

KIRKSTALL HARRIERS

"all the news that's fit to sprint" !!!!!

Run rabbits run

This is your newsletter.

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Starting with the st

HARRIERS RUN TO GLORY IN LONDON MARATHON

This year's London Marathon was probably the best yet, with amazing performances from the likes of Paula Radcliffe, Khalid Kannouchi and others. Yet their achievements pale into insignificance next to those of our own three representatives, who blasted through the finish line in a veritable 'purple haze'. Lets hear it in their own words:

AMANDA SEIMS: "Due to a free for all I managed to get into pen 4, (full of very fast runners!), instead of my named pen 8. At about 7 miles my injuries started to hurt, but chatting to another runner, who told me I was looking good for a sub 4hr time inspired me to carry on

despite the pain. You were made to feel like a hero as children wanted to slap your hand as you ran by. I spotted Ian at thirteen miles and then Marlene's husband a bit later - it was really nice to see a friendly face. I spotted Marlene on the dual carriage-way and gave her a shout, but by then there was a permanent grimace on my face, especially on the cobbles. Overall it was a great atmosphere, but I was very dehydrated afterwards. Next time I'll listen to my own advice!" (See page 3). Finishing time 3.55.20

MARLENE ASQUITH: "It was wonderful!" (I heard her say it honestly!)
Finishing time 5.28

SEAN McEVOY: Sean was unavailable for comment, but we just bet he loved every minute.

Finishing time 4.58

Commiserations to Ian Brown, Tony Moran and Phil Truman whose injuries prior to the event stopped them from running this year.

LEEDS 1/2 MARATHON

Rumour has it that a clutch of the 'ladies', (I use the term advisedly), are doing the Leeds 1/2 on May 12th. A dress rehearsal of the route is planned for the week beginning Monday 29th of April, (I think), so keep your ears to the ground.

GUISLEY GALLOP 10k--Sunday 31st March

By Neal Shotter

After an hour less in bed due to the changing of the clocks, no less than seven Kirkstall Harriers lined up for the start in Spring Wood. The weather was good and the ground was firm under foot. The course

was varied, starting with 2 miles downhill, then covering both hills and flats, (with a nasty 2 mile uphill through the village of Esholt and past the sewage works). Thanks must go to Peter and Maurice for the intense competition along the canal and through

spring wood.

Here's how we did:

John Hutchinson 47.02, Dave Spink 47.26, Neal Shotter 53.11, Maurice Lewis 53.49, Peter Hey 54.53, Trish Pearson 65.42, Marlene Asquith 70.16.

UP AND COMING RACE AND TRAINING NEWS

3 DAY EVENTERS

Rumour has it that the 3 day event at Lawnswood is off, so those who are gluttons for punishment will welcome news of another one not far away in Saddleworth:

Fri 3rd May 7.30 pm—a 7 mile road and trail at Uppermill

Sat 4th May 2pm—10 mile fell race at Greenfield

Sun 5th May 10am—9 mile road race at Greenfield

3 quid each event or 8 quid for the lot plus a Tshirt. Bargain!

WEDNESDAYS ON THE CHEVIN. Now the light evenings are here, anyone wanting to run on the Chevin on a Wednesday are welcome to join John Hutchinson and Dave Spink for a mile or two— or more. Normally starting at 6.30 from the Surprise View car park opposite the Royalty pub. This then gives you a bit more time for boozing and gossiping in

the LPSA.

RACES FOR MAY.

5th - Tadcaster 10 miles

12th - Leeds 1/2 marathon

- Leeds Race for Life

19th - Sandal Castle 10k

- Thirsk 10

26th - Yorkshire Vets 6ish

- Melmerby 10k

*“Peter Hey
beaten by very
old man in
shock to
Harriers hopes”*

YORKSHIRE VETS UPDATE by A.N.OTHER

The third race of the season was held at Springhill Mansion, Halifax, on April 21st. The course of around six miles was a slightly hilly mixture of road and trail. First home was Dave Spink, followed by John Hutchinson, Martyn Gregson and Richard Thomas. Peter Hey brought up the rear, having been beaten yet again by his 70

year old arch rival. Stuart Raynor, not quite a vet yet, gusted, finishing just behind Richard - full results to follow.

We had an abundance of spectators at the race, with Neal Shotter, Claire Mohammed, and Diane and Benjamin Thomas cheering us on. After 2 races Kirkstall Harriers are in 11th

position out of 29 clubs with the top 4 runners counting, and in 10th place with all runners counting.

ROTHWELL 10k Sunday 21st April. Talking of old crocks both Maurice Lewis and Emma Bolland were spotted here, with Emma vomiting attractively as she crossed the line. Times were thankfully unavailable at the time of going to press.

BAILDON BOUNDARY WAY by Neal Shotter

This multi-terrain event took place on Sunday 7th April. This was the first time I have run this course, so it was nice that the weather was pleasantly warm and that the ground underfoot was solid. The first 7 miles turned out to be easy: downhill, then flat, followed by

gradual climbs in Esholt and Dawson's Woods and a long canal section. Then the 'fun' started. The route took us up Shipley Glen almost to the summit of Baildon Moor before running across Harvey Smith's gallops, (he of the two fingers), to the finish at Baildon Rugby

Club.

Here's how we did: D.Spink 1.41.52, J Hutchinson 1.42.12, M Gregson 1.53.20, N Shotter 1.54.50, P Hey 2.03.30.

Malcolm Dennison also ran but unfortunately we don't have his time. Sorry Malcolm.

In the article below, Amanda Seims, our resident sports physiologist, updates us on the science behind the importance of fluid intake. The following is a condensed version of a longer piece that can be obtained from Amanda or Emma.

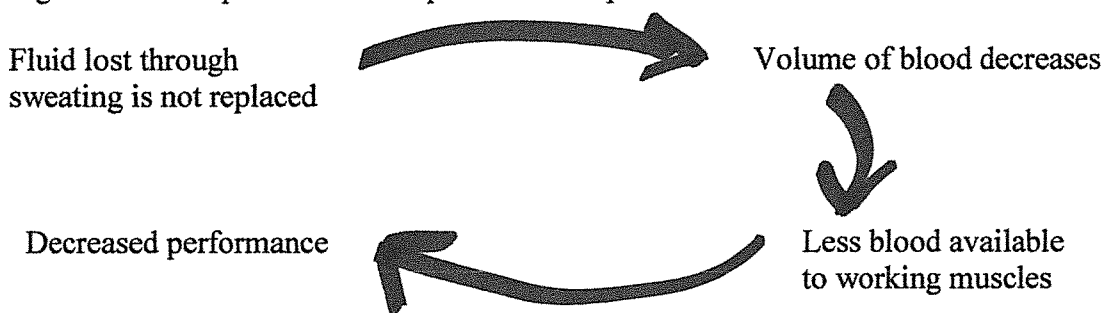
FLUID NEEDS BEFORE AND DURING EXERCISE BY AMANDA SEIMS

With the days getting sunnier and warmer, it is essential that we are all aware of the importance of drinking (water not alcohol!)

Dehydration and Performance

- * Making sure you are well hydrated during an event is important in all weather conditions. However it is an essential factor for performance in warm or hot environments.
- * When we exercise, our muscles produce heat as a by-product of energy metabolism. If this heat is not removed our body's temperature can increase, which can lead to illnesses such as heat exhaustion. High body temperatures will cause exercise to cease.
- * Blood from the muscles carries this excess heat to the skin where it can be released to the environment. We can aid heat loss by wearing appropriate clothing that exposes much of the body's surface. Our body's best heat releasing mechanism is sweating.
- * Sweating essentially is the evaporation of body fluids. However, the water lost from sweating forms part of the blood so it must be replaced. Figure 1 below indicates the consequence of inadequate fluid replacement:

Figure 1: Consequence of Inadequate Fluid Replacement



- * Furthermore, with less blood in the body it's ability to divert heat to the skin is impaired with the consequence that the body's temperature will further increase.
- A response you will notice in hot conditions if you do not drink enough is that your heart rate will be higher than normal. This is because if there is less blood in the body the heart has to work harder to pump it around. As you will be working at a higher heart rate you may feel more tired than usual.

Continued on page 4

- * Fluid loss will be reflected by body weight. A loss of 1kg body weight equals a fluid loss of 1 litre. Research has shown that distance runners were forced to slow their pace by 2% for every 1% of bodyweight lost by dehydration. This means that a runner capable of completing a 10k event in 35 min will be slowed by 2:48 (8% of normal time) when dehydrated by 4% of body weight. A 1% decrease in bodyweight for a 60kg runner would equal a loss of 0.6kg or a loss of 600ml of fluid.

Adequate Fluid Replacement

- * The most important thing to remember is DO NOT WAIT UNTIL YOU ARE THIRSTY!! This is a warning sign you are already dehydrated. Ideally you should drink before the event to make sure you begin in a well-hydrated state. It is recommended that you consume 400-600ml 2 hours before exercise. Checking the colour of your urine (as unpleasant as it sounds!) is the best indicator for hydration status. It should be pale to pale-yellow. Any darker then you need to consume more fluids.
- * During exercise, the aim is to replace fluid at the rate it is lost. Try to drink at least 150-300ml of fluid every 15-20 min. The larger the volume, the quicker it will empty from the stomach. In hot conditions, you will need to drink more than this as you will sweat more .
- * Water is fine for exercise lasting under 90 minutes. For events longer than this, try to drink a carbohydrate (CHO) beverage such as Lucozade Sport, HIGH-5, REGO etc. These will supply the energy needed to maintain exercise for long periods of time. The drink should be a 6-8% CHO solution (% = grams of CHO per 100ml of fluid). Lucozade Sport contains 6g of CHO per 100ml of fluid so this is ideal. A higher concentration takes longer to empty from the stomach and a lower concentration does not provide enough CHO.
- * PRACTICE with different amounts and types of fluid in training to see what works best for you. If you find a drink you like the taste of you are likely to drink more fluids during the event.
- * Continue drinking after the event – you don't want to be dehydrated for the next training session! Use the urine indicator as a guide.

The full version of this article can be obtained from Amanda or Emma.

YOUR NAME HERE!!

We need you to fill this space!

Any old tripe will do!

Next newsletter in a month!

So get scribbling!