



kirkstall harriers

Running Club

The February Newsletter



Photo of the Month

*Alice and Niamh lead the charge at Ladies senior race at Middleton PECO,
Photo Courtesy of Ackworth Road Runners*



*This month's newsletter was
edited by;
Matt Sykes-Hooban*

Whats inside this months
edition:

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AGM 2018:

The 2018 AGM will be held at 8:30pm on Monday 19th February in the LPSA club.

After the meeting the 2017 club championship and trail championship top 3 trophies will be presented followed by announcement and presentation of the Sportsman and Sportswoman of 2017 trophies. After that we will have free buffet (at about 9:00pm).

Please come along and join in.

The main items on the agenda will be:

Election of club officials for 2018

Chairman - Chris Glover is standing for re-election
Secretary - Jill Buckley is standing for re-election
Treasurer - Ben Coldwell is stepping down. Neil Marshall has come forward for election as Treasurer. Neil will also retain his role as Membership Secretary.

Election of the Management Committee for 2018

Catherine Barrett is standing for re-election as Ladies Captain
Jemma Roe is standing for re-election as Ladies Vice Captain
Simon Smith is standing for re-election as Mens Captain
Paul Chapman is standing for re-election as Mens Vice Captain
Adam Moger is standing for re-election as YVAA & PECO rep
Racheal Kearns is standing for re-election as Marketing & Sponsorship rep
Carol Moran is standing for re-election as Club Gear rep
Sam Taylor is standing for re-election as Social Secretary

This leaves one place vacant on the committee. If you are interested in joining the committee or wish to stand for election for any of the above posts, please let us know by responding to the email.

All posts will be voted on at the AGM.

We will also be setting the level of subscriptions for 2018.

Chris Glover

*Photo may not be
representative of
actual buffet - Ed*



Sportsman & Sportswomen of 2017

Nominations are now open for sportsman and sportswoman of 2017. Every member gets to vote. For details and link to voting form, click the link below. Winners will be announced and trophies presented at the AGM on 19th Feb.

<http://kirkstallharriers.org.uk/new/club/sportsman-sportswoman/>

PECO - Middleton Park

Race 4 saw another good turnout - 710 seniors, 47 Kirkstall - and a much better performance in the tables from both teams. Scorers for the ladies were the awesome Alice, outright ladies race winner by over a minute, Ninja Niamh (5th), Emma L-W looking strong in 29th, Jill (44th), Izzy (46th) & Eleanor (83rd, & top 6 in all her comeback PECOs), with ample back-up & pushing down runners from other clubs from Therese (first PECO for KH since moving from Saltaire), Rhian, Cat, Sheila (ahead of her shoulder op - best of luck Sheila), Aly, Asta, Simone, Karen D, Carol, Vicki H, Shevonne, Hannah N, Jemma, Jo T, Liz W, Leann, Bal & Anne. This gave the ladies joint 2nd on the day, tied with HPH who currently lead the table. Due to Harrogate putting out a winning team, the ladies remain in a relegation place, but now with a strong chance of avoiding the drop.

For the men, top 8 team scorers were Lee, Hal, Jonathan, Paul D, Andy C, Paul G, myself, Kevin L, backed up by Chris G, Gieds, Chris H, Randolph, Richard T, Neil, Kieran, Simon S, Sean S, Paul G, Matt S-H, Malcolm, Peter H, Sean O'H & Patrick. This meant 4th in the middle division and lifted us a place clear of relegation for the first time this season. Roll on Race 5, another good turnout, and hopefully safety. Gary switched to supporter due to Achilles trouble, and will hopefully be back racing soon.

Next & final race is 11th Feb at Temple Newsam, meeting LPSA for lifts 9.30am, with everything to play for. Don't forget that as well as the team competition, the individual is "best 4 from 5", with Niamh currently riding high atop the ladies table, and a "free gift" for anyone running all 5 races. **Adam Moger**

Photos: Right Alice in Full Flight and Below Jonathan Young Leading the Men's race.



January 5k Time Trial

After an exhilarating run in the snow and cold at Sundays Peco, Monday night was like a balmy summers evening. We had 15 runners on the night, 4 of whom were doing their first one of this winter series. Karen Dawson and Rowan Temple who are both "old" faces, Leah Williams a relatively new member, and James Forbes who had unfortunately picked tonight for his first run with the club.

Leah who was given an "injury" handicap, finished first over the line with a run time of 22.23. Let's hope we can see what she can do when she is not injured??? Second over the line with a course pb for this year's series was Malcolm Taylor with a run time of 25.45. Third over the line with a far quicker time than her best of last year was Karen Dawson with 25.59. Sadly, bringing up the rear was Simone Salgado with a run time of 26.21, a minute slower than her usual times, but for some unknown reason had done about 4 miles earlier that day (as well as doing the Peco). Other pb's for this course, this winter were Giederus Geisleris finishing 4th with 20.45, Isobel Webster 5th with 22.23, Sean Scanlon 6th 24.39, Patrick 8th 34.16, Joanne Taylor 11th 27.41 and Lee Hardy (still getting faster) 12th 19.27.

Lee just beat Rowan for the fastest man's time and both Leah and Izzy shared the same time for fastest lady. Less than 4 minutes separated all runners and taking away Leah's slightly generous start time, only 2 minutes 36 seconds separated the other 14 runners. Many thanks to Gary Carlisle who is nursing an achilles injury for ensuring all runners started off at the right time and we got all the runners in the right order with the correct times at the finish, unless anyone knows any different? **Peter Hey**

Leeds Race Series 2018

If you are not already aware there is a Leeds Race Series that any local club member can enter free of charge. This is a Grand Prix type of event which last year had about 22 local road and off road races within the year, and some specific park runs that combine together to give a league of runners. The races are existing popular events ranging from 1 to 10 miles and last year races such as the Temple Newsam 10, Guiseley Gallop, ABC, Otley 10, Pudsey 10k, Hyde Park mileRound Hill and Post Hill were included. Only 61 ladies and 95 men entered last years series, and prizes are awarded in different age categories. You can enter retrospectively. If you are interested please go onto the Leeds Race Series website for further details and to enter for this years event.

Members getting another Year wiser during February

*Noel Akers *Nick Child *Ben Clarke *Paul Grist *Paul Hallam

*Kevin Kelly *Rhian Kempadoo Millar *Sheila King *Kieran O'Brien *Gemma Rathbone

*Charlotte Rounding *Simon Smith *Fiona Venner *Isobel Webster

Congratulations to you all - Ed

New Crew joining the Purple Posse in January

* Sarah Ward

*Leah Williams

Yorkshire Veterans Athletic association - yvaa.org

The Yorkshire Vets now have a list of 9 Grand Prix races listed for this year. The full list which may be subject to change is shown below.

For those new to the club or who have not been involved in these races, they are a series of races for the “older” runners. Despite an effort to rename all us oldies “masters” we are still referred to as Veterans or vets regardless of our skills at tending sick animals. You have to be 35 or older to qualify for these races, and be a member of a club affiliated to the association. Most races are about 6 miles, and cover a wide range of interesting multi-terrain courses around the West Yorkshire area.

Runners cover the whole age spectrum with some now over 80 years old and the association offer prizes for each 5 year age band – giving hope to quite a few runners of winning something. Even if you are younger then some and still get beaten by someone over 60 or 70 !!! As well as individual honours, they also have 3 separate team prizes so the more runners a club can turn out, the more chance that club has of winning at least one team prize. Every individuals score combines towards the team total.

There is also a chance of winning a spot prize at the end of the race if you stay behind for the presentation, and most organising clubs throw in some refreshments – all for £5.00. Definitely an incentive for a Yorkshire person to part with their money. Wherever possible we will share transport so everyone has a chance of getting to each race.

The GRAND PRIX races listed at the moment but could be subject to change are

Sun 18th March – Horsforth

Sun 22nd April – Honley

Tue 29th May – Kirkstall (We need the assistance of all you young un's – please)

Sun 3rd June – Lythe – near Whitby

Sat 7th July – Keighley

TBC but down for July – Saltaire Striders

Wed 8th Aug – Halifax

Wed 22nd Aug – West Vale

Sun 11th Nov – Spenborough

They also arrange Championships, which are usually a race within a race for people residing in Yorkshire and who are members of affiliated clubs, but 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 could be subject to change.

CROSS COUNTRY – Sunday 4th March – Spenborough

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



Jill Camm

Age: 40.

Occupation: PE Teacher.

Originally From: Leeds.

Time as Harrier: I Think almost 15 years

I began my interest in sport as a swimmer and swam competitively for City of Leeds Swimming Club. After years of 9 sessions a week and 5.30am starts my parents and I realised that maybe trying something else would be a good idea. I started running when I was 11 and I joined Pudsey and Bramley AC. From that point I developed a passion for x country and fell running. As a junior I competed in school and club championships up to National level. I also continued to swim a little and combined the two events together to compete in biathlon and modern triathlon competitions. After returning from university I ran with the seniors at Pudsey and Bramley AC but realised I wanted a more social than serious club, Neil Shotter recommended Kirkstall Harriers and I never looked back.

Reason for running; I have always been a runner and let's say I am addicted in the sense that when I don't run I do feel a sense of guilt, twice a week is enough but and when I stop doing that my life does not seem to work very well!!! Since I have had children its more of an escape from the mayhem at home and a chance to catch up with friends.

Greatest running achievement for me was being 3rd lady in the peco league 2008-9 (back then it was a much smaller affair), completing my one and only Marathon and my first Olympic distance triathlon.

My best running memories are all the team events I have taken part in; Bradford millennium way, Calderdale and the Leeds country way, lots of laughs along the way!

Worst running memory was being stranded at the end of leg 4 in the Calderdale way in the snow with my friend, we were 16 years old and only wearing shorts and vests (error- this was the time before having to take kit) luckily my mum found us and we were then helped by a local farmer who took us in.

Words of wisdom for fellow harriers; at some point in your running career you may run with the group that sets off first at training, this group has been the only thing that has got me through those tough miles after breaks in my running career (injuries, university and babies) For that we should all be thankful for those who have the patience to wait (Carol M and Peter Hey) whatever the weather week in and week out.



Cross training – in the snow

We all know that serious runners do more than run as part of their training regime, in fact some elite runners hardly run any distances at all. Good for them, I say, wish I was one of them!

So as part of my training this this winter, I've added a new cross-training programme involving skis and falling over a lot, the falling over is optional, but I find it helps with my standing-up muscles. It is one of the best overall work-outs and calorie burners, yes, I'm talking about Nordic skiing.



According to learned journals, the push-pull of muscles in both the upper and lower body give a full-body workout, as well as building up strength. It also burns up to 1200 calories an hour, gets the cardiovascular system going 60 to the dozen and is low impact, it's even kind to the knees. Plus you're in the mountains in the fresh, crisp open air, what's not to like?

I've been a downhill skier for a few years now, the more I do it, the more efficient I become and while it's great fun, it's not so much of a workout, burning 300 calories an hour or so. The most exertion is walking in the damned ski boots and carrying skis up the steps to the telecabine. There's also a useful exercise tackling nose-powdering facilities as squatting in ski boots is quite a challenge – more so for the girls.

Aside from the workout potential, the attraction of Nordic skiing is the simplicity and comfort of the kit. The footwear is comfortable and easy to walk in, the skis so light I can lift them with one finger. No need for huge padded salopettes that make your backside look like a house side and no specialist gear, running kit will do, depending on the temperature. It's also cheaper than downhill, with ski passes and ski hire a fraction of the cost of downhill.

We spent three days on a course in Italy's Aosta Valley, led by a super-fit Ultra Trail du Mont Blanc (UTMB) veteran and Nordic ski expert, oh, he's also an alpine skier and mountain biker. He made it look easy, it wasn't. You know how in the winter Olympics you see all those svelte skiers gliding up hills, then racing down and around for a few kilometres before accurately shooting at a target? Well, it's nothing like that... yet.

Usually there are little parallel tracks to slot the skis into and then glide or push along with the poles. It's a very efficient movement, giving a great stretch to legs and arms, think of it as running, but with the landing foot taking you two or metres further forward each time and the back foot just gliding to meet it. While the cadence of running can be short and sharp, Nordic always moves you on quickly and efficiently.

There's not much elevation, but when it does come, it requires technique other than falling over, though I did find this a useful way to get to the bottom of the slope. There's also a knack to getting up, the skis are hinged at the toe and offer so much comedy potential for getting to your feet.

I found my legs were stretching out more and more, the splits were definitely a possibility. My arms were getting a full range of movement and I could feel the triceps developing with every push, I was also generating a lot of heat with the exertion.

A stable core is an advantage, so I was thanking my yoga teacher that I wasn't flopping about all over the place. Falling over was a certainty if I leaned back, so the lesson for each day was.... Don't lean back!



After two day I could hardly walk, every muscle had been used and abused, they didn't feel like my running, climbing, yoga or downhill skiing muscles, they were like new ones, never before used. But when we headed off into the forest, gliding quickly, moving efficiently, breathing heavily, it was like the world all around me suddenly became more beautiful.

Nordic skiing isn't something we can do very often in Leeds, though I did ski down the local fields when the snow was heavy a couple of years ago. There are cross trainers in the gym, which offer a similar workout, but there is nothing like the authentic setting.

Hopefully we'll be back before the end of the season to see if I can move a little faster and fall over a lot less.

Anne Akers

Northern Lights: The Northern XC Championships 2018

The Northern Athletics Cross Country Championship saw the cream of athletics talent from the North of England descend on the sylvan grounds of Harewood House on Saturday 27th Jan. 20 Kirkstall Harriers joined the throng, evenly split by gender with 10 ladies and 10 males donning the purple vest to grace this prestigious stage.

Rain had been forecast for the event, but happily, precipitation failed to materialise. Although somewhat blustery, conditions were just about perfect for cross country running; underfoot going being pretty sound across a course comprised of tussocky grass interspersed with several muddier sections.

With controversy in the athletics community steadily growing around the fact that women traditionally run shorter distances than the men at these events, the ladies set off first following the junior races across a route of 8k. Enthusiastic support was offered from the Kirkstall men. In a high class field, Niamh was first Harrier home in an impressive 36:25, and said afterwards "I've never been more chuffed to finish 72nd before". For a runner who consistently places in the top 5 finishers at PECO standard, that tells you everything you need to know about the step up in level that make these events such a stiff challenge.

The remaining ladies clocked impressive times and performances throughout the breadth of a 435 strong field, and there were several who finished so close together that a blanket could have been thrown over them. Izzy, Marion and Cat followed Niamh home as 2nd, 3rd and 4th team counters to help the team place a highly creditable 37 from 53. Simone made a strong debut at this level. Still being pursued by Interpol drug officers, Sheila ran impressively (for a Lanky, anyway) and also ably demonstrated her willingness to carry discarded kit for one of her overdressed male counterparts later in the afternoon. Jemma has obviously studied at the same school of pre-race moans and groans that the absent Louise O'Brien attends, but shrugged aside cares and aches to finish well in a performance that was as graceful as it was heartening. Comeback kid Hannah Newman continued her solid recovery form from the Yorkshire Champs here, showing how guts, determination and grit can see the resolute runner bounce back from injury woes (and indeed, the springy grass did have some qualities similar to a trampoline).



Liz was not far behind, smiling as she ran swiftly. Jill Buckley. What can one say about Jill Buckley? How does one describe the spirit she showed out on that course? How great was it to have her back running? A heart bigger than the Tyne. In many respects, hers was arguably the performance of the day.

Called next into the start pens were the men. 10 Kirkstall Harriers ranged against 751 others. Odds to bring out the “never say die” attitude typical of our finest traditions. I settled into my customary position at the back of the field. One day when I’m back on top form, I dream of returning to the dizzy heights of plain mediocrity I used to command. But you know what? At an event like this, I really don’t care. There is fierce competition and enjoyment at every level of the field. Everybody is giving the best they can on the day, and you can’t give more than your best regardless of finishing 1st or 701st.

It was refreshing to run over just 2 long laps of the Harewood grounds, as I often find 4 or 5 lap affairs can become really hard work mentally. The route was attractive, but tough. Enervating pulls were rewarded with some quicker downhill sections and the few patches of mud were of the cloying, energy sapping variety that can feel like wading through treacle. I’ve never waded through treacle, mind, but if I had, I’m sure that’s what it would feel like. Tough as the going was, I really enjoyed it. There’s space and freedom at the back of the pack, a chance for the head to clear completely. A time to just exist in that moment. If you asked me what I was thinking about, I’d have said “nothing”. And in today’s crazy world, I find joyous peace like that rare and welcome. We should all try and think about nothing more often. Cross country running as Zen-like meditation? I could easily become convinced. “Free your mind and the rest will follow”, as I seem to remember American R&B quartet En Vogue singing somewhere back in the 90’s. Wise words.

As the gloom of a late January afternoon was inexorably turning into nightfall, I saw the finish line ahead of me. I could hear Harrier voices shouting me in. All I can remember is letting out a kind of primal roar.....and then I went head down, full length into a pool of mud.



There are a plethora of great photos from this race. I thank the good Lord that there are none of this particular episode. I'll try and kid myself I went down with the grace of a dying swan as interpreted by a prima ballerina. But I didn't. I went down like a sack of spuds. If a tree falls in the forest but nobody is there to hear it, does it make a noise? If the men's captain goes arse over tit but nobody captures photographic reportage, did it really happen? Ooohhh.....get me going all Zen-like again.

All in all, a wonderful day out, a tonic for the soul and an afternoon for the pulse to quicken watching clubmates give their all for the vest we love. 20 Harriers has to be a record turnout at one of these championships, and I can't recommend them warmly enough to any Harrier yet to try. Sure, the standard is high at the top end. You can measure that on the clock easily. What becomes much harder to gauge are the things that really matter like spirit, the joy of shared experience, fun and of a challenge well met.

Why would you not want to be a part of this? **Simon Smith**

Ladies Results

Niamh Jackson 36:25 (72nd/435) Izzy Webster 42:55 (234th) Marion Muir 45:43 (293rd) Cat James 49:22 (354th) Simone Salgado 50:00 (364th) Sheila King 50:07 (368th) Jemma Roe 52:34 (395th) Hannah Newman 52:37 (396th) Liz Walker 53:22 (400th) Jill Buckley 1:10:26 (434th)

Men's Results

Jonathan Young 51:34 (313rd/761) Rowan Temple 55:14 (457th) Paul Grist 55:34 (467th) Adam Moger 56:11 (494th) Kevin Longmate 57:06 (514th) Randolph Haggerty 1:03:14 (646th) Chris Hudson 1:04:36 (671st) Kieran O'Brien 1:08:55 (717th) Simon Smith 1:11:45 (737th) Sean O'Halloran 1:31:58 (759th)

Monthly Boasts (PBs)

Andy Carter gets a shinny new PB over 10 miles in a very respectable time of **1:10:07**

Neil Marshall ran his first ever 10 miler in a very reasonable **1:28:18**

Jonathan Young ran his first ever 10 miler in an outrageous **1:09:52**

Well Done to you all - Ed

Thats All Folks!

Can I get a thumbs up? ... Cheers Simon & Kez!



*Kirkstall Harriers meet every Monday and Wednesday at the Kirkstall Leisure Centre at 6.50pm.
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 details at kirkstallharriers.org.uk*

We are also on Facebook and twitter!!!



