

# KIRKSTALL HARRIERS

"all the news  
that's fit to  
sprint"

*This Is your newsletter.  
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tions to:*

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## Mmm! IT'S THE MEMBERS' MEANDER! By Peter Hey.

The Members' Meander was a magnificent success, with a multitude of members making it a memorable meeting. 20 members meandered, (plus Emma on her mean mountain machine), and 28 made it to the Sheesh afterwards for madras and mineral water. Those missing from the melee were Tony M, Phil T, Claire M, Amy, Amanda and my mate McEvoy. Many thanks for the immaculate time keeping from mad major John H. All members made the map route with one missing male, Steve V, becoming mysteriously mislaid by the marshes, mews and mansions of Newlay. He finally managed to meet the marshals minutes after the meander had terminated! First across the line was Liz Aylott in 68.40, followed by

Nik Sykes in 72.07, Rachel Hind in 72.50, just pipping Stuart Raynor at the line. The difference between first and last was 11.45, so there are improvements in the handicapping to be made.

**SUGGESTION!** It would be a nice idea if someone wanted to organize another event one evening between now and the Chairman's Chase. We could use the same route but do it backwards and call it 'The Members Back Passageway', so anyone wanting to enter the Back... (That's quite enough of that—Editor).

**Full Results:** Liz A 66.40(1), Marlene 77.33, Trish P 65.67, Louise 67.19, Jodi S 63.28, Carol M 57.31, Sarah A 62.40, Paula C 55.10, Rachel H 54.35(3), Claire W 56.09, Peter H (55.52), Neal S -

poorly limp round, Stuart R 53.20(4), Richard T 50.07, Martyn G 49.25, Julie T 51.01, Dave S 49.33, Nick S 43.24(2), Stuart M 43.40.

## LEEDS HALF MARATHON

**We Know you did it, and you know that we know, and we know that you know that we know. So where are your reports? Congratulations to Paula, Amy, Jodie, Shiele, Liz, Stuart and all you others whose names I'm not sure about because you haven't told me who you are. Grrrrr!**

## THE TADCASTER 10 by Sarah Ashelford

**Analysis:** The Tadcaster 10 miles has a lot going for it. It's extremely flat; the route is predominantly one (long) country road passing through friendly villages whose residents provide support and water. This year the weather was sunny and the air was cool. In other words, conditions

were excellent for a 10 mile novice recovering from hepatitis A.

**Club runners:** Marlene and her daughter Dianne, Trish, Maurice, Carol and myself were there in decorative purple vests; one with purple shorts to match. Emma, with

her 1001<sup>st</sup> lame excuse, managed to spectate from the sidelines.

**Notable results:** Carol as 50<sup>th</sup> woman home.

**Conclusion:** A highly recommended race.

Is that it? I'm not putting you on the front page again. - Ed.

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## LETTER FROM OUR CHAIRWOMAN

*Dear Members,*

*I was delighted to read Emma's first newsletter, filled with good results for our club members and some intriguing pieces from her foreign correspondent Neal Shotter, all topped off with expert advice from our resident physiologist Amanda Siems. What an excellent night for a launch too, with a race and then a curry! Peter Hey had arranged the whole thing marvelously, and we all look forward to his thirtieth birthday party!*

*Here is an idea for another club activity. The Yorkshire Wolds Half Marathon and fun run takes place at Bishops Wilton on July 20th. In addition to taking place amidst the loveliest of countryside, it is part of the Bishop Wilton Country Show and Craft Fair. This would make for a lovely day out, particularly if we rounded it off with a nice big picnic afterwards. I look forward to your comments.*

*Remember folks, keep those articles and stories coming, and I'll see you next issue,*

*Marlene Asquith XXX*

## THE TRUNCE, (or a race with a difference!)

The Trunce is a series of races taking place during the summer which are classed as fell races, although in my view they are more like hard cross-countries. The course is about 4.25 miles in length with a climb of about 550ft. The start is slightly uphill along a farm track followed by a short steep downhill to the first river crossing. We were advised to wade through rather than use the stepping stones as they can be very slippery. A short climb of 200-300 metres of road, over some fields and then another river-crossing, this time by footbridge, and now the first big climb. It took me

about 8 minutes, with the last 3 mins on my hands and knees! Sob! Then some flat running to a woodland descent and straight through the river! Yet another short climb to a stretch of flat road then down to another river crossing. We retraced our outward route uphill to then finish with a nice downhill run in.

This is an unusual race: after heavy rain safety ropes are put on the river crossing, and on the evening I did the water was almost up to gooley level. (I beg your pardon!- Ed). Also, the route is not marked, so it is a

question of following the runners in front or knowing where you are going. Don't be put off. The atmosphere is great, the runners are really friendly and the finish is next to a pub selling Timothy Taylor's Landlord!

The remaining race dates in 2002 are: June 10th & 24th, July 8th & 29th, August 19th and September 9th. If you fancy a go see me, NEAL SHOTTER, foreign correspondent, for details.

Editors Note: Any other slow coaches out there up for it? I'll do it if you will.

# WANTED! MARATHON MONSTERS!!

Last year my friend Martyn and I ran our first Marathon, (if you haven't heard you must have been on the moon as we've been telling anyone who would listen!) It was a fabulous day and a memorable occasion. We were taken under the wings of Neal, Peter and Tony—3 very experienced runners who taught, coached and tortured us into becoming runners capable of tackling the Snowdonia marathon, one of the toughest road races in Europe. Well, we

lived to tell the tale.

This September we intend to repeat the effort but hopefully take a bigger group of members (and their partners etc). We will be entering the inaugural running of the Loch Ness 26 on the 29th of September. The course is said to be stunning enough to take your mind off how tired you are! We already have a number of definites and lots of maybes, so if you are a marathon virgin or an old hand

looking for a fresh challenge, we will be commencing our training schedule at the beginning of July, (gentle to start with), culminating in race day three months later. If you think Loch Ness might float your boat contact Phil or Martyn any club night, or ring me, Phil, on 0113 2283719 for further details. Once we have a provisional list of names and numbers involved we will hold a meeting to take things further. See ya!

## RACES COMING YOUR WAY IN JUNE.

On Tuesday 11th June at 7.30pm the Abbey Runners are inviting us to take part in a 5k road race. This is not an open race, but an invitation to other local clubs to come along for a run and hopefully have a drink afterwards. The race will start and finish at our club headquarters at the Lawnswood YMCA on Otley Road. There is a nominal 1.50 entry fee, and prizes will be awarded on the night. If you fancy it, let Peter

know asap, (about the race that is). **ALSO COMING YOUR WAY THIS MONTH.**

**Wed 5th** Roberttown 7 miles.

**Sat 8th** Chatsworth Challenge

**Sat 9th** Scarborough 10k (coach available for 4quid).  
Birkenshaw 5 miles

**Thurs 13th** Full Bronte 5 at Howath. Leeds Met 5k, (women only).

**Fri 14th** Peter's Birthday Bash. All members welcome to the LPSA. Free entry, 10 pounds to leave. (this will be the race to the bar I presume? - Editor)

**Wed 19th** Ackworth 10k

**Sat 22nd** Pen-y-ghent fell race, 5.5 miles 1,850'.

**Wed 26th** Otley 10 miles, followed by fish and chips and a few drinks. Hurrah!

**Sun 30th** Harewood Chase 10k

## Wardle Skyline Fellrace, BY NEAL SHOTTER, FOREIGN CORRESPONDENT

On Saturday 13th April I had the honour of travelling with 3 very brave Harriers: Stuart Moore, Martyn Gregson and Peter Hey into darkest Lancashire. Unfortunately sidelined due to a nasty 'gastric cold', I positioned myself above Wardle village at the start of the main

climb. After watching the runners pass and climb the fell like a multi-coloured snake, I took a walk to the finish. It was interesting to watch the first runners home—a class above the rest! The standard of fell runners is so much better than those found in most road race fields.

Man of the match must go to Stuart Moore, finishing 34th in only his second fell race:

1st John Taylor (Bingley Harriers) 42.01, 34th Stuart Moore 51.15, 126th Martyn Gregson 64.42, 144th Peter Hey 69.32.

153 ran. Last recorded time

# The Saddleworth 3 Day Challenge. An Epic Saga by P.Hey.

## Day 1: Harrop Dale Hill Race, 7 Miles road and trail.

Leaving Leeds in ample time, 17 miles of cues on the M62 made us late for the start. As we pulled into Uppermill at 7.55 for a 7.30 start, we were re-signed to collecting our race numbers for days 2&3, and reluctantly watching the race finish while we drowned our sorrows with a few pints. The sadistic organisers had other ideas and let us run the race. With only 5 minutes to prepare, after sitting in the car for 2hrs, we were off. Well Carmen was. Neal and I stayed together, wondering what we had done to deserve this. Despite attempts to get lost, we were returned to the right(eous) path by our 'helpful' guides. It was a unique experience following our very own 'lead car' whilst catching glimpses of the romantic evening landscape, as the red sun set behind the hills and dusk descended. Thy added our times to the bottom of the list and we saw that Carmen had finished in 49th place, and Neal and I had finished in 61st and 62nd out of 68 runners, of which 50 had entered the full 3 days.

**Day2: Saturday-- Ravenstones Brow Fell Race-- 10 miles 1,250ft climb.** Arriving on time for a 2pm start we were greeted by the organisers and runners alike, who by now new all about the famous 'late' Kirkstall Harriers. As the race started, Neal and I found our rightful place at the back, as Carmen shot away over the hill. We then had a pleasant run of 3

to 4 miles, until we noticed a long line of people making their slow way up the steep valley side, next to a very impressive waterfall. As I ascended using both hands and feet, my calves were crying out for me to stop. And I did, just to get my breath back of course! Reaching the summit we thought the worse was over, but not so: we were now on wild open moorland, flattish, but with no paths and miles of uneven terrain. No fun for road runners, but ideal for falling, as Neal discovered. Unfortunately he was behind me when he fell, making little noise and so depriving me of some much needed light entertainment. After what seemed like hundreds of miles, what few runners that were still behind me sped past gazelle-like as we started our descent, while I hobbled down as if I were wearing stiletto heels. Neal kindly waited for me at the bottom, (or was he chatting up the attractive female marshal?) The finish was still some way off, but we eventually finished 108 and 109 out of 118 finishers. Carmen had again done brilliantly, finishing 85th in her first ever fell race.

**Day3: Scouthead Road Race-- 9miles.** Despite a long soak in the bath my legs felt very tired as we lined up. The weather was nice and hot, obviously suiting Carmen as she once again disappeared over the horizon. After about 30mins of steady uphill running, we descended into Delph before climbing into Scout head. I finished 55th out of 61, with Neal

53rd and Carmen a splendid 43rd. Our total times and finishing times were: Carmen-- 29th in 3.46.56, Neal-- 38th in 4.16.51, Peter-- 4.18.10, with Carmen winning a prize for being second woman home. After it was all over, Neal and I must have looked an odd sight as we hobbled into a local pub in Delph, but not as odd as the 14 stone middle-aged bloke dressed as a woman while calmly having Sunday lunch with his family!

The event was superbly organised by Saddleworth Roadrunners amidst the marvelous local countryside. We are assured that there will be a similar event next year, and I thoroughly recommend it to you!

Editors note: I think I'm washing my hair that weekend. Sorry!

## Leeds 1/2 Marathon Snippet:

As one of our members passed the Town Hall, very much worse for wear towards the end of the half marathon, a fellow member sprinted past. Passing on encouragement, the speedy member said "come on-almost there, you're looking good", to which the tired runner drawing upon all his wit and repertoire answered, "you're a lying bastard". The tired runners day was then made worse, after working hard to overtake an old archrival who shall be known as TPD, as they passed the viaduct on Kirkstall Road. TPD was later seen comfortably finishing the full marathon. Ha!

*"Peter and Neal enjoy the romantic evening landscape together, and a man in drag eats Sunday lunch, as rumours abound at the Saddleworth 3Day Event"*