelming response of this we shall do it again next year – maybe on a Monday and a Wednesday so even more members can enjoy the “undulating” route.

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* Leeds Country Way - Sun 5th September

Hopefully you have all reccied your legs by the time this is printed. Good luck to you all on the day – and don't forget the free pie and peas at the end at Garforth about 3 – 4 pm. See page 2 for a reminder of the final teams and details.

* Harewood 10 race

The date for this has now been put back to 3rd October, mainly due to all the other races it was clashing with on 10th October. Due to this late announcement we are still doing the Guy Fawkes 10 as the club championship race. The Harewood 10 is mainly off road around the Harewood Estate and is a really good run to do so we would still recommend it if you can.

Key Dates for your diary

Thurs 16th Sept - Social night out at Sheesh Mahal, Kirkstall Road

Sun 19th Sept - Kirkstall Abbey 7 race (hosted by us - help needed!)

Weds 22nd Sept - Chairman's Chase

Sun 3rd Oct: Harewood 10

Sun 10th Oct: Woodland Challenge

Sun 31st Oct: Guy Fawkes 10mile, Ripley (9th Club Championship race)

Sat 20th Nov: Harriers V Cyclists, Bingley (6 miles - final Club Championship race of 2010)

Sun 21st Nov: Abbey Dash 10k, Leeds City Centre to Kirkstall and back

Leeds Country Way - final teams (we hope!)

LEG	LADIES TEAM	MENS TEAM	STARTING POINT	APPROX DISTANCE	START TIME	CUT OFF TIME
1	Collette Spencer Cassie Garbutt	John Hutchinson Dave Spink	Garforth Leisure Centre	11.75	8.00 am	
2	Sheila King Rachael Pilling	Peter Britton Tom Keeber	Stanley Playing Fields	11.25	9.25	10.00
3	Marion Muir Helen Thorpe	Richard Thomas Chris Glover	Birstall/Morley Needless Pub Scotchman Lane	9.8	10.45	11.45
4	Jessica Hodge Dannielle Spencer	Peter Marshal John Gurney	Thornbury Playing Fields	11.5	11.55	1.15
5	Helen Goldthorpe Eleanor Franks	Liam Mealey Kevin Longmate	Golden Acre Park under bridge	10.1	1.15	2.30
6	Alyson Glover Kimberley Ridout	Jill Stocks Patrick Nesden	Scarcroft/Thorner Top of hill	9.7	2.25	3.30

START TIME - is based on 7 minute per mile pace to arrive in good time and allow parking and warming up.

CUT OFF TIME - is when all remaining pairs will start their leg.

Contact numbers: Peter Hey 07708 562593, Collette Spencer 07919 288412.

Good luck to all!

PBs and other worthy mentions

There are just 2 PBs that we are aware of in the last month, both from Fleetwood over Bank Holiday weekend. The first is from a name who just keeps on cropping up in this section of the newsletter, that is **Rachel Pilling** who knocked an entire 54 mins off her marathon pb at the Fleetwood Marathon, finishing in 3.47.32! Despite the weather being cooler than at the Edinburgh Marathon the runners still had 30mph headwinds to deal with. In the half marathon at Fleetwood **Liam Mealey** got a pb of 1:32.13 knocking approx 100 seconds off his previous pb. Good work both of you.

News in brief cont...

* High-Vis Clothing

A reminder that the dark nights will soon be drawing in and we should all be wearing high-vis clothing to stay safe. As always Carol, our bag lady, can supply high-vis vests and tops as well as a wide range of other club clothing at a very reasonable price. Please speak to Carol to see what is available.

* Polite Notice

Could whoever keeps removing the copy of the newsletter from the KLC noticeboard please refrain from doing so. By removing it you are preventing the users of the leisure centre from seeing what we do. The newsletter is a

useful tool to promote the club and a lot of time and effort goes into it so we like to get it out to as wide an audience as possible. If you would like a paper copy we can provide you with one.

* Salomon Turbo X Trail Running

If anyone is interested in "dirty running" take a look at <http://www.salomontrails.com/turbo-x.php> and go to Wharnccliffe Woods near Sheffield for a 10 mile run on 17th October. Only £25 and a technical running T shirt worth £25 and a goody bag is all yours – for "free".

* Burley Festival Moor Run - Sat 6th November

Richard and Diane Thomas have kindly brought the first running of the above race to our attention. It is an off road course of about 10k with a main ascent of 800 feet. With it being its first year it is intended to be a "relaxed fun run"(?!). It will start at the Scalebor Park Pavilion in Burley in Wharfedale at 10.00am and go onto the Burley Moor. Entry fee is £5 with all finishers receiving a T shirt. Entries can be posted to Chris Hill 10 Long Meadows Burley in Wharfedale LS29 7RX, or for more information contact hillwdale@talktalk.net

Yorkshire Vets Results

At the Knavesmire event we had 3 ladies and 6 men with **Burjor** making his first appearance for the club, along with a couple of supporters – exile **Cassie** being one of them. Leading the ladies with 4th in her age group and 14th lady overall was **Sheila King**. Following her home were **Collette** 35th and **Bal** 50th out of 76 ladies. Leading the men home was **Kevin Blackhurst** in 50th with **Peter Britton, Mark Skinner, Richard Thomas, Burjor Langdana,** and **Patrick Nesden** following them in out of 147 men. With 4 guests and a total of 227 runners it still does not beat our record turnout in June when 234 runners competed.

At the Stainland event we only had 2 ladies – **Sheila** coming 11th and **Bal** 43rd out of 59 ladies, and 6 men. **Peter Britton, Gary Carlisle** and **Mark Skinner** following each other separated by 56 seconds, in 46th 47th and 48th place – presumably all stood just before the finish line saying – “No – you go first”. **Richard Thomas** finished 57th and **Richard Hancock** and **Patrick Nesden** finishing 99th and 100th.

Overall **Collette** is 7th out of 35 in her age group, **Bal** is 11th out of 40 and **Sheila** 9th out of 42.

In the men **Richard Thomas** is 14th out of 64 followed by Chris Glover 22nd, **Richard Hancock** 32nd and **Gary Carlisle** who has only done 2 races 35th. In the over 50's we have **Mark Skinner** 16th and **Peter Britton** who's only done 2 races 28th out of 58, and finally in the over 55's **Patrick Nesden** is 12th out of 42 and **Peter Hey** 20th.

The ladies are now 11th in the two main events, out of 22 teams. This is excellent considering we have only had 3 ladies running this year. For the men they 11th in all to count out of 27 clubs, and 12th with 1st 4 counting and 11th with the “rest to count”.

The last 2 races are:

Sunday Oct 10th Skipton – start 11.00am

Sunday Nov 14th Spenborough – start 10.30am

It now looks as though there will be only 9 races this year. Instead of your 7 best races counting, only 6 will now be counted.

Full details can be found on their website yvaa.org

Upcoming team events to think about...

PECO Cross Country League

Yes it's approaching that time of year again. Time to think of running in the mud, snow and freezing cold. There will be the AGM for the above on Monday 20th Sept at 7.30 at the Adel Sports and Social Club to sort the calendar and rules out for the winter cross countries. If anyone has any thoughts suggestions please pass them onto Peter Hey. In fact if anyone would like to become the PECO Cross Country contact or at least assist Peter Hey then please let me know. As both the men's and ladies team are now in the Premier league we want as many of our club members turning up for these as possible.

West Yorkshire Cross Countries

Is anyone interested in making up teams for the above? If we have sufficient numbers, is anyone interested in being the captain in organising teams and transport for each event? The standard is quite good and I think we need a team of 6 men and/or 4 ladies to count as a team. It is essentially a team event from our point of view.

The dates and venues for the West Yorkshire's are

Sunday 10th October – Nunroyd Park Guiseley

Saturday 30th October – Huddersfield

Saturday 20th November – Bramley Park

Sunday 5th December – Thornes Park Wakefield

The ladies race starts between 1 and 2pm with the men's race about 2 – 3pm

The Northern Cross Country is in Sunderland sometime early 2011 with the National Cross Country this year being at Alton Towers about a month afterwards. We have to enter a team in the Northern's to be eligible to enter the National one.

Anyone interested please contact one of the committee or Peter Hey asap.

Calderdale Way Relay - 12th December 2010

Last year we had a team for this event, but were too late to enter. Over 100 teams had beaten us to it. This year we need to know who is interested in this event NOW. Please pass your names onto Collette, Liam or Peter Hey if interested. We need 6 pairs of runners to run between 5 and 10 miles each around Halifax. It is an official fell running event. The date for this is Sunday 12th December and again all pairs must recci their leg to stand a chance of getting around the course.

Club Championship Race #8

Members Meander - 25th August

Race #8 - Members Meander

Points Awarded

Position	Name	Points
1	Phil Hewitt	20
2	Kevin Blackhurst	19
3	Helen Thorpe	18
4	Liam Mealey	17
5	Jessica Hodge	16
6	Gary Carlisle	15
7	Marion Muir	14
8	Bal Sandhu	13
9	Matt Hooban	12
10	Tom Keeber	11
11	Collette Spencer	10
12	Mark Skinner	9
13	Helen Goldthorpe	8
14	Richard Thomas	7
15	Patrick Nesden	6
16	Stuart McDonald	5

Well done to the 19 who turned out for this annual event - most of them wearing club colours too. As with all handicap races it never works out exact, i.e. all finishing across the line together. But taking out the first and last runner there was only 7.51 difference between the rest, and 6.43 taking the first and last two out. Congratulations to the first 3 club members over the line which were Phil Hewitt in an actual run time of 44.07, Kevin Blackhurst in 46.37 and Helen Thorpe in 51.21. Paul Wilson who is relatively new and not yet a member was the 2nd person over the line in 48.47, with Chris Hunt coming down for his first ever run with the club. Will we see him again? Hopefully all those who came back for something to eat had a good night.



Photos (left): Helen, Phil and Kevin with their trophies

(below): at the Abbey grounds after the race

Club Championship Overall League

Position	Name	Points	No of races
1	Rachel Pilling	109	7*
2	Phil Hewitt	91	6
3	Eleanor Franks	84	5
4	Matt Hooban	72	7*
5	Isaac Dell	72	5
6	Marion Muir	70	5
7	Liam Mealey	60	4
8	Amy Richards	59	4
9	Jill Stocks	55	5
10	Richard Hancock	47	4

*top 6 races counted



New Members and Subscriptions

Your newsletter editor apologies for omitting to mention in the last newsletter that **Emma Shaw** from the LS5 area joined us in July. Our latest new member this month is **Andrea Lewis** from Bramley who after a long break from running is catching up on her training and we hope to see her running some half marathons soon. Membership now stands at 86.

Subscriptions are £20 per person unless you are already a member of the LPSA in which case the cost is £15. You can pay for 2 years which will be £38. If you cannot get down personally to pay your subs please send your cheques to Tony Downham at 17 Stainburn Avenue Leeds LS17 6PQ – cheques made payable to Kirkstall Harriers.

Speed work update

We're not sure if any of our members have been attending Abbey Runner's track sessions / sessions on the fields at Bodington and Bedquits over the summer, but Eleanor is planning to continue attending the track sessions from September so we will carry on including the sessions in the newsletter for now, in case anybody else fancies joining her. Meet 7.20pm at the Carnegie track for a 7.30pm start and for the grass sessions meet at the Abbey Runners clubhouse (Adel War Memorial).

September 2nd - 3 x 5 out, 5 back on grass (club), **September 9th** - intervals pyramid session (track), **September 16th** - Short hills & sprints on grass (club), **September 23rd** - 1K intervals (track), **September 30th** - Long hills on road (club)

Member Profile - Kevin Longmate



Name: Kevin Longmate
Age: 24
Occupation: Stockbroker
Originally from: Scunthorpe

When did you start running and why?

I got in to running when my brother, working for Nike, started going through some of their corporate races across America and the Continent. He started around the same time I did but I stopped doing it shortly afterwards. I started again shortly after I moved to Leeds, mostly in the gym but the few times I went out on the road I'd only manage a few km before getting bored, or tired, or both, and giving up.

How did you end up joining the Kirkstall Harriers?

On one of my short, boring, tiring runs near where I live, I was walking back from Kirkstall Abbey when you all started running past me going the other way. I got to the traffic lights outside the leisure centre and I

can't remember who it was but he asked me which way 'a load of runners' had gone, and left me to think on that as he ran off after you all. I'm quite competitive and I liked entering races because I'd always have someone to chase, and figured it would be a good idea to have a club because there'd always be someone just faster than me to try and keep up with, so I came down the next Monday and joined a few weeks later.

What are your greatest running achievements?

My greatest achievement would be either getting around the whole Leeds half without walking, beating 20 minutes at the local park run, or managing to get 12-ish minutes off my 10k between the first and most recent that I've done. I'm looking forward to a marathon but no idea when I'll be ready for one.

What are your best, and worst, running related memories?

The best memory is of one of the Wakefield 10k runs I did. About 2 miles from the finish I started slowing a bit, when one of the people I work with came up behind me and we started talking. Neither of us had any idea the other one was doing the run so it was a bit of a surprise, and it did keep me going. At the end of it, when we turned the last corner and saw the finish about 100m ahead, I sprinted off and managed to come in about 20 seconds ahead of him, which is the first time I'd finished a race with a sprint and it felt great, I try to do so every time now with varying success.

The worst memory would be in the Northern cross country run I did with the club a couple of years back. I wasn't feeling brilliant before it started thanks to running possibly a bit too much and not being aware of the benefits of the Deep Heat product range. As a senior man I had the pleasure of watching all other categories of runners going before me and turning the track into a giant field of mud, which I was not looking forward to running around 3 times. My legs were aching as we started, and within minutes I knew I'd be struggling all the way. I finished after too long running in the tail end of the pack, and long after everyone else in the club had done so. As a direct result of this race I had to take my longest ever hiatus from running while I recovered.



Photos: Top - Kevin starting Members Meander last year

Above: Kevin in pre-Kirkstall Harriers days

Messages from our agents at home and abroad

Matt & Leann

I'm sure everyone at the club wishes Matt & Leann all the very best on their Wedding Day 4th Sept. At the time of writing he has not yet been drafted into the Leeds Country Way, but hopefully we shall see him back at the club soon.

Martin & Gill

No baby news yet but all well with Gill and bump! She/he just likes staying in.

My physio says 12 months post op I can think about running, so that's 1st June 2011! At least I can though, early indications were that it would be out of the question. I'm still being very cautious though and sticking to the physio exercises religiously.

I should be able to get on a bike again in the new year but need an upright position, but swimming is not possible ever probably.

Will keep you posted, good luck with the LCW, next Sunday. I may try and watch. Martin

Adventures in Yorkshire by Jill Stocks

With a toe operation and a subsequent long lay-off impending myself and Neal decided we'd get as much running in as possible. And obviously with Neal involved this involves hills, fells and scenery. So over August we have been to some of the most challenging and beautiful parts of Yorkshire.

We started by celebrating Yorkshire Day with a run in Washburn Dale and the following week decided to head up Ingleborough from Clapham. Unfortunately by the time we reached the summit the mist had descended and we could barely see a thing apart from people randomly appearing. The following week we went up Whernside from Ribbleshead Viaduct where the weather was much kinder to us and the view from the top was excellent. On the way home we stopped at The Sailor in Addingham where the beer was excellent and the very welcoming old fashioned pub landlord even supplied us with some roast potatoes!

The following week we fitted in two runs. The first in Wharfedale and Lifforddale via Kettlewell and a rather bizarre Scarecrow Festival! Then on the Sunday we headed to Haworth and Top Withens, allegedly the inspiration for Wuthering Heights but in actual fact probably not as it turns out!

I took plenty of pictures while we were out (which Neal doesn't mind as it gives him a chance for a rest!) and I hope to put them on our website soon. You can also see them via my Facebook page. Until then here are a few from the past months running.



Photos:

Left: Ingleborough

Right: Haworth and Top Withens

Below: Whernside



August and September Birthdays

Apologies to those born in August. Due to an administrative error (ie Jill forgot) there were no birthdays in last month's newsletter. So we are rectifying that now!

August Birthdays:

* **Andy Brown** * **Amanda Burd** * **Stuart Reardon** * **Neal Shotter** * **Gemma Smith** * **Diane Shaw** * **Jenny Swann**

September Birthdays:

* **Eleanor Franks** (esteemed editor of this publication is the big 3-0!) * **Robert Goulsbra** * **Steve Jones** * **Sean McEvoy**

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, just turn up and say hello, we are very friendly!

Please visit our website for more info:

www.kirkstallharriers.org.uk

Please email eleanor5446@hotmail.com or kirkstallharriers@googlemail.com if you would like to contribute to the newsletter. All articles, member profiles etc gratefully received.

