



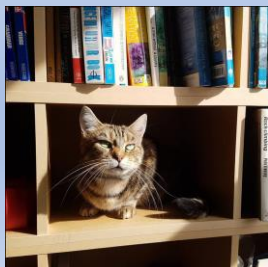
Intrepid Harriers recce the Three Peaks

Happy April!

Hello, this is Anne, your April Editor. This is my first time, so be gentle with me! Any questions, comments or gifts of cake much appreciated.

We have a bumper issue of the newsletter with the usual news and photos. Our member profile this month is Paul Grist. Plus, there's a couple of photos of cats. There's always room for photos of cats!

Happy running!



What's inside

P2- Name that event

P3 - Out and about

P4 - Malahide parkrun

P5- Spotlight on Paul Grist

P7 - Time trial and other news

P8 - YVAA

P10 - Harrier cats

Name that event – and the date!



Sorry, no prizes!



I was sorting through my photo archives and came across these purple people smiling at the camera.

Do you remember them? Were you there? Do you want me to destroy the negatives?

Watch out for more in a future newsletter – you have been warned!

Anne

Out and about..

What do Harriers get up to when we're out and about?

Here's Emma Lavelle-Wood at the top of Roseberry Topping recceing the final stretch of the Hardmoors 55. And here she is with her trophy – first female! Well done, Emma!



There was a good showing of Harriers at Hardmoors



Follow us on Twitter – and we'll follow you back!

@Kharriers

Random text box!



Malahide parkrun

An ickle bit of Irish tourism.

By Neil Marshall

A later 9:30 start, the sun shining, the previous night's Guinness a distant memory and running on the grounds of a castle. Welcome to Malahide parkrun, the oldest parkrun in Eire.

Like with all parkruns I was made welcome by all, it has a friendly atmosphere and a nice flat course. It turns out there were 1 or 2 Abbey Runners there so that put a bit extra pressure on me to finish ahead of them even though it's not a race - spoiler alert - I did :)

In the grounds of Malahide Castle it is a very pretty course, around a golf course then into the woods. Even if the weather had been bad it would still have been good. It is a flat course, although some of the locals did refer to a hill which you have to go up twice...it ain't no post hill...about as steep as Kirkstall Road from the leisure centre to the car sales place on the right, you know the one, with the cars! T'was nothing.



Onto the important information - very lovely and busy cafe at the end, bit expensive but also take into account it's in euros so looks more expensive than it is. Great scrambled eggs.

Nothing much to say, if you're in Dublin then I recommend you go, but at a glance there are loads to choose from so reckon they're all as nice...but not on a site of a castle. So my first international (discounting London & Lancashire) parkrun was completed with a nice 22:23 (joint 5th fastest 5km time), a nice breakfast, nice photos, nice people, nice location (and very close to the airport for day trips).

It was all a bit nice, only better.

Spotlight on....Paul Grist

Where are you from?

I was born in Wales but we moved around a bit when I was young. I went to primary school in Blackrod, near Bolton and secondary school in Keighley.

What is your occupation?

I'm a secondary school teacher. I trained as a history teacher but have ended up teaching sociology and politics. I moan a lot about what's going on with schools and education but despite that I love teaching. It's a privilege to spend time with enthusiastic young people helping them develop their curiosity about the world.

How long have you been a harrier?

This is my second full session as a harrier. Can't remember when I joined but about two years.

When did you start running and why on Earth would you do this crazy thing?

I remember running cross country at secondary school. In the winter the PE teacher would send us all up to Keighley tarn and back. Most of us complained bitterly and I seem to remember a lot of kids sneaking off half way for a smoke. Although I probably wouldn't have admitted it to my mates at the time I used to enjoy being out of school in the fresh air, running over the hills. After school days I didn't really run (except for the bus) until a few years ago.

I used to get my exercise mainly through riding my bike. Going for a decent ride takes up a lot of time. After becoming a parent my time became much more restricted. I found it easier to nip out for a 40min run than getting out on the bike. At first 40mins running was a serious effort but it was enough to get me hooked. So I guess at first I did it for exercise and then I fell in love with running.

What motivates you to run?

I'm 51 so obviously I'm motivated by the need to keep healthy, fit and well.



Also, since becoming a harrier I have begun to pay more attention to my performance, my times, PBs etc. and I'd be lying if I didn't recognise that performance has become a motivational factor for me.

However, neither performance nor competition or even fitness is my primary motivational factor. I love the way running makes me feel. For me, the biggest running buzz doesn't come in a race. It's comes when I'm on my own, maybe on a fell, or running down a beach or round a lake or through a forest. It's that great feeling of creating a bit of space to appreciate nature and my place in it. What motivates me to get out and run is chasing after those moments when I reconnect with nature, the running becomes effortless and my heads emptied of negative thoughts.

Best run ever?

In terms of performance my best run would have to be last years Yorkshire Marathon with a PB of 3:23. I was aiming for 3:30.



Taking performance out of it I have a few standout 'best' runs. A very early morning run along a beach on the Atlantic coast of Southern France last summer. I ran 11 miles up that beach and 11 miles back and hardly met another soul (see photo). Very atmospheric! Did another lovely early morning run through Dalby forest, complete with deer and a spectacular sunrise that was equally atmospheric. Also, really enjoyed Rombalds Stride this year, particularly running over the moor in the snow. Actually, I have loads of 'best' runs; too many to mention.



Run you'd rather forget?

Dunno, I've forgotten. Some boring plod through a couple of dead miles when I really wasn't feeling it I suppose.

In terms of pain rather than pleasure though it would be Spen 20 in 2016. I'd never run further than about 13 miles at the time and I felt great for the first 13/14 miles. I seemed to be running strong and my times for those miles were relatively good for me. Probably the fastest half marathon I'd run up until then. Fatigue hit me hard and quick at about mile 15/16 and it was a struggle to keep going to the end. I really hit a wall and it was unpleasant. But then again, perhaps perversely I wouldn't want to forget the experience. In retrospect it wasn't very serious and to be honest I have fond memories of the day. After the event I felt very good about completing the race.

Any words of wisdom for the fellow purple people?

I'm relatively new to running so I don't have any great experience to share. The one thing I'm fairly confident about is that core strength is fundamentally important and engaging core strength helps to prevent injury. I try and do Pilates at least twice a week and this has really helped me to strengthen the muscles that support my body and crucially my back (I have a history of back issues). Sometimes when I'm running I become aware that I've kind of 'slumped' and my legs are carrying the load. I find that if I consciously focus on engaging my core I can relax my legs. When I do this it seems to reduce leg muscle fatigue.

That's it.... perhaps it's mumbo jumbo but my running words of wisdom are, "do Pilates, enjoy the moment and rest"



Tell us something about yourself we might not know

I love to paint and draw and I'm a member of the Leeds Print Workshop Cooperative. Sometimes I post my prints, paintings and drawings on Instagram. (Actually I'm an art school drop out.... I went to art college, dropped out and ended up working in a textile mill in Bradford for 5 years).

Perhaps the main thing about me, other than being a dad to Kasim and partner to Zari is that I'm a lifelong committed Socialist. I really think that the human species could build a much better society than this, with its wars, inequality, oppression, racism and environmental destruction. So if we're ever out running and chatting together, remember that if discussing politics makes you feel uncomfortable, don't start me off on it or I'll talk you to death. We could talk about running instead 😊

TIME TRIAL Monday 19th March

After the 2nd “Beast from the east” which seems to have decimated the weekend schedule of races we did have 10 runners and 3 helpers turn out on the night. Most of the snow had gone, the route was runnable but the temperature at 3 degrees seemed colder with the easterly wind blowing.

There were two new faces to this winter series, Leanne Sykes-Hooban and Paul Grist. Although the route should have been the normal way around, (up Queenswood Drive and down Spen Lane) due to the low number of runners it was decided to try the option of letting the runners decide which way round they wanted to go.

It appeared that only two runners opted for the other way around – Patrick and Vikki. First over the line (initially) was Leanne, but she had cut off a corner and ran up the first cobbled street. Once she was aware of the error, she sprightly ran back down the start towards the bottom, only to meet Paul coming back home the correct way.

In a frantic sprint to the finish – again, she lost out the first place to Paul by 3 seconds.

Paul had a run time of 20.17 and Leanne 28.05. Coming home in third place was Patrick with a run time of 33.18 – a seasons pb. In 4th was Dawn with her season pb of 29.25 In fifth place was Vikki with the fastest ladies time on the night with 27.24.

Then came Adam in 20.03, just beating Paul for the fastest male on the night, then Gieds 21.06, Hannah just missing her pb by 3 seconds with 28.09, Malcolm 26.03 and unfortunately it was down to Tony Shaw to bring up the rear with a run time of 26.38. The finish times were quite close with only 2 minutes and 6 seconds separating the 10.

Many thanks to Jemma, Lucy and Sam for sorting out the timely start and finishers whilst standing about in the cold.

Peter

Happy birthday to YOU!!!

Asta Bevainyte	Jim Mawer
Gill Booth	Shevonne McLarnon
Gary Carlisle	Micheal Reynard
Stephen Corcoran	Jemma Roe
Amy Crook	Ceata Rycroft
Matthew Evans	Leanne Sykes-Hooban
John Hutchinson	Diane Thomas
Catherine James	Yekanth Venkiteela
Kimberley Keeber	Jonathan Young

April Birthdays





Yorkshire
Veterans'
Athletic
Association

Now that you are all fully stuffed after the Easter egg sessions, we can start off the YVAA Grand Prix season – again. After the Horsforth race was cancelled due to the beast from the east weather conditions, the first race is now at Honley on 22nd April, **starting at 10.30am** due to the AGM being held straight afterwards.

The course is the same undulating one as last year and should be just short of 6 miles. If conditions are perfectly dry (wots that?), you could get away with road shoes, but ideally and if conditions are still a bit moist, off road or fell shoes should be better. All being well the Alpacas will still be there to cheer you on as you descend the last hill towards the finish

Car sharing arrangements will be made nearer the time, let Peter Hey or Adam Moger know if you are wanting a lift

The list of races now stands at 10 – see below, so as well as individual prizes for each race in 5-year age groups, if you do 7 or more races your best 7 scores will count for the end of year prizes too. If you do all 10, I think there is also a small reward.

If you are not already aware of these races, they are very good value for money runs - £5.00 per race, and are mostly off-road runs, with lots of scenic views to behold. You have to be 35 to count but can run them for the hell of it if you are between 33 & 34. There are also 3 club competitions so everybody's score goes towards one or more of the team scores.

If you need any more details please ask Peter Hey or Adam Moger who will be only too glad to assist.

The GRAND PRIX races listed at the moment are:

Sun 22nd April – Honley – **START 10.30am**

Tue 8th May – Roundhay - 7.00 pm

Tue 29th May – Kirkstall - 7.30pm

(We need the assistance of all you young un's – **please see below**)

Sun 3rd June – Lythe – near Whitby – 11.10am 10 minutes after the Mulgrave Castle 10k and the same route – **see details below for a club social trip**)

Wed 27th June – South Leeds 7.30pm

Sat 7th July – Keighley 10.00am

Tues 24th July – Saltaire Striders

Wed 8th Aug – Halifax 7.30pm

Wed 22nd Aug – West Vale

Sun 11th Nov – Spenborough 11.02am

MARSHALS NEEDED FOR OUR YVAA RACE TUESDAY 29th MAY

If you cannot run this race for whatever reason – too young or injured, then we would like as many volunteers as possible to ensure the race is its usual success. The race starts at 7.30pm outside Kirkstall Abbey and runs up the A65, down Rein Road to the river, over the bridge and up to Bramley Fall Woods. After a loop around the woods the runners run back the same way they arrived. We will need some early starters – say 5.00pm to help mark out the course and then marshals around the course at strategic places to encourage or boo the runners around. The last runner should finish about 8.30 and the race HQ will be the Burley Rugby Union club. If you can give your name to Adam Moger, Jemma Roe or Peter Hey with any preferences and we will be very pleased to see you on the night

YVAA also arrange Championships, which are usually a race within a race for people residing in Yorkshire and who are members of England Athletic affiliated clubs, or who are members of other clubs but live in Yorkshire. You may have to enter separately to be eligible for the YVAA part of the race. A list of these races is below but again please check details before entering

HALF MARATHON – Monday 2nd April – Ackworth

5 MILE – Thursday 7th June – Haworth

10 MILE – Sunday 1st July – Eccup

10K – Wed 4th July – Helen Windsor (Halifax)

5K – Thursday 19th July – Huddersfield

TRACK & FIELD – Sunday 23rd Sept – Spenborough

15 MILE – Sunday 21st Oct – Holmfirth

FELL – November – Meltham

For more details or to check on the accuracy of the information and dates please visit their website yvaa.org



Yorkshire
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Athletic
Association

COMMITTEE MEMBERS WANTED

The YVAA are also asking for 3 volunteers to join their committee to take over existing roles. Full details are on their website

CLUB TRIP TO LYTHE SUNDAY 3RD JUNE

If you want to do one of two races at Lythe – either the Mulgrave Castle 10k, or the Yorks Vets race which starts 10 minutes afterwards and follows the same route – apart from the finish, then we are liaising with Horsforth Harriers to organise a joint club coach trip.

Even if you do not want to run but would like a lazy day out and watch the others “suffer” then feel free to join in the fun. If we can get 33 names between us, the cost will be £12 per person.

The basic details at present are 1st pick up at Horsforth at 7.30am, 2nd pick up at Kirkstall and head for Lythe just north of Whitby. About 1.00pm after the races and a slight recovery helped by some tea and cakes, head into Whitby for fish n chips or whatever takes your fancy. Leave Whitby about 4.00pm.

If you can give your name and £10.00 deposit to Peter Hey, starting after Easter – we will keep you informed of the progress. At the moment we have about 25 people seriously interested – so looking good so far.

Harrier cats – and their humans!

Who doesn't love a cute cat!

Here's Emma Briginshaw and her cat, or rather Emma's poorly foot. Unfortunately she fractured her ankle during training. Get well soon, Emma – and more cat photos, please!

Catherine James with her cat



New members joining in March:

Anna JAINES

Jane CROSSLEY

Member PBs for March

Distance	Name	Time
Half Marathon	PB Adam Nodwell	1:31:32
10m	PB Emma Ballantyne	1:02:52