

KIRKSTALL HARRIERS

Issue 161

April 17

Editor - Simon Smith



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Welcome to your April newsletter, bouncing into Spring with all the playful abandon of a new born lamb. Whilst we still await the all clear on the “Hi-Viz” front, longer days are now with us to lift the spirits and provide an even greater incentive to head out the door and run. Those summer training run routes are surely now just round the corner.

If the thought of that isn't excitement enough, there's plenty of reading material here to further inspire you whilst providing the perfect accompaniment to your spring running. Hannah Newman has recently had a bit of bother following a few “springs” of her own, but here delivers a wonderful Member Profile that features a tennis player some of you may have heard of. Get back running soon, Hannah! Elsewhere, Alexandra Potts shares insight into her “love-hate” relationship with running that will strike a chord with many. Another PECO season is comprehensively rounded up by Mr. Adam Moger, and a “muddy” good read it is too. Tinged with sadness, we say “farewell” to Alice and James this month. They may be leaving us in body, but in spirit they will long stay with us. Guys, it has been a joy to know you. Thanks for everything you added to our Club, not least your entertaining interview below. Don't forget - once a Purple, always a Purple. (Any chance you can still fit in the odd PECO or two, Alice)??

Huge thanks to everybody who has contributed copy this month. Enjoy the read, but enjoy your running even more.

Very lastly, don't forget that member subs are now due at the rate of £25 from 1st April. Pay by end of May latest to stay a Harrier'

Simon



Fifi Hudson and Eric cut a risqué dash together at the Roundhay Park PECO

PERSONAL BESTS & BIRTHDAYS

MARCH 2017

10k	PB	Catherine James	0:52:59
10k	PB	Alice Murray-Gourlay	0:39:39
10k	PB	Alistair O'Donnell	0:41:41
5k	PB	Lee Hardy	0:19:44
5k	First Race	Kelvin Horner	0:23:11
5k	PB	Catherine James	0:26:24
5k	PB	Jim Mawer	0:21:02
5k	PB	Alexandra Potts	0:26:18
5k	PB	Rowan Temple	0:19:08

Gill Booth
Gary Carlisle
Amy Crook
Matthew Evans
John Hutchinson
Catherine James
Kimberley Keeber
Jim Mawer
Shevonne McLarnon
Abdulwahid Mosa

Micheal Reynard
Jemma Roe
Ceata Rycroft
Matthew Stephenson
Leanne Sykes-Hooban
Diane Thomas
Yekanth Venkiteela

No New members in March



WINTER TIME TRIAL AND YVAA ROUNDUP

WINTER TIME TRIAL NUMBER 6, WED 8TH MARCH 2017

Words: Peter Hay

Only 20 runners and riders showed up for the last time trial of this winter – and it was quite a nice warm night. The start was a bit late in getting under way – due to a computer error – or some idiot printing off the wrong spreadsheet??? We had 2 new faces for this series, who probably were hoping for the normal longer run and had come down on the wrong night? Jill Camm and Kelvin Horner.

The route this time was the reverse option and hopefully everyone went the right way. First over the line – again, was new member Matt Evans who was seen to finish the correct way this time – with the fastest run time of the night with 19.35, just beating Lee Hardy's 19.44, which was a pb for Lee. Second was Collette who may have been given a slight advantage with the rushed handicapping with a run time of 26.02 but it was only 1 second slower than her pb for the season. Third was the erotic – sorry erratic Dave Wood who got a seasons best of 27.46. Fourth was Carol

Moran with a season best of 25.46, and relatively new member Catherine “Cat” James 26.24 beating her only other time by nearly a minute.

Jill Camm was the fastest lady with a time of 22.00 beating her best time from previous years. Sadly bringing up the rear was Matt Sykes-Hooban with a poor run time for him of 28.42. The finishing positions will be checked against what should have been their set off times and any adjustments needed will be made. Only about 6 runners set off too soon or too late and although their finish positions may have altered slightly, this did not affect the best 4 finish places out of 6 races. Altogether we have had 61 different runners over the 6 races and 14 of these have done 4 or more. The final results and best 3 scorers will be announced after the Chairman's Chase which is being planned for April. Many thanks on the night to Lucy Churm, Sam Broome and Simon Smith for helping them all get started and finished on the night.

Yorkshire Veterans Athletic Association YVAA

I am sure you are all getting as excited as myself as the first race of the season is fast approaching. The Honley venue just the other side of Huddersfield on 23rd April. This is when us old gimmers – 35 years or over, can compete on a level playing field (just like the race route – well the start anyway) and race our counterparts in 5 year age groups. If you are intending to do this or any others in the series, please register at least 24 hours before the race date on their web site yvaa.org – Its dead simple – even I can do it. Anyone wanting to share transport please let me know and we can arrange a pick up at the LPSA – about 9.00am? The route will be about 6 miles and takes in some beautiful scenery and all being well you will see some native alpacas on the route. Please give this a go, as we need as many runners as possible at each race. Your individual points go to the club total – and all being well we can compete for another top 4th or 5th place in both genders amongst the 30 plus clubs taking part. This race could attract high points due to a lower than usual turnout due to the travelling distance and possibly some slight but beautiful hill work. The number of runners competing is usually about the 200 mark, so it is a really cosy and friendly atmosphere – until you approach that finish line.

Full details are on their web site yvaa.org

You will notice that we are hosting the race on Tuesday evening 30th May and would like all you youngsters to help marshal and support this race – please !!

The provisional list of races is still

Honley – Sunday 23rd April 10.30am RACE STARTS

Kirkstall – Tuesday 30th May

Lythe (nr Whitby) – Sunday 4th June

Halifax – Wed 9th August

Meanwood – tbc

Knavesmire – tbc

Stainland – tbc

Horsforth – Now Sunday 1st October

Spen – Sunday 12th November.

Dirty Footwear

Now that we are officially in Spring and will soon be venturing off road to find lots of muddy training runs to keep in fine fettle for next year's Peco; can I politely remind everyone to be careful to remove or clean any dirty footwear when entering Kirkstall Leisure Centre. They have not passed any comments recently but let's not give them any reason to raise the issue. Many thanks for your anticipated cooperation in this matter.

HARRIERS INTO EUROPE

CLUB TRIP TO BRUGES

Words: Simon Smith

Being in the editorial hot seat this month means I'm ideally placed to include a shameless plug for the Club trip to Bruges planned for this October. If you've missed my emails and Facebook posts on the subject, you either haven't been paying attention or you've been living on the planet Zanussi for the last 6 weeks or so.

In an attempt to whet your appetite once more, here's how the trip is currently envisaged to shape up:

- Fri Oct 13 - Coach pick-up from LPSA (likely to be mid-afternoon)
- Tea time sailing on North Sea Ferries from Hull (UK City of Culture, don't you know) to Zeebrugge
- Evening meal/drinks and overnight sleep in 2 berth single bed cabins. There are a wide range of entertainment options on the ferry. Some of them organised.
- Sat Oct 14 - Wake up in Belgium. Breakfast on ferry. Coach transfer to Bruges (only a very short hop)
- Rest of day at leisure to explore Bruges. Chocolate and beer sure to feature. Check out the pics folks.....they don't call it "The Venice of the North" for nothing
- Overnight stay in 3 Star City Centre Hotel. Group dinner date
- Sun Oct 15 - Run the Bruges Half Marathon. (I know.....sorry)
- Tea time coach transfer back to Zeebrugge for overnight sail back to Hull
- Mon Oct 16 - Dock in Hull. Breakfast on ferry. Coach back to Leeds

The cost of the trip is £265. That includes coach transfer/ferry/hotel in Bruges. We also have the option of pre-booking all meals on the ferry for an additional £46 - at least a 10% saving on what you'd pay on board. Entrance fee for the race starts at 30 euros. I will try and make a group entry booking for that once names and numbers are finalised. I'll need this from you before I make the entry (once I've performed a quick currency conversion calculation) as well as a £30 deposit payable to the travel company. I expect the balance to be required sometime in August or September, so you have sufficient time to save those hard-earned pennies. That quote is based on 20 people, the minimum number I need to make the trip viable and stick to the budget.

I have 13 names so far, so with only 7 places remaining, do let me know asap if you'd like to join in. Just think about it.....Harriers into Europe. This could be a trip that is talked about for a very long time (not least by the Belgian police, INTERPOL, The British Foreign Office and most major news organisations).

To secure your place on this Continental Purple Party (running also features), simply see me at training, reply to any of my copious Facebook posts on the subject or via email to dancingbear.smith@btinternet.com





HANNAH NEWMAN

Member Profile

Age: 31

Occupation: Cardiology Research Nurse

Originally from: Mont-Saint-Aignan, France / Perthshire, Scotland / Huddersfield (simple question, not so simple answer!)

Time as a Kirkstall Harrier: 1 year, 3 months

When did you start running and why?

The honest answer is i'm not really sure! I've been involved in sport since I started doing gymnastics at the tender age of 3. Since then I've been involved in a number of sports, often running for cross training purposes. I guess it was inevitable that running would get my full attention eventually! I completed my first race in 2013. With a couple of short breaks with injury and a slightly longer break when I had my little boy, I've been running regularly ever since!

How did you end up joining Kirkstall Harriers?

I was training for Manchester Marathon and was looking for company and a bit of motivation for the longer runs. I needed to train on a Monday and Wednesday because of work commitments at the time. I came along one evening and everyone was super friendly! The rest as they say is history.

What are your motivations for running?

It's the only time I really get to relax! I know that's a little bit backwards but when you consider a two year old little boy, a busy job, studying for my MSc, a husband and all the other little things that have to be looked after in life you start to understand! That aside I genuinely love the feeling of achievement that running gives me. I'm never going to be the fastest runner but that doesn't take away from my enjoyment of the sport. The camaraderie that joining KHs has provided has also been another reason to continue lacing up my ridiculous number of running shoes!

What are your greatest running achievements?

Probably getting to the end of Liversedge Half 2017 and living to tell the tale! (See Simon Smith's race report from last month!)

What are your best running related memories?

The sense of achievement of crossing every finish line that I've had the good fortune to reach. Also the sense of pride I feel when stood with all of you guys at the end of a race cheering in every single purple team member! We are by far the loudest, friendliest and most club i have come across and i'm very happy to count myself amongst you all. :-)

What are your worst running related memories?

I.N.J.U.R.Y!!! I hate not being able to run. Sadly injury struck early last year and forced me to pull out of Manchester Marathon. I have never not finished a race that I have signed up to, so to have a DNS against my name was awful. That and the months of knee pain, physio and frustration that came with it! I have unfinished business with the marathon distance. It remains firmly on the bucket list. Watch this space!

Any words of wisdom for your fellow harriers?

Don't 'just run'. That was my downfall and ultimately why I ended up on the injury bench. It's all about the glutes. Strengthen them! I'm sure you guys all know this though! I'm the rookie here!

Can you share an interesting fact about yourself?

Eeeeeerrrrrrr.....I went to school, kinda 'with' Andy Murray...he was the year below me. I'm not sure that counts though! Racks brains.....

I discovered recently that I can still do the splits, somersaults and backflips, in fact I'm much better at gymnastics than I will ever be at running!

MY LOVE HATE RELATIONSHIP WITH RUNNING

PAIN TO PLEASURE

Words: Alex Potts

My love hate relationship with running is like a double-edged sword. I'm one of those annoying people who runs miles on end each week as part of training, always seems so happy to say she's been out running, and is always smiling when the cameras are out (see photo one).

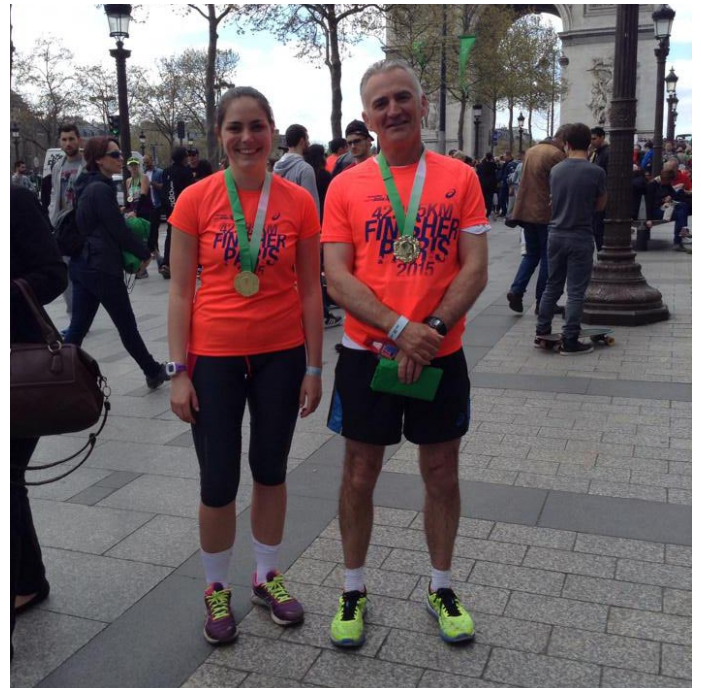
But secretly, I hate running. I hate the cold early starts and not being able to feel my fingers, toes, or ears until I've braved at least 20 minutes in the wintery air. I hate that when marathon training hits a peak, I'm doing double the amount of washing each week. I hate it that I spend my days moaning about all the niggles and DOMS I have in my legs (I'm sure my other half hates it more than I do though!). I hate it that my Friday



evenings are spent route planning and making sure I've eaten enough carbs ahead of my Saturday long run (well, eating all the carbs isn't that much of a hard thing). I hate it when I reach the bottom of my road and my watch is isn't rounded up to the mile it means I'm going to have to be that silly looking person who ends up running up and down the road until it hits the mile point. I hate that long runs mean I'm drained for the rest of the day. And don't even get me started on how much I hate the track on Headingley Campus. As I (try) to run fast into the headwind on that track I keep saying to myself "I hate this, but it will be worth it in the end."

But at the same time, I love that the most relaxing

part of my day is when I zone out whilst I pound the pavements of Headingley. I love that when I arrive home, a hot, sweaty mess, and my other half says “how was your run?” nine times out of 10 the answer is something along the lines of “AMAZING, I feel so much better now.” I love that running 35 mile weeks means there is no excuse not to eat cake or that second serving of Mum’s Sunday roast. I love that running isn’t just about getting all the miles in on your own. Some of my best runs have been with friends, and some of my favourite events have been running alongside others (most notably my little sister – see photo two) and helping them achieve PBs. I love that post-race celebration with friends, especially when it involves a few cheeky drinks and some good food. I love that



running has given me the opportunity to run races I could never dream of doing and seeing cities in the most incredible light (see photo three and four). Don’t tell me you don’t feel the same? My closing words on my love hate relationship with running are... I’m off for a run, see you in an hour!

A FAREWELL TO FRIENDS

ALICE & JAMES IN CONVERSATION

A Farewell to Friends – Alice & James in Conversation

Just before heading to Bristol to start the next chapter of their lives, the Newsletter caught up with Alice & James to ask them to reflect on their time in the “Purple Army”. Here’s what they had to say.

Q. What attracted you both to Kirkstall Harriers?

AMG: Err google actually. I initially planned to join the triathlon club as this was the sport I competed in whilst at uni, and obviously this would increase the probability of actually meeting Alistair or Johnny. However, I had a pretty terrible experience and found nobody wanted to chat to me. So I knew I needed to find somewhere else to practice my world class talking skills.

I don’t know if people know this but if you type ‘running club Leeds’ in to google, Kirkstall is one of the top options (it is likely google knew my location and showed me them by distance, but I prefer to think it was fate). Anyway, destiny or smart GPS system, off I went. My first evening - Hannah and Ben were the first there and were quick to explain that the club was a “drinking club with a running problem”.

James moved up to Leeds a few weeks after me, so didn’t have much say in which club he joined.

Q. Alice, do you prefer to be called Alice, AMG or The Wiltshire Whirlwind?

AMG: I do like my initials, especially as they also sit on the back of a very fancy Mercedes. Simon, the “Wiltshire Whirlwind” is amazing but maybe a bit of a mouthful for shouting at PECO!

Q. James, do you prefer to be called Coach, James or Jason Manford?

James: Coach Manford.

Q. James, what have you enjoyed most about your time coaching the Harriers?

James: I have really enjoyed watching the improvements individuals have made. My favourite sessions are definitely the fitness sessions we do in the summer in Beckett Park. I like how important these are for pre-season fitness and they also mean that everyone can be in one place to do it. I also love Broad Lane. AMG: Broad Lane makes peco’s feel easy)!

Q. Alice, what do you admire most about James when he runs?

AMG: Easy question - his running form. Have you ever seen James in a race? Cool as a cucumber, knees lifted, arms away from the chest, slight lean forward but no slumping. It’s amazing. I know that comes from the track running he did back in uni - and it certainly makes me reconsider a return to track racing. Oh, I also love his attitude when racing. Always positive. Doesn’t allow for negativity before, during or after a race, makes for a great runner and coach.

Q. James, what do you admire most about Alice when she runs?

James: I admire Alice’s dedication to training, and without a doubt her commitment to training is the main factor behind her success. ●●●



Q. Alice, if you ever inherit your Scottish castle, estates and private army, is it ok if we all come up and stay?

AMG: If I ever inherit the castle I would be very curious to the whereabouts of James, or even you Simon, in the run up to this sudden inheritance. There's a fair few that need to die before I can even get near it (she said wistfully – Ed). I was thinking maybe we could get them all on that PECO relay in Halifax - that should narrow down the field a fair bit!

But yes, you can all visit. Although please visit anyway. We won't have a fancy castle or an army but we will have local cliff tops to run on and plenty of cider for all.

Q. Alice, you can choose 1 Harrier to be in charge of your army (see above). Who would it be and why?

AMG: Alyson Glover. She seems to be able to cook enough for an entire army, let alone a small private regiment. I always think people are happier when they have eaten well. (Have you thought about becoming a dietitian? – Ed). If she refuses then I would choose anyone who has ever organised any of the relay events. Having done Golden Acre (20 teams) I know how much organisation this requires. If you can do that you can definitely organise an army.

Q. What has been your favourite race in a purple vest and why?

AMG: Leeds Country Way (LCW), both years. I just love running with somebody else and also being part of a bigger team. I also like that you all get together at the end for the shed load of cake they put out. Aaaaaand the mug is super cool. LCW was my first Kirkstall race and I'd like to do all the stages, maybe I can visit that weekend in September over the next few years?

James: I really love all of the PECO races. I really appreciate how many individuals it helps support to get running. Cross country is great for training; it's also always fun to run in the mud and rain. (Say what?? – Ed). It builds a strong team spirit within our club, and sometimes there is food afterwards! (That's better – Ed).

Q. Tell us about the memories you will treasure the most from your time with us?

AMG: PECO, of course. Kirkstall Harriers just know how to team spirit. I feel like the end of every PECO is my "red carpet" moment. The support the men give the ladies coming down the home straight is phenomenal. I am loving the new edition of war paint and I hope that continues. PECO and the Harriers rekindled my love for running, but also cross country.

Having said that, it will be very difficult to forget Hannah Lee's jumping attempt on the club trip, that will stay with me forever! (As it will all who witnessed it – Ed).

JM: After spending 18 months in Leeds, my most special time has been each Christmas that I have spent with Kirkstall. The big celebrations and the group runs with the local clubs were really fantastic. I'm also going to miss all the coaching sessions that I've had with Kirkstall. It's been great watching everyone embrace these difficult routines without being put off coming back again.

Q. And finally, is there any bribe or inducement we can offer you not to leave?

AMG: About £13m should settle it? But seriously, I am really sad to be leaving Leeds. We love it here, for many reasons, but for me the Harriers have made Leeds my home for the last 20 months. So thank you to everyone who made me feel so welcome, thank you for chatting to me on my first visit to training and thank you for being the reason I didn't just hibernate every evening when I experienced my first Northern winter. Please message us whenever you are anywhere near the South West. We'll be looking to come to at least 1 club trip a year and maybe a PECO if we can. (We'll hold you to that – Ed).

WOODHOUSE MOOR PARKRUN

NOTCHES UP 500

Words: Anne Akers

My goodness what a wonderful way to celebrate the 500th parkrun at Woodhouse Moor. We were the first parkrun outside London and the fourth in the world when the 16 runners started wearing a 5km groove in the ground around Woodhouse Moor.

There were 718 runners turned up for our 500th, breaking our attendance record by 150.



We asked our parkrunners to tell us why they #loveparkrun and were amazed by some of the responses, ranging from 'it's a reason to get out of bed on a Saturday morning' to 'it cured my depression'. I have it on good authority that a certain Kirkstall Harrier said it was all about the cake (you know who you are, Chris Hudson!)

We didn't have any purple peeps at the first or second parkruns, but there was a certain Randolph Haggerty putting in a tidy 20.37 to come in 16th on the third ever parkrun.

Over the 500, we've had 148 runners doing 2783 runs, with Adam Moger doing 221 of those. While it is always a run and not a race, it's good to celebrate the first finishers, with Shami and Niamh counted among them – I can't spot any of our guys in the list, but that doesn't mean you're not there #rubbishstatistician.

It's our tenth birthday in October, so make sure you join us that day, there may not be cake but there will be free breakfast!



PECO SEASON REVIEW

Words: Adam Moger

Another solid season for the purple army, albeit with the usual male/female split. The men were relegated from the top division, continuing our yo-yo reputation, with 4 finishes at the bottom of the table and a solitary 5th place at Race 2. However, turnout for the men regularly surpassed that of the ladies, and we'll have a more interesting battle next year in the middle division.

The ladies, after a promising start, lost star 2nd claimer Little Em to a bad ankle injury - from falling off high heels! 3rd overall means the women have been a commendable 2nd, 1st & 3rd over the past 3 seasons. Time will tell the effect of losing Alice, but a roll-call of those who made the top 5 shows strength in depth, with many more behind bolstering the team scores (at PECO, everyone counts):

Emma B	Izzy
Alice	Emma Brigginsshaw
Niamh	Jill Camm
Shami	Louise O'Brien
Helen Drew	Marion

Highlights of the season were the race 1 turnout - 32 men and 25 ladies, an all-time club record of 57 - and our very successful Race 3 where we hosted 804 senior runners, many KH putting in the time and effort to help. Top performers for the men in the best-of-4 competition were Kevin Longmate & Lee Hardy, and for the ladies Niamh & Helen Drew. 49 men and 39 ladies ran at least one race, more than half the club. Special mention goes to Niamh, who didn't miss a race despite regularly having to tack on 8, 10 and even 13 miles for marathon training, and still finished 2nd F35 in the league.

Finally, a big thank you to Chris and Alyson, who have the unenviable task of lugging the equipment - from gazebo to face paints - to every race.

PECO XC CHANGES FOR 2017/18

In an attempt to reduce numbers running the PECO XC races, the league are planning the following changes for next season:

Course length to be doubled by doing 2 laps of the previous courses
At the end of lap 1, each runner has to do 50 press ups

The organisers believe that these new measures will put 50% of runners off. Chris Glover responded by stating "Our members love this sort of thing and it will probably encourage more to take part. It sounds like a James Manthorp training session."

Watch this space for more news.

Kirkstall Harriers meet every Monday and Wednesday at Kirkstall Leisure Centre 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: www.kirkstallharriers.org.uk or follow us on twitter @kharriers
Please email kirkstallharriers@goolemail.com if you would like to contribute to the newsletter.
All articles, member profiles etc gratefully received. Or simply email the Editor for that month (rota on Club website).