

NOVEMBER 2008 NEWSLETTER

YORKSHIRE VETS

The last race for this year is at Spenborough on 9th November. The race starts at 11.00 from Spenborough running track and is about 5.5 miles mainly on tracks and grass paths, with a small amount on road/tarmac. Let's try and get as many vets out as we can and keep the men in the top ten, and see if the ladies can progress higher than 13th.

CALDERDALE WAY RELAY

We have been overwhelmed by the number of people wanting to be part of the team for this event which is fantastic, however we only have places on the day for 12. The event is very oversubscribed and there is a limit of 100 teams.

The final team is:

- Leg 1: Gemma and Mike Twineham
- 2: Mario and Matt Marsh
- 3: Collette and Amanda
- 4: Mark and Tim
- 5: Jill Camm and Sheila
- 6: Martin and Anna Crooks.

All legs definitely need to be recced at least once as the route are not obvious. The instructions **MUST BE READ BY ALL RUNNERS** – there are several important points, for the safety of the runners or to ensure the race can be run again without any serious complaints from the public or landowners.

Recces, all meeting 9am at the LPSA:

- 9th Nov: Leg 4
- 22nd Nov: Leg 5
- 29th Nov: Leg 6

All welcome!

The race is 14th December, we have a minibus which will be picking us up at 6am from the LPSA.

PLEASE note full body cover, map, compass, hat, gloves, whistle need to be carried by ALL runners.

PLEASE contact Martin 07967642702 if you have any queries and if unable to run please let him know ASAP.

PB's AND OTHER WORTHY MENTIONS

Matt Hooban continues his improvement with a pb of 48.43 at the Horsforth 10k, knocking 4 minutes off his previous best. Mario also got a pb at the same venue with 42.01. At the Great North Kerry achieved a time of 2.03. Whilst at the Harewood 10 miler, Gemma Smith got the third lady prize.

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

NEW MEMBERS

Please welcome to the club the following new members, Rob Owen, Gillian Booth, Martin's wife, and Marion Muir from Armley who kindly ran the Leeds Country Way with Collette. Just to remind you the subs are due, Men £17, Ladies £15.00. Cheques can be sent 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 £5.00 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.

WEAK EXCUSES FOR NOT TRAINING!

Message from Sarah Scott:

"I have been meaning to pop along to the club for the last few months, but have always thought of some sort of excuse, like it is raining, or working late, or just plain lazy! Anyway, I thought I should drop you a line to let you know why I have not been running for the last 15 or so weeks. I am now 26 weeks pregnant and discovered quite early on that running did not feel right! My belly felt far too wobbly for running and so I have restricted myself to walking and swimming.

The baby is due in January and I will do my best to pop along and introduce you to him/her. I have no idea when I will be able to start running again, but as I have been told time and time again - it's best not to make too many plans just now!

Good luck for all of the up and coming races - it must be time for cross- country now? Hope you do as well as last year!

Bye for now,
Sarah Scott (Twigg)"

Congratulations Sarah, and I think we can let you off with not running for now!

E-MAILS

We have deleted about 1/3 of the e-mail addresses from our list, which hopefully are ex-members. If you are reading this and did not get it through the normal e-mail listing and you are a paid up member – please let us know. If you did not get an e-mail and have not paid your subs, then we need your subs asap. Please see NEW MEMBERS above.

CHRISTMAS LIGHTS RUN

The date for this years run is Tuesday 9th December, starting at 7.30 from LPSA club, 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 !!! (really?), We could call it Santa's City Chilly Saunter – or something ? We are hoping to use the lights run as an opportunity to raise money for Wheatfields Hospice on our way round in memory of Steve Blades, who was a member of both clubs at one time. Volunteers are required to carry a collecting bucket en route and harrass members of the public for cash. Please see Jill to volunteer.

DARK NIGHTS

Talking about dark nights – it is an opportune time 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.

KIRKSTALL VALLEY TRAIL RACE

At the Post race meeting it was announced that the runners had kindly donated £160, Jill had raised £134 through her cake stall, and over £50 to date from the surplus beer, making a grand total of almost £350. The race itself made a profit of £611.

Unfortunately due to increased club expenditure this year, mainly due to an increase in English UK affiliation fees, 2 teams in the Bradford Millennium Way, 3 teams in the Leeds Country Way, and a team in the Calderdale Way Relay, plus the other smaller summer relays, the club may need some of that £600 to maintain the same cash assets at the end of this year (December) Therefore it was decided to leave any decision of any further donation to Wheatfields until the end of the financial year.

Other issues from the post race meeting were

- 1) Could we do a fun run next year?
- 2) A bottle of beer seemed the most appropriate souvenir for finishers (over 18)

The next race meeting to be held about March/April, once we have some idea of available dates in September from the Leeds Parks Dept.

Other issues raised were

A) A Club Championship next year covering a number of different races in the 12 months. Richard, Eleanor and Matt to look at a simple and fair way of selecting races and scoring. (see below for more news on this!)

B) Tom, Eleanor and Matt Hooban are to investigate updating the newsletter into a more reader friendly style - watch this space!

WEST YORKSHIRE CROSS COUNTRIES

Our runners did the club proud in this prestigious event which attracts the cream of runners from across the whole of West Yorkshire. The men came 20th out of 23 clubs, but there must be a hell of a lot more clubs in West Yorkshire than 23. At least we can put a team out these days. The ladies managed to come 13 out of 20, with Gemma Smith doing exceptionally well finishing 11th overall. The 2nd event was 26th Oct with the third race taking place on Saturday 15th November at Wetherby. The final race is on Sunday 7th Dec at Wakefield so presumably Thornes Park.

PECO CROSS COUNTRIES

The first race of this series is on Sunday 16th Nov at Ilkley The day after the West Yorkshires, but I'm sure our young lads and lasses can do both races equally well. These races are suited for ALL club members to take part and are usually about 4 - 4.5 miles in distance.

Saturday 20th Dec – Abbey, Golden Acre Park

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 races are hoping to incorporate a junior race of about half the distance, for clubs with junior members as well as children of club members.

The junior races starting at 10.00 with the main race starting at 11.00

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

The ladies won the First division last year and so competing in the Premier league now, and as such need 5 ladies to count instead of 4. The men also got promoted, so will have to try even harder to see if we can stay up there.

People wanting a lift or to share transport for the first race at Ilkley, should meet outside the LPSA club at 9.30

Full details concerning this and the other Peco races can be found via the Abbey Runners website.

KIRKSTALL HARRIERS CLUB CHAMPIONSHIP

Full credit to Richard for this brilliant new idea. A number of members have been brainstorming hard to work out the best way to run a club championship, incorporating a number of local races throughout the calendar year and using a handicap system based on current PBs. Points will be awarded to those who improve the most in races, and all who participate in the chosen races will receive points. At the end of 2009, whoever has the most points wins the championship - simple! We are looking to select 10 races throughout the year, of a range of distances from 5k up to half marathon. To get off the ground we need to start collecting your PBs. Please please send us your recent PBs (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. We aim to announce full details of the championship including which races will count in the Dec or Jan newsletter.

We would also really appreciate your input on race choice. If you have any suggestions of local, and preferably inexpensive, 10k, 10 mile or half marathon races that you have enjoyed or heard good things about please send them to kh.championship@googlemail.com.

FREE MASSAGES!

Jill has managed to find a guy who wants to massage us for free. He is training in sports massage and needs the practice as part of his course. We've asked him to come down after the time trial on Monday 17th November, in the LPSA bar. You basically you just walk in and get your legs done, and he gets a hand (excuse the pun!) in his training.