

KIRKSTALL HARRIERS

CROSS COUNTRY AND STUFF - P. Hey

A huge thank you to all those who ran the cross country, especially the first timers, and everyone who provided food. A first class effort from everyone in a premier league club. Unfortunately the overall results from the premier league were not that good, with the men coming last and the ladies second from last—but it's a lot better than it used to be when Kirkstall had the reputation of coming last overall from all the clubs taking part. It is early days with four or more races to go, so lets get those muddy clothes washed ready for the next one: **Ackworth on the 15th of December.** For those wanting lifts/directions we shall be meeting outside the LPSA club at 9.00am.

17th December the Christmas lights run with Horsforth

Harriers, food afterwards in the LPSA. Start time to be confirmed. Let me know if you are coming so that we can book sufficient food.

22nd December the Stoop fell race at Haworth—5 miles with @ 800 ft of climbing—a 'genteel' fell race within the abilities of most of our runners.

26th December (Thursday) the Chevin Chase, a must for all runners. No entries on the day, so enter now.

23rd December Our own Christmas fuddle. A short run followed by food in the LPSA bar.

31st December (Tuesday) the Auld Lang Syne fell race, back at Haworth even if only to find those shoes you lost at the Stoop. 6 miles and 900 ft of climbing, a very popular

run, and if you survived the Stoop you will love this. Both fell races have results in good pubs with soup and bread, plus you nearly always get to see yourself on the race videos. The horror!

1st January subject to confirmation, another and easier fell race! Ogden near Bradford, about 4 miles. Start the year as you mean to go on.

12 January the third Cross Country. Golden Acre or Meanwood Park.

Training nights on Wednesday the 25th of December and the 1st of January may have to be cancelled unless there is a sufficient demand. Unlikely!

Chairman's Chase. Stuart tells me he has another event planned for the new year, so watch this space.

MAGGIE & VAL VANQUISH VETS VIRGINITY

Congratulations to Val & Maggie for being the first ever women to score for our club in the Yorkshire Vets League. They successfully completed the grueling 6 mile wet and muddy road and trail route around Esholt, and were not

Last. On top of all that Maggie won a prize. The points for the club will not be known for another week or so, but should make interesting reading. This was the last race for this years series, but hopefully their glowing description of the route, and

The ease with which they got round will encourage others to turn out for next years series.

Could there be any better way of spending a wet and cold Sunday morning!

CARBOHYDRATE REQUIREMENTS FOR TRAINING, by AMANDA SEIMS

Why is carbohydrate important?

Carbohydrate is the most important source of energy in the body. Our body stores carbohydrate as glycogen in the muscles and liver. Training depletes these stores so it is important that they are replenished on a daily basis. If this does not occur and glycogen stores are progressively depleted over a period of a few days, the ability to train will be impaired. This demonstrates the importance of rest and a good intake of carbohydrates before an important race. The energy to fuel your training sessions comes from carbohydrate so it is vital that you consume adequate amounts of this each day.

Research has shown that manipulation of CHO in diet altered the amount of muscle glycogen stored and cycling time to exhaustion (Bergstrom *et al.* (1967). In other words, those who consumed a high carbohydrate diet could exercise for longer – think about this when you are training for your marathon events and the Rombald's Stride!!

How much carbohydrate does my body need?

For individuals participating in moderate regular training, you should aim to consume 5-6g of carbohydrate per kg of your body mass. Therefore, if you weigh 70kg, you would need to consume between 350-420g of carbohydrate per day to ensure your body's carbohydrate stores are maintained. For individuals participating in heavy training, you should aim to consume 7-8g per kg of your body mass. Again, if you weight 70kg, you require between 490-560. Regardless of your weight, there is no additional benefit of consuming over 650g of carbohydrate a day so you shouldn't need to consume more than this amount. You should be basing your meals around carbohydrates and table 1 illustrates the carbohydrate content of some common foods to provide you with some guidance on how to meet your daily carbohydrate requirement.

Table 1: Carbohydrate content of common foods

Food Carbohydrate content (Approx.)

2 large slices of bread	30g	1 bagel	50g	1 tortilla	20g
1 pitta bread	20g	1 large jacket potato	45g	1 slice pizza	35g
1 large portion of spaghetti	90g	2 weetabix	30g	Large bowl cornflakes	45g
1 digestive biscuit	10g	1 medium slice fruit cake	50g	1 current bun	30g
1 apple	10g	1 medium banana	30g	1 small carton fruit juice	20g
1 pint milk	30g	2 ½ crumpets	50g	2 medium potatoes	50g
1 medium jacket potato with skin	50g	5 00ml bottle lucozade sport	32g		

CLYDE HYLTON NADEN

12TH November 1933 to 6th November 2002

I first met Clyde Naden in January 1985 at a meeting arranged by various members of the Royal Mail Engineers at the L.P.S.A. The purpose of this Meeting was to establish a running club, which was to be called "Leeds Postal Harriers" and what we now know as "Kirkstall Harriers".

By this token it could be said that Clyde was a founding father of this club, and from a personal point of view he will be remembered for this and a great deal more.

As well as being a very competent runner Clyde was also a keen cyclist and competed in many different events in both disciplines, most notable a mammoth pedal from John O'Groats to Lands End in 2000 in aid of charity.

It is his charitable nature that he will also be remembered as a Senior Soldier in the Salvation Army. For many years it would have been his devotion to the cause that would have stopped him from taking part in many more races on Sunday mornings.

Latterly, his close proximity to "Kippax Harriers" headquarters had split his allegiances, but it is a lasting tribute to Clyde that he retained his first claim membership with "Kirkstall Harriers", the club where he spent many a Monday night taking an hour to peel off his biking leathers knowing he would have to re-apply them later after his customary pint of Coca Cola.

It is a sign of Clyde's selfless character that the many tributes given at his funeral by friends and Salvation Army colleagues alluded to a man with a constant smile and warm heart.

The picture of Clyde that will last in my mind was during the running of the "Abbey Dash" when I had circumnavigated the Abbey ground and was city bound only to see him being greeted and acknowledged by many runners passing in the opposite direction and spectators alike. Clyde would have met these people through his many and varied associations, and they like me would be very saddened to hear of his passing.

Keep on running Clyde.

Richard Thomas

A THANK YOU TO THE CLUB FROM JANE TOMLINSON

Rothwell
18TH November 2002

Dear Richard

Thank you to you all at the Kirkstall Harriers for your kind donation. Mike had the good fortune to take part in the Kirkstall Abbey 10k & thoroughly enjoyed himself.

Yours Sincerely

Jane Tomlinson

CLYDE'S COLLECTION

The money collected for Clyde Naden was spent on a saturation monitor for his ward. This machine measures oxygen levels in the blood, a process which is very painful if done with a needle, but relatively stress free with one of these monitors. Thank you to everyone who donated.

IN THE KNACKERS YARD!!!

In the yard this issue is Phil with a wonky knee, which will take his mind off his bad back— so good news there. Awards for the most spectacular injury go to Katie for a broken leg, which, (so my sources inform me), was acquired whilst **DRUNK!** Trish has been having problems with her hamstring, a condition which can only have been helped by Emma slamming her toe in the car door after the cross country. Sarah A appeared to be coming back to form, but her shinsplints have mysteriously reappeared as the second cross country looms closer. Her physio, (with whom she is developing a suspiciously close relationship) has issued with some even more extravagant orthotics. If these don't work we'll just have to drill a slot in her head and prop her up outside a sweet shop. Emma has a sore achilles which I'll have you know is very painful and everyone must be very nice to her, possibly even buy her presents etc. On a plus note, Neal appears to be coming back to form— we suspect drugs.

The sad news for those that do not know is that Martyn Gregson has been told not to run again due to bone on bone at the hip, and that he is likely to have a hip replacement in the next few years. A sad loss to the club but even sadder for Martyn, with his great enthusiasm for sport of all kinds and running in particular.

A WELCOME TO NEW MEMBERS FROM UNCLE PETER

Having been prompted on this matter earlier, here is my attempt to introduce all the new members who have joined in the last few months. Apologies if I can't find anything rude to say about all of you— just give me time.

Maggie Burden joined in August, perhaps to keep a watchful eye on husband Tom, who seems to be thoroughly enjoying his runs toward the rear of the group. **Estelle Brown** was apparently lured to the club by the colour of our vests, as she is already a member of Leed's and Bradford Triathlon club, and Pudsey & Bramley. Clearly she can't get enough. **Katherine Johnson (Katie)**, joined in September, impressed all with her speedy ways, and promptly broke her leg whilst in an alcoholic stupor. She chose the right club then. **Elaine Glover** and **Graham Evans** both joined in October and are regulars on most evening runs. Elaine seems to have a fetish for running through Meanwood Park in the dark, while Graham is kindly

keeping the likes of Phil & Stuart company at the front. **Francis Klonowski** joined by post after doing our 10k, but has not yet been seen. (He probably came down but was scared off by Peter's skimpy fluorescent shorts— Ed). **Paul Luxton** was 'picked up' at the Guy Fawkes 10, and has lost no time in finding his way to the bar at the LPSA. **Jill Davies**, a friend of Katie's until she spilled the beans about the broken leg / shameful drinking episode, joined in November, and can be spotted disappearing over the horizon with the front runners. **Cathryn Gurney** also joined in November, but I keep calling her Sheila! Sorry!. **Liz Benali**, has come up from down south just to join our club. (Or something like that). A woman of spectacular judgment and impeccable taste. **John Elcock** finally joined after months of empty promises. Neal and I 'found' him doing circuits at Whitcliffe Sports Centre. He may beat us on a sprint dash round the gym, but we exacted a cruel and ruthless revenge when Neal managed to draw blood on his first train-

ing run with the club. Last but not least **Julie Andrews** is from Austria. Sorry, I'll start again. **JULIA GRAFL** is from Austria and is teaching English to schoolchildren in Bradford. Quite a trick when most Yorkshirefolk don't speak it to begin with. Her running seems suspiciously good, as she simply floats along with the fast group.

NEWS FROM OLD MEMBERS.

Just to remind you all about Carmen Negueroles, our spanish triathlete. After working in Switzerland at an adventure camp over the summer, she sits her exams in Spain about now, and is then off to Creste Butte in Colorado in the USA to be a cross country ski instructor. She sends us all her best wishes as she goes about her dreary and boring lifestyle, and is clearly missing the glamour and excitement of wet winter training nights in Kirkstall.

THINGS YOU NEED TO KNOW

LAST CHANCE TO ORDER YOUR HARRIERS KIT BEFORE XMAS !!!!!!!!!!!!!

- Vests \$10
- Shorts \$10
- Lycra Shorts \$10
- Purple TShirt \$5
- Purple Sweat Shirt \$10
- Bibs \$7
- Long sleeve fluorescent top \$10
- Embroidered Hooded Sweat Shirt \$14

Embroidered Polo Shirt \$11

Embroidered Fleece \$20.

Please note all prices are pound sterling, but my poxy computer has dodgy software and only does dollar signs. So there.

TRIANGLE in Horsforth are offering us 10% off on production of our club card just as soon as our esteemed secretary Richard Thomas rings them up and confirms the arrangement. We spotted some rather foxy

ladies kit.

LOCAL PHYSIO Steve Hyde can be found at the Milford Sports Club, which is just at the back of the LPSA He offers all the usual plus lots of stuff like deep tissue massage etc, and seems to really know his stuff when it comes the specifics of running associated problems. Consultation and first treatment comes in at around \$25 and he can be contacted on 07985 378798.

COMPETITION TIME !!!!!!!!!!!!!!!!!!!!!!!

I asked you for your top five Kirkstall Harriers related songs. Lots and lots of fabulous entries made my choice almost impossible! So before the winner is announced, here are some honourable mentions: I THINK WE'RE ALONE NOW (Irish), AH SOLE MIO (Matlene), FAT BOTTOMED GIRLS (Peter)*, PURPLE HAZE (practically everyone).

Every one had a number of good ones, but for strength in depth top marks go to Val for

the following, (cue Jimmy Young countdown music):

MONDAY, MONDAY The Mamas and the Papas

LONESOME ROAD Paul Robeson

BABY, ITS COLD OUTSIDE Frank Sinatra

I CAN'T STAND IT Eric Clapton

WALK ON BY Dionne Warwick.

An exclusive gift is on its way

to you Val!

For our next issue I would like you to come up with a piece of Kirkstall Harriers related rhyming slang. For example: Impure Thoughts = Peter's Shorts. Entries to me by the middle of January please.

* We will be revenged.

KIRKSTALL HARRIERS RACE CALENDAR



**kirkstall
harrriers**

DEC	ROAD			FELL
1	Abbey Dash	Leeds	6.2	
	closing date 8/11			
	Percy Pud 10k	Sheffield	6.2	
7				
8	Xmas Cracker 10k	Scarborough	6.2	Sun 8 Calderdale Way Relay
	Stockport 10	Stockport	10?	
14				
15	Sport Direct X Country	Ackworth	5 ish	
21				
22				22nd Stoop Haworth 5m/800'
Thurs 26	Chevin chase	Otley	7 ish	26th Whinberry Naze Rawtenstall 4m/750'
28	cd ???			
29	Ribble Valley 10k	Clitheroe	6.2	
	Jolly Holly Jog	Ripon	6.2	
30				31st Auld Lang Syne Haworth 6m/900'
JAN				
1	Cleethorpes 10k	Cleethorpes	6.2	
	Dave Cole Road & Trail	Littleborough	5	
4				
5				
11				
12	Sport Direct X country	ABBEY	5 ish	
	Morpeth to Newcastle	Morpeth	13.1	
	cd 13/12			
18				
19	4 Villages	Helmsby	13.1	
	Woodkirk 10k	Nr Morley	6.2	
25				
26	Brass Monkey 1/2M	York - now closed	13.1	
26	Moorside 10k	Meltham	6.2	
FEB				
1				Sat 1st ????
2	RNLI Roundhay Romp	Roundhay pk	3.1/6.2	ROMBALDS STRIDE
	Dewsbury 10k	Dewsbury	6.2	WATCH THIS SPACE FOR FURTHER NEWS
	Sth Ferriby 10	Nr Hull	10	An idyllic stroll, jog or run over 25 miles of Baildon & Ilkley Moor and the Chevin. But we know it's shorter - its only 22 ish
8				An ideal training run for London Marathon ???
9	Sport DirectX Country	Kippax	5 ish	Exact date tbc soon
15				
16	Liversedge 1/2M	Roberttown	13.1	
22				
23	Snake Lane 10	Pocklington	10	
	Radcliffe 12 Trail	Nr Manchest	12?	
	Gt Nth West 1/2M	Leyland	13.1	
	Huddersfield 10k	Huddersfield	6.2	
	Wigan 10k	Wigan	6.2	
Mar-02	Sport DirectX Country	STAC	5 ish	
Sat 8	Dentdale run	Dent	14.3	
9	YORKS VETS	Halifax	6ish Fell	
9	East Hull 20	Hull	20	
16	Barnados 5	Sth Leeds std	5	
	Spenn 20	Cleckheaton	20	
23	Ackworth 1/2M	Ackworth	13.1	
30	YORKS VETS	Horsforth	6 ish	
Apr-06	Baildon Boundary	Baildon	13.1	

c.d.=closing date=no entries on day

05/12/02

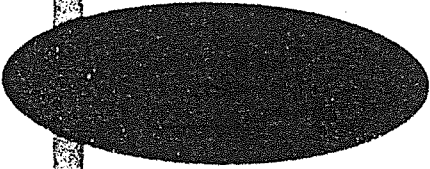
A BLANK SHEET FOR NOTES, DOODLING OR
YOUR DRAFT FOR INCLUSION IN THE NEXT NEWSLETTER

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run rabbits run

LETTER FROM THE CHAIR'

I hope every one is now truly into the cross country spirit, because we one silver ware last year, and I want another excuse for a celebration! So wipe off your spikes and studs and lets go for it!

On the same subject I must thank everyone for their contributions of wonderful food for the buffet. val's carrot cake was a particular hit, and one chap said that he had been to a wedding the day before, and the food had not been nearly as good. So well done!

Looming on the horizon is the Christmas Lights run, and I am wondering how many of you will be in fancy dress? We cannot let Horsforth scoop the prize, so throw caution to the wind!

I am always stunned by the expense and quality of the competition prizes that Emma provides, so much so that I have entered the competition myself. Word on the street is that it will be closely fought.

Lastly, thoughts of the London Marathon are with us once more. My heart goes out to all of you who are awaiting confirmation of a place. But luck or not. Lets put these winter nights to good use and enjoy our training as best we can.

May your next run be your best one,

Your chairwoman,

Marlene X