

Kirkstall Harriers Newsletter

No. 94 September 2011



News in brief

* Editor's Note

I would like to say a huge thanks to Matt Sykes-Hooban for looking after the newsletter and doing a great job editing and putting it together in July and August while I was busy getting married. I was very touched by the 'wedding report' although would like to quickly set the record straight that we did not in fact have The Pretenders play at the reception, but a local band from Wakefield called Protectors! (who are much better than The Pretenders anyway..) Many thanks also for my card and collection, we are hoping to move house in the near future and will put the money towards something for the new pad.

Back to the newsletter. I am also delighted to announce that Matt has very kindly offered to become my Co-Editor from this month, giving me a break every other month which is fantastic. If you ever fancy writing us a race report, book review, a Member Profile or sending us anything at all running related, especially photos (we are a little short this month for example) please send it to the usual club email address: kirkstallharriers@googlemail.com as all

contributions are gladly received.

To celebrate my new name (and the fact that nobody else has volunteered to write one!) I have decided to write my own Member Profile for this month. Apologies if it's on the lengthy / self-indulgent side.

September is an exciting month kicking off with Leeds Country Way this Sunday then 2 weeks later our very own race, the Kirkstall Abbey 7, the next Championship race the following week at the Horsforth 10k as well as multiple other races and events as detailed elsewhere in the newsletter. Hope you can join us all for a post-KA7 celebratory curry at the Sheesh Mahal on the 22nd.

Thanks as always for your support,
Mrs Eleanor Gallon, Editor

* Colin Morath

For anyone who has not heard this sad news, Colin Morath, President of Abbey Runners, after a long illness died peacefully on 19th August at St Gemma's Hospice. He was one of the first and main organisers of the Abbey Dash as well as several other key local races, and a founder member of the Leeds Endurance Athletics Forum (LEAF). He was instrumental in helping reinstate the Leeds Half Marathon after Leeds City Council cancelled it. He will be sadly missed.

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Key Dates for your diary

- Sun 4th Sept: Leeds Country Way Relay
- Sun 18th Sept: **KIRKSTALL ABBEY 7 RACE**, hosted by us, your help is required!
- Thurs 22nd Sept: Social night out - curry at Sheesh Mahal Kirkstall Rd, 7.30pm
- Sun 25th Sept: Horsforth 10k (Club Championship Race)
- Sun 2nd Oct: Harewood 10 mile (Club Championship Race)
- Sun 9th Oct: Wet Yorks Cross Country, Nunroyd Park, Yeadon
- Sun 9th Oct: Liverpool Marathon & Chester Marathon
- Sun 23rd Oct: Within Skyline fell race (Club Championship Race)
- Sun 13th Nov: Yorks Vets, Spenborough (last of the season)
- Sun 20th Nov: Abbey Dash 10k

PECO Cross Countries

There should be a meeting sometime in Sept to discuss dates and venues. If anyone is interested in attending please let Peter Hey know.

* Curry Night - 22nd Sept

We decided it was high time we went for a curry evening at the Sheesh Mahal so we have booked this for **Thursday 22nd Sept** - to start eating at 7.30pm. If you are wanting to come please give your name to Jill Stocks, Peter Hey or another committee member asap. Hope to see you then.

Leeds Country Way - This Sunday!!

Hopefully you will have time to read this before the actual event, on Sunday 4th Sept. We wish our two teams all the best on the day, and if you are running and not got your race numbers they should be available on the day. You can find race information, maps and route descriptions at the following link <http://www.kippaxharriers.org.uk/lcww2.htm>.

These must be followed on the day. Due to changes to the official Leeds City Council version, plus ambiguities in various other maps, there are quite a few deviations to the official Kippax Harriers race route. Any short – or long cuts taken by runners – knowingly or not knowingly – could incur time penalties. So please keep to the race route wherever possible.

The cut off time is the latest time that leg will start if the runners on the previous leg have not finished yet. The start times after leg 1 are based on runners running 7 minute miles, which is possible for some of our pairs – but remember you have to get there – park up (its always busy) and get ready and warmed up so **please be early!**

This is a team event with each team consisting of 6 pairs of runners to run a distance of 8 to 11 miles starting and finishing together. The race starts at Garforth at 8.00am and takes in Stanley, Batley, Thornbury, Golden Acre Park, and Thorner before finishing back at Garforth usually mid afternoon. The routes are a mixture of road and off road terrain. If you are not running but have time to support your team mates somewhere along the route I'm sure your encouragement will be appreciated. And we are assuming the usual pie and peas will be available at the end at Garforth Leisure Centre for all runners so it would be great to see as many of you there at the end.

Good luck!

Kirkstall Abbey 7 - Sun 18th September 2011

Hopefully you will all have this date firmly in your diary but just a reminder that we really do need as many of you (and your families and friends too if possible!) to help out on this date. Our Race Directors, Jill and Matt, will be assigning duties shortly and we will send out an email nearer the time with details of what time we will need you on the day. It's not too late for friends, colleagues or family members to enter the race too, so please remember to spread the word and give out race entry forms whenever and wherever you can - thank you! If you are able to help with some local entry form drops over the next couple of weeks please get in touch with Jill asap - stoxy78@hotmail.com. We got some fantastic feedback on the improved route last year so we are confident that the event will be a great success once again. Please keep an ear out at training nights and an eye on your emails and if you have any questions in the meantime then please speak to Jill or Matt, thank you!

Yorkshire Vets

If you are over 35 and enjoy running on and off road these are ideal races for you – and the club. We usually have sufficient numbers for a team but could always do with more runners. If you have not tried them yet, please have a go, even if you came last (which is very unlikely) you will still score points for the club. Prizes are available at the end of each race for all age categories, in 5 year groups. At the end of the year there are also prizes for the best 3 individuals in each age group, usually based on the best 7 out of 10 races or less if they cannot organise 10. Race entry fee is £3.00 and more often than not includes refreshments afterwards. The final race so far is down for Sun Nov 13th 11.00am at Spenborough. Thanks to **Adam Moger** for the following reports on the 2 races held in August:

Knivesmire Vets Race

The only flat course in the series, I had high hopes of doing well in this midweek race, having PB'd at both 5k and 10k at the weekend. I went off like a hare for the first k, putting in a sub-4 min k (6.04 min/mile pace) and feeling very comfortable. Sadly the next 8k had me cursing the fast start, the heat/humidity, and a set of 400m intervals the night before. 1k as a hare, 8k as a tortoise - and none of the other hares had read the script about taking a rest before the finish.

Soundly beaten by my Hyde Park Harrier rival, I was also overtaken by Chris G, Kevin, Gary, and a host of runners from other clubs. I took back two places, but one of those was someone who'd given up and was walking back to the start! 4 min k's became a distant memory, whilst grimly hanging on seemed to take no less effort.

Purple Army finishing order: Kevin (running very well), Gary, Chris, myself, Mark, Peter B, Peter H for the boys; Sheila, Alyson and Bal for the girls; with Matt Woodhouse running a solid time as a guest. Well-organised and as close to flat as you get, but for me a race where my mind wrote cheques that my legs couldn't cash.

Bingley Vets Race

I can't better the race organiser's pre-race description of this, the 7th race in the series (bear in mind that there are runners in their 70's and one in his 80's):

"A mixture of good surfaces and appalling surfaces - rocky uneven paths, potentially muddy woodland paths, uneven, cobbled,



Photos: Gary and Kevin B at previous Vets races.
Photos courtesy of David Elliott

rough, stone and twig-strewn paths through woods, more uneven cobbled paths, rutted tracks and lanes. There are some vicious little climbs and some rather tricky descents on rocky woodland paths."

The start was a huge hill to separate the men from the boys - or rather, the men from the old men! At one point the path was almost eroded away down a bank & there was a quantity of cow dung on one path (& not of the solid variety..). Worst of all was finishing back down the same hill we started up, run as either a considered descent or a flat-out, uncontrolled, Gloucestershire cheese-chasing flailing. But still a fun course overall with a bit of everything, even some flat running by the canal.

A good race for me personally, but with Gary having "Race the Train" in his legs, Kevin taking a tumble that cost him places, and my main Hyde Park rival starting late (the race inexplicably began 8 minutes early), bragging rights were limited. Finishing order: Chris, myself, Kevin, Gary, Peter B, Mark, Paul G (running well in spite of dodgy hamstring), Andy (still fresh after a 20-miler at the weekend) and Peter H. For the girls, Sheila (again just one position away from top 3 in age group), Alyson and Collette (back running having been poorly). Jill Camm also made a welcome appearance as a guest. There was some confusion at the presentation as Alyson was called up for an age grade prize; it later transpired that her & Chris had accidentally been wearing each other's race numbers!

With one race to go (Spenborough, Nov 13th), we've slipped a little in the team tables, mainly due to Knavesmire's huge turnout at their home race (61 competitors, against average of 9 at the previous 5 races). We can easily gain back a place with another good turnout, and it's also a chance for those who've not run in the Vets before to see what they're like for next year. The ladies are currently 6th and 5th in their two leagues - from 22 clubs, and the men are 7th in two leagues and 5th in the third from 30 clubs.

Individually, a number of Harriers are riding high in their age category tables... we have Collette 7th out of 28 ladies, Bal 11th out of 46, Alyson and Sheila 6th and 13th respectively out of 43 - (but Sheila has only done 4 races). For the men, Adam is 7th out of 38, Andrew 19th out of 56 (only done 5 races), Gary 6th, Stuart 24th (4 races) out of 67, Chris Glover 4th, Peter Britton 11th, and Kevin 17th (5 races) out of 59 runners and Peter Hey 12th and Patrick 19th (5 races) out of 46. Finally Paul Glover is 7th from 33 (5 races).

Well done to all those who have run when they could and we will issue reminders of the last race nearer the time.

West Yorkshire Cross Countries

To date we have only had one male name for the following series of runs:

Sun 9th Oct – Nunroyd Park Yeadon

Sat or Sun 29th or 30th Oct – venue TBC

Sat or Sun 19th or 20th Nov – venue TBC

Sun 4th Dec – Thornes Park Wakefield

These are not to be confused with the Peco Cross countries. These are separate races for men and ladies and tend to be slightly longer. The start times are usually between 1 and 3pm. The caliber of runners at the front is usually better and more of them, but this does not stop any affiliated club runner from taking part. We are not too sure of the numbers, yet, but if we can get a minimum of 6 men and 4 ladies able to take part in at least 3 of the 4 races we can count as a club.

If anyone is available and interested in taking part please let your captains or committee members aware asap. As the closing date is 26th Sept, if we do not get sufficient names we will not be entering any teams this year. We can still enter teams or individuals into the Northern Cross Country and National Cross Country events so listen out for details on both of these to come over the next couple of months also.

New Members & Subscriptions

Please welcome to the club our latest new member **Ruth Harding** who lives in the St Anne's, her first ever race being the Members Meander last month.

The subscription fee is £20 per person unless you are a member of the LPSA in which case it is £15 or 2 years is only £38. If you joined after June 2011 your subs for 2012 will be adjusted pro rata. Alternatively if you cannot get down personally to pay your subs please send cheques payable to Kirkstall Harriers to Tony Downham at 17 Stainburn Avenue Leeds LS17 6PQ.

Club Championship - Members Meander, 17th August

Race #7 - Members Meander		
Points Awarded		
Position	Name	Points
1	Sandra Fraser	20
2	Mark Skinner	19
3	Catherine Elvin	18
4	Andy Cooper	17
5	Alyson Glover	16
6	Chris Glover	15
7	Rachel Pilling	14
8	Adam Moger	13
9	Richard Hancock	12
10	Gary Carlisle	11
11	Chris Hunt	10
12	Peter Britton	9
13	Eleanor Gallon	8
14	David Wood	7
15	Rob Goulsbra	6
16	Bal Sandhu	5
17	Carol Moran	4
18	Burjer Langdana	3
19	Ruth Harding	2

Well done to the 21 runners who did the Members Meander, which was also part of the Club Championship series. It was nice to see so many wearing the club colours on what is normally a training night. As it was a club championship event we strictly followed 10k pbs, despite this being about 6.4 miles. With a couple of new faces and some members who have not done races recently there were a few anomalies in the start and finish times, but overall things seemed to go very smoothly. There were 15 minutes between the 1st and last runner home but taking away the first and last member to finish this then becomes just over 6 minutes which between 17 runners is not too bad.

The first 3 members over the line were **Sandra Fraser**, who knocked 5 minutes off her expected time, followed by **Mark Skinner** who was just 1min 34 over his expected time and then **Catherine Elvin** who was 1.51 over her time. Commiserations to **Bal** who was the last to finish. We may be generous and amend her time for the next handicap run which will be the Chairman's Chase in 2012. Well done to all the others – apologies for not being able to give prizes to you all. The full results of the Members Meander and the full list of past and present winners is on the website.

The next club championship race is the **Horsforth 10k on Sun Sept 25th Sept**. Please remember to wear your club colours if running this event and update us with your 10k pb prior to the race if you don't think we have it. Thanks!

Club Championship 2011 - Overall League Table		
Top Ten after 7 races		
Position	Name	Points
1	Chris Hunt	96
2	Chris Glover	95
3	Adam Moger	86
4	Mark Skinner	81
5	Rachel Pilling	67
6	Peter Britton	66
7	Catherine Elvin	56
8	Richard Hancock	55
9	Andy Cooper	51
10	John Hutchinson	47

Committee Vacancy

Due to pressures of work and other commitments Helen Fearn has had to step down from the committee. If anyone would like to help out on the committee, please put your name forward to Peter Hey and we will co-opt a replacement.

Emails / Facebook / Twitter

If you are a paid up member and not receiving club e-mails now is a good time to let us know your details so we can keep you updated on what is happening. Please pass on your details direct to the club putting 'e-mail address' as the subject to kirkstallharriers@googlemail.com or pass it onto any committee member when next you see one.

We will also be re-launching the Kirkstall Harriers facebook group shortly and hope to use this more to keep everybody up to date with the latest news so please keep an eye out for this over the next month. We also have a Twitter page under the name 'KHarriers' although Eleanor does not enjoy updating this very much so if anybody more twitter-literate would like to take over this and update it more regularly she would be very grateful!

Messages from our Agents at Home and Abroad

We're sure everyone will be pleased to hear that we should be seeing more of **Martin Savage** soon. For those who have not bumped into him recently, the doctors have said he can now start running again. This is after a long and patient wait of over 12 months since breaking his back. As long as we do not encourage him to bungee jump or sky dive, from which he has been banned, we hope he will be fit enough to join us in the Peco cross countries.

We also received the following email from **Laura De Graff**, another Harrier who has recently moved away and whom we wish all the very best in the future and look forward to seeing when we bump into her at races.

"Dear Peter,

Leeds Half was a lovely day out. I 'ran' with friends who had never been further than 7 miles before (hence the time!) and was really pleased that they got round. I moved to York a couple of weeks ago so won't be able to come to training sessions which is why I didn't renew my membership. I have opted to try some triathlon training and events over the next year so will almost certainly see you and the Harriers at some of the shorter runs.

Thanks for all your organising over the last couple of years and all the best.

Laura"

10 Marathons in 10 days around Lake Windermere

Yes one of our very own Harriers, the fearless **Diane Shaw**, has only gone and signed up to run 10 marathons in 10 consecutive days round Lake Windermere next May!! Your newsletter editor Eleanor, fresh from running this marathon ONCE this year, has yet to have serious words of warning with Ms Shaw (the route is VERY hilly!) but it seems she is determined and so we all must wish her well in her training for such a massive task. We hope to get updates on Diane's training over the coming months and look forward to hearing all about it. For now, if you would like to help Diane kick-start her fundraising, please visit <http://www.justgiving.com/Diane-Shaw0> as she is aiming to raise **£10,000** for the Brathay Trust in Windermere who work with underprivileged and disadvantaged young people.

PBs and other worthy mentions

We're a little thin on the ground for PBs from August but apologies if we have missed any. Firstly, **Helen Goldthorpe** got a triathlon (Olympic distance) PB at the Allerthorpe Classic Tri of 2.51.54 which is 5 mins quicker than her previous best. **Rob Goulsbra** has also been dabbling in the world of triathlons and at the same event finished in 2.33.14 so well done to both of them. At the end of July **Steve Groves** ran an impressive 40.22 at the Jane Tomlinson York 10k (see page 9 for more on this)

At Race the Train in Wales last month we had a few Harriers out enjoying the 14 mile scenic route, with **Gary Carlisle** beating the train for a 2nd year in a row with a course PB of nearly 1 min finishing in 1.46.40.

As always, if you have achieved a PB or taken part in a special event, please do let us know as we love to share these with other members.

PODCAST REVIEW!

Marathon Talk Podcast

In a Kirkstall Harriers Newsletter first, I bring you a PODCAST review. Yes you heard me correctly, a PODCAST. We are in the 21st Century of all things digital and technological and great so I thought it was time to boast about my clever downloading skills.

In December 2010 I went to a marathon training talk at Leeds University by Tom Williams of local club Hyde Park Harriers. I had heard his name before in connection to the Marathon Talk podcast which I had been meaning to check out for some time. Totally inspired by his fantastic talk I rapidly went home and downloaded the podcast for the first time and am pleased to say I found it not half as complicated as it sounds at all!

I've been listening to the podcast, which comes out every Wednesday, every week since and want to recommend it to my fellow Harriers. Even if you are not a marathon runner and have no desire ever to be such a thing, it's a highly interesting and entertaining listen for any runner, wonderfully presented by Tom and co-host Martin Yelling.

For those who don't really understand what a podcast is (I didn't!), it is a bit like a radio show of approx 90 mins, perfect for listening to at work, at home or out on a training run. Marathon Talk features running news from around the globe, listener marathons and results, loads of training tips, the hilarious 'Tony's Trials' section by the wonderfully witty Tony Audenshaw from Emmerdale fame, competitions, fascinating interviews with top athletes and absolutely bucketloads of motivation for all things running. You don't even have to own an ipod to listen to it! Visit www.marathontalk.com or their facebook page at www.facebook.com/marathontalk for more information on how to listen and get involved.

Eleanor Gallon

Member Profile - Eleanor Gallon



Name: Eleanor Gallon (previously Franks)

Age: 31 (as of today!)

Occupation: Auditor

Originally from: London

When did you start running and why?

I received a group email from a friend in 2006 saying she was about to run the London Marathon and could we sponsor her etc. We lived together at university and were both so lazy that I couldn't believe she had become fit enough to manage such a feat... I was instantly inspired and decided I would see if I could run the London Marathon the following year. I bought my first pair of running shoes on 2nd June 2006 and have never looked back since. What I didn't expect is how hooked I would get on running, and other races, in the build up to the marathon.

When did you join Kirkstall Harriers?

I was really scared of joining a running club. I didn't think you were a 'proper' runner until you had run a marathon for some deluded reason, so I came down for my first training run shortly after running the London Marathon in 2007. I couldn't get over how friendly everyone was and how much fun it was running with so many different people to talk to, as up until that point I had only ever trained with one other person, my partner in crime Matt Merritt. I still remember that first training run, I ran the whole way with Liz Covey-Crump along



the Members Meander route, and loved it. Within 3 months that year I had met my future husband, run my first marathon, started the job I'm in now and joined Kirkstall Harriers, it was an exciting time in my life indeed!

What are your motivations for running?

I quite simply love to run so I'm lucky that I rarely struggle when it comes to motivation. In 2008 / 2009 I spent 6 months injured and unable to run and found myself very bitter about it. I swore I would never, ever miss a planned training run because I "couldn't be bothered" once I was able to run again and I'm very proud to say I don't think I have. As they say, you don't realise what you've got til it's gone, so as long as I am fit and healthy enough to run, then I plan to make the most of it.

What are your best running related memories?

I wish I could say finishing my first marathon in 2007 was a high point but due to severe dehydration, unfortunately I have absolutely no memory of crossing the line. I came to as I was being hoisted into a wheelchair on my way to the medical tent. I was fine within a couple of hours but my finish time of 4.05.15 really bugged me as I wanted to get under 4 hours. So I decided to run the Edinburgh Marathon 5 weeks later and finished in 3.57.22. I burst into tears at the finish line and that was definitely one of my best moments ever.

My favourite all-time race was probably Tough Guy in January this year. This involves running through fire, lots and lots of sub-zero degree water obstacles, underwater tunnels, the most horrendous cross country course you could possibly imagine, 40 ft climbing frames, tubes, ropes and electric shocks in the dark to name but a few of the challenges. Myself and Harrier Rachel Pilling were 81st and 82nd ladies out of only around 300 who completed it (compared with over 3,000 men!) so I was pretty proud of finishing that. I did scream my guts out at the electric shocks though, ouchy!

And a little closer to home, my favourite training runs are what I call the 'Peter Specials'! The first type of Peter Specials are during the summer when Peter takes us all on routes he seems to make up as he goes along through the woods and interesting places I've either never been to before or just forgotten (more likely, with my terrible memory for routes). The second type are when it snows heavily and only a few hardcore harriers make it along to training, and we run through the fresh snow through the abbey grounds in the dark. They feel like such adventures and remind me of all the wonderful reasons I joined a running club.

And worst running related memories?

Once, I was so miserable on a run that I started crying, then realised you can't breathe properly if you cry and run at the same time which made things worse! This was during a training run for my first marathon with my first training partner Matt. We were stubbornly strict with our

training schedule and wouldn't miss a session for life or limb. So we set out in torrential rain on a 17 mile run from Harrogate back to Leeds along the A61. BIG mistake. As well as being one of the most dangerous roads in the region, the rain was so hard you could barely see the cars coming towards you. It was during Lent and I'd given up chocolate but the only thing that made me keep on going and pull myself together was the thought that I would 'break Lent' and reward myself for finishing with a creme egg at the end of it! I'm pleased to report that it worked. Whilst talking about silly places to run home from, don't bother trying it from Wakefield either. I've no idea why I used to think that it was a good idea to run 'from x to home' back in those days. You live and learn.

Getting lost in the Danefield Relay last summer and disqualifying our team for approaching the finish from the opposite direction was pretty embarrassing too.

Greatest running achievements?

The PB I am most proud of is my half marathon PB which I got at Brass Monkey this year - 1.39.35. I guess I'm pretty proud of the fact that I hold the Guinness World Record for Fastest Marathon in a Wedding Dress, at 4.11.01. I came first in both Chairman's Chase and Members Meander in the 2007/2008 season and at the club's 25th anniversary party got an award for 'outstanding contribution to the club' which meant a lot.

Tell us an interesting fact about yourself.

I have **22.04.07.34400.4.05.15** tattooed on my right foot, see if you can work it out!

Words of wisdom for your fellow harriers?

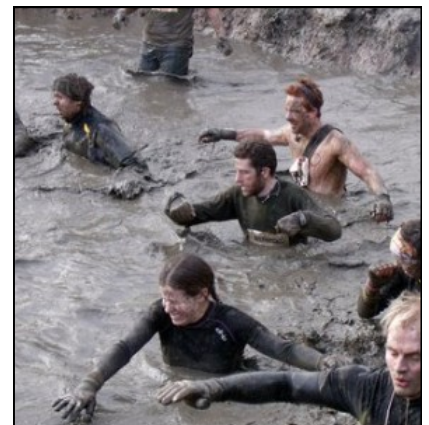
I always have plenty! Right...

In training - you get out as much as you put in so don't expect miracles on race day if you've not put the hard work in, you will never know your true potential if you don't push yourself in training!

In racing - Can't beat the old 'pain is temporary, success is forever' mantra.

In marathons - don't rely on average pace for your target finish time, you will nearly always run further than 26.2 miles...

In general - while you are fit and able to run, just bloody make the most of it! Enjoy the wind on your face and the fresh air in your lungs, and the fact that you are getting from A to B on nothing but your own two feet... there's nothing quite like it.



Photos: Top - Eleanor with friend Lou at the end of the Paris Marathon 2008. Left - at the National XC champs in Roundhay Park. Right - Tough Guy 2011.

RACE REPORTS

Rambling Richard's Race Roundup - August 2011

Ray Harrison Memorial 10k

Sunday 21st August saw me travel north too Billingham for the 25th Ray Harrison memorial 10k road race. Organised by the Billingham Marsh House Harries this race starts and finishes at the Billingham Synthonia Football Club.

A sunny morning with a light breeze greeted the 260 runners who lined up for the start of the race. The vast majority of club vests were from the north east of England, Redcar Harriers, Loftus and Whitby, Blaydon Harriers, Durham City, Billingham, Quakers rc and the lone purple vest from Kirkstall mingled with the rest of the field.

11am and the race commenced in a northerly direction out of Billingham. This was a two lap race, the first lap being 3k and the second 7k. At the end of the first lap the race passed the football ground and runners were cheered on by a large crowd of spectators. On the second lap there were a few runners dropping out, maybe as a result of fast pace combined with the warm late August sun. At the 5k mark the water station was a welcome sight and after I gulped down my water I found a new burst of energy and set off at the speed of a sports car, well more like the speed of a mobility scooter! I maintained a steady pace for the remainder of the race catching the three runners I had been following since the 3k mark. Once at the 9k mark it was a short climb over the railway bridge and once at the summit I left my three running companions behind and raced into the football ground and crossed the line in 55:40, finishing 194th out of 260 runners. There was a post race bag that contained a race t shirt, towel, bag of crisps, water bottle and a small shopping bag. The club house was open and the stewards and club runners were encouraging all of the runners to call in for a post race pint. Being the highly trained athlete that I am and my body being a temple I declined the offer of a pint, sorry back too reality, being the unfit ale swilling clown that I am I was only too eager too join the host club for a post race pint !!!

The race was well worth entering and the hospitality and after race bag were excellent, there is a very good chance that I will enter this race again !

Brampton Brewery Spire 10

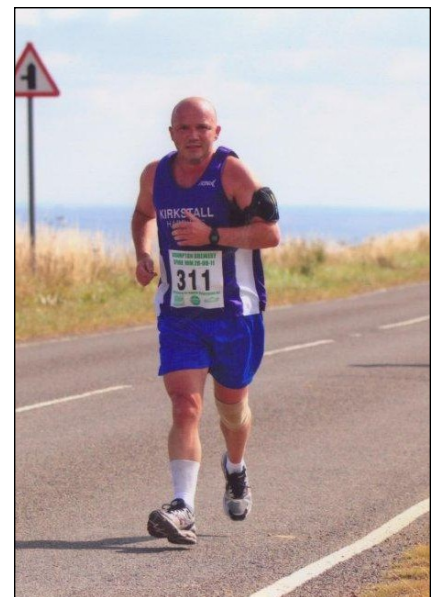
Sunday 28th of August was a sunny day with a cool strong wind and I was at Holmebrook valley park Chesterfield for the Brampton Brewery Spire 10 mile road race, organised by the North Derbyshire running club.

Once again the Kirkstall vest was mixing with runners from such clubs as Matlock ac, Steel City Striders, Belper Harriers, Clowne RR and Rolls Royce Harriers.

10:30 and the race was under way, leaving Holmebrook park Newbould the race turned left towards Cutthorpe. The first three miles were a mixture of gentle gradients and acute climbs, similar too the early stages of the Otley 10 mile, oh how I laughed as I climbed those hills! Once at the three mile mark there was the first water station and a brief period of flat road before another climb too the 5 mile mark at Wigley. At the summit I was able to take in the splendid views of the Derbyshire countryside prior too passing another water stop. Then came a downhill stretch lasting for 3 miles that took me through Old Brampton and Ashgate. Here I was able too make up a bit of time that I had lost as on the hills. Passing the 8 mile mark and final water station at Ashgate it was a left turn at the roundabout and I started the last climb back up to Newbould. Left at the next roundabout and I was heading back towards the park.

The final turn and there was the finish line in sight, I put in my usual 100 yard dash and crossed the line in 96:25 finishing 229th out of 271 runners. All finishers received a long sleeve t shirt and a bottle of Brampton Brewery spire 10 ale, a very pleasant brew!

This is a tough 10 mile race, similar to the Otley 10, the second year I have done it and I'm sure I will be back next year.



*Richard "fooling about at the top of the climb during the spire 10"
- looking pretty fresh we reckon!*

Richard Hancock

RACE REPORT

Summer Mile - 24th August

New to the racing calendar this year was the Hyde Park Harriers "Summer Mile". Utilising some of the parkrun course, it had some gradient, bends and turns, and a pot-holed path on the steepest downhill. More challenging than going round a track, but more interesting too. Water and banana at the finish, and a good-quality goodie bag, but some may have been put off by the cost (£5/£7 unattached).

Despite it being an August evening it was bloody cold waiting for your wave to start - runners went in waves of around 14-17 people, graded by expected time, with the next wave not going until the previous one had come in. Collette ran in wave 2, a rather nervous(!) Eleanor in wave 3, and I went in wave 4, which gave us the chance to cheer each other over the line.

A decent number of the 81 runners had never raced a mile, & some had little idea what time to predict. One HPH I spoke to had used his average mile time over a half marathon - suffice to say he beat his predicted time by 80 secs! I'd optimistically



All smiles before the race, seemingly wearing the elite "blue" KH shirts. Thanks to Ken Fox of Hyde Park Harriers for the photo.

plumpled for 5.45, 4 secs faster than my PB, but when the rain came down and made the course greasy, I knew I'd struggle. I finished 8th out of 17 in my group in 5.54, a time I was still very pleased with.

Collette came 7th in her group in 7.31, whilst Eleanor, gunning for 6.45, ran 6.44 and was 6th girl overall on the night. Wave 5 saw Dan Garbutt of Leeds Carnegie run an amazing 4.44, with the female winner - Katie Parry of Leeds City - 6th overall with an impressive 5.21.

Mile running is underrated in my opinion: often the way to get quicker over longer distances is to get quicker over the shorter ones first. I'll definitely run this race again next year.

Adam Moger

RACE REPORT

Escrick 10k - 21st August

8 miles south of York, the only problem with this race is the heat, due to an 11am start in the middle of August. I was expecting to be the only Kirkstall representative after Phil's foot injury ruled him out of his "local" race, but was pleased to also see Ian Brown in Kirkstall colours. The course is largely flat, with some tight turns & gravelled track alongside fields, before looping round forest track and running back through the grounds of the picturesque Queen Margaret's School. Cakes and BBQ food available for a small charge, both before and after the race, & a KitKat in the goodie bag at the end.

There were some impressive times, including the winner in sub-33, & Vets M80 runner John Johnson (St Theresa's) finishing in just under an hour. My Anna ran a PB despite the heat, though pursued throughout by the Gingerbread Man (ref: Marathon Talk podcast: suffice to say she did the 100m to the portaloos at the end even faster!). I finished more than 2 minutes outside my PB but ran hard and enjoyed the race.

Adam Moger

Many thanks to Adam Moger and Richard Hancock who seem to be competing on who can not only run the most races each month but write the best race reports for them afterwards!!

If you have run a race of any distance and fancy seeing your name in print please do email us as we really do love reading about different people's racing experiences. Thanks!



August & September birthdays

Many happy returns to the following members who had birthdays in August:

* Julie Hustwit * David Spink * Peter Branney * Alyson Glover * Sheila King * David Wood
* Liz Covey-Crump * Patrick Nesden *

And Happy Birthday to the following members who are celebrating birthdays in September:

* Eleanor Gallon * Stephen Corcoran * Graham Pilling * Lisa Smailes * Catherine Elvin * Graham Curtis
* Martin Rocks * Neil McGill * Hilary Glover *

RACE REPORT

John Lunn 5k - 20th July

In previous years a 3-race series known as the Hyde Park 5k and run by Leeds AC, this year it was renamed the John Lunn 5k in honour of the Leeds AC stalwart (obituary in July's newsletter). The overall standard was very high: 17 runners finished under 17 minutes with the race won in 15.02, an outstanding time for the course (same route as parkrun). Gemma finished second girl in 18.54, whilst I finally managed to break 20 minutes with 19.55.

Adam Moger

RACE REPORT

Jane Tomlinson York 10k - 31st July

Several club members ran the Jane Tomlinson York 10k on Sunday 31st July. I met up with Steve Groves on the start line, who was hoping to run his first sub-40 10k. But the day was getting warm even before the 9am start.

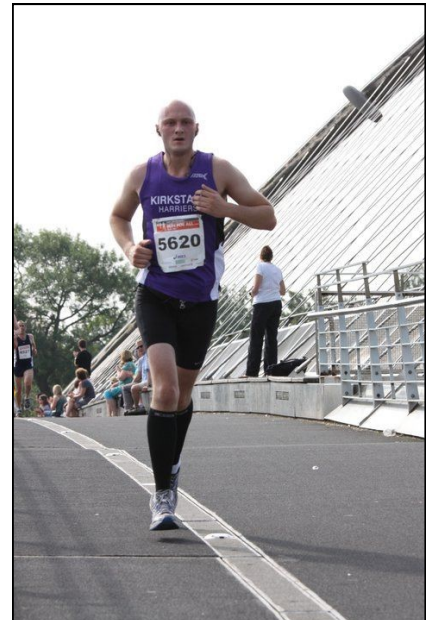
Whilst there were no hills, it was undulating in places, along with some tight 90 degree turns through town. Starting alongside the famous Knavesmire, we went as far as the Minster ("largest Gothic cathedral in Northern Europe", as anyone schooled in York remembers..) before heading out on the cycle path next to the river Ouse, over Millennium Bridge, and returning via the back of the racecourse grandstand to the start/finish.

Very well marshalled, but inevitably a little crowded - we struggled to pass slower runners on the first k, even though we started at the "35 min" sign. Steve then moved away to ultimately record a superb 40.22 - comfortably a sub-40 in better conditions.

Although the Run-For-All's (Leeds, Hull & York) are perhaps more "fun run" than race, we still had some great finishes: Steve - 77th; myself - 110th (gunning for top 100 but couldn't quite do it..); Chris Glover (running with a team from Morrison Construction) 142nd, all out of 4,510 competitors.

Expensive to enter, but any profit goes to the Jane Tomlinson Appeal & the races are always a good day out.

Adam Moger



We didn't want to nick one of the official photos from the Jane T race so instead have nicked a photo of Steve Groves at another race, from his facebook page! Thanks, Steve!

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.

