



Kirkstall Harriers Newsletter

No. 61 December 2008



Welcome!

As you will notice, we have changed the layout of the newsletter somewhat this month. We hope you find it accessible and easy to follow, and would really welcome your comments on the new design (see final page for contact details)

As well as the regular content we have a few other new things for you in this issue too:

- * Full details of the new **Club Championship** for 2009 (see below)
- * Our first ever **Member Profile**, all about Mario who kindly volunteered to divulge his inner-most secrets to us!
- * **Race reports** from a couple of the brave souls who ran 'Hell Up North' last month

Enjoy!

Yorkshire Vets

Well done to everyone who ran at least one of the series of races this year. I am sure all those who are new to them enjoyed the routes and "friendly" competition they generate, along with all the fine grub and spot prizes afterwards. Lets hope it continues into next year. The first race is normally put on by Horsforth about end of Jan, early Feb – we will keep you posted.

As for this year, with only 2 or 3 females doing a couple of events each, they still managed to get Kirkstall finishing 13th in both categories, out of 22 clubs. As for the men they finished a very pleasing 9th with 1st four counters, and 10th with all to count, out of 35 clubs.

Mario narrowly missed out on the prizes in his age group, by coming 4th overall.

Calderdale Relay

We have entered a mixed team in this big event on 14th December, which has a limit of 100 teams and is always fully subscribed. The recess so far have been scenic and pretty testing- and with it usually snowing on the race day it should be a good challenge! Good luck to the team and thanks to Bal for offering to drive the smelly team around in a minibus!

Predictor Run

Richard's idea of putting this on the training schedule seems to have gone down very well, with most of the participants enjoying the challenge of guessing their time to run our old 10k route then running without watches to see who was closest to their predicted time.

The new faces of Sean and Rob outperformed the other older faces by finishing within 5 and 7 seconds respectively of their estimated times. The results are now up on the website.

Northern Cross-Countries

We are thinking of entering 1 or 2 teams into the 'Northern' again.

They take place on Saturday 24th January 2009 at Sherdley Park St Helens.

If you would be interested in taking part please speak to Martin or Collette and we will see if we have enough interest to enter teams.

Kirkstall Harriers Club Championship 2009

We are pleased to announce the new Kirkstall Harriers Club Championship, to be held during 2009.

The Championship is open to all paid up club members, and incorporates 10 local races throughout the calendar year, starting with **Liversedge Half Marathon** on Sunday 15th February (if you wish to enter this race please do so ASAP as places are running out quickly - www.roberttownroadrunners.co.uk for entry forms).

The main purpose of the Club Championship is reward self improvement and support local races, as well as just being a bit of fun of course! To make this a fair and open competition, a handicap system based on recent PBs

will be used. Please note this is an all-inclusive championship i.e. no separate men and ladies leagues. For more details including the full race list please check the championship page on our website - www.kirkstallharriers.org.uk

Please, please send us your recent PB (from the last 2-5 years as a guide) to 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. And please note you are not committing yourself to anything at all by submitting your PBs.

Winter Time Trial - 17/11/08

This must be getting a popular event – or most people did not know it was scheduled for that night! Or was it the massage afterwards that brought them down? But for whatever reason, 28 people turned up on the night, and many thanks to Jill Stocks for allocating a time to everyone.

First over the line was Neil, a new lad on the night – who did take a short cut by running up the wrong street. The first 3 members to finish were **Bal**, **Kerry** and **Diane** in that order.

The spreadsheet of full results can be found on the website.

Christmas Fuddle



The date for this is Monday 22nd December. The Yorkshire interpretation of a fuddle is for everyone to bring a little festive food and to share it out amongst ourselves after the training run. Please talk amongst yourselves or ideally ask Carol if you need some inspiration as we don't want everyone bringing mince pies (or brussel sprouts).

PECO Cross Countries

The first race of this series was on Sunday 16th Nov at Ilkley. Thanks to everyone who came along to what proved to be a very muddy event indeed! After the first race both the men's and ladies' teams are off to a good start with the men in 6th place in the premier league and the ladies in 4th, also in the premier league.

In the vets league our men came 6th and our ladies 6th. Does this mean our members are beginning to show signs of aging?!

These races are suitable for ALL club members to take part and are usually about 4 to 4.5 miles in distance.

It is the bottom two teams that get relegated and only the top two teams who win prizes, and as we did have a few good to decent runners missing at Ilkley, it is hoped that we have an even better turn out and both teams finish higher at all the other events.

The next event is on SATURDAY 20th December from Golden Acre Park. The junior race again starting 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 rear car park to register.



Photos courtesy of Ilkley Harriers website

The next events are:

Sunday 11th January – STAC, John Smeatons

Sunday 8th February – Rothwell, South Leeds, or Fell n Dale, Otley Chevin

Sunday 1st March – Woodkirk, Shaw Cross

All clubs can have several 2nd claim members running, but only the first one home for each sex can count – so if anyone is interested please let us know asap.

PBs and other worthy mentions

As mentioned already, **Mario** came 4th overall in the Yorkshire Vets Grand Prix series, and our ex member Stuart Moore finished 24th out of about 1,400 runners in the Hell Up North. We have a couple of cracking 10 mile PBs from **Martin** who ran 1.09.22 at Preston 10 and **Helen Goldthorpe** who did 1.18.55 at Thirsk 10.

The Abbey Dash 10k saw a good turnout of 14 Harriers, 6 of whom got shiny new PBs, so congratulations to:

Helen Thorpe (45.28), **Helen Goldthorpe** (46.54), **Liz Graham** (46.55), **Matt Hooban** (48.18), **Collette Spencer** (50.10) and **Kerry Wheldon** (53.30) who knocked 9 minutes off her previous PB! And our newest member **Ed Richards** ran a fantastic time of 36.08! See page 5 for some photos from the day taken from outside Kirkstall Leisure Centre.

Also spotted at the Abbey Dash were ex-members Nick Sykes and Michael Reynard, who perhaps we can look forward to seeing at the club again soon? As always, if you know something worthy of mention, please pass it onto the committee.



Christmas Lights Run

The date for this years run is Tuesday 9th December, starting at 7.30 from the LPSA club, not the Leisure Centre, with a buffet afterwards. After the response of last year we are asking as many of you as possible to dress up as Santa's or at least wear something that Santa would wear, like suspenders or stiletto heels!!! We could call it Santa's City Chilly Saunter – or something? We already have a couple of volunteers to run with buckets and hope to raise funds for Wheatfields if we get the official okay. Anyone who wishes to use Kirkstall Leisure Centre for a shower afterwards is asked to ensure they pay at reception, we think the fee is £1.50.



Race Reports: Puma Hellrunner - Hell Up North

2nd November, Delamere Forest, Cheshire

Mud glorious mud!

At about the half way point I found myself thinking what's so hellish about Hell up North? It's all rather pleasant forest trails and pretty quick going to boot! About 30 sec after that I ran into the first bad bog and big climb of the day and spent most of the rest of the race either between knee and chest deep in muddy bog water or scrabbling up what are technically known as cliffs! I thought it was an especially nice touch of the organisers to provide everyone with an invigorating group bath in the bog of doom near the end of the race!

Truly a lovely/hellish day out enjoyed by an alarmingly large contingent of Harriers - maybe the club training runs are not challenging enough anymore or maybe we find our running highs in slightly more unusual ways these days! I think despite the final soggy slog up the hill in sight of the finish line which was very naughty of the race organisers! Everybody had a great time and all posted very respectable times.

Thanks to Eleanor and Collette for organising the trip and special thanks to Bal for arranging the minibus and driving us there and back. You made what could have been a trip to hell very hellish very pleasant indeed.

Final verdict: Great race, cool race tee, a smashing goodie bag, one twisted ankle? And a brilliant time had by all!
AWESOME!!

Matt Hooban



Message from 2 guests on the trip who joined us from down south:

"We would like to thank you and your club members for your immense hospitality in allowing us to join the hardy crew of Kirkstall Harriers who attempted the Hell up North Cross Country challenge on 2nd November 2008. We could not have been made to feel more welcome and a part of your club.

To those who were not with us on the day: -We, being two members of Handy Cross Runners, who, if you look closely can be spotted on the 'hell runner' photograph found on your website.

Much appreciated, fab weekend for us all round, facilitated by two of your club members.

Look forward to joining you in the future

regards

Deborah Ridout and Steve Fordham"



Entering the unknown is always a challenging time, and the Hell Up North proved no different. I think all that went enjoyed it to some extent, with everyone coming back with some ache, cut or blister. Many thanks to Bal for driving the minibus there and back – and doing a good time round the course as well (in addition to showing her talents behind the wheel of the minibus – Neal Shotter be warned) – especially after a busy day at Alton Towers the day previous and not getting back home until 12.30 on the Sunday morning. It seems this lady has many talents. Just before the race started I met very briefly with Stuart Moore, an ex harrier himself, but now living near Hereford, who came 24th in this event. He passed his regards onto all those who remember him and has sent us an entry form for the Muddy Woody 6. A tough hard but fun run of about 6 miles starting at near Mordiford Hereford.

Peter Hey

New Members

Please welcome to the club **Kerry Wheldon**, who comes from Sheffield, who got a pb at the Great North recently. **Tabby Merrilees** from Bramley, a close friend of Pat Schofield and the late Stephen Blades. Another Helen, this time **Helen Anthony** from Burley, who I think knows our old friend Peter Branney, **Kevin Longmate**, from Kirkstall who had a very good run at the Ilkley Peco cross country, **Steven Jones** who travels all the way from East End Park way to join in our fun, **Sarah Stanton** from Kirkstall, a friend of Joan and **Ed Richards** who has just joined but did a commendable 15th in the Ilkley cross country, and he said he his only just getting back into it!!!

People who have yet to rejoin for 2008 can send Cheques to Tony Downham, 17 Stainburn Avenue, Leeds, LS17 6PQ, payable to Kirkstall Harriers. **We have an up to date list of those members who have yet to renew their subs.** As we now have to pay England Athletics £5.0 for each registered member, we will either be catching up with those who have not paid or deleting you from both our records and those of England Athletics.

Member Profile - Mario Kokes



Name - Mario Darren Kokes

Age - 48

Occupation - Grounds Manager

Mario's family is originally from Czechoslovakia but he was born in Jimmy's and has lived in Yorkshire all his life. He is dyslexic and sees his hands and legs as wonderful gifts.

When did you start running, and why?

I started running when I was 12, at school, because I was no good at fighting! (I went to a very rough school) By 15 I was the Yorkshire School Boy Champion and also left school at this age to start work.

What are your greatest running achievements / PBs?

My marathon PB is 2.35, from quite a while ago! A more recent PB is the Jane Tomlinson 5k 2007 of 19.03. After a long break from running I came back to it 2 and a half years ago and am now the 5th VET in my age group in West Yorkshire.

What are your motivations for running?

It has stopped me from going bonkers after my divorce! Running has been a godsend, it has re-energised my life both physically and mentally.

What are your favourite running-related memories?

1. Finishing my first marathon - that overwhelming feeling of not knowing whether to laugh or cry after all that mind vs body conflict and constantly

telling myself to keep going even after there was nothing left in the tank.

2. Finishing my second marathon - in brand new trainers! I had 10 blisters on one foot...

3. After a small argument with my ex-wife and at least one bottle of brandy I set off running. I ran, I cried, I ran and I cried some more. When I finally became sober I turned round and came back. I went out the next day in the car to plot the route and to my astonishment worked out I had run 33 miles! And had no hangover!

Thanks, Mario!



Mario, some time ago?!

Kilimanjaro Marathon

Fancy a new challenge? Not sure this will be an official Harrier trip as it's probably further than Bal's minibus could get us (?) but we've been contacted by Tom Sutton from East African Adventure about the Kilimanjaro Marathon on 1st March 2009.

From Thursday the 26th February - Tuesday 3rd March they are running the first organised trip from the UK to take part in the unique marathon which is held at the bottom (that's good!) of one of the most iconic mountains in the world. The trip includes time to relax beforehand, a Game drive with canoeing experience in Arusha National Park to spot some of the african wildlife and of course entry to the Kilimanjaro Marathon/Half Marathon, all the while staying in one of the most comfortable lodges in the area.

For more information go to:
http://eastafrikanadventure.com/trips/kili_marathon1.html

New Online Forum

Tom who manages our website has been doing a fantastic job of updating it recently and has just created us a brand new chat forum, which you can reach from the front page. You need to register to be able to post messages but this only takes a minute. The aim is to be able to discuss training, races, social events etc and should be useful when we cannot always see everyone at club nights to get messages across. Please check it out if you can!

London Marathon

This is the last chance of anyone being rejected from the ballot being put forward for a club place - we only have 2 places this year but the committee will endeavour to follow previous years rules and allocate them in a fair and reasonable manner - even if this means doing a draw, which will be held on the Christmas Fuddle night - 22nd December. If you have been rejected please advise the committee asap.

West Yorkshire Cross Countries

The final race is on Sunday 7th December at Thornes Park, Wakefield.

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.

Sports Massage Offer



New to Physiocure: Jennie Owst

Jennie Owst is fully qualified and insured in **Sports Massage** and is a Student Chartered Physiotherapist.

Sports Massage can improve recovery time, help avoid overuse injuries and is an effective medium for monitoring results of an athlete's condition, due to the affects of a training program.

Prices: £20.00 – Partial Body Sports Massage (30 mins)

£35.00 – Full Body Sports Massage (60 mins)

(Introductory offer of £30.00 for 60 min initial massage for running club members)

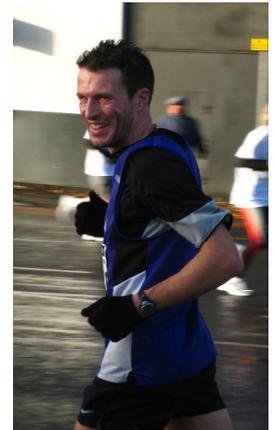
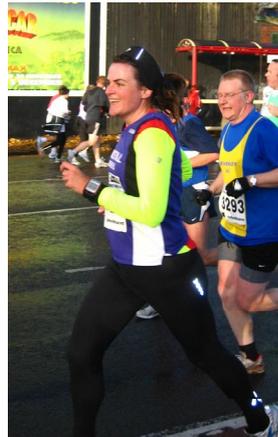
Jennie Owst is available on Tuesday evenings and Saturday mornings.

To book please ring – 0113 2611999

(Not applicable for claims on Leeds Hospital Fund/HSA/Health Insurance. Does not substitute treatment from a fully qualified Chartered Physiotherapist)



Kirkstall Harriers in action - Abbey Dash 23rd November 2008



L-R: Mark Vickers, Collette Spencer, Helen Goldthorpe, Peter Marshall, Stuart Reardon
(photos taken by Eleanor)

Any comments on the new style newsletter, or suggestions for future issues?
Would you like to write something - a race review, a website / clothing / equipment review or any running-related article for the newsletter?

Please email eleanor5446@hotmail.com

Thanks!

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

