

NEWSLETTER 8 – JULY See also race calendar and training schedule attached

BRADFORD MILLENNIUM WAY –13 June 2004

A big thank you to Stuart Moore for organising and overseeing our team in the BMW Well done to the Kirkstall Harrier team for the efforts in this year's BMW.

It was only the second time we'd entered the event and there were still a lot of recce runs and car positioning to sort, but we got there in the end. On what was a beautiful day for those watching (big sun), but not so great for runners, each of our 10 runners put in a fantastic effort, but perhaps none more so than Richard who broke a bone in his ankle after 2 miles of his leg and then ran another 5 1/2! Hardcore or what?

Here's the leg by leg breakdown (pardon the pun, Richard...)

- 1 Tony and Mike 1.32 20th
- 2 John and Dave 1.29 13th
- 3 Richard and Peter M 1.29 22nd
- 4 Amanda and Leanne 1.26 13th
- 5 Maurice and Sean 1.54 22nd

When all the times had been totted up, we came a creditable 20th out of the 25 teams entered. Well done again and thanks to Graeme and Diane for coming along to help with the backup and support.

Time to start thinking about the Leeds Country Way...

KNACKERS YARD What's fleshy, hard, bigger than most men have and make the ladies gasp – yes it Tom's calf muscle. Having just recovered from a knee injury, he now has torn his calf muscle.

Richard was the hero of the day at the BMW, on leg 3. It seems he took a tumble and then ran the last 4 miles or so on a broken ankle. He seems to be moving okay on the crutches already.

INTERESTING FACT No 1 Peter Hey has compiled a list of the 151 different T-shirts he has amassed for running. Anyone who desperately desires one before he tearfully discards some are welcome to view the list. Spookily enough he has also counted 151 medals hanging on his bedroom wall – should anyone wish a conducted tour of his bedroom. What a sad person he is, or just fed up with not enough running. He is now starting on his glassware, mugs and coasters !!!

LEEDS COUNTRY WAY

This year's relay event is on Sunday 5th September. It is a high profile event for the Harriers, and we need to know how many people we can count on for this event - freely or reluctantly. Please pass your names onto Peter or Carol, then we can decide the optimum teams to enter. We usually have a ladies and a men's team. We need 6 pairs of suitably matched runners per team, to run about 10 – 11 miles around the Leeds Country Way which needs to be recce'd at least once. Help in the 1st recce will be provided.

KIRKSTALL ABBEY 10K This is the race we organise, and as such we need as many members as possible to help in the organisation and marshalling of the event. The date is 26th September, so we would like volunteers to offer their services to the committee asap.

ENGLISH NATIONAL CROSS COUNTRY This race was held in March at Temple Newsam, and we had a men's and ladies team who had superb runs. We also had volunteers marking out and marshalling the course on the day. Thanks to all those who turned up on the day, and for our assistance the club has been rewarded with a cheque for £250 from the English Cross Country Association.

EVENTS FOR JULY

CLUB RACE With quite a lot of good races coming up in July, we are nominating the Eccup 10, which does clash with the Pudsey 10K. But Eccup may be slightly flatter and possibly a bit more scenic. It is also the Yorkshire Vets 10 mile championship, but this means pre-entry if you want to be eligible.

DANEFIELD RELAY This is on Tuesday 6th July and we need as many teams as possible. 3 runners per team each doing about 2.5 to 3 mile lap round the undulating but pleasant course around Otley Chevin. Please pass your names onto Peter Hey. Transport can be provided on the night if necessary.

WASHBURN RELAY This is a new event to our club, needing 5 runners each to run 3.9 miles approx. It is on Friday night 16th July, from the main car park at Swinsty reservoir, starting at 7.00 for 7.15. Anyone interested please contact Maurice on 07767257963 I am sure he can also arrange a swift drink in a local country pub afterwards to celebrate.

YORKSHIRE VETS The race for July – provided they do not change the details, is the famous Pudsey course on Wednesday 14th July. Details if same as last year should be, registration at Pudsey Leisure Centre, and the race starting a good 10 minute jog away, outside the Bankhouse Tavern. Please ask for details nearer the time if interested.

MEMBERSHIPS No new members this month, but we do have the welcome return of Sarah Twigg, who has decided after 9 months of living in New Zealand and Australia, to come back to Kirkstall Harriers and run the Leeds Country Way. That's club loyalty for you. Anyone who has not renewed their subs yet, please let me know, before we send the "bruisers" round.

MEMBERS MEANDER The race was held despite torrential rainfall at the start of the event. The first 3 across the line were Joe Ward, Carol Moran and Sarah Twigg. Thanks for all those who turned up on the night and for Stuart Moore who does a sterling job with the handicapping, or so Joe, Carol and Sarah think. Next year we may run this event as a normal training night, and then a curry some other evening. We are open to suggestions.

Any other suggestions, comments for the newsletter etc are always welcomed.