



Kirkstall Harriers

Running Club

September 2018



Chris completes his parkrun 100 with a personal worst! He was tailwalker at our Woodhouse Moor takeover with Sam, who put on a sprint to leave him last! Sam also reached a milestone, her 25th volunteer stint, qualifying for the purple parkrun tee-shirt.

The nights are drawing in!

Hello, this is Anne, your July/August Editor and jam-maker. We have a bumper issue of the newsletter with the usual news and photos. Our member profile this month is Simon Hands. Plus, there's a couple of photos of cats. There's always room for photos of cats! Any questions, comments or gifts of cake much appreciated.



Happy running!



Christmas Do – Dec 6, Bar 166

Unofficial Christmas Do, Dec 14

Name that event – and the date!



Spotlight on.... Simon Hands

Where are you from?

Super Leeds

What is your occupation?

Valuation Surveyor

How long have you been a Harrier?

Not entirely sure, about two years.

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

I've probably mentioned this a few times, but my Dad was a keen sportsman, runner and inspiration to me. He has a 55 minutes PB for 10 miles and an 1hr 15 PB for a half marathon. We used to watch the athletic meets in Europe on the goggle-box when Steve Cram would be running the dream mile in his yellow and blue sash Jarrow vest and floating down the home straight (in a similar style to how Marion and Carol finish most of their races - the resemblance of running style is uncanny!) to a world record with Said Aouita in close proximity.



My dad and his family were from Hebburn and Jarrow, so Cram felt like one of our own. Peter Elliot came after that a Yorkshire who was definitely one of our own and I always used to count athletes amongst my hero's. As a result I used to run cross country, athletics meets etc when I was younger with Skyrac and Pudsey and Bramley and then with my Dad when back from University. After that, I mainly played football for fun, and kept my eye in with a few half marathons here and there. I came back to running after I finished playing eleven a-side as I wanted to be competitive in something and meet new people.

What motivates you to run?

Numerous things. Keeping fit so that I can be around for as long as possible for the girls and to set them a good example. Meeting people and hearing their story. Competing.

The memory of my Dad and the thought that I used to love telling him about runs and how I had done over a cup of tea and a massive plate of biscuits, and him offering me advice on where I could improve. He is missed and the running keeps him alive and gives me a lift if I need it.

Run you'd rather forget?

None. The worst ones appeal to the sadistic side of me. It's all miles in the bank. Hang on. Though Post Hill was pretty horrendous.

Best run ever?

Joining Kirkstall has been a massive eye opener to the variety of races out there and I can honestly say that each event gets better and better. A few fond memories include the Calderdale Way and running with Paul Grist, a proper gent and he had a map.

Northumberland coastal run was majestic, maybe even more so for the grim, rainy and windy conditions. The trip to Lythe followed by fish and chips and paddling in the sea at Whitby. The run to Dick Hudsons and back where the start was like the 100 metres for people with no sense of direction as everyone took a different route up the hill.

Any words of wisdom for the fellow purple people?

All runners are liars. "How long to go mate" "You are almost there". This has never once been true.

Tell us something about yourself we might not know

Everyone knows everything. What you see is what you get

Thanks to Philip Bland for the photo



Happy birthday to YOU!!!

Karen Dawson
Stephen Groves
David Hodkin
Jill Hudson
Chris Hunt
Ashleigh Jones
Adam Moger
Stuart Reardon
Mark Skinner

Calverley Cutting Climb

Well done to Ben Coldwell, who was the fastest runner up the lung-busting Calverley Cutting as part of the Calverley Chase Country Trails Race. He did it in 2.14 and came second overall.



Round Hill Fell Race

It's all about the shoes (ask the cat!)

by Marion Muir

Round Hill fell race, organised by Otley AC, is an 8.7 mile race starting at Timble Village with a climb up to Round Hill and back. Enter on the day for £5.

I've previously run a few fell races, but I am no expert. When I see 1100ft written on paper my brain doesn't translate it yet as it would be a 10km or 26 miles. At least I now understand the categorisation and some other basics, thanks to the guide [on our website](#):

Otley's website warned runners not to assume the moorland bogs would be dried out, they wouldn't be, it said. So I wore my grippiest running shoe— my Inov8 x-talons. They are also my least cushioned shoe. I'm not sure why this inverse relationship is the norm. Perhaps someone who reads this can explain (yes, this is a TEST).

Chris Hudson drove the 40ish min journey to Timble with me, Louise O'Brien and Adam Nodwell as passengers. I love car sharing to races - it's the sociable part, where you hear the gossip and find out more about your clubmates than you need to. Nodders had not eaten a thing since a pizza at 3pm the day before. The fruit cake he'd intended to pack was still on the kitchen table. A starved man was about to attempt a fell race on a scorching hot day. Fortunately, when we arrived at Timble Village Hall for registration there were enormous wedges of flapjack for sale. A relief for all concerned.



After an extremely brief race briefing we set off. The start is fast and deceiving. On the road to begin with, then into some woodland, all mostly flat. I felt great and thought to myself I was going to have a good run. We then got onto open moorland where the climb began. The surface was rocky and I could feel every one thanks to my grippy but uncushioned shoes. It was roasting and I was finding the ascent tough, signified by lots of people overtaking me. The terrain was starting to make my feet hurt. There was no respite on the "boggy" moorland as the bogs had in fact dried up!

The course was straight forward and there were several check points to keep you right. I was grateful as I am not good at navigating. It was a clear and sunny day, great for visibility and further reducing any risk of getting lost, but not great for physical exertion.

After about 3 miles you have reached the summit of Round Hill, then it's onto the downhill section which goes on for about 2 miles. I started to feel a bit better, mainly because I was no longer going uphill. The lady in front was some distance ahead so I ran as fast as I could to keep her in my sights. I made up no ground. Must improve on my descent.

At a check point near the end there was water, squash, jelly babies and ice-cubes. The most thoughtfully stocked station ever! The jelly babies were swimming in water that had transferred from people's hands as they went from ice cube to sweet. I had several watery jelly babies and I lived to tell the tale. The final 3 miles or so is made up of more rockiness (ouch) and another climb (urgh).

We finished back on the road we started on, earlier than expected as my watch measured short at 8.4m. This was a wonderful surprise. At the end you got a cup of water. For a fiver you can't complain. I think it's fair to say, apart from Adam who flew round thanks to a doorstop of flapjack, we all struggled. It was too hot, and it was just bloody tough!

I'd still do it next year, hopefully when the bogs are back to cushion my poor feet.

If only all parkruns were like this!

How unforgiving is running? After more than 12 months of hardly running at all getting back into it is hard. Especially at my age...energy levels are lower than the used to be and a few more aches and pains each year.

I have been a runner since I was a kid and can't imagine a life without it – it keeps me well both mentally and physically. So, in an attempt to get back into shape again, I decided to set myself a couple of running goals.

The first one was to turn up for as many of the WYVA races as I could this year. I've completed a few of them over the years but have not managed to finish 6 races. So far, I've managed 5 out of 7 and with one more race to go it looks like 6 out of 8 is achievable.

I love the vets races – they remind me of running when I was a kid in the '80's Before it was popular and profitable. Getting to vets races can be tricky, especially after a day at work however it is made easier by the great team spirit between us Kirkstall "oldies" and the willingness of people to give lifts and get to the race come what may.



The second goal has been to complete 50 parkruns before my 50th next year. Is it just me, or are parkruns really difficult? Getting out of bed early on a Saturday morning is impossible sometimes and the distance is something that I'm learning to love. I've done 18 so far and have got just over a year to 32 more...just sounds awful doesn't it?!

So, a couple of weeks ago I dragged myself out of bed and up to the parkrun at Woodhouse Moor. I thought I'd make an effort as it was Pride parkrun. A parkrun organized by Leeds Frontrunners as part of the Leeds Pride Celebration weekend and as part of the Leeds LGBT fringe festival. This was a parkrun with a difference, a colourful difference. Rainbow wings, rainbow face paint, rainbow glitter and rainbow flags. The mood was buoyant, everyone seemed to have a spring in their step – me included. At the end I was greeted with a rainbow balloon arch and a free pair of rainbow laces which I wear proudly.

If only all parkruns were like this – I'd have 50 under my belt in no time.

Sandra Warren



Club trip

October 26-28, Homestead and Cheesehouse, Peak District.

The organisers are Ceata Rycroft, Vicki & Bethan Daniel-Thomas.



We have now completed 6 of the 9 races of this year's Grand Prix series. The last two being Middleton at the end of June and Bingley at the end of July and the results are now up to date. The Keighley race has been cancelled.

At the Middleton race Niamh was 4th lady overall and 2nd in age group, and at Bingley was 2nd overall and age group. Marion Muir was 2nd in age at Bingley. At Middleton Paul Glover just missed out finishing 4th in age.

Individually after 6 races Niamh is 4th overall despite missing a race and 1st in age. Louise O'Brien is still 4th in age, Marion slips to 8th and Shevonne is now 12th. Sandra Warren stays 11th and Claire Doherty moves just behind her into 12th. Vicki Hipkiss stays 7th and Carol remains 2nd.

For the men, Simon Hands stays 7th, Adam Moger moves into 2nd, Richard Thomas moves into 11th. I have managed to creep up one place to 9th and Patrick has slipped one place to unlucky 13th. Paul Glover slips one place to 6th (having done only 4 races and now nursing a knee injury) whilst Tony Shaw moves up to 9th.

We still need as many runners 35 years of age or over for the last 3 races if we want to maintain our high standing in a list of high profile clubs, so if you can make an appearance at one or more of the remaining races - please do. The club appreciates any points anyone can contribute, and they are nice routes to run – and still only £5.00 – but if you have not done any this year yet you have to register the day before the race at the latest. There is no charge and it is very easy to do.

The last race is the usual event at Spenborough on Sunday 11th November.

If anyone is interested in going to either but needs a lift please contact Peter Hey and we will see what we can do.

The YVAA also arrange Championships events, 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

TRACK & FIELD – Sunday 23rd Sept – Spenborough
15 MILES – Sunday 21st Oct – Holmfirth
FELL – November – Meltham

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

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

Peter Hey



Well done, Marion. Second in her age category at Bingley! Thanks to Philip Band for the photo.



Halifax

11 Harriers made the trip for the fast and flat Halifax Vets race, with prizewinning success for Niamh (2nd F35) & Marion (3rd F40). Louise, Carol & Sandra also ran well for the ladies, with myself, Simon Hands, Gary, Tony, Peter & Patrick competing for the men. Just two races left in the season - West Vale on Aug 22nd (with advice to bring a headtorch if it's a gloomy evening!), and Spenborough on 11th November.

Although the series is for the 35 and overs - indeed, is one of the benefits of getting old - anyone aged 34 can run as a guest to "try out" the Vets races.

Adam Moger



Two Kirkstall Outlaws



Outlaw 2018 competitors must have spent half the summer worrying about running a marathon in 30 degree heat. They needn't have worried. The briefing marquee on the Saturday nearly blew away in 45mph gusts, and Sunday saw at least 5 hours of wind and rain on the bike. The only time it was dry was during the swim. The swim itself was changed from one 2.4 mile lap, to 3 shorter ones, with two "Australian exits" - run along the shore, then get back in - as a runner, always good for picking up places.

Whilst the weather made for hellish riding (nothing quite like going round a corner to see another competitor being loaded into an ambulance), it made for pretty decent running. I matched my swim time from last year (1.06), was 15 mins slower on the 112m bike (5.44), but 10 minutes faster on the marathon (3.48) for 10hr46 overall, 6 mins down on last year but 61st place compared to 91st in 2017. Kieran's splits were 1.31, 7.31 and 5.35, for 14.56 overall - a pretty decent first IM, on a road bike and off seemingly little training. (For anyone questioning the maths - the extra is of course transitions). An excellent meal at the finish rounded off a really good event. **Adam Moger**



New members joining in July/August :

Ashley Lightfoot

Alan O'Brien

Member PBs for July:

Distance	Name	Time
10k	PB Jonathan Young	0:37:57
5k	PB Chris Hudson	0:21:11
5k	PB Hannah Newman	0:26:21
5k	PB Jonathan Young	0:17:21

And welcome to our newest, youngest Harrier!



James Nundy is with **Nicola Nundy.**

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8 Jul at 19:14 • 👤

Another piece of the masterplan fell into place on 4 July as Seth Jacob Nundy joined us at 5:30pm, weighing in at 8lbs 2oz. He's settling in perfectly 💙👨👩👧👦😊

