

December 17/169

Editor - Simon Smith

KIRKSTALL HARRIERS



CONTENTS

YVAA UPDATE & 'OFF ROAD' RULES	4
RULES OF OFF ROAD RUNNING	6
PICTURE OF THE MONTH	7
CHILD'S PLAY	8
TOUR OF PENDLE	10
OTTER UNDER THE COLLAR	12
MEMBER PROFILE	18
NAME OF THE ROSE	20
PERSONAL BESTS & BIRTHDAYS	23

Welcome to the December edition of the newsletter, the last one of 2017. Hasn't the year flown by? With Christmas now approaching rapidly why not kick back, put the kettle on and reach for another mince pie as you enjoy a plethora of great writing to see you through the festive period and beyond. If you like your running muddy, you are in for a treat, with no less than 3 Harriers penning their debut feature this month. Rowan takes us on a Tour of Pendle, and what a thrilling journey it is. New boy Nick Child profiles his first experience of PECO and, oddly, he seems to have rather enjoyed it. Chris Hudson recently completed his first Ultra event, and the newsletter quizzes him on how it panned out. The off road theme continues as Jacqui returns to her native South Africa to take on a challenge that can only be described as "awesome". Elsewhere, Peter rounds up the latest proceedings in the YVAA season and our popular "Member Profile" features Louise O'Brien, a Harrier who has had a terrific year on the roads, trails and fells. Plenty of quality fayre that should well and truly butter your parsnips. Don't forget running is for life, not just for Christmas.

Simon

YVAA UPDATE RUN

Words: P

The final race of this year's series took place with another low showing of purple vests. Maybe it was due to the short number of races, or the fact that many planned races never materialised, or just bad planning of race dates. Whatever the reason the club did not have as much success as in previous years.

Of the 95 ladies who finished this race we only had 5, Niamh Jackson, Louise O'Brien, Vikki Hipkiss, Carol Moran and Anne Akers. From 149 men we only had 6, Adam Moger, Simon Hands (making his debut as a young/old vet depending on which way you look at it/him), Gary Carlisle, Noel Akers, Peter Hey and Patrick Nesden. Patrick making his first return since injury.

The race, which had all types of terrain, was another good run to participate in, apart from the first stile which caused a longer than normal queue – at the back of the race at least. This may have been the reason why I finished 146th or did I just not run fast enough !!!

Niamh was 2nd in the race for her age group, finishing 4th overall, and Louise picked up 3rd in her age group. Over the series and the best 5 races counting out of 6, Niamh finished third overall and second in her age group, just missing first by 12 points with a total of 736. Louise finished first in her age group with a good margin of 53 points with a total of 650. Only Adam Moger picks up a trophy for the men by finishing 3rd in his age group, missing 2nd by 59 points with a tally of 837. Other high finishers were Collette Spencer who finished 12th but only did 3 races, Vikki Hipkiss 11th from 4 races, Sheila King 13th from 3 races and Carol Moran 10th from 3 races. For the men Paul Miller finished 10th from 2 races John Hutchinson 9th from



& 'OFF ROAD' LES

Peter Hay



1 race (through injury) and Paul Glover 12th from 1 race and finally Ian Brown 13th 2 races. This shows that if you try to enter as many of the Vets races as possible, a good high finish is possible. Your individual points also add to the overall team points total too.

The ladies team managed to finish 5th in two competitions, ALL TO COUNT and 1st 4 TO COUNT, and 4th in the third competition REST TO COUNT. Out of 33 clubs taking part, this is a great achievement. The men fared worse this year, but still creditably by finishing 8th 9th and 7th in the same 3 competitions, out of a total of 38 clubs.

As we had 14 different ladies taking part in the whole series but only 2 taking part in 5 or more races, and for the men 22 different runners but only 1 doing 5 or more – there certainly is room for continued improvement if we can muster a few more runners to each race next year.

There will be a presentation evening on Saturday night, 9th December at The 6 Acres in Drighlington (top of Tong Road, after Tong Garden Centre) for those interested in attending. The full details are on the yvaa.org web site.

As soon as next years series is announced we will let you all know, but this could be March or April before the 1st race and hopefully we can muster a few more purple vests to each of the races than we did this year. At £5.00 a race they are extremely good value.

RULES OF OFF ROAD RUNNING

(According to Deborah Stevenson as published in the Summer Edition of The Fell Runner)

Having just recently read these I thought it is something most of us can relate to and wish to share a few of these with you, more especially if you have not done any or only a little off road running to date. (Also fits this month's off road theme nicely – Ed).

Running on the roads is fab. You've got a proper surface underfoot, street lights and can stop at a Subway if you misjudge your fuelling. But recently I've found myself running off road more frequently and have even got a few races under my waist pack. Here are some of the things that I've learnt

Accurate course measurements are for whimps

Do a road race and there is a good chance that someone has been around the route with a trundle wheel or calibrated bike. There is an accepted level of tolerance apparently but any significant deviation and the Garmin-wearing mafia will be up in arms. Organisers of off-road races use the terms "marathon" and "half marathon" lightly. When entering a race off road, the distance advertised will bear absolutely no resemblance to what you actually run.

Effort x2

Every mile you run will require twice as much effort as those on the road. This is in no way mitigated by the fact that you are running past trees and green stuff instead of bus stops (usually with full queues) and civilisation.

Times x1.5

You will be slower than you reasonably want to be however hard you try. Any conceivable attempts at pacing are abandoned at the queue for the first stile.

The course has been designed by the devil himself

Race organisers seem to think that people enjoy running through bogs and up vertical climbs. After all, why take the gradual pleasant route when there is a slippery wall of clay and tumbling boulders to scale.

You will become obsessed with your trainers

For road running pretty much any decent pair of trainers will do. Yes, you can go down the route of gait analysis and purchase according to pronation or level of cushioning, but if you want to get some miles in spontaneously, you can pretty much grab any old pair of shoes and make do. Not so for off road runners. You basically need a full soil analysis before setting out. What is the ratio of rockiness to muddiness? How many millimetres of grip will I need

You will never become a foot model

Whichever shoes you opt for, your feet will look gnarled, distorted lumps of wood when you remove them. They will be the colour of mushrooms and be wrinkled and soggy whilst having tough, craggy bits that jut from various parts. You will find yourself hackling off large chunks of skin at regular intervals with the nail scissors.

You will become a horticulturist

Apparently, there are about 160 species of grass in Britain. I know this because I googled it. When off road running these previously unremarkable tufts are the clues to whether your next step will be unhindered or whether you are about to sink into a Neolithic bog to be recovered and fully preserved in 1,000 years' time. You will pick your way across a sodden quagmire using only that spongy, bouncy grass, or that spiky, reedy grass as your safety net and rejoice when you finally hit some of that yellow crunchy grass that indicates firmer footing.

More of these in next month's newsletter!

PICTURE OF THE MONTH



*“Sometimes, you just need to remember why
you do some things”.*

Sam re-discovers her running mojo with Jill at the Nostell Priory PECO.

CHILD'S PLAY

FIRST PECO EXPERIENCE

Words: Nick Child

I joined Kirkstall Harriers a little over two months ago, and I am still getting to know people's names and which groups to run with. A few weeks ago, I was asked "Are you running in the PECO?". I was told it was a series of five-mile cross country runs in various locations around Leeds. In my teens, I did several fell races so the thought of a bit of cross country had me interested. I might be thirty years older but surely it would be like riding a bike. That's it I was in ...committed.

Next week I happened to be running with Adam for a while and so I quizzed him about footwear. I only had a pair of road shoes with no grips, did I need trail shoes and if so what? Adam proceeded to reel off a list of recommended brands X-Talons, Mudclaws, Roclocs. (You don't say? Ed) For those of you who remember Different Strokes I was like Gary Coleman "Watcha Talkin about!!".

I ordered a pair of Invo8's and five days later a parcel turns up at work. As soon as I tried them I knew they were no good, too tight. I returned them with Sportshoes recommended parcel company Hermes. Surely the messenger of the gods would ensure swift delivery? (Absolutely no comment – Ed). Five days later I checked the tracking details "Your parcel has entered the Hermes system". I was in trouble I was going to have to run the PECO in my road runners with no grips!!

The day of the PECO I was apprehensive not really knowing what to expect. In the queue to register I had a moment of panic, firstly I had no safety pins, secondly after noticing the lady runner in front holding a tenner I realized I had no money. "Do we have to pay?" I asked her "my money is in the car". "Yes but don't worry I'll sub you and get it back at another race". What a great act of kindness, however it was not required, I'd forgotten the club had already paid. Thanks Harriers.

The race itself was fun, I did not push my way to the front but chose to set off in the middle. I think it was the right decision. After overtaking a fair few over the first mile I settled into a position where very few people then overtook me. I think the only downside was I just settled into a pace of the person in front. So how about the shoes? They were awful, how I managed to get through the first mile in 7 minutes is beyond me. It was like running on ice in places. The hills were particularly tricky and that downhill section in the obelisk field was a bit of a "gingerly pick your way down", rather than my normal flat out downhill pace.

Overall, I thoroughly enjoyed my first PECO, thanks for recommending. See you at Golden Acre.



TOUR OF PENDLE

Words: Rowan Temple

“Worse than ‘Nam” was the description from a very experienced fell runner, maybe it wasn’t that but this was a seriously tough event!

This has been a race on my radar for some time, mostly since I saw white-out pictures of Rose George running it in full blizzard conditions last year. At 17mi and with 1400m climb it was a significantly bigger fell race than I’ve undertaken before and I hadn’t built up enough mileage until this season. It’s one of the few AL (read: steep and looong) category races outside the Lake District and one of the qualifiers for the Yorkshire Dales Three Peaks race. I was grateful to have been given the chance to recce the course beforehand, knowledgably lead by Neil Wallace. We did 60% of the distance and 50% of the climbs at an easy pace and I was pretty tired after that so I knew to take it at picnic rate, for the first half at least, on race day. Four intrepid Kirkstall Harriers (and a recently ex-KH - Rose) lined up at the start, Louise O’Brien, Chris Hudson, Mike Roberts and myself, none of whom had done the course before. I started close to the back, sticking to my plan of restraint on the first (of many) ascents to the distinctive table top plateau Pendle summit. I picked off a few places on the way up under clear skies and then settled into position on a long gentle descent over the next few miles. The path then doubled back over a smaller fell and a bottleneck formed on the climb so it was walking and a good chance to get some grub out of the bag. The route off the top was “Geronimo”, a cliff like drop into the valley below with spectators gathered to enjoy the spectacle. I love downhill running and trusted to my shoes which just about held grip in the grass – took six places and close to a CR for the day on Strava. A long drag back up sapped the legs a bit and set us up for the last 7mi.





In a similar way to which a flatbed trailer carrying a medium sized blue whale is back-loaded, this race was back-loaded. The last 7mi included three steep ascents of more than 200m each preceded by sharp drops. The final one definitely contravened some human rights directive - at least under EU law - 200m climb up a steep staircase with uneven grass tussocks for steps equated to 10 minutes solid of what were essentially squat reps. It wasn't even cardio busting, you couldn't go fast enough, more of a slow leg burn, on the back of a 2.5hr plus hardcore fell run. Having heaved myself past that and after exchanging a few suggestions of what the route setter could do with her map, a final flyby of the trig point marked the last high point. Ready for a final pell-mell 2mi descent to the finish line.

All KH runners completed on the day and huge kudos to anyone really who managed that, a serious achievement for everyone, particularly to Louise who made this pretty much her first fell race and also had whooping cough. I loved that it was a proper challenge just to get round, never mind to race it. My pacing worked out well and I think there could be a few minutes to find next year given similar conditions. Hot soup served by the fabulous volunteer staff was nectar and a drive to the nearest pub for dinner with the wife was a warm welcome. Everyone was frozen to the bone and hobbling for days, but at least now no one can say... "you weren't there maaan – you don't know".

434 runners total. 11 DNFs

155	Rowan Temple	03:17:59
373	Michael Roberts	04:12:02
380	Rose George	04:15:49
392	Chris Hudson	04:24:44
393	Louise O'Brien	04:24:45

OTTER UNDER THE COLLAR

THE OTTER AFRICAN TRAIL RUN

Words: Jacqui Elmer

My best moment on this race was seeing the finish line but wait, I still had to run over water, cross a three meter balancing beam and pray like hell I still had the strength to do it without wiping out... with the whole spectator audience waiting at the finish line and the commentator predicting my every move over the loud speaker, and ... I made it! I've never been so happy to have finished something in my life. I think if you've seen the pictures you will know that I was beaming from side to side with joy!

So there are a few things I would do differently if I ever had to do this race again! Firstly I would change my shoes. I had on the Solomon Speedcross 4 and they had absolutely no grip over the wet rocks. This was a big mistake and slowed me down terribly. I would train harder running down large steps to strengthen the knees as this was my biggest source of pain, and then of course I would pray harder for better weather conditions, torrential rain, 42kph wind and 12 degree temperature with a whole body submersion at the Bloukrans river crossing was not easy on the body. But then again, I would never willingly choose to do this race again, the word BRUTAL is an understatement for this race.

I'm not kidding. Solomon International has chosen the top 6 most prestigious events in the world and included these in to an international Trail running series for 2018 – THE GOLDEN SERIES – with the OTTER being the GRAND FINALE!!! Included are Zegama (Spain); Mt Blanc Marathon (France); Sierre-Zinal (Switzerland); Pikes Peak Marathon (USA) and Glen Coe Skyline 25km (UK). The only guy to run Otter in under 4 hours a couple of years ago trained in the Swiss Alps. So there!

So if I set the scene, think coastline, forest, rivers, waterfalls, cliffs and then rocks. I mean the type where you need to jump from one rock to another, with about a meter gap and rushing sea water about

10 meters down below you type. The same ones that made me lose my nerve until some poor soul took pity on me and jumped and then turned around to catch me. I've never been so grateful in all my life. I seriously thought I would die out there without her and with the closest exit route being at least 5kms from the odd "E" (for exit) sign it would be a lot of suffering.

Ah that's the other thing. They had a wicked emergency team. Totally doesn't scare you. Only six fully qualified running doctors plus additional emergency members on standby. They can't have their emergency team needing assistance after they have run 5kms to get to you, because that's how close you are to any accessible road in this remote area. The three life guards in the water at the Bloukrans River crossing remind me of Dwayne Johnson, also known as The Rock. According to my teenage sons, who were waiting ever so patiently after walking down 600meters of steps to see me do this, tell me that they were doing press ups and sucking on GU's almost every half hour while waiting to assist runners out of the water and up on to the cliffs. Actually they were multi-lingual too. When they started shouting to me to let go of the rope and swim towards them, the only thing stopping me from being pummelled in to the rocks, I started to panic. I just froze there, so when I didn't respond to English, they started speaking Afrikaans and even tried some German. Finally I came around and they realised I only speak English. But it was fun watching them speak every language they could.

When I come to think about it I came away rather unscathed, after running for almost 9 hours in wet shoes and socks, I finished with three wounds over my whole body. One on my right ankle from when I had to walk between rocks that were too tight for a comfortable foot width, and then two rashes from the tongue of my shoes, just in the front crease of both my ankles. Strange I know!!





So, back to the race. If you don't already know, the race takes part in the garden route in the Eastern Cape of South Africa, a whole 7967 miles from Leeds, from Storms River to Natures Valley. This is called the OTTER. Then every second year they run it in the opposite direction, from Natures Valley to Storms River and this is called the RETTO. My watch clocked 25 miles or so in total and I didn't get lost so I feel a bit short changed as it's advertised as marathon distance; anyhow I was very happy it was finished. The vertical ascent is 2400 meters, which includes 11 hills more than 100meters at once. Here think loads of steps, possibly knee height, which seemed to go on forever. I did 4.8kms in my first 80 minutes and had to seriously reassess my strategy.

My first stop was the Ngubu huts (for interest sake this trail is usually done as a five day hike so the huts

are permanent wooden structures with very basic amenities such as running water and bunk beds). We had to clock in with our timing chip at every hut and obviously refill our water bottles. We were also advised to carry purification tablets in case we ran out and had to use fresh running water from one of the streams = no water tables however there was a half way stop with bananas, dates, Gu, water and not sure... because everything else was finished by the time I got there. Anyway, so I had been hydrating all the day before, all morning, all the way on the deathly silent bus to the start at 6am (this is me making sure I don't dehydrate carrying only 1 litre of water) and I need the toilet. So I locate the toilet sign run up a little hill towards a hut go inside, lock the door, turn around and about to undress when I notice the whole front of the cabin is glass. So I unlock the door go out the cabin to the



is when my watch started to beep at me, one of the widgets came up on the screen telling me to “warm up”. I couldn’t clear it and eventually stopped trying, exhaustion was setting in and I was only 3 hours in. I got down to sea level again, crossed the river mouth and then had to run across dry sea sand for about 200 meters. The wind was so bad it felt like I was being stung by a million bees on the back of my legs from the sand. Eventually, we were back in the forest, sheltered from the elements. It was this moment when I actually felt like crying. This was not what I signed up for, it was way harder than I anticipated and I think my heart gave in.

Two years of planning, 24 weeks of training, 6 flights, a 6 hour road trip, I won’t even discuss the cost and here I was planning my escape. I wanted it to be over. If I went slow enough I wouldn’t make the cut off times which meant that I was unlucky and would be taken off the trail. I could take an exit / emergency route, walk the 5kms to the nearest road and hopefully someone could pick me up. I could make it to the half way point and call it quits. So that’s what I decided to do, I would go to the half way point and call it quits. And of course as Murphy would have it, the munchie point was just over 11 miles in. There was no ways I could quit before half way. That’s not even half an attempt. My annoyance drove me right up to the table, I grabbed half a banana and walked on. So many people stopped to take pictures, sit and repack their bags, make their shakes, have a rest. This was not me, highly annoyed I marched on. I slowed down a little to add a High 5 sugar free caffeine tablet to my water bottle and drank this as I stormed up the steps. This was my turning point.

My next goal was Bloukrans River. I knew my family would be there waiting for me. They had caught the 11am bus to make sure they didn’t miss me and all of a sudden I had a purpose. If I could get there by 14:30 then they could still get the last bus back to the race village and it wouldn’t be all for nothing. As I came over the edge and could see them all on the rocks down below, my heart lept out. It was the most emotional I’ve been in a very long time and I physically cried, possibly wailed for a minute or two, and about half way down I gave myself a stern talking to, composed myself and continued down gracefully to smile and wave to them all.

Although the crossing was scary, I found my focus being honed in, like I was watching myself in slow motion, and every step made over the rocks in the water until I just dragged myself along as I pulled on the rope with my hands. The cold water was

door on the other side and it’s a basic table and sink, so back I go to the loo with a view, realising this is my only choice I swivel my rain jacket to the front of me and perch to do my business. I just hope none of the runners running up to pass me noticed me and my bright orange rain jacket. But I did get to admire the view, and it was beautiful looking out to sea!

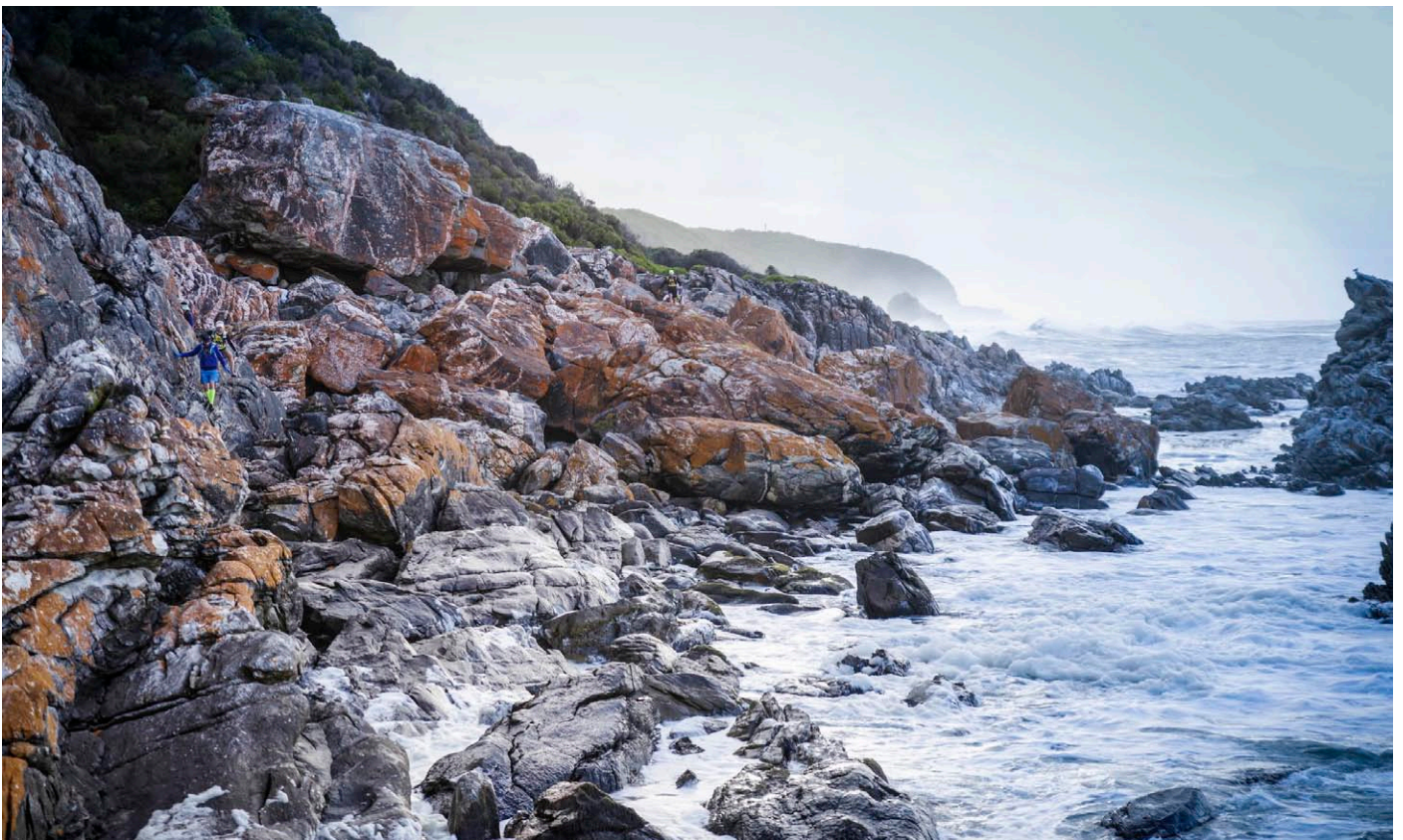
After this running got a bit easier, it was through some more forest and up and down some more hills. I managed to pass a whole load of runners, trying desperately to make up some time I lost on the rocks. It got quiet remote and I started to see the odd runner far in the distance, which helped to remind me I was on the right path. Eventually I was up on a hill very exposed and the rain was belting down on me. I was leaning in to the wind to stay upright and watch my footing as we were very close to the cliffs edge. This



so refreshing and I was really glad that I had sealed everything the night before. After the (very large) life guards had helped me around the rocks I made it back on to some sand. The marshal there shouted “12kms to the finish”. I had 3 ½ hours. Those running muscles that I had spent the last 6 months training for were finally going to be used.

There were loads more boulders, beach sand, and then the sun even started to peer out behind the clouds for maybe a millisecond. Even so, I became confident that I could actually complete this race. I needed to up the odds and pulled out a chocolate bar (bar one... for a

25 hour week), taste something like a Mars bar but has loads more toffee in it. I follow a strict HFLC eating plan and all I had eaten since dinner the night before was two bananas and my sugar free High 5 till now. This was breaking all the rules and then some. So typical me, I get it down and pick up the pace before it has a chance to give me cramps, make me nauseous and turn the remainder of the day in to anguish like everything else I have ever eaten on a run has. Luckily for me it had the opposite effect. I started to feel really good and pass a few more runners on the trail. We ran at the top of a cliff face for about 2 miles, down





through more water and then over some more beach sand. I spotted the Otter flag and made my way back along the lagoon on a jeep track. By this stage there was no pain anymore, my whole body was completely numb, working almost like a robot going through the motions, and then I got to smile. I was actually going to make it!

Everyone was there to see me, my husband, my teenage boys, my parents and my brother and his wife. It was an awesome feeling and so glad I got to share this with them. But it wasn't over yet; I got guided in to a welcome tent for hot food, a full spread of roasted meats, potatoes, variety of salads and drinks all while they do a kit check. Yes that's right! At registration the day before they lay out all your compulsory kit on to a table and make sure that every kit block has something in it, and then they take a photo. If you do not have your full compulsory kit when you complete the race you become disqualified, so no chances. That night there was a full awards dinner, speeches, short video and photos, even a couple of interviews with previous winners, before the names were called and medals handed out. And if you check out their website on www.otter.run, you will also get a glimpse of the different medals depending on your sub hour times.

A couple of other things to note if you ever wish to run this amazingly spectacular trail, firstly because you run through a National Park, they only allow 220 runners through in a day so entries need to be well planned,

and secondly if you wish to do Otter in a day you run the Otter Challenge (on Thursday with an 11 hour cut off) like I did or if you fancy yourself an elite runner you would do the Otter Run on the Saturday with an 8 hour cut off.

And lastly ... I was back at work and I was trying to explain my story to a colleague and how brutal the terrain is. I said that I couldn't believe people hike this trail everyday but over five days given how dangerous and hard some sections are. So she pipes up "you know what I would do, I wouldn't hike it over five days, I would hike it in one!"

LOUISE O'BRIEN

Member Profile



Occupation

Office Manager

Originally from

Leeds lass

Time as a Harrier

3 yrs 4 mths

When did you first start running and why?

I started running at school and continued into my mid-twenties but then got injured and abandoned it until more recently.

What are your motivations for running?

The endorphins after a run take the stresses out of any day and I love that feeling.

What are your best running related memories?

Completing my first half marathon a few years ago with a friend, I never thought I'd be able to achieve that. Running has changed me so much! More recently running Tour of Pendle, or rather finishing Tour of Pendle!

Worst running related memories?

Developing excruciating itb pain during a half marathon and being too stupid/stubborn to drop out.

Any word of wisdom for your fellow Harriers?

Don't take advice from me!

Can you share any interesting facts about yourself?

I used to have 13 piercings; the mother was not a happy woman!

THE NAME OF THE ROSE

WHITE ROSE ULTRA

Words: Chris Hudson

What made you decide to run an ultra?

I have ran a few marathons and lots of shorter road races and decided now was the right time to have a go at the longer distances.

So why the White Rose?

I had been talking to Kieran O'Brien about possibly running one knowing that he really enjoys running the longer distances and was looking on Facebook when an advert appeared for it. I messaged Kieran to see if he had done it before and to see if he fancied running it again. Also, being a Yorkshire lad through and through it made perfect sense. I thought that because it was my first ultra it made sense to run the 30 miles to see how hard they are and if I enjoyed doing the longer distances. Having talked Kieran into running it with me I also convinced Alexandra Potts to have a go. Alex has run lots of marathons and I remembered her saying after her last one that





she was going to stop running them and was thinking of trying something new, so I thought what better way of trying them when you have some club friends doing it with you? (sorry Alex).

You have a few marathon races under your belt. Did you train any differently for the ultra?

Having ran the Rome marathon back in April I knew I had the distance in my legs to complete it (my idea was it was only an extra 4 miles; how hard could it be)? So, I just kept running races because I find you are working much harder during a race to finish the best you can. I have also started running fell races which are good at building the leg muscles up.

Can you describe the route, terrain etc?

I knew the route would be hilly bearing in mind it is based in the Huddersfield area. I looked at the route on the website and did a little bit of research and found out it would be a lot more hilly than I first thought. The route is 80% off road with some good hills but also some great trails mixed in.

What were your biggest challenges during the race and did things go as you had planned?

The biggest challenge was not going off too fast at the start. It's the same old thing, you start a race with all the best intentions of pacing yourself but I knew that I had a long way to go and the only way I was going to complete it was to be sensible from the beginning. Also remembering that you need to take fuel on as you are running was a big thing. I'm used to using gels during marathons but eating food was a new thing to me. There were checkpoints that had supplies of water to top up your bottles and another had sweets, sausage rolls and cake along with bottles of coke which was a nice surprise. The race went much better than I expected and I was at 18 miles before I knew it. I felt really strong with loads of energy so I decided to give Jill (my wife) a quick call whilst I was running to let her know how it was going. She was very surprised to hear from

me and must have thought I wasn't trying hard enough if I had time to ring her for a chat! When I got past 26 miles I knew I was in unknown territory, so it was just a case of keep on putting one foot in front of the other until the end. With 2 miles left to go there was a nasty little hill which really zapped the last of my strength but I knew it wasn't far to go and it was pretty much downhill from there.

How did you feel when you crossed the finish line?

I ran over the finish line with a girl from Wales who was running the 100 mile race and was trying to complete it in under 24 hours so she could run for Wales at that distance. It felt really good to finish as I was fairly cold and hungry by the end and the organisers supplied lentil chilli for all the finishers which was just what I needed. While I was eating and relaxing there were runners coming in getting some food and dry clothes before going out and doing it all again. Tom Keeber was running the 60 mile and came in about 15 minutes after I had finished so I went over to see how he was feeling and to see if he needed anything. He looked really good and was off for his second lap. I sat around for a bit chatting to some of the other finishers then went back outside to watch the other runners come in. Kieran came running down to the finish so I went to cheer him in. While he was warming up and eating, I went back out to see Alex finish. I had promised her at the start that I would run over the finish line with her. So I walked back up the road a bit until I saw her running towards me and we ran the last bit together.

Do you plan to run another ultra and if so do you have one in mind?

The White Rose was definitely not my last and I am already looking at some longer ones for next year. Kieran has said he will run the Hardmoor 60 with me, so that one is on the calendar and there are a few others I have been looking at.

PERSONAL BESTS & BIRTHDAYS

NOVEMBER 2017

<i>Distance</i>		<i>Name</i>	<i>Time</i>
10m	PB	Vicki Hipkiss	1:39:33
10m	First Race	Michael McGill	1:27:50
10k	PB	Helen Drew	0:45:05
10k	PB	Simon Hands	0:43:30
10k	PB	Niamh Jackson	0:39:18
10k	PB	Anne Pinches	0:49:43
10k	PB	Isobel Webster	0:46:15
5k	PB	Jonathan Young	0:18:13

NEW MEMBERS

Rose George
Karen Dawson
Joanne Taylor
Joshua Chambers
Stuart Reardon
Paul Demont

BIRTHDAYS

Eden Backhouse
Peter Britton
Paul Chapman
Laura Davies
Timothy Dixon
Randolph Haggerty
Vicki Hipkiss
Richard Joyce

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@googlemail.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).