

## **SEPTEMBER NEWSLETTER**

### **YORKSHIRE VETS**

It was really pleasing to see 3 ladies running the Yorks Vets 8<sup>th</sup> race at Knavesmire, Sheila 13<sup>th</sup>, Collette 25<sup>th</sup> and Bal doing her first ever competitive race and finishing 40<sup>th</sup> out of 71 ladies. This has pushed the ladies team up to 15<sup>th</sup> out of 22 clubs. The men's team is standing 9<sup>th</sup> and 10<sup>th</sup> respectively out of 32 clubs but has been lacking in numbers of late – Mario, Stuart Reardon and Peter Hey being the main runners at the last couple of meetings. The penultimate race was on 21<sup>st</sup> August at Starbeck with Collette and Bal pushing the ladies up to 13<sup>th</sup> place, and with only Mario running for the men, they slipped down to 10<sup>th</sup> & 11<sup>th</sup> respectively. The final race is at Spenborough on Sunday 9<sup>th</sup> November, so let's see if we can go out with a better than normal finish.

### **LEEDS COUNTRY WAY**

At the time of writing the results of the 3 teams are unknown but a big thank you to Martin and all the others for organizing the teams and the reccis for everyone and coming up with 3 teams

### **PB's AND OTHER WORTHY MENTIONS**

Nothing to mention to date – please let someone on the committee know if you have done a pb, or have done something interesting or noteworthy

### **NEW MEMBERS**

Our latest batch of new members are Laura Mayo from Morley who has kindly volunteered to run leg 1 of the LCW, and Helen Bradshaw who has paid her money but just waiting for her details.

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. The number of paid up members is now 49, but we will be sending out reminders to those who have not paid up yet. Those who joined in the last 9 months will get a discount; the list of those eligible is available every night in the LPSA.

### **DESIGNER T-SHIRTS FOR SALE**

We have a wide selection of designs and sizes, short and long sleeved, available from previous 10k races should you require any. If you need them for training they are £2.00 each, if you need them for polishing the car etc, they are £3.00

### **KIRKSTALL VALLEY TRAIL RACE**

Everything seems to be going okay still for this our new race route, apart from a lack of entrants – about 50 to date. We have plenty of entry forms about so if anyone can drop some off at suitable places this would be appreciated. We will definitely be taking entries on the day at the Kirkstall Leisure Centre from 9.00am onwards. Peter Hey is now putting names for specific marshaling duties. Hopefully there is a list of marshaling points and instructions attached, please let him know if you have any preferred points you would like to volunteer for – otherwise you will be allocated points on the morning. We would like everyone involved and reporting to the Kirkstall Leisure Centre for 8.30 am, or if you cannot get down that early, from 9.00am at the Abbey. We need as many volunteers as possible, so if you can bring any friends or relatives along, or you don't even have to be a member – your presence would be appreciated.

### **MESSAGES FROM OUR FOREIGN AGENTS ABROAD & AT HOME ABROAD**

Just a quick note and a picture of me in the club vest by the Burj. Hope all is well, can't believe

it's Leeds Country Way time again!

I'm still running outside - I will not let it beat me! It's just you have to run at 6am or earlier, at the moment I run on the beach as there's a 3k track that I go on and then add on more on the Beach Rd. Its very cool (not literally) to have Palm trees and the Burj in the distance. I regularly wear my international Kirstall vest.

I'm definately used to the heat now, its at least 37 when I go out, crazily thats ok its when it's humid thats the killer!

Good luck in the LCC, and keep on running.

Cassie

## **HOME**

Sorry I haven't been in touch for ages to update you – I only remember each time I get a newsletter, and then somehow it slips my mind. Please feel free to use this in the next one.

## **THAT KNEE**

At the last hospital check-up in March, the doctor assured me the X-rays showed there has been no deterioration [for anyone who wasn't around last year, it's "moderately severe" osteo-arthritis in the left knee – first diagnosed over 3 years ago]. I beg to differ : I know it has *definitely* deteriorated this year, because sporadic pain has now become daily, and since the turn of the year it has often been painful to walk on – something I hadn't experienced before. I am down for 6-monthly check-ups, but the doctor has also made it clear that the only treatment option left now is full replacement, which neither of us are keen to do.

Inevitably running has been severely curtailed. As you know I have always run first thing in the morning around 6 am, and my "warm-up" is a 15-20 minute dog walk. That's also my test : if the knee hurts during that walk, even my non-medical brain can work out that it might also hurt to run. Many mornings I've really wanted to run, but I also have to be realistic. Ever the optimist, I bought a new pair of running shoes in March - and they've just about reached double figures in the number of times used.

Twelve months ago I invested in an elliptical trainer. [I actually wanted a rowing machine, but my knee wouldn't allow me to get nearer than 15 inches from the handlebar!]. While it lacks the excitement and variety of the open road, it does at least allow the semblance of running without the impact. And combined with the exercise bike, it provides a reasonable work-out.

The good old times of running 3 / 4 mornings a week, with 6 / 7 miles on a Sunday, now appear to be finished. I'm almost resigned as well to the idea that my running days may be all but numbered. Unless, of course, anyone knows of a miracle cure .....

Francis Klonowski

## **CHAIRMANS CHASE**

This has been fixed for Wednesday night 17<sup>th</sup> Sept over the original 10k road route. We are hoping the night watchmen will be on the Abbey site after Classical Fantasia for lighting at the finish. Afterwards there will be a label licking competition and some food in the LPSA club and any last minute discussions for the Trail race.

## **WEST YORKSHIRE CROSS COUNTRIES**

Martins name has been kindly volunteered to the organizers as 1<sup>st</sup> contact for this years events (whilst he was on holiday – but he does do a damn good job at organising our team events).

Last year we did not do as well as previous – mainly due to injuries, but if you fancy a 6 – 7 mile run with some good opposition these are the ones to do. Pass your name onto Martin if interested. The dates and hosting clubs are as follows

Sunday 12<sup>th</sup> October Otley A.C.

Sunday 26<sup>th</sup> October Skyrac A.C. – so presumably Nunroyd Park Guiseley

Saturday 15<sup>th</sup> November Wetherby  
Sunday 7<sup>th</sup> Dec Wakefield so presumably Thornes Park  
Team entries have to be in for 21<sup>st</sup> September  
What about you ladies – anyone up for a go please let Collette know.

**PECO CROSS COUNTRIES**

At the time of writing no details are available for these cross countries, but these are the ones for all our club members – fast and slow. Further information will be passed on once we get to know.