

# Kirkstall Harriers Newsletter

No. 62 January 2009



Happy New Year!

We wish you all a very happy new year and hope that 2009 is a good one from a club and running point of view for everyone.

Many thanks to everyone who has given feedback on the new layout of the newsletter. Congratulations to Eleanor on doing a damn fine splendid job. The general consensus is that it looks a lot more professional now. To keep it readable and entertaining, any comments or stories – good or bad will be appreciated. You can either e-mail it to Eleanor (eleanor5446@hotmail.com) or give a hard copy to one of the committee members who will pass it on.

## PECO Cross Countries

### Race #2 - Golden Acre Park, 20<sup>th</sup> December 2008

Despite it being the weekend before Christmas and on a Saturday, we managed to get another decent team out for both the men and the women. But again we still had some of our better runners missing, albeit different ones from the Ilkley race. Could we get them ALL out together for the next one at John Smeaton on **Sunday 11th January?!**



First home for the ladies was Gemma finishing in 2<sup>nd</sup> place – well done Gemma, and bringing the men in was Stuart Reardon who improved about 15 places from Ilkley to finish 44<sup>th</sup>. He reckons it was the beer the night before that made the difference. A well done also goes to his son Aston who has finished 10<sup>th</sup> and 11<sup>th</sup> respectively in the first 2 junior races – let's hope its NOT the beer that's Aston's secret. We also had a few cross country virgins at Golden Acre who seemed to enjoy the race – hopefully they are up for the next 3 races also.

## Calderdale Way Relay

Well done to Gemma, Mike T, Matt M, Mario, Collette, Marion, Mark, Tim, Alex, Sheila, Martin S and Jill C for being the first club from Kirkstall to compete and finish the Calderdale Way. A very hilly and muddy route on the moors around Halifax. A special thank you to Bal for driving the team around the course and getting them there in the right place at the right time, no doubt guided by Martin who should take the main praise for organising the lot, and sorting out the usual last minute team adjustments.

The team managed to finish 88th out of 117 teams, and we were also the 7th mixed team in out of 17, so considering the strong field and a couple of teething problems (!) this was a commendable finish. The consensus is to enter again next year, possibly a male and female team - so get thinking about it, it will be about mid December again on a Sunday. This definitely requires some recceing and we'll put some recce dates out for over the Summer/ Autumn of 2009, due to the diminishing light problems we had this year!

The next event is on **Sun 11<sup>th</sup> January** from John Smeaton School on the Barwick Road out of CrossGates/Seacroft way. The junior race again starts at 10.00 with the seniors at 11.00. Please meet outside the LPSA club for 9.45 if wanting a lift or sharing transport, or 10.30 at the latest at the John Smeaton school to register.

The remaining events after John Smeaton are:

-Sunday 8<sup>th</sup> February – Rothwell, South Leeds Stadium (John Charles Centre), **or Fell n Dale,**

### Otley Chevin

-Sunday 1<sup>st</sup> March – Woodkirk, Shaw Cross

These races are suited for ALL club members to take part and are usually about 4 to 4.5 miles in distance. All clubs can have several 2<sup>nd</sup> claim members running, but only the first one home for each sex can count – so if anyone is interested please let us know asap.

Thanks to Abbey Runners for the photo - it's Matt Hooban bravely contemplating the mud ahead!

## Winter Time Trial - 15/12/08



The second run of the year was held on 15<sup>th</sup> December and had 16 finishers. I think a few of the Calderdale Way runners may have had a reasonable excuse to miss – or at least record a slighter slower time. First 3 members over the line were **Steve Jones, Jessica** and **Tony Moran**.

The updated spreadsheet of results from the Nov and Dec time trials is available on the website.



## London Marathon

Congratulations to **Martin Savage** and **Stuart Reardon** for collecting the 2 club places for London, although Martin and Stuart may not think so when they have to do all the extra mileage in the winter months. Hopefully this gives us a good contingency for the event and Matt and Tony have put together a training schedule that has been planned so that anyone can join in if necessary. Read on for more details!

## London Marathon Training

Attention all Flora London 2009 Marathoners! (or anybody training for a different spring marathon).

If you are attempting the marathon this year, but don't where to start with your training, or haven't even thought about it yet... never fear! Your friends, nay comrades behind the scenes at Kirkstall Harriers have come to your rescue. Starting from 3<sup>rd</sup> January we will be doing marathon training runs every Saturday morning starting from 9am.

To kick start the year off in style we will be running the Members Meander and Horsforth 10k combined on Sat

3rd January. This little beauty has a bit of everything for everyone - road, trail, hills and most importantly short cuts for those who don't feel up to the full distance so soon after Christmas. Then after that we will be running various different routes over varying distances and races each week until glorious London Marathon day itself on 26<sup>th</sup> April.

If you are not running a marathon but just fancy some longer training runs with a bit of company at the weekends, or perhaps you have another event you are training for or simply want to increase your mileage and see how far you can go, feel free to join us on the runs. Everyone is welcome to join in the fun! Don't worry if the distances seem off-putting, there is always a cut off, short version or a section that you can join in with.

There will be a short meeting after the club run on Monday 5<sup>th</sup> Jan for anyone interested, to discuss the training schedule for Feb onwards and give people a chance to offer suggestions for routes that you would like to try out or favourite ones that you would like to share. For January training sessions see below. They are also on the training schedule on the website now.

## January Marathon Training runs:

**Sat 3:** Members Meander & Horsforth 10k (13m) - KLC 09:00

Options: Members Meander (7.25m) - KLC 09:00; Horsforth 10k - Railway Pub, Rodley 09:30

**Sat 10:** Canal to Esholt & back (16m) KLC 09:00

Options: Members Meander (7.25m) - KLC 09:00; Horsforth 10k - Railway Pub, Rodley 09:30

**Sat 17:** Leeds 1/2M + extension to Horsforth Roundabout (15m) OR Canal (16 - 17m) KLC 09:00

Options: KLC - Meanwood - Headingley (7m); KLC - Lawnswood (10m); Leeds 1/2M (13m)

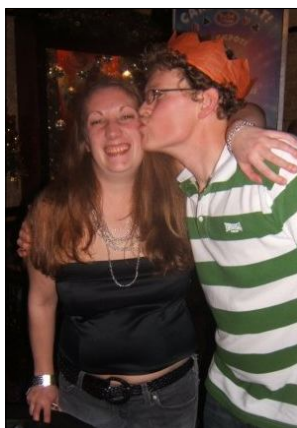
**Sat 24:** Rombald's Recce: Dick Hudsons to Guiseley (14m off road / fell = 18m) KLC 09:00

**Sat 31:** Meanwood Park - Harewood - Eccup - Meanwood (18.5m) KLC 08:45 / Meanwood Park CP 09:00

Options: Meanwood Valley (7m) Meanwood Park 09:00; Harewood & Eccup (10m) - Eccup Moor Road 10:15

## Need a Marathon place?

A friend of Helen Goldthorpe's works for DEMAND ([www.demand.org.uk](http://www.demand.org.uk)) which is a charity which custom makes equipment for the disabled. The charity have two Golden Bond places available for the London Marathon - there is a fund raising target, but if anyone is interested it is a very good cause, without the publicity that some of the bigger charities get. Helen got a huge cheer from their cheering station last year!



## Christmas Meal

Thanks to Helen for these photos!



Yet again Jill came up trumps (blame it on the sprouts if you have to) with another cracking evening at the West End. It was nice to see other members coming down before or after for the social drink too. Sadly this year we failed to win the Pub Quiz which followed...

## PBs and other worthy mentions

Apologies to **Gareth Hagger-Johnson**, who we missed on the pb's for the Abbey Dash. Despite a hairline fracture to a bone in his foot he is now coming back with a pb of 47.57.

Not necessarily a pb – especially on a 7 mile hilly course, but **Helen Goldthorpe** came 7<sup>th</sup> lady at the Longridge 7 miler over in Lancashire on 14<sup>th</sup> December.

If you know something worthy of a mention, please pass it onto the committee.

## New Members

Our latest batch of new members are **Neil Barker** from Burley Park area, **Alex Saunders** who kindly stepped into the Calderdale Way relay team at the very last moment for which we are grateful for, **Lisa Martin** from Headingley, **Louise Waite** from Kirkstall, and last but not least, hopefully, **Amelia Oldham** from Headingley, making it 85 paid up members to date.

Sadly, for us, Sally Osborne has had to move to Nottingham and says thank you and good luck to us all.

People who have yet to rejoin for 2008/09 can send Cheques to Tony Downham, 17 Stainburn Avenue, Leeds, LS17 6PQ, payable to Kirkstall Harriers.

## Kirkstall Harriers Club Championship

We still need a lot of people's PBs for the new championship! Please send us your 'recent' PB times (from the last 2-5 years-ish) [kh.championship@googlemail.com](mailto:kh.championship@googlemail.com) - please include 5k, 10k, 10mile and half marathon if you have them. No problem if you do not have a PB for each distance.

Also a reminder that the first event of the championship is the **Liversedge Half Marathon** on Sunday 15<sup>th</sup> February (go to [www.roberttownroadrunners.co.uk](http://www.roberttownroadrunners.co.uk) for entry forms).

For more details on the Club Championship including the full race list please see our website - [www.kirkstallharriers.org.uk](http://www.kirkstallharriers.org.uk)

## ★ Member Profile - Jill Stocks ★



**Name** - Jill Stocks

**Age** - 30

**Occupation** -

Barmaid, at the moment

Jill was born and brought up in Newcastle and has lived in Leeds for 8 years. She works very hard as our Club Secretary and I'm sure you will all agree she is a key member of the Kirkstall Harriers family.

### When did you start running, and why?

In 2004. A friend of mine, who was very unfit, bet she could beat me at the Race For Life. I was already quite fit and beat her by 10 minutes! I kept running and went on to complete the Great North Run in 2005.

### What are your greatest running achievements / PBs?

Finishing my first half marathon at the Great North Run. Finally getting under the hour for a 10k at the Dewsbury 10k. Winning the Kirkstall Harriers Sportswoman of the Year last year - I was very proud to be recognised by

my peers, especially as I am quite a slow runner!

### What are your motivations for running?

To keep the weight off, keep me fit and feel better about myself. I love the social side and have made good friends. For me, completing every run gives me a huge sense of achievement.



Photo courtesy of Ilkley Harriers

### What are your favourite running-related memories?

1. Completing my first Great North Run in 2005. I had decided to do it in memory of my Dad who did the first one in 1981. it was a very

emotional moment when I crossed the line and saw my boyfriend and my friend waving and grinning. I really felt I had achieved something very special and I have gone on to continue running even though I said "never again", and it has changed my life. To date I have run 21 half marathons now.

2. Completing my first 10k at the Abbey Dash in 2004 hand in hand with my friend.

3. Coming last on a club cross country earlier this year! I had run the 14 miler at Dentdale the day before (nutter! - Ed) but thought we were low on numbers so I'd better turn up. Anyway, I was well and truly last, having struggled all the way round. But, everyone was there, not just club members but friends from other clubs too, to cheer me in. It was a great feeling being last!



Jill and her Dad after the first Great North Run, 1981

# Race Report: Carrera Popular Paco Artilles, Gran Canaria

By Helen Goldthorpe

I don't seem to have been able to make it to many club nights recently, so I thought I'd give you a quick update on what I've been up to. With it being far too cold out I decided to head over to the Canary Islands to see my parents, and while I was there I decided to do my first Canarian race - a very different experience to racing in the UK!

The race was part of a local town's fiesta, and the whole town centre was closed off for the morning for the races. The course was a 1k loop, and how many times you went round it depended on which race you were in. The longest race was the men's race, which was 5k. The main women's race was a mere 3k, so considerably shorter than I am used to! There were also races for the kids from 5 or 6 upwards, all over different distances.

Registration was on the day - and the race was entirely free despite prizes for the top 5 men and women, with the top prize for each being an impressive €160! It seems that not many women run in the Canaries - the 3k womens race had about 23 entries, which were split between junior, senior and veterans categories. By contrast there were over 150 men in the 5k (and about 300 people took part in total across all the races). I started to worry slightly when I noticed that almost all the other runners seemed to be taking the crop top and pants approach to running kit, and when they did a roll call at the start to make sure none of us had got cold feet and backed out!

I managed to finish 10th in the race overall, and 5th in the senior category (with a couple of juniors and vets ahead of me) in a time of 13:21, which put me a mere 2 places away from picking up of the silverware the table was groaning with. The race was rather hotter than I was expecting, and I was quite relieved to finish and get into the shade!

And a date for the future - plans are underway for the first ever Gran Canaria Marathon on 17 January 2010. Full details haven't been announced yet, but I would be surprised if they don't run a half and/or a 10k on the same day. This is usually the coolest time of year over there, and the course is pretty flat with some nice stretches alongside the beach. I will almost certainly be running it, and I'd be happy to coordinate flight and accommodation arrangements if anyone is interested in making a trip over there.

And finally - the Spanish language doesn't make much use of the letter "K" so I think you can imagine the trouble they had with announcing which club I was from...



Apparently Helen overtook bikini girl on the next corner, hurrah!

## Message from Stuart Moore

We've had a message from Stuart Moore in Hereford saying good to see us in November at the Hell Up North and nice to know the banner that Rebecca and Stuart made is still going strong. All's well in Hereford with Seth running and babbling galore. Stuart's running going nearly as well too. He's hoping he's on for a place in Team Herefordshire for Inter Counties X Country. He finishes by saying Hello to all the good old KH's who remember him and hopes to see us in 2009.

## Christmas Lights Run

This was another success with a huge turnout from Horsforth and Kirkstall, but I think Kirkstall won the dressing up prize.



Santa Matt, Santa Alex, Santa Bal & Santa Kerry

## New Online Forum

Thanks to everyone who has registered and posted on the new chat forum so far. The more people we can get to contribute to this the better, as it could prove to be a very useful communication tool so please check it out if you can! You can reach the forum from the front page of the website.

You do need to register to be able to post messages but this only takes a minute.

## Physiotherapist Recommendation

Thanks to Pat Shepherd (who we apologise for accidentally calling Pat Schofield in the December newsletter, sorry!) for recommending the below Physiotherapist who she has had cause to use recently. Pat reports that he is very user friendly, excellent at what he does as well as being local and very accessible. Let's hope not too many of us will have to seek out David's help in the new year but it's always very useful to have recommended therapists just in case.



### **Your Physical Health in Experienced Hands:** David Stringer Physiotherapy & Sports Injury

With over eight years' experience in practising physiotherapy; including six in professional sport - with four years full-time treating Leeds Rhinos and Leeds Carnegie professional rugby players, and current commitments with the England Saxons Rugby Union team - David Stringer has a wealth of understanding in providing high quality care.

With his background, David knows all too well the frustrations of those involved in sport or running at any level carrying niggles and injuries, particularly if just told to rest. Through David's knowledge of hands-on treatment and rehabilitation techniques, David Stringer Physiotherapy aims to keep you training, wherever possible, getting you back to full training and competition quickly.

David recently relocated his private practice to **The Little Lodge, Harrogate Road** and can now offer greater flexibility of appointment times with the highest level of care, developed from his work in elite sporting settings.

David Stringer Physiotherapy is registered with all major private insurance companies, including LHF, Leeds Hospital Fund.

#### **For more information contact:**

**David Stringer BSc (Hons) PgCert (Sport Injury) MCSP SRP AACP**

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## Hoodies

Anyone wanting to buy a hooded top are asked to contact Carol or at least pass a message on. The quality is very good Gilden or Fruit of the Loom and are available in various colours and depending on the order quantity are about £16, and come complete with the Harriers logo on.



## Dark Nights

Just to remind all runners to wear light coloured clothing – or better still fluorescent tops, when running in the evenings. Carol (our bag lady) has limited stocks of fluorescent tops and bibs. If you cannot get hold of any, we may be able to order some more.

## Yorkshire Vets

After some enjoyable and successful races last year we look forward to the new year of races. The first is normally put on by Horsforth around the end of Jan or early Feb – no dates as yet but we will keep you posted.

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](http://www.kirkstallharriers.org.uk)



The Calderdale Way Relay team+minibus