



Kirkstall Harriers Running Club



Stanbury Splash fell race
They were warned it was so cold
their faces might stay like that...

A big thank you for all contributions to this month's edition, but what's in store?

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Lucy Churm and Laura Hogg at the Stanbury Splash fell race.

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AGM

It is our Annual General Meeting on Monday 16th February at 8.30pm in the LPSA. The meeting will be followed by presentations of the Club Championship and Sportswoman/Sportsman 2014 trophies. There will be a buffet afterwards.

This is your chance to take part in forming the structure and policies of your running club for the coming year. All members are welcome.

The agenda:

- 1) Apologies
- 2) Minutes of AGM 2014
- 3) Chairman's Report
- 4) Secretary's Report
- 5) Treasurer's report
- 6) Election of Officers for 2015
- 7) Election of Committee for 2015
- 8) Election of Team Captains for 2015
- 9) 2015 Subscriptions
- 10) Change to Club Constitution (for CASC Status)
- 11) Kirkstall Harriers 30th Anniversary Fund
- 12) Kirkstall Festival Stall 2015
- 13) AOB

Followed by:

- Club Championship 2014 Trophy Presentation
- Sportswoman & Sportsman 2014 Presentation
- Food!



Chris Glover, Chairman

Race report

PECO cross country:

West Park / Spen Lane playing fields

Sunday 4 Jan 2015

Many thanks to all of you who helped make our race a successful event. From those who turned up early and then did the race and all those who were able to marshal either one or all of the juniors and the senior race.

Apologies if you ended up in one of the spots that never saw the sun that morning, but it did shine towards the end. All of the feedback we received was positive, apart from some of the late arrivals back at the Dalesman when the food had run out, but we did cater for 250.

The ladies did the club proud again by finishing 2nd, for the second time this year! Our scoring ladies were Emma Ballantyne 9th, Niamh Jackson 11th, Jen Berg 17th, Emma Lavelle-Wood 28th and Lucy Churm 69th. Unfortunately our new member Daniella McGuigan in her first Peco race finished 50th but was too late to be a registered runner.

The ladies were only 34 points behind the overall leaders Valley Striders, and could have been 15 points behind had Daniella counted. As the last scoring female (for Wetherby) finished 144th in the Premier league, all our ladies who finished in front of her helped our team along.

Sadly our men, who are doing a great job relative to the teams we have had in the past, are struggling at the bottom of the league – due mainly to the superior quality all the other clubs are turning out this year. Our 8 scorers in this race were Alan Brydon 34th, Ben Coldwell 93rd, Adam Moger 115th, Chris Glover 130th, Liam Mealey 137th, Joe Steele 148th, Hal Roberts 175th and Andrew Carter 189th. Just to highlight the difference, the last counter for Valley Striders finished 29th – before our first man had finished.

Overall the ladies are now second out of seven teams, with 8 points, 5 behind Valley Striders and 3 in front of Saltaire Striders. The men are seventh out of seven with 20 points, 4 behind Abbey and 6 behind Rothwell. There are other leagues going off at the same time and the men's vets are third out of eleven, 3 points behind York Triathlon, and Ackworth. The ladies vets are fourth out of 11 and 3 points behind Roundhay. Our ladies second team are second out of 17, 10 points behind Valley, and 4 in front of Rothwell.

The final two races for this season are:

- **Sun 8th Feb** at Boddington playing fields, Weetwood (For those wanting a lift I suggest meeting outside the LPSA for 9:50am, for a 10am departure)
- **Sun 1st March** – Roundhay Park

Peter Hey

London Marathon

Fancy being a record breaker? The fastest marathon runner dressed as a monk is currently timed at 3:29:32. Applications must be received by 27 March!

For general coordination of the purple posse, in one dedicated place, I've set up a private Facebook group called **KH London Marathon 2015**. Whether you're running, volunteering or spectating I hope you'll find it useful. Let me know if you want adding to the group.

James Nundy

Member Profile

Name: Stephen Groves

Age: 30

Occupation: Financial Adviser

Originally from: Harrogate

Time as a Harrier: 4 years



When did you start running and why?

I joined the club and started running in 2010 when I was living near Headingley, my intention was to get fitter and lose a bit of weight at the time.

What are your motivations for running?

I find running really good both physically and mentally, it's a great way to relax, switch off and get the endorphins flowing. It's without a doubt the quickest way to shift the previous stag do / month off / holiday eating and boozing weight gain.

What are your greatest running achievements?

My 5k at John Carr series last year (2014) where I surprised myself having not trained as much as I'd have liked to, and knocked probably a clean minute of my PB with a 18:47 result.

What are your best running related memories?

As above, the second and third week of the John Carr 5k I got just about the same time (3 seconds quicker), but started off far too quick on week three as I just went for it! Crossfit has taught me a lot about my body's own limits and now I don't mind if I'm puffing and panting after the first km in a 5/10km race, state of mind can play a more important role than physical fitness in races.

I also have good memories of all the relays we do as a club in summer. There's always massive numbers, a great atmosphere with healthy competition between different club members, banter, Eric & Daphney and the picnics after. I can't believe some people choose to just stand on a cross trainer in the gym!

It's also great to see and help people progress, I remember being as quick as Adam Moger at one point, also Steve Webb trying to keep with me on Post Hill and now he's one of the quickest at the club.

What are your worst running related memories?

My 10k performances, having run 40:29, 40:22, 40:19 40:18 and 40:10 wondering how I'm ever going to break the 40 minute mark, mainly at the Leeds and York 10k's.

I remember York (on a few occasions) very well giving it everything down the Knave'sire where you can hear the deafening cheering but you can see the clock from about 150m away and you watch it ticking over the 40 minute mark and you've still some way to go until the finish! Then lying on the fields after trying to pick out where I should have found the odd second on each km.

Do you have any words of wisdom for your fellow harriers?

Enjoy your running! When you've not run for a while take it easy and build it up again slowly, forget about how quick you were just enjoy it - the fitness and pace will soon come back.

Can you share an interesting fact about yourself?

I've recently set up my own business in financial planning, although I still have a passion for DJ-ing and often do gigs at weekends. I'm a big Leeds Rhinos fan and I love scuba diving.

5K Winter Time Trial – Mon 19 Jan 2015

We were back to the high figures again after the low number in December. We had 33 runners and four helpers on this very cold but dry night. This included six new faces, who may or may not have known what they had turned up for.

First over the line this month was Hannah Lee with a run time of 23.49, closely followed by Catherine Barrett with 24.42 and third Carol Moran with 25.07. All three getting a PB for this course. In fact the next three finishers were also ladies, Lucy, Collette and Claire, who also all got PBs for the course.

Bringing up the rear this time, almost hand in hand were Malcolm and Broomio. The fastest female on the night was Lucy Churm, just beating Hannah by 4 seconds and picking up 11 places. Fastest man on the night was Ben

Coldwell with 19.10, who picked up 19 places. The overall time between the first and last placed runner was 3 minutes 49 seconds.

Allowing for freak times – or handicapping by the first and last runners, and taking their times off, the difference was only 2 minutes 58 seconds. At least this allows time to write down their names as they cross the finish line – just.

Many thanks to Shami, Laura, James and Chris for their valued assistance on the night.

We now have three runners who have done all four races: Sean Cook, Adam Moger and Andrew Cross. There are also 10 runners who have done three races, so they can easily put themselves up for contending the overall winners after the next two time trials in Feb and March.

Peter Hey

Training review: Bleeping Bleep Test Weds 28 Jan 2015

Now to be honest its been a long while since I last had a go at the Bleep test... way back in school! Where I thought it was compulsory for all kids to do at least once during PE. It turns out however that quite a few folk that turned up to Alan Brydon's bleep test had never had the pleasure of taking part in one before. It must be that I had a particularly sadistic PE teacher then lucky me!

For those that have no idea what I am talking about it's a super simple fitness test used by the armed forces, professional football clubs and apparently secondary schools in North Wales, that makes runners complete 20 metre shuttle runs between two points in time to a series of bleeps. The time between the bleeps decreases as you progress through the levels. Easy?

Well 28 Harriers must have thought so, or maybe it had something to do with the weather! (It was pretty chilly out). There

were so many eager beavers that it was decided that we would run it in two groups. I elected to run in the first group, mainly to avoid any nasty flash backs from school.

Lucy Churm led everyone through a decent warm up before we started, I really liked the scooping up water stretch walk thingy... it was new to me but it loosened me up just lovely.

As soon as we started the first shuttle I remembered that I wasn't a fan of this test at school its probably because I wasn't very fit when I was a kid and to be fair I am not feeling very fit now either but I did enjoy it a lot more this time round. I managed to get to level 6 shuttle 8 (6.8), which is pretty average for my age category. There were some very good results for both tests, which are now on the website and Facebook.

The last man standing in test one was Paul Miller who scored 13.3, which I thought was properly impressive until Paul mentioned that his personal record at the bleep test (I know who has a bleep test PB I ask you?) was a stomach

emptying Level 18.4, makes you sick doesn't it? Newbie Chris Hudson ran an impressive 11.9. I wonder if Chris has ever heard of the PECOs....

Test 2 saw a couple of good little rivalries between Bethan and Vicki who both scored 7.7. Chris G and Adam had a great smack down with Adam beating Chris's 11.12 with his impressive 12.2. Niamh impressed with the best score for the ladies with a not too shabby 11.9. And the winner of test 2 and overall bleep test champion was James Woodman with his score of 13.9.

It turns out that the bleep test wasn't nearly as bad as I remembered it was and after a few months of solid training I would fancy another crack at it. Which I think is the general feeling of everyone who took part. It's not like the Harriers are a competitive bunch or anything but hey who doesn't like a smack down every once in a while.

Many thanks to Alan for organising the test and not shouting at me....

Matt Sykes-Hooban

Race report:
Soreen Stanbury Splash
Sun 18 Jan 2015

The snow had been falling on and off throughout the week in Leeds, and there were rumours of foot deep snow drifts up in Haworth. A message on the morning of the race from the organisers, outlining a change to the race route, and a road closure resulting a mile walk to race registration confirmed these rumours.

I arrived with Laura and Becky with little time to spare before the race, a number of other Kirkstall members were already there, ready to race, warming up with a snowball fight. I quickly registered for my number, grabbed my share of Soreen malt loaf (I'm still undecided on the banana variety), and stripped down to my shorts and vest - wait - no one else is racing in just a vest and shorts? Just me and a couple of the front runners were thermal-less, the only option to justify the fashion decision was going to be to run quick!

Five minutes later we were all stood in the quarry, being shouted race instructions by Dave Woodhead, other runners staring at my dubious choice of race wear, my pasty limbs adding to the albedo effect of the surrounding snow. Before I knew it we were sprinting out of the quarry, down to the farm, tip-toeing over the cattle grid and soon trudging up the Stoop, single file in foot deep snow.

I felt strong, and frustrated by following the man in front,

occasionally veered from the path to attempt a foolish overtaking manoeuvre, usually resulting in a tumble amongst the heather, snow and bog, before resuming my previous position.



At the half way mark we turned and quickly, looking back, almost too quickly, began our descent. Suddenly I wasn't feeling so comfortable, surrounded by proper fell runners, I was schooled on how to descend properly through snow, ice and bog; legs and arms flailing and windmilling, whilst my head just hoped that my feet landed on at least relatively firm ground.

With only one fall, which I managed to turn in to a forwards roll and return straight to my feet (or at least I like to think it was that graceful), I made it back to the bottom of the Stoop, sprinted back towards the farm, tip-toed over the cattle grid and up the final hill to a crowd of snowmen which the supporters had managed to build in the 30 minutes that we'd been gone.

I crossed the line and was pleased to finish in 34th place, less than three minutes behind the fell running legend that is Ian Holmes, even though he is old enough to be my father.

I quickly donned my down jacket and cheered the other members of the purple posse in, with Ben, Hal, Randolph and Paul Newton closely following me home. Followed by Laura Hogg managing to pip Lucy and Rose to the post, and Laura Davies and Becky having their own sprint finish. Everyone quickly put more layers on, and huddled to regain warmth, whilst a film crew surrounded Lucy's ankles, intrigued by her Walsh PBs.

We soon walked back to Haworth to the Old Sun Inn to fully defrost, have a well earned drink, and of course for the prize givings, which included an inflatable shark for each of the winners?! However, at this point, Helen – who had just been supporting us (thanks for the support by the way Helen and Emma), after tumbling on the ice on the way to the race, decided she would faint to gain some attention of her own. After some malt loaf and a once over from the not-so-fast-response-paramedics, Helen was back in action, and we were forced to return from fell running madness, back to reality, and to ready ourselves for work on Monday morning.

James Woodman

A year to fall back in love with running

During the summer last year I wrote a list on my notice board at home that was titled 'Matt's Life List' among a long and boring but essential list of tasks between build a website and make a pension plan I had listed 'Make Running Part of My Life Again'.

It's fair to say that last year has been a bit of a rollercoaster, which saw me leave full time employment to go fully freelance in the world of Theatre and Performing Arts which lead to a very busy year of travel and work.

Not surprisingly my running took a back seat, my fitness nose-dived as my waistline expanded after too many late nights hitting the beer whilst away with work. This year will see me attempt to reline my life's priorities and make running a pleasure again rather than a chore that I have to try and squeeze in around hectic work schedules. To that end the plan is too occasional report back on my progress and activities in the newsletter.

This month:

Man (and wife) against the all you can eat buffet and Jantastic.

On 4 January 2015 Leann and I finally managed to get away on holiday. We found a very good deal for a week in an all-inclusive hotel in Paphos in Cyprus.



Great right? Well yes and no, you see I have a problem and I don't mind admitting it... I have zero self-control when it comes to all you eat buffets, in my head I see it as a challenge one which I am more than willing to tackle with much care free abandon.

You could eat and drink non-stop from 7am until midnight everyday!!! 3 course meals 3 times a day with plenty of opportunities to snack in between. It's obscene really! No matter how hard you try you feel compelled to try a little bit of everything (apart from the English section which was just chips, beans and burgers everyday - you can keep that junk I'm here for the Hallumi and Feta!).

So what is a glutton to do?



Well sign up to Jantastic that's what and take a pile of gym gear on holiday. The hotel had a great little gym and pool so our plan was simple and that was to do a workout or a run everyday. Now that probably doesn't sound too extraordinary but it's a new thing for us. And I liked it.

The hotel was situated on the beach and there was a path that ran along the coast to Paphos Harbour.



It was a great little route with an old fort and a harbour full of posh yachts at the end to nose at.

If it wasn't for Leann and I signing up to Jantastic we would have probably lacked the motivation to get out and run. The need to log those runs for Jantastic compelled us out the door and onto the costal path much to the

obvious horror of the other guests who must have thought we were mentally deranged to want to run on holiday for pleasure, but it was a pleasure to meander along the costal path together stopping occasionally to check out the other hotels, stretch and say hello to all of the cats that seem to live in Paphos. Really, there are hundreds of them all over the place!

So how did I do with regard to the buffet? Well, to be honest not well at all. The buffet was themed each night and Cypriot night was very nearly the end of me I ate so much Souvlaki (that's all the lovely barbequed meat to those that don't know). The Cypriot wine was also nothing short of a revelation - it's fantastic!

However, when we got back home I checked the scales and my weight was more or less as it was before we went away so thanks to the running I managed to stay even for the week... now that is a result!!!

Well I may not be able to curb my appetite for the all you can eat buffet, but I can at least outrun the weight gain. Running on holiday it seems is the answer... Fancy that.

Matt Sykes-Hooban

JANTASTIC 2015



SOCIAL CALENDER 2015

Here are a list of events our members are planning on attending / organising, compiled by Sam Broome. This is a great way to get involved with the club outside normal training runs and races. Should you know of any event or want to organise an event that you feel would be enjoyed by everyone then please email the club and we will share the fun and help spread the word.

January

Friday 30th : Baniff Film Festival – The Cardigan Works
** Update sold out **

Saturday 31st : Louis Louis Louis Classic swing, Jump Jive, Ska and Rhythm & Blues night – £7 a ticket, Age UK Leeds

February

Saturday 14th : Roundhay parkrun club trip – Leeds Athletic Series race and parkrun towards Club Championship bonus

March

Thurs 5th : Curry night at Sheesh Mahal, Kirkstall Rd at 8pm with pre-drinks in Cardigan Arms. To book a place email the club or Jill Buckley via stoxy78@hotmail.com

Friday 6th – Sunday 8th : Weekend away to Snowdonia
Update places are now all taken – please see Facebook group for updates on travel, food and activities

April

Sunday 26th : London Marathon – Possible volunteer opportunities. Further updates to come. Join the Facebook group **KH London Marathon 2015** if you'll be there

May

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June

Friday 26th : Kirkstall Harriers 30th Anniversary party

Saturday 6th **Provisional Date** : Woodhouse Moor parkrun club trip – Leeds Athletic Series race and parkrun towards Club Championship bonus

July

Saturday 18th **Provisional Date** – Temple Newsam parkrun take over – promote KA7

Sunday 19th : Gin Festival - £7.83 a ticket, 12pm-4pm – Leeds Town Hall

Friday 24th – Sun 26th (possibly Mon 27th too) – ThunderRun, Catton Park, Derby. Camping available and free to anyone wanting to come and support. KH have 3 teams and one solo runner this year.

August

Saturday 1st **Provisional Date** : Temple Newsam parkrun club trip – Leeds Athletic Series race and parkrun towards Club Championship bonus

Saturday 15th – Fountains Abbey parkrun club trip, followed by a day at Ripon Races ** More details to follow**

Saturday 15th – Race The Train, Tywyn, Wales – potential club trip. Have a look at the Rotary Challenge at racethetrain.com

September

Saturday 5th **Provisional Date** : Woodhouse Moor parkrun take over – Promote KA7

October

-

November

Saturday 7th **Provisional Date** : Cross Flatts parkrun club trip – Leeds Athletic Series race and parkrun towards Club Championship bonus

Sunday 15th – Abbey Dash followed by German Market and beers

December

Unofficial Christmas Do – Drinks around town. (Eating is cheating)

Christmas Meal – sit down meal, raffle, eat, drink and be merry

Rachael's Homemade Bean Burgers

These bean burgers are absolutely divine and are jam-packed full of protein! It has taken me a few attempts to perfect by finding the right type and quantity of beans and spices.



Ingredients

- 1 x 400g/14oz can black beans
- 1 x 400g/14oz can kidney beans
- 200g of chick peas
- 100-150g bread crumbs
- 4 tbsp chopped toms
- 1 egg

Seasoning & Spice

- Salt
- Pepper
- 1 x tsp Paprika
- 1 x tsp Hot chilli powder
- 1 x tbsp Hot Nandos Sauce

Method

- ☺ Preheat the grill
- ☺ Drain, rinse and mix the beans, before roughly mashing together with a masher!
- ☺ Add the egg, chopped toms, bread crumbs and seasoning (to taste), I use approximately those set out in the list, mix with a fork
- ☺ Divide mixture into 5/6 and shape into burgers before grilling approx 5 mins each side

Be warned - the mix does not look very pleasant but trust me these will not disappoint ☺

Rachael Kearns

Photo of the month
from the Northern XC
Championships 2015

The perils of putting
your number on
under your top whilst
trying to keep warm.

Come on in
number 186,
you need a brew!



Jill Buckley and Collette Spencer

Our newest members, joining in January



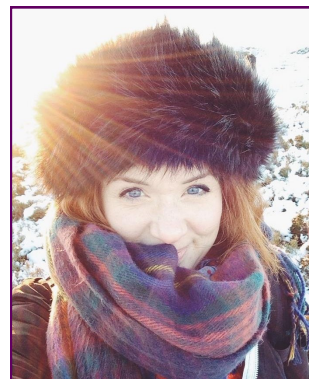
Rob Blemings



Paul Hallam



Chris Hutson



Jemma Roe

along with

Philip Hewitt : Paul Newton : Paul Lucas : Stuart Whitehouse
(who didn't see my email in time!)

Welcome to the Purple Posse!

Member birthdays for Feb

Russell Bromley.	Ewan Malone.
Alex Cook.	Gioia Mazzanti.
Becky Dwyer.	Rhian Millar.
Paul Hallam.	Ash Niwaz.
Kevin Kelly.	Kieran O'Brien.
Manghanita	Gemma Rathbone.
Kempadoo.	Martin Rocks.
Sheila King.	Simon Smith.
Emma Lemont.	Fiona Venner.

The panto season is over

Oh no its not! If there is sufficient interest next winter, and Billy Pearce is the main star, I will be quite willing to organise a club trip to the Alhambra pantomime in Bradford. I think the booking starts in June or July, and to get the discounted

prices you need at least 50 people to attend. If you would be interested in going let me know. Oh and by the way this offer is open to any children, nephews and nieces etc of members, as well as adult members.

Peter Hey

PBs for January

Hannah Lee – half marathon: 1:57:59

Kirkstall Harriers meet every Monday and Wednesday in the lounge at Kirkstall Leisure Centre,
Kirkstall Lane, LS5 3BE at 6.50pm for a 7pm start.

All standards of runners are welcome to join us, just turn up and say hello, we are very friendly!

Please visit our website for more info: kirkstallharriers.org.uk

Please email kirkstallharriers@googlemail.com with any questions about the club,
or if you would like to contribute to the newsletter. All articles are gratefully received.



Kirkstall Harriers



@KHarriers