

Kirkstall Harriers Newsletter

No. 87 February 2011



Welcome to your 'Slimline' Newsletter...

Welcome to your first slimline 'news only' newsletter. The idea from 2011 onwards is that every other month starting with February 2011, we will publish a slimmer newsletter highlighting the most important pieces of news and results only, to try and cut down on duplication of news and make our Newsletter Editor's job less stressful! March 2011 and every other odd numbered month will see your regular fully packed newsletter complete with photos, race reports, a member profile (when we can get these from people!), championship results, birthdays etc.

As always, if you have anything to donate to the newsletter or suggestions for improvement we would love to hear from you.

PECO Cross Country League - Race 3 16th Jan - thank you & results

A big thank you from Peter Hey to all those who came and helped and ran on the day.

Despite organising this event for the first time, especially with 2 junior races all seemed to go okay. All those involved in registration, providing food and laying it all out on the morning, along with marking out the course and marshaling – all of you did a splendid job. A special thanks to **John Hutchinson** who was left to sort out the course planning and marshalling spots. Well done to those who turned up early and then did the race. Up to date I have not heard of any complaints – always a good sign. I did receive a couple of complimentary thank you's to the club for such a good course and enthusiastic marshals, along with overhearing a few other good words being said on the day.

First home for the ladies and 1st lady home in the race was **Gemma Smith**, followed by **Rachel Pilling** 9th, **Eleanor** 22nd, **Sheila** 26th and **Jill Camm**, making her first race come back after becoming a mum in 39th. Pushing the other clubs further back were **Alyson**, **Collette** and **Bal** both returning from injury, **Carol**, **Sandra Fraser** (a new member making her debut for the club) and **Jill Stocks** also getting back from injury.

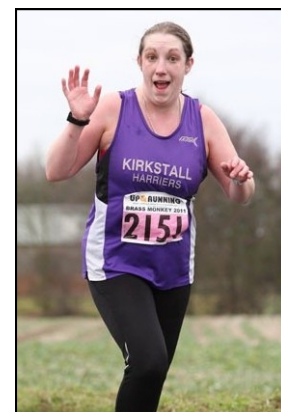
The men had a depleted team and also lost **Chris Glover** with a groin strain and **Kevin Blackhurst** during the race, but our counters were **Phil Hewitt** 21st, **Rob Goulsbra** 52nd, **Kevin Longmate** 69th, **Gary Carlisle** 80th, **Sam Ostermeyer** making his first comeback after a long time out due to injury, 88th, **Adam Moger** making his debut in the Peco's 90th, **Mark Skinner** 104th and **Paul Glover** just getting in there and counting 114th. Backing up the team and pushing other scorers further back were **Terry Wood** a new member making his first appearance, **Chris Hunt**, **Matt Hooban** (getting back into race mode again), **Richard Hancock** and **Paul Ashton**, another new member making his debut. Seems we had a lot of injured people making come backs. From a team point of view the ladies came 2nd in the league and after 3 races have moved up to 3rd out of 7. The men came 6th out of 7 teams but are still 5th after 3 races, BUT only just outside the relegation zone. Therefore the last two races are crucial to get you all out there running.

Race 4 - 30th January at John Smeaton - results and race report will be in the March newsletter.

Race 5 (final race) is on **Sunday 6th March**, organised by Valley Striders/Aire Centre and will be at Otley Chevin. Those wanting lifts or directions are asked to meet outside the LPSA at 9.20am. Let's hope we can go out with a bang and get as many members as possible running. 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 – 5 miles.

3 mile (well, 2.9!) time trial - Weds 19th Jan

Is this event becoming popular or were most people not aware it was time trial night? 22 runners ran the whole circuit and finished within 6 mins and 18 seconds of first and last home. Allowing for Peter's bad handicapping if we take the first and last home out of the equation the time difference is only 3 mins 33 seconds. There were 8 new names to make the handicapping even harder and it was 4 new faces who were first over the line. These were in order of finishing **Sandra Fraser**, **Ben Mason**, **Adam Moger** and **Andy Cooper**. Bringing up the rear after about 4 or 5 months out due to being married, extended honeymoon and business trips – so she says, and not secret training, was **Helen Marshall**. Full results are on our website.



Jill Stocks at the Brass Monkey Half Marathon 16th Jan 2011 (photo courtesy of flamingphotography)

Award Presentation Evening - Thurs 10th February

This years presentation evening will be a more informal affair taking place on Thursday February 10th. We have booked a table at the West End for 7pm where we will have a meal followed by the presentation of the club championship awards and the sportsman and woman 2010. Places are limited so please email stoxy78@hotmail.com as soon as possible to book a place!

AGM - Mon 21st Feb 8.30pm, LPSA

The date for this important club event is Mon 21st Feb. It will start in the LPSA club at 8.30 after a short training run. A buffet will be provided after the meeting to make it a more social occasion. This is your opportunity to raise any matters that you think can improve the Harriers, either from a racing, training or social point of view. All current committee members are up for re-selection but if you want to be considered for a position on the committee you only need a proposer and seconder. There are a couple of vacancies for general committee members who want to help in some of the many aspects of running the club.

Messages from our agents at home and abroad

"Just wanted to say thank you. I have just joined the Harriers via friends of mine, Chris and Alyson Glover. I took part in the Bramley Falls run yesterday and it was great. It was my first cross country run and I thoroughly enjoyed it. What impressed me the most was the level of support from club members whilst running (in the loosest sense of the word) the course. You are a very friendly club, well done. Thanks again, **Terry Wood.**"

PBs and other worthy mentions

Congratulations to **Eleanor** for knocking 2 minutes off her half marathon time at Brass Monkey with 1.39.35, and to **Adam Moger** on his first half marathon with a time of 1.39.34. Possibly a little friendly rivalry developing between these two we think!

Yorkshire Vets

If you are 35 or over be sure to have a go at the Yorkshire Vets races. Very friendly, club and individual races of about 6 miles with ample off road running. Their first race of the year is on Sunday 3rd April. All details are on the yvaa.org website. More information will be available in the March newsletter.

New Members and Subscriptions

Please welcome to the club the following new members. **Andrew (Andy) Cooper** from Headingley, **Jonathan More** from Armley, **Stephen Groves** from Armley, **Paul Ashton** from Headingley and **Terry Wood** from Pudsey. Our membership now stands at 104.

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.

Calderdale Way Relay

A new date for this postponed event of **Sunday 8th May** has been announced. This is the same date as the Leeds Half Marathon. If you are no longer able to run please let Collette or Peter know asap.

If you are available to run and recce this event now, then also please tell the same two people.

National Cross Country - Sat 19th Feb, Alton Towers

I am sure we wish the following runners all the best at this event and hope they enjoy the run and the atmosphere of this prestigious race. A report will be in next month's newsletter. The ladies team is **Helen Fearn**, **Eleanor Franks**, **Rachel Pilling**, **Gemma Smith**, **Jill Stocks** and **Sheila King**. Running for the men are **Peter Branney** and **Phil Hewitt**. A race report from this event and also the Northerns which were held on 29th January at Sunderland will be in the March newsletter.

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.

