

No 30 APRIL 2006

APRIL NEWSLETTER

CROSS COUNTRY

Heavy snow greeted the runners and riders for the last 2 cross countries of the season on Otley Chevin and at Eccleshill. An excellent Kirkstall turnout at both races meant that the men finished 2nd on the Chevin giving us a good chance of securing promotion. At Eccleshill the men went one better by winning. The women finished a comfortable 3rd in both races easing any relegation fears.

This means that the men have gained promotion to the Premier Division as winners of the First Division and gain promotion with Ilkey in 2nd. The ladies have comfortably held onto Premier Division status finishing in 3rd overall rising one place after Eccleshill.

Full results of all races can be seen on www.abbeyrunners.co.uk

Well done and thanks to everyone that has run in one or more cross countries. Remember it's not just the counters that count (if that makes sense!). Everyone who turns out and runs for the club helps to push other club's runners down the results which helps the club's overall position. At Eccleshill both the men and women's teams benefited from other club's not being able to field a full team.

Next season looks good for the ladies as hopefully with the return of one or two faster runners we could be competing for the top 2.

The men's team will have a tough season if they are to avoid relegation so hopefully we can see the return of some of the faster men to strengthen the team.

AGM

The date for this is Monday 3rd April after a shorter than usual run, over in the LPSA club, commencing about 8.30. If you have any matters you would like raising please pass them to a committee member asap. We would like as many people attending as possible, as it is for your benefit for the next 12 months. The results of the much awaited Sportsman and Sportswoman of the year award will be made at the AGM.

Additionally, Chairman Neal Shotter has announced his intention to stand down after several years in the position. We'd like to thank Neal for all the hard and valuable work he's done as Chairman. Nominations will be taken for a new Chairperson at the AGM as well as appointing / re-appointing existing committee members.

YORKSHIRE VETS

Anyone interested in doing the Yorkshire vets (for over 35s), there is a run at Meltham on 9th April over a multi-terrain route of about 6miles over the Cinnamon Lodge Chase Route. Entry £2 and points gained go towards the club tally. Race starts at 11am. For further details contact Peter Hey.

LONDON MARATHON

Good luck to all the Kirkstall Harriers running London Marathon; Julie, Cassie, Tony, Katie and Gemma. Enjoy the day and bring us news of PBs please! Just a gentle reminder for those that don't know you **must** wear your Kirkstall Harriers vest. This

applies to all runners but especially if you're running under a club place the club feel this rule particularly important.

PAUL REYNARD

We have had a message from Paul that due to his deteriorating health he will be unable to design this years T-shirt for our 10K. For those who do not know Paul, he has been bravely battling prostrate cancer for nearly 3 years now, after finding out that he had had it for a lot longer. He is a great chap, and was an excellent runner for his age, leaving the "youngsters" well behind. Due to his ability and his love for running the fells he joined another more relevant club, but has remained a loyal friend of the Harriers. If he his reading this, I am sure we would all like to express our concern to him and hope he is not suffering too much as he certainly does not deserve it.

NEW MEMBERS

CHRIS GLOVER – From Pudsey way. Alyson has managed to "sweet talk" her hubby into joining a proper running club ??? And he has already make a good start by being a counter in the cross countries at Ackworth and ChevinCross Country

GRAHAM FISHER – From Bramley, an "old" ex-work colleague from CCL Label, who has done the Abbey Dash twice, and the Leeds half, and is now keen and competitive to do more races and get his times down. Hopefully his working rota will let him get down to the club sometime.

HELEN THORPE, from the Vespers round the corner, whose first run for the club was the snowy and icy cross-country on the Chevin. And is still a member of the club.
ELIZABETH GRAHAM, who travels from Guiseley and is yet to compete in her first club event.

JONATHAN GIDLOW, from the "hills" round the corner, who has already showed his prowess by turning up on the day and doing the Rombalds in something just over 3 ½ hrs and making a significant contribution to the Cross Countries.

FRANCIS KLONOWSKI

This is Francis's update on his knee injury – don't let this put you off running, I know that it does not happen to everyone, especially those older buggers than me that keep beating me in races

Me and that knee

In June last year I agreed to try a new treatment for osteo-arthritis - Synvisc - which involved a series of injections in 3 successive weeks. Very brave for someone with a complete aversion to needles! By the last one I knew every notice on the clinic walls and I'd read every box and packet on the shelves. Anything but look down at what the doctor was doing.

Sadly I appeared to be the 1 in 10 for whom it doesn't work, or whatever the statistics are. At least, the knee didn't seem any better afterwards. In fairness, though, the booklet said you could resume normal activity after one week, which I did - I'm just not sure they had road running in mind! I tried off-road running in the summer, but that didn't make any difference.

I've managed to keep up fairly regular running since then, but less frequently and for less distance than before - only work commitments and a lack of confidence have kept me away from trying the odd training night with the club. I still try a longer run early on Sunday mornings, but the the exhilaration of running 6 or 7 miles in the dark and cold is soon tempered when, after half an hour with the Sunday papers, I can hardly walk to the kitchen! At a check-up in December, I agreed to have a further try at Synvisc in March. Oh joy - More needles! He's also going to do more X-rays, which I'm not looking forward to seeing. So I'm

having an enforced lay-off from 13th March, and this time I will probably give it a good month after the treatment finishes.

Good luck with the further treatment Francis, and hope to see you soon.

CURRY

If there is enough support we are planning a meal out at the Sheesh Mahal, sponsors of our 10K road race – for Tuesday 25th April, - to celebrate the London Marathoners? Please pass your names onto Peter Hey if definitely coming. We will book for 7.30 at the Sheesh, so you can meet beforehand at the Cardigan, or go in there afterwards – or both !

NEWS FROM STUART AND REBECCA MOORE

For those of you that remember Stuart and Rebecca, we have had news from them. They are now back in Blighty after their 6 months travelling round Africa. They are in the process of moving to Hereford – where apparently the quality of football is more appealing.

They are both keen to get back into running and have mentioned some local Herefordshire races. I've asked Stuart to recommend a decent race for a possible Kirkstall trip to see them both.

We wish them well.

KIRKSTALL ABBEY 10K

Plans are still ongoing with Leeds City Council and the police regarding use of the Abbey Ground and road closures but the provisional date for our annual race is Sunday 1st October. Some way off but please can you put this date in your diary as we'll need as many members as possible on the day as well as volunteers in advance to help with organising.