

Kirkstall Harriers Newsletter

No. 84 November 2010



News in brief

* Christmas Do

The Christmas Do at the West End on Thursday 16th December is now full. But if you would like to be on the reserve list please email stoxy78@hotmail.com. If you are not coming for the meal you would be more than welcome to join us for a drink and make up numbers for the quiz!

* London Marathon 2011

A final reminder that if you would like to be considered for one of the club places for the 2011 London Marathon you will need to get your rejection slip or email to Jill or Peter as soon as possible. We hope to have three places. As we have done for the last few years there will be a Kirkstall Harriers cheering point at mile 13/22 and there are also opportunities to volunteer at the start area which is a great experience. If you have a place please let us know so we can cheer you on. Or if you just fancy a weekend in London and would like to volunteer to keep Jill company at the cheering point or help the runners at the start area please email stoxy78@hotmail.com.

* Kirkstall Vision

Our Secretary Jill Stocks recently

represented the club at a meeting to discuss Kirkstall Vision. This is a community plan involving the council and community groups with a vested interest such as ourselves. In general the plan is to deal with issues such as transport, health, employment and environment. In Kirkstall Central this involves issues such as the Abbey grounds, the Kirkstall Valley Park proposal, Kirkstall Forge, pedestrian and cyclist issues around Kirkstall and the protection of green areas. Obviously these issues are important to local residents and those of us who run in the area should be aware. If you'd like more info visit www.kirkstall-vision.org/

* Torchlight Run - Weds 24th Nov

For something different a few of us (well Peter Hey for 1) thought it would be a good idea to do a torchlight run around Bramley Fall Woods on Wed 24th Nov. We will try and do the proposed cross country circuit conditions permitting. You never know if this goes down well we may do it again elsewhere, so please bring your head torch or whatever if interested. For those definitely not up for it, there will be an alternative road route too.

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Key Dates for your diary

Sun 7th Nov: 1st PECO XC race, Pontefract race course

Sun 14th Nov: Yorkshire Vets, Spenborough

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

Wes 24th Nov: Torchlight training run

Sat 11th Dec: Leeds Uni XC relay

Sun 12th Dec: Calderdale Way Relay

Tue 14th Dec: Christmas Lights Run (tbc)

Thurs 16th Dec: Christmas Meal, West End Public House

Sun 19th Dec: 2nd PECO race, Middleton Woods

Mon 20th Dec: Christmas Fuddle, LPSA after training run

Sun 9th Jan: 3rd PECO race, Bramley Fall Woods OR Becketts Park (organised by us!)



* Kirkstall Harriers Racing Abroad

Congratulations to Helen Goldthorpe who was first senior lady at a mile race, the "milla popular urbana san Rafael" in Vecindario, Gran Canaria. Pictured above is Helen with her nice trophy, in the sun.

News in Brief cont...

* Shoes for Sale

One barely used pair of Walshies sized 10 in the traditional blue and yellow way. Bought last year for the PECO cross country races but not compatible with overweight plodders who have glass like ankles like myself, so offer me twenty quid and they are yours. (RRP £40). Matt Sykes-Hooban (matt.sykeshooban@btopenworld.com)

* Leeds University Cross Country Relay - 11th Dec

Leeds Uni are organising a relay event at Bodington Fields on Sat 11th Dec. The ladies need a team of 3 and the men 6. All runners do a 2.5 mile lap. The ladies race starts at 1.00 and the men at 2.00. Along with the presentation afterwards there will be a "After Party" (?). Anyone interested in this one please contact Eleanor who will be organising

this as the Club Captains are busy with the Calderdale Way which is the day after (see page 2 for teams).

* Four Villages Half Marathon - 23rd Jan 2011

Just a quick recommendation for this race in Helsby near Chester for those not doing the Brass Monkey on the same day.

Calderdale Way Relay - Sun 12th December

We have entered a team in this year's race. It is an official fell relay with 6 pairs of runners running 50 miles in total around the Halifax/Todmorden/Bradford area. Last year we just missed out getting the entry form in – despite a limit of 120 teams. Provisional Mixed Team:

Leg	Distance	Runners	Where
1	9.80 miles	Liam & Kevin L	West Vale to Cragg Vale
2	8.46 miles	Matt & Chris	Cragg Vale to Todmorden
3	4.80 miles	Collette & Marion	(uphill all the way) from Todmorden to Blackshaw Head
4	9.36 miles	Neme & Ola	Blackshaw Head to Wainstalls Road
5	7.55 miles	Sheila & Jill C	Wainstalls to Shelf Park
6	10.00 miles	Phil & Gary	Shelf Park back to the start at West Vale

Reserves: Kevin B, Diane, Patrick and Stuart.

Please contact Collette (Tel: 07827 910271) ASAP if any of the above people cannot do these legs. If anyone is interested in joining the pairs when they do their recci please let them know at the training sessions.

Messages from our agents at home and abroad

"Just to let you know I have a new job in London starting January, so I will be leaving Leeds and the Kirkstall Harriers. Could you pass on my warmest thanks to everyone at the committee, it was a really nice introduction to Leeds when I first joined. Apologies for not running with the group in the last year or so, things got very busy at work. All the best for the future!

Best wishes,
Gareth Hagger-Johnson"



"Eventually the time would come, and I would be drawn away from this fine city by the lure of work. In a couple of weeks that time will be upon me, and I will be migrating South, to a place they call Worcester, to develop jet engines. Alas this means training with the club will not really be possible - an eight hour commute for a club run would be a little excessive. It's been a great experience to be part of the club, getting me out on bleak nights and blistering days, showing me some good races in great company. I would like to thank all who I've met in the club for that which they have made it.

Though I won't be abandoning the purple vest. They may have hills down there, but I expect they'll struggle to match those of the Dales and the Peak, and the appeal of things like the Peco races is strong. Many more times to I expect to become an exhausted quivering creature in club colours.

So thank you again, I'll probably see some of you before long in a muddy field, but maybe before that to sup a beverage or two in the LPSA.

Liam Mealey"

Many thanks again to Liam for so enthusiastically stepping in as temporary Men's Captain to sub for Martin while he is out of action. We will hold you to coming back up for the PECOs! (Also - putting 'Worcester' into clipart did not throw up as much as London so afraid your message remains un-illustrated...)

PECO Cross Country League - 1st Race - Sun 7th Nov

The first Peco race, hosted by Ackworth, is at Pontefract race course just off the M62, junction 32 Turn right onto A639 and turn right again at the first roundabout into the park. (Try to avoid shopping at Junction 32 if possible) Anybody wanting a lift or directions should meet at the LPSA at 9.30 am. The course is suitable for studs or trail shoes - even trainers if conditions are dry, and is about 5 miles. There are no changing facilities and no food so the cost will be £2.00

JUNIORS

These races are also open to junior club members or children of club members. Anyone who has juniors interested, are asked to arrive there earlier as the two junior races start sooner.

8 – 10 year olds start at 10.00am, with 11-16 year olds starting at 10.20.

The senior race starts at 11.00am with both men and women doing the same course which is usually about 4 miles.

The other races this season are:

Race 2 **Sun 19th Dec** (hosted by Rothwell/Kippax) – Middleton Woods

Race 3 **Sun 9th Jan** (hosted by Kirkstall/Horsforth) – Bramley Fall Woods or Becketts Park – tbc

Race 4 **Sun 30th Jan** (hosted by STAC/Hyde Park) – John Smeaton School

Race 5 **Sun 6th Mar** (hosted by Valley Striders/Aire Centre) – Otley Chevin

Please make a note of these dates as we would like as many members as possible turning out for these races. It is a team as well as individual competition and you have to do at least 4 if not all races for individual prizes. Both the ladies and the men's team are now in the Premier league and we would both like to remain in that league at the end. For those of you who are new to this league the main aim is to encourage all runners of all abilities to take part. The race is usually 4 to 5 miles in length and the terrain not too difficult. The entry fee per race is only £2.00 or £2.50 if food is available afterwards at the presentation. The scoring is based on the first 5 ladies from each club and the first 8 men, but the more runners we have, can push scorers of other teams further down, so everybody counts in a way.

You may have noticed race 3 is organised by ourselves and assisted by Horsforth. This means selecting suitable courses and providing a venue for registration and presentation with food for everyone at the end. So even if you are unable to run that day but can assist in marshalling or providing food your presence will be much appreciated.

Please watch this space in future newsletters or listen out at training sessions.

Edinburgh Marathon Festival Trip - 21st / 22nd May 2011

Entries are now open for Edinburgh Marathon Festival on May 21st and 22nd next year. There is a 10K and 5K on the Saturday and the full and half marathons on the Sunday (with the half starting at a ludicrously early 8am of course!!). If you have been rejected from the London Marathon you can get guaranteed entry for Edinburgh. Jill Stocks will be arranging a trip again in 2011 for anyone who is interested. The plan is to book the hostel we stayed in last year (though hopefully with a quieter room!) which was approx £40 per person for two nights and is very near the start area. We can consider transport options nearer the time depending on numbers. Please email stoxy78@hotmail.com if you are interested in joining the trip, whether you are running or just fancy a weekend in one of Britain's best cities. There is more information at <http://www.edinburgh-marathon.com/>.

Other club trips! - Matt Sykes-Hooban is planning to organise a trip to the popular Race the Train in Wales on Saturday 20th August 2011 so keep that weekend free if you fancy it. If anyone else has any favourite races elsewhere in the country (or continent?) that they think would make a good club trip, do let us know and we'll see if we can do a 3rd trip next year too.

New Members and Subscriptions

Please welcome our latest members - **Paul Wilson** from the Vespers who is running with the fast group, so I never get to speak to him, **Helen Blake** from Aire Valley Marina despite suffering after her first ever run with the club due to running 7 miles for the first time, **David Thorpe** whose address is Penistone South Yorks but spends quite a bit of time in the Armley/Wortly area and was encouraged to join by **Burjor** from the Leeds Climbing wall.. We also have **Adam Moger** from the Kendals, LS3 (another one swelling our fast group), **Eme Musgrove** from Bramley, **Ben Smith** from the LS5 area and **Carl Marsden** from the LS8 side of the city.

Membership now stands at 96.

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.

Yorkshire Vets Results

October saw the penultimate race of the series at Skipton. A 3 lap "undulating" cross country course with the sun shining brightly. Yet again we had a minimal turn out with 3 ladies and 5 men running. Despite this they all scored well and the positions are now – Women are 11th in both team events, out of 22 teams. The men improved to 9th in two events and 10th in the third, out of 27 teams.

The individual positions are **Collette** is 6th out of 25 having done 5 races. **Bal** is 10th out of 42. **Sheila** is 7th out of 42 having only done 5 races. For the men **Burjor** has 75 points but has only done 1 race. **Richard Thomas** is 17th, **Chris Glover** 19th from 5 races, **Gary** 29th 3 races, **Richard Hancock** 35th 4 races, and **Peter Marshal** 45th 2 races – all out of 69 runners. **Mark Skinner** is 11th, **Peter Britton** 25th – 4 races, and **Kevin Blackhurst** 33rd 2 races – all out of 60 runners. And bringing up the wrinklies are **Peter Hey** 8th – 4 races and **Patrick Nesden** 14th – 5 races both out of 45 runners. The last race is -

Sunday Nov 14th Spenborough – start 10.30am

Presumably from the Spen running track... Full details can be found on their website www.yvaa.org.uk

There will be 9 races only this year. Instead of your 7 best races counting, only 6 will now be counted.

Club Championship

At time of writing the 9th and penultimate championship race (Guy Fawkes 10) has not been run although it probably will have by the time you read this. We will have a full report in next month's newsletter and post the updated points on the website asap.

The last Club Championship race, and something different even if you have not done many club championship runs, is Cyclists v Harriers on **Saturday 20th November** at 2.00pm. The venue is the Fishermans Inn on Wagon Lane, Bingley. Entry is on the day and only £5.00 for this 6 mile off road run which only climbs 650'.

After the final championship race we will be asking for your opinions once again on the races included this year, and any suggestions for different ones to try for 2011. We do try and include a variety of distances and terrains whilst spacing them out throughout the year and keeping them as local and inexpensive as possible, so we can't guarantee we will include your suggestion but all will be noted and thrashed out amongst the Committee to ensure we please as many people as possible. So please look out for the email requesting your thoughts, or just email us any time at kirkstallharriers@googlemail.com or speak to a committee member.

The two races we can definitely confirm will be in the 2011 Club Championship as firm favourites are the

* Liversedge Half Marathon on 13th February

* Leeds Half Marathon on 8th May.

Entries are open for both of these races and both are almost guaranteed to fill up before race day so make sure you enter as soon as possible if you want to run them.

PBs and other worthy mentions

Huge apologies to **Chris Hunt** for missing him off last months PB list with his 54.34 at the Horsforth 10k, and also missing out that **Gemma Smith** for knocking Mark Vickers off the pedestal at the Hyde Park 'parkrun' 5ks. Her time of 18.29 is 1 second faster than Marks, and is hotly pursued by Phil Hewitt in 18.49.

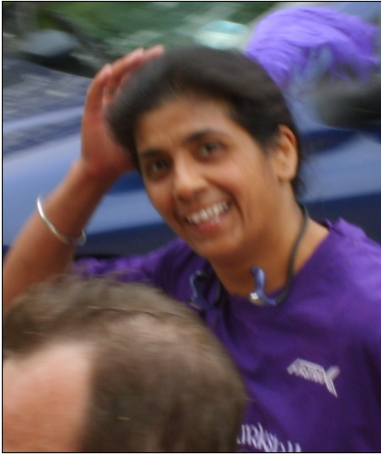
Rob Goulsbra put in some astonishing times in preparation for the Venice marathon. After getting a PB last month at Macclesfield Half Marathon, he knocked another couple of minutes off at Peterborough Half Marathon, recording a time of 1.24.41. He then went on to run a superb marathon PB at Venice of 3.11.43, knocking over 20 mins off his previous pb!

Two more worthy mentions are **Bal Sandhu** who did her first marathon around Kielder in 4.56.02 and **Richard Hancock** who did his first half marathon around another scenic course of Bradford in 2.10.39.

And finally at Bridlington Half Marathon, **Chris Hunt** got another PB, knocking 2 minutes off his previous and getting below that magical 2hrs with 1.59.45. Also at Brid was **Helen Thompson** doing her first ever half, in which she finished just ahead of Chris in 1.59.39.

See page 8 for **Helen Goldthorpe's** latest long distance off-road adventure and page 1 for a picture of her and her trophy for coming 1st in her age category at a mile race in Gran Canaria! Well done to everyone for some great results.

Member Profile - Baldish Sandhu



Modest Committee Member Bal finally gave in to our constant requests for a Member Profile - hurrah! Read on...

Name: Baldish Sandhu

Age: 43

Occupation: Housing Support Worker

Originally from: Kettering

When did you start running?

In 2007.

When/How did you end up joining Kirkstall Harriers?

I brought my son to Kirkstall to have swimming lessons and saw the notice board, felt like I wanted to join a club so took a deep breath, came down one night on my own

and just started to run.

What are your motivations for running?

To feel good and fit.

What are your greatest running achievements?

Running my first marathon this month at Kielder in Nothumbria.

What is your best running related memory?

My first marathon (see above)!

What is your worst running related memory?

My first cross country event...

Any words of wisdom for your fellow harriers?

It's great fun, you're part of a family, made to feel welcome and most importantly you can stay fit.

Can you share an interesting fact about yourself?

I'm just an ordinary person with a grown up family but eager to do adventurous activities like 'Hell Up North', to me that is interesting enough for now.



Photos: Bal running Leeds Half Marathon 2009

As Bal has aptly shown, you don't need to write War and Peace for your Member Profile to be interesting and motivational!

It can be surprising how little you can know about somebody you might run with twice a week! Your Newsletter Editor is always on the look out for Member Profiles for future newsletters so if you would like to volunteer please get in touch - it saves me picking on people!

RACE REPORT

Berlin Marathon - 26th September

Well, we set off on our adventure from Leeds Train Station at 5:30 on the Friday Morning and we arrived in Berlin at 8 o'clock Friday night. On arrival in Berlin we managed to leave the Station by the wrong exit and it took us over an hour to find our hotel that was only a 2 minute walk away, but that really is another story.

The Berliners organise a fantastic weekend of running starting on the Saturday morning with a 6K breakfast run. The breakfast run was more of a slow jog than a run which finished in the Olympic Stadium. We entered the Stadium to the sound of people beating drums slowly, the sound was amazing, it was a moment I'll never forget. During the rest of that day there was a children's run and also an inline skating Marathon. We needed to pick up our race numbers on the Saturday afternoon so we made our way to the Expo which was held indoors at a disused airport. The Expo was huge with lots of people eating Bratwurst and drinking Erdinger Beer, well when in Rome!!

We woke up too rain on the morning of the Marathon and it pretty much rained all day. The start of the Marathon was a bit confusing trying to find the baggage areas and there were also really, really long toilet queues, I queued for 35 Minutes. As for the marathon itself I loved every single rain soaked minute of it. The course was flat; the crowds were great, tinkling their cowbells. The bands were numerous and different and fabulous. There were water, gel, banana, apple and tea stations every 2 km and the finish was through the Brandenburg Gate. Oh and we both got PB's, it must have been the German Beer and sausages. So if you fancy a European Marathon this is definitely one to put in your diary.

Diane & Kev

Kilomathon Scotland - 3rd October

A Kilomathon is the distance of a marathon but in Kilometres and not miles, 26.2. I did the Kilomathon in England in March and got a reasonable time in my running world of 2 hours 24 minutes. So when I registered online for the Scottish one I was feeling quite confident and I did mean to put my estimated finishing time at 2 hours 21 minutes but my finger must have slipped or I was drunk as I put my estimated time as 1 hour 21 minutes. I did not realise my mistake until I received my number which was an elite number, number 3, I think Liz Yelling was number 5, I was mortified. When I dropped my baggage at the baggage tent, the chap running the tent said he would leave my bag at the front because judging by my number I would not be long back, to make things worse he did remember me when I got back, I felt really guilty about disappointing him.

The route went out from Edinburgh Airport in Ingleston, through country lanes (undulating) over the Forth Road Bridge and back (a big undulation x 2); through a couple of villages (bloody hilly and cobbled at one point) and back down some country roads (undulating), back to the airport. I had only done the Berlin Marathon the week before and my legs went at the 17 kilometre mark, and I ended up walking and jogging and moaning a lot the rest of the way back. As for the race itself it is a great distance to do for anyone who has conquered the half and wants to do a little bit more or it's a good marathon training run. The Scottish Kilomathon was well organised, well marshalled and the goody bag was full of nice treats.

Diane Shaw

Woodland Challenge - 10/10/10

I had heard so many good things about the Woodland Challenge last year, the amazing goodie bags and the brilliant spot prizes etc. I had entered but picked up an annoying injury meaning I had to give my number up. So imagine my jealousy at the following club training night when all the runners turned up sporting fancy long sleeved Hi Vis technical tops - a timely prize considering the rubbish winter subsequently enjoyed by all! This year I had planned to run the race as warm up for the Kielder marathon but managed to miss the closing date so it looked like I was out of luck once again.

Happily I got a number going spare for the race (thanks Jill) and was all set. A nice bit of running karma that, one year I give my number away and the next year I get one back (remember that newbies it's a good tip). If only the London Marathon was as easy to get into, there would be peace on earth friends.

Anyway come the day, come the purple army! In good numbers too, mostly drawn like me by the promise of the 'best value for money goodie bag' around and a nice hilly off road (mostly), muddy course. The race is a real cracker - two laps of undulating woodland trails with a seriously suicidal descent and a real murderous ascent which had to be survived/conquered TWICE!

I was in pretty good shape for the start of this race having just completed a good chunk of marathon training but had promised to myself that I would take it easy because the aforementioned marathon was on the following Sunday. To prove this to myself I lined up at the back of the pack and waited for running legend Ron Hill to start us off. But of course this last all of about 2 minutes, as the start was on an uphill stretch so I was already moving up through the field. By the time we cut off into the woods I was up to speed and moving nicely along enjoying the scenery and mud under foot. I passed quite a few runners early on as they side stepped through the puddles whilst I went for the route one option and charged through the middle of them all, brilliant fun! Reaching the top of the suicidal descent I was moving along too quickly to slow down and take it cautiously and ended up hurtling to the bottom of it at breakneck speed! I must have been going well because I caught a snippet of a spectator shouting 'good running...' as I fell passed which was nice.

By the time I had got round the second lap and finished on another uphill (how mean is that, a race that starts and finishes up hill?) I was pretty well done in but happy. I managed a respectable 55mins which I was pleased with. I think the Harriers as whole made a good fist of it with Rachel P running an excellent time and John H winning his Vet category but he didn't realise until Burgher brought the hamper to the club the following week.



Rachel Pilling, husband Graham and Eleanor.
(they finished in this order too!)

All in all it was good mornings effort with the race living up to its potential, the goodie bag was good, no spot prize this time but I didn't really mind. Oh and Ron Hill was signing copies of this new book in the bar afterwards. I would have bought one but it was about Manchester Marathons in the seventies or something like that, sorry Ron not my cup of tea.

Matt Hooban

Kielder Marathon - 17th October



I fancied a change, having run a few big road marathons; I wanted to do something a little more adventurous, scenic, maybe even off road! A quick search on the web later and I had found my event the inaugural Kielder Marathon billed as the most beautiful marathon in Britain. It's once round Kielder Water in Northumbria the biggest reservoir in Northern Europe and handily about 26 miles in circumference (what were the chances?) So it ticked all the boxes scenic, off road and certainly different... oh and really quite hilly. Actually a lot hillier than I had anticipated, which didn't go down to well with my running partner, marathon debutant Bal who's not so keen on hills at the best of times.

In my defence I figured that as it was once round a lake it would be sticking quite closely to the shore line and I have never once come across a lumpy lake before so naturally thought that the path would be pretty much pancake flat all the way round. WRONG! It turns out that the new wonderful path that winds it way around the forest and lake was in fact the world's longest big bloody dipper! The thing was we didn't realise this until we were about 10 miles in which saw our dreams of easy running and smashing PBs evaporate before our eyes leaving us to get our heads down for a long old slog.

Anyway as Bal and I toed the start line we were full of confidence, we had done the training and we were ready to go, our race plan was simple we agreed to run together and keep the pace at around 10 minutes a mile for the first half and then play it by ear for the second depending on how we were feeling (I told you it was simple). We ran together for about the first 12 miles until we ran into a series of long up hills and sharp descents that unhitched us. I carried on running at the agreed pace thinking that once the course levelled out Bal would be able to catch up as she is quicker on the flat than me but of course the flat never materialised so we were left to run our own races.

Kielder Marathon is a great race, it is tough but totally manageable if you do the training but it really helps to take along a little bit of support as it's really quite a remote spot. Our support came from the new wife Leann who very kindly offer to share the driving and provide the pack lunch and our very own race enthusiast and Kirkstall Harrier cheerer-in-chief Jill Stocks who was quite prepared to get up at 5am and stand by a lake on a brisk October morning to shout at runners! Completely mad but they did a great Job.

As for the times, for Bal's first marathon she ran a superb 4.56 whilst I managed a respectable 4.32. Both of us were please with our times and we all enjoyed a celebratory pint in the lakeside pub before stuffing ourselves with doughnuts and sarnies on the way home.

If you want to run a challenging autumn marathon next year then you would find the Kielder Marathon hard to beat, this race is here to stay and it looks like its only going to get bigger and better. As to whether it's the most beautiful marathon in Britain though? Well that all depends on how much you like hills!

Matt Sykes-Hooban



Run For All 10k 'Yorkshire Season Ticket'

"Yorkshire Season Ticket" - For £50 you can sign up to the Yorkshire Season Ticket and receive guaranteed entry into Hull, Leeds and York races, saving £24 across the three events. To purchase this offer you will to register before the 31st December, after this date the price of the Season ticket will increase to £60. See www.runforall.com for more details.

Race Dates:

Hull 10K – Sunday 15th May

Leeds 10K – Sunday 19th June

York 10K – Sunday 31st July

RACE REPORT

Ultratrail Challenge Gran Canaria 45k - 23rd October

This is almost certainly the hardest race I've ever done. It starts on the top of a mountain (pretty much the highest point on Gran Canaria), at about 2000 metres, and finishes at sea level (literally - the last couple of miles are spent running along a seafront path). Along the way it takes in nearly as much climb as the Yorkshireman marathon, together with some un-runnably rocky paths and painfully steep descents. Add to that the fact that once you're down from the highest parts of the route it's actually rather hot, and the navigation is challenging at times (and the instructions are of course in Spanish), and you've got yourself a very challenging race!

However, to compensate for that, some of the views, particularly in the first 5 miles were amazing. Up until about 15 miles you very much feel like you're in the mountains. The race was big enough that there were usually other runners around to follow, and a 14 hour time limit meant that it was feasible to do it as a walk if you preferred.

The run was along a mix of forest tracks, footpaths, wider trails and bits of road, and at one point I lost the route and ended up scrambling along the bottom of a valley trying to come out in the right place (I did, eventually!). Some of the roads were steep enough that runners were zigzagging down them rather than running in a straight line. The route took a quiet, valley bottom path into the heart of Las Palmas, the capital of the island, before emerging right in the city centre and running along the shoreline past beaches and harbours to the finish. Considering the nature of the route, the support along the way was fantastic, with supporters and photographers popping up all over the place.



The difficulty of the race is shown by the fact that although it is only a little longer than a marathon, only 5 women completed it in under 7 hours, so I was fairly pleased with 7:26 to come in as 11th lady, particularly after my detour! However, possibly the most difficult thing is walking down stairs after nearly 3000 metres of descent! Three days later it still poses a significant challenge...

Helen Goldthorpe

Advert



www.physiofitleeds.co.uk 0113 281 9493 jenny@physiofitleeds.co.uk

Special Runners Offer 6 Week Pilates Course for £35!

Physiofit Pilates is pleased to offer club runners a 15% discount on its "Pilates for Sports" Class, held on a Friday morning at 7.30am. This is equivalent to one free class.

This 45 minute class is aimed at the athlete and will enhance your running by developing flexibility and core stability strength. This can reduce the risk of injury and improve your running times.

So if you have an event to train for, want to improve your time for a specific distance, or just want to be able to run regularly without niggles, this class could be for you.

The course starts Friday 5th November at our purpose built studio at The Orchard on Town St in Horsforth.



Ring Physiofit at The Orchard on 0113 281 9493 or email jenny@physiofitleeds.co.uk

October & November Birthdays



Happy Birthday to the following members who celebrated their birthdays in October:

* Kevin Blackhurt * Peter Branney * Graham Curtis * Carol Moran * Collette Spencer

And many happy returns to the following members who have birthdays in November:

* Liz Covey-Crump * Alyson Glover * Phil Hewitt * Bent Holm * Helen Marshall * Dave Spink
* Matt Sykes-Hooban

RNLI Reindeer Run - Sunday 5th December

The RNLI is organising its first RNLI Reindeer Run at Bramham Park, Wetherby on Sunday 5 December 2010. The event will comprise a 10k and 5k fun run, and a 5k Santa Saunter walk, all in the grounds of the beautiful parkland. All entrants will receive FREE reindeer antlers to run/walk in, as well as mince pies and hot drinks at the finish. Anyone is invited to enter, and there will be lots of Christmas entertainment for spectators. Enter online: www.rnli.org.uk/reindeer

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 eleonor5446@hotmail.com or kirkstallharriers@googlemail.com if you would like to contribute to the newsletter. All articles, member profiles etc gratefully received.

