

KIRKSTALL HARRIERS

HUGS AND KISSES* FROM PETER HEY!!!

Well done, and a huge and sincere thanks to all of you who helped out at our Kirkstall Abbey 10K. The feedback we have received so far is good. We had a record number of 529 entrants, with 462 runners finishing. As things stand we have donations to Marie Curie Cancer Care of about \$422.50, and we still have about \$580 profit. The police have no detrimental comments to make, and unless they are directed otherwise in the interim, they are happy to work with us on the same basis next year. A post race meeting will be held on Wednesday 16th October after the run, to discuss next years event, any improvements we

can make, and what to do with the surplus money. As the elderly Mr Grace would say, 'carry on the good work everybody, you're all doing very well!'

You are all free to enter all the races you want every weekend until the cross country season starts, so here are a few ideas:

SUN 20th OCT: Richmond Castle, Batley or Bramham 10K

SAT 26th OCT: Within Skyline fell race from Haworth—7miles, about 900 feet of climbing.

SUN 27th OCT: Holmfirth 15 miler.

SAT 2nd NOV: Shepherd's Skyline fell race from near Todmorden, 6.25miles, 1,150 ft climbing.

SUN 3rd NOV: Guy Fawkes 10 miler from Ripley Castle.

SUN 17th NOV: Roundhay Park 5mile and 3mile.

CLOSING DATES

ABBEY DASH: Friday 8th November.

BRASS MONKEY HALF MARATHON 26th JAN: Enter now to avoid disappointment!

* (Has this man no shame? -Editor)

CHRISTMAS LIGHTS RUN

Horsforth have indicated that they may be up for a run around the lights again this year—hopefully all starting together. Their preferred night is a Tuesday, presumably not the 24th. Starting at Kirkstall Leisure Centre we will do a tour of the lights in

the town centre, then go 50/50 with the cost of a buffet in the LPSA afterwards. Anyone wishing to turn up in fancy dress will be welcomed—we may even organize a prize! But be careful to avoid any motoring mishaps. Watch this space for details.

APOLOGIES TO STUART. I seem to remember Stuart Moore giving me a crumpled piece of paper with something on it about the Chairman's Chase results and the possibility of doing it again at Christmas. I've lost it Stuart!

This is your newsletter!

All contributions gratefully accepted and always printed in full.

(Apart from that Peter Hey, who has to be edited with extreme care and a big red pencil).

Inside this issue:

Mindless twaddle 2

More of the same 2

Nonsense 2

Blah blah blah 3

That's quite enough of that 4

FOR ALL YOU WHO LIKE FILTH

The Sport Direct Cross Country League starts in November - hurrah I hear you cry. The following dates were agreed at the AGM, but could possibly be subject to change:

SUN 10th NOVEMBER. Organizing clubs Horsforth and Kirkstall, with Horsforth doing the race and us doing the showers and food.

SUN 15th DECEMBER. Organizing club Ackworth. NB no showers last year.

SUN 12th JAN: Organizing club Abbey.

SUN 9th FEB: Organizing club Kippax.

SUN 2nd MARCH: Organizing club St Theresa's.

These events are between 4 and 5 miles long and are suitable for all abilities, even that Emma Bolland's. Although individual places are important, this is primarily a TEAM event. We need at least 8 runners to turn up for the men's team, and at least 4 to turn out for the ladies, but the more participants the better. We would like to see everybody

take part, and anyone not taking part will be made to pay a horrible and degrading forfeit at a later date. This is a punishment not a treat.

On the 10th November we will be providing the showers and the catering. This will be at the leisure centre, and those who are dab hands at making sandwiches and stuff, (anything that will be eaten by starving hungry cold and wet cross country runners— how hard can it be!), are asked to lend a hand. All your costs will be reimbursed by the club— so get baking.

DO YOU REMEMBER THE FIRST TIME? By Stuart Moore

The first time is always supposed to be the most memorable, isn't it...? Peter and Neal often talk fondly of theirs, even though it was such a long time ago. Ian has now done it 26 times, and Phil and Martyn shared their first experience in the romantic setting of the Welsh Mountains. I know many of you haven't done it yet, but don't be scared, I can thoroughly recommend it!

Marathons. Didn't think I'd be doing one for a few years yet, but once again Kirkstall Harriers inspired me to aim higher and further.

On Sunday 29th September Phil, Ian and I set off on what could easily be the most scenic marathon route in the UK. The memories of the start, high up on the moor, overlooking lochs

and glens, bagpipes and drums playing and broadswords waving were truly remarkable and almost too much for words.

Memories of the finish, all 26.2 miles later, were pretty good too, although a little achy. The route was glorious, following Loch Ness up to Inverness, but the hills took their toll, especially the one 'twixt 18 and 19 miles! The last few miles through the city were pretty hard going too, but nevertheless, we all finished and could feel rightly proud, (once the emotional giddiness had been over come on my part!)

Its hard to explain what being a

marathoner feels like, but it does feel damn good and I truly believe that everyone should give it a go sometime... a few of us have already mentioned ideas for next year's trip away. How about the 2003 Dublin Marathon? Come on, give it a go...

Inaugral Loch Ness 2002 Marathon results: (550 finishers)

52nd Stuart Moore 3.15.20

138th Phil Trueman 3.35.47

464th Ian Brown 4.51.15

P.S Nessie was seen, or at least a baby Nessie, the evening after the marathon. We weren't hallucinating. Honest!

KNACKER'S YARD Neal's latest and petty excuse is that his leg, (savaged by wild dog), has now become infected. Pathetic. Martyn's hips and legs are still defying medical science. Or so he says. Sarah Ashelford is claiming that her shin splints have returned and is being poked once a week by her physiotherapist. Slag.


THE LYKE WAKE WALK 2002-OSMOTHERLY TO RAVENSCAR- 42 MILES

Start: 20.00 hours FRIDAY
26TH JULY

Finish: 17.00 hours SATUR-
DAY 27th JULY.

WALKERS: J Hutchinson, N
Shotter, G Webster, T Hutchin-
son, S Shaw, D Spink, P Hey.

BACKUP: P Hutchinson, P
Tomlin.

After a few pints in the pub we
signed 'the book' and started
our adventure! A photo stop at
the car and we were off. From
Osmotherly, on road past rese-
voir to LWW standing stone,
( of many on our journey
across the moors). Rewarding
views over Middlesborough.
The lights would be with us for
most of the night.

On through the woods to
Suggdale, Live Moor, Holey
Moor, Carton Bank and Cringle
Moor Summit. Fantastic views.
The moon was out, and on the
open moor, torchlight was
hardly needed! We took the
path to the left of Hasty Bank

through the woods to reach the
first backup point. Hot drinks
and food were very welcome.

At @ 3.15 it was on and up to
Orra Moor- now starting to get
light, a beautiful orange/ purple
glow to the east and the moon
to the west. We made excellent
time and surprised the backup
who were all still asleep.

6.30am: Tea, coffee, beans, sau-
sages etc!!

Off for about 7.15 am- over
the road and onto Ralph's
Cross to the boggy bit. Not too
bad, just ankle deep! Got to
Shunner How at around 9am.
The backup team had the kettle
on, so a short tea break was in
order.

We had a good track to Blue
Man Int Moss, but then a bit of
an adventure trying to find the
backup. This section took
longer than anticipated, with
our 2hr estimation being about
1/2 hr too short!

Down to pass Wheeldale

Lodge, up to Simon Howe, and
then a surprise meeting with the
girls at Eller Beck at 2pm. A
short break before the penulti-
mate leg! Around the perimeter
of Flighingdale Base and up to
Lilla Hoewe for a photo stop.
We can see the mast! Past Burn
Howe, then the sting in the tail:
Jugger Howe Beck A very steep
descent and ascent to our last
meeting with the backup team
before the finish.

The last two miles! Everyone
knackered but in good spirits,
and that elusive mast was
reached at last.


We finished walking at 17.00
hours, exactly 19 hours from
the start.

Everyone agreed it had been a
hard but successful crossing
with excellent backup, weather
and company.

Well done everybody! The cun-
ning plan had worked!

John Hutchinson.

TEN PIN BOWLING ?

 The most popular night suggested so
far is Monday the 10th or Wednesday
the 13th of November. If we go on a
Monday its \$2.50 cheaper. Do we want
to eat as well as bowl? Will we have
time for running, bowling and currying?
Can anyone think of any eating alter-
natives? Or do we want to go for the
burger & chips option at the bowling
alley? How many people want to
come? Let Peter know asap as the
poor man has got to get it booked
soon, as if he doesn't have enough to
do, without all his other tasks!

COMPETITION TIME !!!

**The winner of the last competition was
Carol Moran, whose suggestion of 'a re-
placement bathroom tile' for alternative
uses for the Leeds Country Way me-
mento. A star prize is waiting for you
Carol! This month there are more luxury
goods to be won by the lucky entrant
who sends in the best top five Kirkstall
Harriers related popular hits. 'Keep on
running' is banned, as is 'The long and
winding road'. Entries in before Novem-
ber 20th please.**

OCTOBER/NOVEMBER 2002

71 Queenswood Drive
Leeds
LS63NG

Phone: 0113 2249257

Email: emmabolland@yahoo.co.uk

run rabbits run

LETTER FROM THE CHAIR

Dear Members,

I first ran the Great North Run in 1998. That year there were 27,000 runners. This year there were 47,000 runners. Our start zone was so far back that we never heard the start gun go off, and it actually took 25 minutes to cross the start line. Once over, we had to negotiate the thousands of black bin liners that had been discarded by the front runners, and were drifting across the road and wrapping themselves around our legs. In fact the entire run was a constant negotiation of obstacles! After the first water station, the road became full of hundreds of water bottles, but if you looked down for more than a split second, you ran the risk of bumping into the person in front.

South Shields was full to bursting with people, cars, runners, families, dogs, coaches, and policemen in yellow coats trying to make sense of it all. After passing the finish line and collecting the goody bag, the hapless runner had to enter the velodrome and try and find their friends and families and the correct point amidst the throng.

Really, the Great North Run, to quote a fellow club member, should be re-named the Great North Walk. It was wildly oversubscribed, with an infrastructure that simply wasn't up to dealing with the huge numbers of people. Perhaps the organizers should come down and run with the non-elite runners, then we might see a lower limit set on the numbers.

Dianne and myself had a very bad race. I was only half fit following my illness, and so the two hour target I set for myself was incredibly optimistic and I ended up making myself ill again. But at least I finished, and it was for Leukaemia Research.

Lets hope the next one's a good one,

Marlene X