



KIRKSTALL HARRIERS

NEWS IN BRIEF

Edited by Rose George

Happy New Year!

Kirkstall Harriers wishes you all a wonderful 2014 full of successful runs, fabulous fitness and plentiful PBs. 2013 was a great year for the club, with four new members joining in December alone and triumphs galore. Here's hoping for more to come.

'Tis still the season of Hi-Vis

Although you may be thinking by now that a purple Santa hat is required club gear, in fact on training runs we require hi-visibility clothing. This has been obligatory since November 1. That means clothes that are high-visibility - yellow, pink or some other day-glo colour will work, though maybe not purple - and ideally with reflective strips or taping. We want you to be seen at night! Some sports shop chains sell bibs for as

little as £2. But if you do forget, Carol usually has some high-vis bibs for you to borrow.

New-look newsletter

It's out with the Comic Sans and in with the Hoefler Text! Thanks to the fact that Microsoft Publisher and Apple Macintosh snarl at each other with contempt, the newsletter has a new format for a New Year. All complaints, praise, indifference should be sent to this month's editor, but not as a Publisher doc.

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LETTER FROM OUR CHAIRMAN

Happy New Year!

It is the start of new year of running and the coldest time of the year for venturing out for a run. At a time when it is hardest to motivate yourself, let your fellow members provide the boost you need by joining them at training and the winter events. 2013 was a very good year

for the club and I trust that 2014 will prove to be even better. Thank you to all those who represented the club and those who volunteered to help with club admin in 2013.

Chris Glover

RACE REPORT: PECO

GOLDEN ACRE PARK

Sunday 15 December

We beat last month's record of 43 runners with 46 this time on this "flat" cross country course. This time we fielded 20 ladies, compared with 17 last time, and 26 men, the same number as on the last PECO. The field was slightly down by about 60 but there were still 598 runners. The ladies performed best, improving on their 4th place position last time and finishing a brilliant 2nd place. They have now moved up to second place overall. Well done Kirkstall women! It's not such good news for the men. Despite valiant efforts, the lack of one or two of our faster runners showed in the men's final 8th place in the race, compared with 5th out of 9 in the previous one. After two races we are still not placed in the last two - relegation zone - but are now 7th in the league. This just goes to show that we need as many as possible turning out at each race as each individual runner can

make a big difference to the team position. If we had reduced our points by 71 from a total of 713, we would have moved up another position. **The next race is at Middleton Park on Sunday 12th January.** Registration and start is usually on the first field up on your right after the John Charles main car park entrance, off Dewsbury Road. As at Golden Acre, parking could be an issue so anyone wanting to share transport or need a lift should meet outside the LPSA at 9.30am. Also keep an eye on our Facebook page, where Harriers often share car-sharing information. Please turn out in force!

Peter Hey

Upcoming PECOs:

Sunday 16th February: Danefield Park, hosted by Valley Striders

Sunday 2nd March: Northcliffe Park, hosted by Saltaire Striders



TIME TRIAL

4th DECEMBER

This time we were back to about our normal number of runners with 22 which included one non-member. We had the assistance of three helpers: Sam, Emma and Rory who all helped to ensure the race and results went smoothly. The first 3 members over the line this time were 1st Gill Booth in a run time of 26.32, followed by Burjor 24.57 and finally Marion with 23.01. The fastest run on the night was from Paul Miller with 19.08, who managed to go from 19th start position to finish 7th Bringing up the rear which must be a strange experience for him was

Andrew Cross who probably had a bad night – either that night or the night before! We have 8 runners who have done all 3 time trial's to date, but all being well, we do have another 3 planned at least. If we half the points on the 2nd run because we had twice as many runners as normal – We have Chris Hunt in the lead on 24 points, Adam Moger 2nd with 26, and third Burjor with 26.5. The next time trial has been planned for Monday 13th January.

Peter Hey



Why is this photo here? Just to prove once and for all that Alan Brydon doesn't run, he levitates, this time at the Hot Toddy in Todmorden. Fly, Alan, fly (even if you fuel yourself with Pepsi for breakfast).

RACE REPORT

CHEVIN CHASE, BOXING DAY 2013

Due to the popularity of this Boxing Day 7-mile multi-terrain race the numbers were increased by 250 this year to 1,000. The race still sold out weeks early.

Twelve Harriers and three of our second-claim members tackled the hilly route on a cold but very pleasant morning. Pete Branny (running for Leeds City) finished in an impressive 8th in a strong field which included Jonny Brownlee who won the race easily in 39:02. Scott Anderson also had a very good run to finish 29th. Our other second claimers to run were Neil Wallace (326th and Graham Fisher 808th). We had a great turn-out from the ladies too (see below).



Scott descending, fast

Airecentre Pacers once again did a great job of organising the race. It is highly recommended.

Chris Glover



The purple Santa ladies Alyson, Rhona and Karen on the path up to the pub on the last climb, powered by grit and sparkles.

RACE REPORT

MUDDY FOOLS (BEAT THE CLOCK) December 22nd, Boddington

This was a cross-country event 3.8 miles long. It was a two lap race over a mainly wet course. The concept of the Beat the Clock is that each runner selects his/her own time for starting from a countdown of 50 minutes, before the clock reaches zero. Prizes were to be awarded for age categories. Sadly only 27 runners entered, so the field was a bit sparse. Kirkstall were represented by Matt Sykes Hooban, who finished 18th overall in 36.20secs, with a set-off time of 39 minutes Matt was a little cautious with his timing: I think he was concerned with his red wine intake the night before? Paul Glover finished in 10th place in 31.59 secs from a start time of 32 mins so only just beat the clock by 1 second. Too close for comfort. Only two runners failed to beat the clock, misjudging their own ability. Everyone received a bottle of beer. The fastest course time was 22.58 secs by Will Kerr of Saltaire Striders.

The race was well organised. It's just a pity it wasn't better supported. I'd recommend it to other Harriers for the next occasion.

Paul Glover

CHRISTMAS LIGHTS RUN, Decem- ber 10th

There were enough festively dressed Harriers that the city of Leeds was sold out of purple Santa hats, tinsel and such. Eighty Horsforth Harriers joined us to run through the streets, where we were honked, cheered, and gave the firemen of Kirkstall Road quite a sight as they looked out of the window nearly on the Feast of Stephen. We ran to the German Market, then were told to walk through it, but managed to weave our way through shoppers safely home again, where a feast was laid on and all partook with festive cheer. Though really I've only written this race report to have a reason to show you the picture of Liam Mealey dressed as a Christmas tree. In a onesie.

Rose George



MEMBER PROFILE

NAME : Vikki Daniel
AGE : 30
OCCUPATION : Child Protection Officer
ORIGINALLY FROM : County Durham
TIME AS A KIRKSTALL HARRIER : 11 months

When did you start running and why?

I started running as I had to pass a fitness test as part of my entry into the police force. Before this I was a "team sport" kind of person and my main sport was karate (2nd dan Black Belt in fact!), but because of the fact I had to do the bleep test, I took to the roads, running around the block. I began to enjoy the feeling of improving and running further each time so in 2010 I did the Sheffield Half Marathon. When I look back I remember the feeling of completing it, it was like I had actually won an Olympic medal! Little did I know this would be the start of my very own running journey. Shortly afterwards I lost focus as I wasn't racing regularly, I was running alone, I wasn't able to commit to any sort of club and I was just generally keeping myself fit.

How did you end up joining Kirkstall?

In 2012 I moved to Leeds and decided why not sign up for the Leeds Half Marathon, to give my running a purpose again. But because I wasn't sure of where to run I began looking into nearby clubs. The looking bit wasn't the hard part, it was the actual turning up and the fear that I would be left behind somewhere in Leeds I didn't know!

When I saw Kirkstall Harriers I thought the little monk on the logo was cute and then liked the fact that the website and the Facebook page were very current. I had more of an idea of what I was letting myself in for!



What are your motivations for running?

I would say initially my main motivation, apart from the bleep test, was to manage my weight and there is still an element of that now. However, the more I have got into running, that has become secondary to the sense of achievement of gaining a PB, completing a tough run, regular runs feeling easier and the guarantee that I will al-

ways feel better afterwards. One thing that does keep me going and can sometimes haunt me is the feeling of losing what I've worked hard to build up.

What are your greatest running achievements?

How can this not be winning the club championship?! As I have said before I honestly don't know how I managed to do this. I'm not going to be a runner who wins races so to win something like this is quite special for me. Although when it came down to the last few races I really was on edge and was trying very hard to get my head around the rules, the endless possibilities, mathematical options, so in the end I decided "you know what Vikki, just bloody run, and run as fast as you can!"

[continued overleaf...]

MEMBER PROFILE

What are your best running related memories?

I have to mention the fact that having not seen the guy who tutored me when I first joined the police for years, I ended up on the bus next to him on the way to the start line of the Great North Run. Out of the thousands and thousands of people. He was wearing a bin bag and I was eating a banana when we both said who would have thought we would be in this position had it not been for running. We spent the rest of the time reminiscing about all the silly things I had done as a probationer, a very good way of calming pre race nerves! Another one of my best running related memories was during the Leeds Half Marathon when an elderly couple were walking next to the viaduct on Kirkstall Road, I was having a bit of a struggle at this point and the lady must have seen the distressed look on my face. She pulled out of her pocket a £2 coin and said "go on you can have this if you finish." It lifted me and also made me laugh as I collect £2 coins!

What are your worst running related memories?

The worst thing to date would be at the Yorkshire Marathon, suffering from some very bad blisters and having to stop twice at the St Johns Ambulance tents. Seeing people whizzing by as I was waiting to get them treated was very frustrating and losing 15 minutes in total!

Any words of wisdom for your fellow Harriers?

I would say that running is like a cup of tea: whatever the situation things are always better afterwards.

Can you share an interesting fact about yourself?

A man once stopped me in his Range Rover and was quite rude when asking for directions. I addressed his lack of manners with a few words when I realized I was talking to Jeremy Clarkson! I backtracked, he apologized!



Our club champion really did keep the star on for the whole seven miles of the Christmas Lights Run

PB UPDATE

It was a quiet month for PB gathering compared to November's amazing hauls of triumphs - were you all too busy testing out the Christmas mince pies? But congratulations nonetheless to the following Harriers who

managed PBs despite the demands of the festive season.

Laura Hogg 10k 48:57

David Murillo 10k 41:08

Rhona Cameron 5k 26:30

NEW MEMBERS!

The undeniable charms of our friendly, sociable but fiercely-competitive-when-required club enticed four new members this month. A very warm welcome to:

Lucy Churn

Sharon Beatie

Lorenzo Alievi

Emma Hustwit

Emma's Parkrun début at Hyde Park, just before she signed up to be a member, even made it into the Parkrun newsletter, thanks

to the loud and very purple support of a crowd of Harriers who bought so many purple Santa hats, Poundworld probably had to re-stock. Emma, who has been coached by our very own Richard Joyce for a while now, while she has made her way back to running after injury, was cheered round by fellow Harriers, by notes on trees (we can't imagine who put those there, Gemma?) and by general festive good cheer. She finished in a very respectable time of 36:35. Of course she immediately signed up to the club: how could she resist?



MEMBER NEWS

So Long and Thanks for All the Shoes

I'm not really one for New Year's resolutions but around this time of year I do start to think about my next set of running goals - planning new races to run, old favourites to revisit, and new parts of the country to run up and down.

This time last year I decided to put a bit more effort into my running, which basically meant actually having a proper training schedule and committing to a few scary races in order to keep me sticking to it. I'm pleased to say the old adage of getting out what you put in has rung resoundingly true because I enjoyed 2013 immensely! First half-marathon, first full-marathon, first time running up and down mountains, and PBs in cake-eating and mud-collection.

Fell running has been such a positive experience for me over the past year - it's taken me to some amazing, wild places and it's introduced me to some wonderful, quirky, and inspiring characters (who usually also happen to be incredible athletes). It's not an area of running that is for everyone but I can most certainly say that it is for me.

This does also mean, unfortunately, that **2013 was my last year running as a Kirkstall Harrier**. I've been proud of my time in purple but the new year will see me running with Pudsey & Bramley in order to continue to focus on the fells.



I just wanted to pass on a huge thank you to the club for the support and encouragement I've been shown over the past few years and I'm sure I'll cross muddy paths with more than a few of you at races over the course of the year.

Whether you lose your troubles over tarmac, or find happiness in the hills, I wish everyone all the best for their running in 2014 and onwards.

Graham Pilling

Editor's note: We wish Graham all the muddy best on the hills and hope to see him still dispensing brilliant fell advice on our Facebook page

MEMBER NEWS

2013: The year I became a runner

Although I took up running in June 2012 it wasn't until the start of this year that I began to think I could become an "actual, proper runner". **Ten**



pairs of shoes, 29 races, 23 Park-runs, one running holiday and 914 miles later, I'm pretty sure I have earned that title.

By the end of 2012 I had worked through the Couch 2 5K plan, finished four races and signed up for the Silverstone Half Marathon in March 2013, which I wanted to finish sub-2:30. I was well on my way to becoming a runner.

I took part in my first session with Kirkstall Harriers on January 9th. Carol, Laura and Peter chatted with me along the way and I was pleasantly surprised at how welcoming everyone was. I joined up the following week. Little did I know just how much of an impact joining a running club could have. Not only have I competed in a lot of fantastic races through Harriers, I have also made a lot of amazing friends. And I have laughed. A lot.

Here's what 2013 has been to me: I have run two half marathons, a whole host of 10ks, a pile of parkruns, the odd mile race and everything inbetween.

I ran on the track, in the woods, up and down the hills, through the wind and the rain and the snow, along the canal and along the roads, underneath the glorious Portugal sun, in the pitch black on Otley Chevin and on three racetracks. I have climbed ropes, waded through ice-cold lakes, jumped

through fire and swam in muddy ditches. I have run fast, slow, until I think I'm going to collapse, alone and with friends.

I have set a load of PBs, with five in July alone. I have competed in the same events as world-class runners.

While running I have talked, argued and sung to myself, I have written entire books in my head, and then forgotten them when I got distracted by a horse or a duck. I have done a lot of swearing and a lot of "digging deep". I have smiled, no matter how much it hurts, at photographers and supporters. When not running I

have jumped up and down, shouted and waved my pom poms. I have shed a load of excess weight, become fitter and stronger, and started to like my body for what it can do, not what it looks like.

I have set and smashed targets, dedicated a massive chunk of my time and money to running, bored non-running friends to tears with accounts of yet another sprint finish, worn my purple vest with pride and blinded other runners in a joyfully mismatched selection of neon running kit.

And, just to seal the deal, I have ended the year by beginning the training for London Marathon. If that's not the sign of an addicted, slightly unhinged and very happy runner then I don't know what is.

The only thing left to say is a massive thank you to all my friends at Kirkstall Harriers for being so accepting, generous, supportive and funny. And ever so slightly mad.

Gemma Rathbone

Editor's note: although there is no award for most photogenic Harrier, as Gemma requested, we may start issuing medals for the most neon socks.

CLUB CHAMPIONSHIP 2014

Welcome to the new club championship year! Please note that we have 20 races on the list for 2014. Your best **six** results will still count as your championship score. We have included some PECO as well as Yorkshire Vets races this year. Any member of the club can run in these events. You can run as a guest in the Yorkshire Vets races if

you are under 35. (*As long as you don't mind being overtaken by F60s —Ed.*)

In addition to these races there are two other ways you can increase your championship points total. See the "Rules" page on the club web site for more details.

The races for the 2014 club championship are as follows:

12 January : PECO Middleton Park

09 February : Liversedge Half

16 February : PECO Otley Chevin

02 March : PECO Northcliff Park

12 April : Meanwood Valley Trail Race

20 April : Honley Vets Race

11 May : Leeds Half

May TBA : Pudsey Post Hill Challenge

24 June : Meanwood Vets Race

13 July : Eccup 10

July TBA : HPH Summer Mile

July : Pudsey 10k

06 August : Knavesmire Vets Race

September TBA : Golden Mile

September : Horsforth 10k

Oct : Withins Skyline Fell Race (entry on the day only)

02 Nov : Guy Fawkes 10

09 November : Spenborough Vets Race

November TBA : PECO Race

December TBA: PECO

BIRTHDAYS IN JANUARY

HAPPY BIRTHDAY to *Kate Spears, Martin Savage, Adam Rhodes, Liam Mealey, Andy Hogben, Liz Henstock, Christopher Glover, Clare Doherty, Andrew Cooper, Ian Brown, Samantha Broome, Catherine Barrett!*



Kirkstall



harriers

Kirkstall Harriers run **every Monday and Wednesday** at Kirkstall Leisure Centre. We meet at 6.50pm for a 7pm start. All standards of runners are welcome to join us. We usually run in at least three groups, and no-one is left behind. You are very welcome to turn up and run with us a couple of times to try us out. We are very friendly!

Please visit our **website** for more information: www.kirkstallharriers.org.uk

We also have an active Facebook page for our members. And anyone is free to follow

us on Twitter: we are **@kharriers** and welcome all your thoughts, in 140 characters or less.

Please email kirkstallharriers@googlemail.com if you would like to contribute to the newsletter. All articles, member profiles etc are gratefully received.

It just remains for us to wish you good speed, fair winds, minimal injuries and dozens of PBs in 2014. **Happy running** from everyone at Kirkstall Harriers.