

KIRKSTALL HARRIERS

LEEDS COUNTRY WAY SUCCESS. P. Hey

Well done to all those who ran and supported this years Leeds Country Way, which was run under fairly warm conditions. Both teams were short of a couple of runners through injury or unavailability, and for most of the ladies and some of the men, this was a brand new experience. Therefore I think we can be proud of ourselves in getting the two teams round and finishing in respectable times. The number of total teams entered was down on previous years, but the quality of the runners seemed to be higher. Although it would be wrong to single out any individuals, as I am sure we all did the best we could on the day, a special mention should

be made of Carol. The ladies team had changed so many times prior to race day, and especially in the week leading up to the event, (I think the ladies got up to 69 positions, before climaxing with all available bodies being used), that Carol had been tried in every position possible to satisfy the team as a whole. It was remarkable that she turned up at the right leg ready to run! But I am sure she enjoyed herself, so hats off to her—which was one of her problems on the day I believe. Hopefully this event was enjoyed by all and we cannot wait for next years event, or maybe even the Bradford Millennium, which is a similar event to be held in

June of next year. I apologize to all those kicked off the bus at Barwick, when the driver abandoned you all and went home. My excuse is that the men did not run fast enough as I was convinced that they would have finished by 4pm.

(Clearly Peter's right hand is completely worn out from all the 'writing' that he does for the newsletter. As if he doesn't have enough to do with all the other things he organizes. So, if you want to give him a rest, (not to mention us), why not submit some material yourselves? Please, please help this poor overworked man. Apparently its starting to affect his eyesight. – Editor.)

APPEAL: WE WANT YOUR OLD KIT !!

The PE department where I work (Primrose High School) wants your unwanted kit—race T-shirts, old trainers, tracksuits or whatever, for those kids who can't afford

their own. The school serves some of the poorest areas of Leeds and has a high percentage of refugees. All CLEAN donations to Sarah (or Emma). Thank you.

WELCOME!!

We seem to have such a lot of new members recently that we simply must officially welcome you all into the fold! A special mention must go to Estelle Brown, who within days of joining had donned the imperial purple and was sweating it out for us in the Leeds Country Way! Rumour has it she's a pretty good tri-athlete too!!

This is your newsletter
All contributions and
suggestions to:

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KIRKSTALL ABBEY 10K P. Hey

Now that the Leeds Country Way is done and dusted, (and I know you can't wait for next years event!), it is time to focus all our attention on our own 10k road race, which is to be run on the 22nd of September—just in case you've forgotten! The unwritten club rule is that we expect everyone to help out in some capacity, mostly as marshals, unless you have a chance of winning a prize in the race. (That means a real prize of the first second or third variety,

not just a T-Shirt and a cup of water!) There are to be several meetings between now and the race— usually club nights after training— to discuss where we are with all arrangements and to delegate duties: so if you want to do a specific duty or marshal at a specific point, please tell me or Phil Trueman asap. Sorry, but we do not have an opening for a 'rubbing vaseline on competitors' race official! If you know of any family or friends who have nothing to do

that day, please rope them in to help. We shall be meeting outside the leisure centre at 7.45am on race day. The race starts at 10am, so any marshals who can't get down for 7.45 MUST be down for 9.15 at the latest. All marshals will be given a free race T-Shirt for their efforts. (Hurrah!!)

THE CHAIRMANS CHASE AND CURRY !

The Chairman's Chase is a club event held the night before the 10k, (see above), in which we run the 10k course. It is handicapped— ie the slowest runner sets off first and the fastest last. This year Stuart Moore is doing both the organising and the handicapping— so accurate self assessments/bribes to him asap. If he gets it right we should all

cross the line at once. If he gets it wrong, we know where he lives. Kick off is normally at 6pm and the race is followed by a slap up feast at the Sheesh Mahal. Remember that you will have marshalling duties early the next morning, so please go easy on the lemonade! Or not .

GREAT NORTH

RUN MINIBUS?

Are you doing the GNR? How are you getting there? A minibus may be the cheap and easy solution to all our GNR travel problems! Interested? Talk to Stuart or Rebecca asap so we can get an idea of numbers. The more of us the cheaper it will be.

KIRKSTALL HARRIERS ANAGRAM COMPETITION!!

I was inundated with entries and sat up late into the night debating the relative merits of each answer and considering the possible legal repercussions of publication. After much thought and a substantial back-hander the mystery star prize, (to be presented on the night of

the Chairman's Chase), goes to non other than that god amongst men, our very own PETER HEY for the following stunning entry:

SKIRT RISER ALL HARK.

For our next competition I want you to think of some interesting uses for that peculiar pieces of plastic given to all runners who took part in this years Leeds Country Way. Stunning prizes for the best three. Answers to me by the end of September please.

'MY FIRST RACE' by Tom Burden aged 7 and 3/4

Being something of a beginner at serious running, and having taken it up at a rather advanced age, it was interesting to reflect that the last running race in which I took part was in 1962 when I was at school. In the summer when the weather was not good enough to play cricket, we were sent on a cross-country run. My main concern on these occasions was to find ways of shortening the course for myself and a few selected associates. I always found the experience painful and it was frustrating to watch the real runners surging past with no apparent discomfort while I struggled along.

I was therefore feeling a little nervous at the approach of the 5k run around Woodhouse Moor. However, I was pleased that the plan was, as Peter put it, to "warm up by jogging up there". In the event however, this warm up proved more than a little testing. The distance was about two miles, and mainly up hill, and it became clear that the term 'jogging' meant something rather different to Peter, Sean and Neil, than it did to me. I would describe it as close on to hammering. By the time I got to the registration point in Cromer Terrace I was dripping with sweat and found it difficult to sign my entry form

without drenching the unfortunate official with my perspiration.

As we were milling around waiting for the race to start it was nice to see that several Kirkstall Harriers were there wearing the purple. Unfortunately, out of a sense of modesty, and not wishing to bring shame upon the club by a public demonstration of my miserable performance, I had not put on my purple vest, for which I was upbraided. As people assembled for the start I took up a suitable place close to the back of the crowd so that I would not have to be overtaken by the entire field during the course of the race and if I came last at least I could claim that I set off last!

The race itself was relatively uneventful. However, I misunderstood the instructions about the number of times we would run round the park and on what I thought was the final lap, I was horrified to discover that I had to go round again. In the course of the race I struck up conversations with people going at the same speed as me and this was quite

pleasant. Obviously I wasn't going fast enough if I was able to talk. On the last lap, about 80 yards from the finish I informed my current running companion that I was going to 'go' and set off at a sprint hoping to overtake the next two runners in front of me. These were both young and strong looking females an unfortunately they heard my pounding hooves behind them and accelerated thus preventing me from overtaking. I think I got round in just over 26 minutes which I was quite pleased about. Firstly I was pleased because I'd finished, secondly because I had got round in less than half an hour.

At the finish two of my running companions came up and shook my hand. I was very struck by the good-natured spirit in which the race took place and the camaraderie which existed between those taking part. After a free glass of orange squash it was time for the 'jog' back to Kirkstall. More hammering... I hope next time the race itself is more taxing than the warm up!

SOME RACES FOR SEPTEMBER

WED 11th— the final Hyde Park 5k, and another Tshirt if you have done all three.

SAT 14th— Briscoe's Brewery Run, 3.5miles/900ft. In Otley, with a pint of beer at the end!

SUN 15th— Yorkshire Vets at Honley

SUN 22nd— KIRKSTALL ABBEY 10K. No wimpy excuses

will be accepted for not attending, including blizzards and tropical storms.

SUN 29th— Horsforth 10k. If you do not want to run, Horsforth would like us to reciprocate and help with the marshalling. Please pass on your names if you are available.

LOCH NESS MARATHON

Good luck to all our members on the day, which we think are Phil Trueman, Stuart Moore and Ian Brown. Lets hope the monster doesn't get you before the finish

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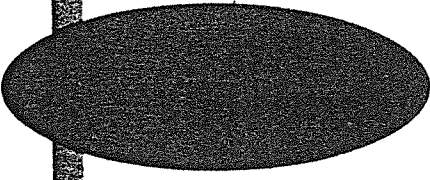
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***NO LETTER FROM THE CHAIR THIS
ISSUE AS MARLENE IS VERY POORLY
WITH SHINGLES! GET WELL SOON!!***

Also in the knacker's yard this month are Sarah Ashelford with her fallen arches and shin splints, Claire Mohammed with a UFO, (unidentified festering object), and most dramatically of all, Neil Shotter who was badly bitten on the shin by the postie's curse, a vicious dog. Sorry if we've left any other walking wounded out, and we hope you all get better soon.

Editor XXX



run rabbits run

DAY TRIP TO THE SEA- SIDE !!!

Horsforth Harriers are organising a trip to do the Bridlington half marathon on Sunday 13th October, the same day as the Harewood 10 mile off road race. Seats are 4pound each and the coach will probably be meeting at the Fleece in Horsforth at about 8am, returning from Brid at about 5pm. Further details from Julie Hustwit or Peter Hey.

OUR BODIES ARE NEEDED!!

Our bodies are in demand again! We harriers are being asked to be human guinea pigs, (is this because we are furry, friendly, funny, cute and make pleasant noises, or is that just me?). We have a foreigner ,(from Lancashire), coming to study in Leeds in September who wants to research our eating habits compared compared to student runners within the University. I suppose that Neil and I could prove that students have far superior diets. As well as keeping a food diary and energy expenditure questionnaire over a 4 day period they will also be taking skin fold measurements from 4 parts of the body. Our chief dietician Amanda, is aware of this

and is willing to advise on the situation. Further information should be available soon, but in the meantime I have a copy of the current details if any one is willing to give it a go.

Peter Hey.

EDITORS NOTES:

1. My guinea pigs just bit me and urinated on me.
2. Sarah Ashelford once had 24 chocolate teletubbies and a bottle of port for her supper.
3. Where are they going to get calipers big enough?