



Kirkstall Harriers Running Club

NEWSLETTER #140 July 2015

Club Championship Update by Steve Webb

Well that was hot wasn't it! This month's CC roundup includes the as yet unseen Eccup 10 results, a race which never seems to fail to provide a tough course alongside tough weather conditions. Writing this from the comfort of my sofa, feet up & F1 on. It feels hard earned after this morning!

An 11th hour submission from me (apols to the editor), having finally sat down to put this together I've just realised that since my last update we've had 4 CC races. The Otley 10, Pudsey 10k, HPH Summer Mile & the Eccup 10. A great turnout of Harriers at all the races, with at least 20 of us representing.

Four races & four different Harriers taking home 50 points. Carol Moran took the honours at Otley, Tony Shaw at Pudsey, Malcolm Taylor at Hyde Park and in a debut CC performance, Ryan Owens cruised to glory with a huge margin at Eccup.

The top ten CC point scorers at Eccup are listed below:

Pos	Name
1	Ryan Owens
2	John Hutchinson
3	Shevonne McLamon
4	Alyson Glover
5	Rebecca Dwyer
6	Paul Newton
7	Chris Hunt
8	Peter Britton
9	Jill Buckley
10	Christopher Glover

The current top 10 in the league after twelve races is below. We've had a big shuffle in the leaderboard over the past few weeks, between parkrun bonuses, marathon bonuses, four races and me not actually having read the rules properly, it's been a busy month!

Paul Newton has a target firmly placed on his back, and having only dropped 12 points off maximum, he's going to be tough to beat. Still quite a few in the top ten without their bonus points, so keep an eye on those. The Yorkshire marathon in September is sure to add a few more points into the mix.

Pos	Name	Points
1	Paul Newton	313 *
2	Patrick Nesden	296 *
3	Adam Rhodes	276
4	Burjor Langdana	272 *
5	Simon Smith	271 *
6	Paul Glover	265 *
7	Shevonne McLamon	264
8	Kieran O'Brien	259 *
9	Christopher Glover	256 *
10	Niamh Jackson	254 *
10	Alyson Glover	254 *

Don't panic, there's still time to put the cat amongst the pigeons - seven races left and with six to count, you can still make your mark! Some interesting races coming up too, Rombalds Romp springs to mind...

Edited by Gemma Rathbone

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The CC goes on holiday for the next few weeks (phew!), race 13 is the Knavesmire Vets on 5th August. Where possible, can people try to enter in advance of race night please? It will save admin on the night and allow the race to get away on time.

Any glaring errors/omissions or general interest in the CC please give me a shout, if you don't see me at training drop me an email on s.w.webb1@gmail.com or find me on Facebook.

PHOTO OF THE MONTH

Oh, I do like to be beside the seaside...



Danefield Relay by Chris Glover

This race always fills you with a little dread if you have done it before due to the hard uphill finish. For those who had not done it before, it was going to be a nasty shock (Jemma Roe!). What made this year a bit more of a challenge was the very hot and humid weather. Despite all this, I always enjoy the event and this year it was a record of 93 teams of 3 runners taking part. We had 9 teams. A little down on last year's record-breaking 13. Lucy was organiser and she did a great job of sorting the teams and bib numbers. Clare Doherty turned up dressed to run but in the end did not get a team, so supported us all instead. Each team chose a team name, so as you can see in the table below, there are some strange ones! Another feature of the event is that those who have previously done leg 1 tend not to want it again. That includes me. In leg 1, you are in a 3 mile race from the line, whereas on 2 and 3 you are in the middle of the pack from the off, so don't feel as pressured to sprint the first 300m.



So how did all do. Well, at the time of writing, the results have not been posted by Fellandale, but I have put together a table from photos of the finishing boards taken on the night. Unfortunately this does not include the leg 3 finishing times for teams who were 71st to 93rd. We had the usual cross section of teams and you can see from the table we were spread across the field from 9th to 93rd position by the end of leg 2. Our self-titled "Kirkstall Elite" team did all 3 legs in 9th place, which takes some doing. Our Danefield Danes did finish in last place but the last runner home, Bethan, got to be escorted and serenaded over the last 200m of the course by a gang of KH supporting runners. It will be a memory which will always come back every time I hear "Rollin, rollin, rollin down the river". The song was chosen as this was the one that Bethan was filmed dancing to so enthusiastically at the anniversary party. Thanks again to Lucy for organising everything.



No.	Team Name	Leg 1 Runner	After Leg 1		Leg 2 Runner	Leg 2 Time	After Leg 2		Leg 3 Runner	Time 3 Time	After Leg 3	
			Leg 1 Time	Pos			Pos	Total Time			Pos	Total Time
80	Kirkstall Elite	James Woodman	00:19:56	9	Alan Brydon	00:21:05	9	00:41:01	Steve Webb	00:20:58	9	01:01:59
73	Savage Gloves (Vets)	Martin Savage	00:26:30	62	Chris Glover	00:22:58	39	00:49:28	Chris Hutson	00:23:30	35	01:12:58
74	Rhinos	Steve Groves	00:23:28	33	Paul Glover	00:28:34	48	00:52:02	Andrew Kirby	00:25:12	46	01:17:14
78	Hoglets	Laura Hogg	00:27:51	71	Marion Muir	00:29:35	78	00:57:26	Niamh Jackson	00:24:15	65	01:21:41
75	Broomio Boys	Sam Broomio	00:33:51	90	Paul Chapman	00:28:13	82	01:02:04	Randolph Haggerty	00:25:06	82	01:27:10
81	Buckley's Bosses	Jason Buckley	00:25:38	54	Russell Bromley	00:31:04	71	00:56:42	Hannah Lee	00:30:53	83	01:27:35
76	Kirkstall Krytonites	Alyson Glover	00:31:41	85	Rose George	00:31:04	84	01:02:45	Collette Spencer	00:31:53	87	01:34:38
77	Danefield Damsels	Laura Davies	00:33:54	91	Jemma Roe	00:31:47	91	01:05:41	Catherine Barrett	00:30:32	90	01:36:13
79	Danefield Dames	Jill Buckley	00:37:57	93	Vikki Daniel	00:32:21	93	01:10:18	Bethan Thomas-Lloyd	00:30:42	93	01:41:00

Road to recovery by Rose George

It's boring being injured. But it's hard to come back. I spent my three months of not running trying my best to keep up my fitness, with strength workouts, swimming etc. I rediscovered swimming, 5 years after leaving London and the lovely London fields lido. I even bought an aquajogging belt, though I've yet to use it. I googled "how to keep your running fitness." And then, three months later, I went for my first run. Only ten minutes, on a flat track in Gledhow woods.

It felt great.

Then I went for my second run. Oh god. I had somehow turned into a person with no lungs; or an octogenarian (but not the kind who does the 100 mile Western States race with six seconds to spare). I huffed and puffed. I stopped about five times on a fifteen minute run. It was hard. Then I got on the weighing scales. Oh dear. Three months of compensating myself with cake and desserts: I may have become more "ladylike" as Shami would say (she means curvy), but I was hefting around another half a stone, and I could feel it. My instinct was to train hard. In my head I formed a plan to train at least five times a week. But I couldn't run more than I was supposed to because I was still worried about my tendon. It was 90% better, but a lot can go wrong in that 10%. So, running three times a week, and yoga, swimming and other sensible activities on other days. I went on my own a few times, and took it slowly, and eventually my lungs stopped complaining as much. It is always odd that people who start running give it a go, then stop because they say they don't have the lungs for it. You can train your lungs like anything else.

I decided to enter a race. Being a bit daft, I decided to enter the hilliest 10K in our race calendar. I pitched up at Pudsey somewhat nervous. I didn't know if my tendon would give way; I didn't know how I would do. All I knew was that I shouldn't race. I had to take it slowly. I can't remember who I got this phrase from but I told myself "put your ego in a box." I'm not extremely competitive but I'm also not not competitive. But today I wasn't going to push it. And mostly, I didn't. I ran at a pace that felt comfortable and didn't depress myself by looking at my Garmin and noticing how much slower I've got. I can't remember much of the race except it felt great to be running in my purple vest again, and alongside fields and nature (as well as Pudsey's main thoroughfares). I let all my team-mates dash off and I didn't try to catch them. After five miles though, there was Burjor up ahead in front of me. He looked so steady and smooth, and something happened to me and I got my ego out of the box and found some oomph. I overtook him on the last hill coming up to the finish in the park. I apologised after, but Burj being the lovely man he is, he just congratulated me on overtaking him. Afterwards, I tested my tendon. It seemed OK, but I went for a massage in the park and caused the physio to wince at how tight everything was in my lower leg. I don't think it's the physio who is supposed to wince.

But it calmed down. Was I back? Could I still squat without it being painful? When I first went to physio, I couldn't squat at all without agony. Now I can, but it can always come back. Since then I've done the Vets race at Meanwood and been OK. I'm sticking to running only three times a week, even though I'm now supposed to be marathon training, and my most important rule is never to run two days in a row, so if my tendon does get inflamed, it has chance to calm down. So of course this week I did club training on Monday through delightful industrial Holbeck (sorry for moaning about it, Kieran), and then the Danefield Relay on Tuesday. I was busted, and my tendon hurt. No more running this week, and I'm still not sure about Eccup but knowing me I'll try it. I'd like to throw caution away and just run as much as I want, but getting a near stress fracture has scared me enough that I've been obedient and I'm going to continue to be cautious. Hell, I may even do what is known as "warm-up."

Meanwhile, to try to reduce all my injuries, I've installed a treadmill desk. A treadmill what? I read about them a couple of years ago. Sitting is really bad for you. Even sitting for six hours a day can increase your chances of getting heart disease, some cancers (e.g. colon), and diabetes dramatically. It can shorten your life. Walking while working, on the other hand, keeps your muscles moving, so you have more metabolic energy. It's supposed to make you more alert, concentrate better and you burn up 1000s of calories just by working. So I bought a second-hand treadmill, a cheap adjustable



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height desk (ie. £10), and with the help of my mate Dean and his powerdrill and my Argos jigsaw, built the desk in my studio space at East Street Arts, where I rent my office. I'm almost certain that most of my injuries are caused by too much sitting. They're always on my right side, I tend to sit hunched on my right side. Inactive glutes, sagging pelvis, weak hip flexors: they are all linked to being sedentary. And even running four or five times a week isn't enough to compensate for the damage done by sitting for hours every day.

I could have transitioned slowly to the treadmill desk, by first getting a standing desk and getting used to that. And maybe it wasn't the best idea to start walking and working on the two hottest days of the year. But I did. I set the treadmill to 2mph and started working. I wrote something that took me 90 minutes and three miles. The next day I did another 90 minutes and answered emails and admin. I don't know yet whether I can write something complicated, and I know it's going to take time to adjust. I've read that it can take a few weeks for your concentration to adjust. And your feet: my problematic right ankle is a little upset, but not too much. And it's better now that I've switched from walking in bare feet to using my trainers with orthotics. There's only one problem so far: I'm knackered.

Kirkstall Harriers Autumn Weekend Away

“What happens in Cumbria, stays in Cumbria...”

We've had two Purple Posse weekends away now, both without any major incident, so the lovely Beth and Vic are organising our third.

We're off to Caldbeck Bunkhouse in Wigton, Cumbria for the weekend of 16th – 18th October. We'll have a couple of days running, walking, cycling, eating, drinking, playing games and causing general mayhem in the beautiful setting of the northern Lake District.



About the accommodation...

“Formerly a private shooting lodge and country retreat this large, Georgian house retains many of its original features including marble fireplaces with open fire, ornate ceilings, cast iron balustrades and walled gardens. Caldbeck bunkhouse is an excellent base for groups visiting the Lake District, nestling at the foot of the northern fells with outstanding views of the rolling hills.”

www.yha.org.uk/hostel/caldbeck-bunkhouse

The cost per person is just £45, which covers accommodation for the two nights and food.

And if all that wasn't enough to convince you, Hesket Brewery is just 3 miles away...

To book your spot please contact Beth on 07732 806255 or Vic on 07732 715823.

Member Profile - Bethan Thomas-Lloyd



Name: Bethan Thomas-Lloyd

Age: 28

Occupation: Connexions

Keyworker

Originally from:

Nottinghammmmm

Time as a Kirkstall Harrier: 1 year 6 months

When did you start running and why?

In 2010 after I had left university and stopped playing basketball It finally dawned on me just how much weight I had put on through my wild years of over indulgence! Vic had completed a half marathon and said she could help me to lose some weight via this unknown activity called... RUNNING???

So in the only sports gear I owned (basketball boots and knee-length shorts) we took to the park. I managed to complete 1 mile and at one point thought I was going to have a collapsed lung or die as we jogged up the tiny slope to the duck pond.

I like to think back to this to motivate me in runs and races.

How did you end up joining Kirkstall?

Again I can thank Vic for this one. After supporting at a few of the

Kirkstall races and enjoying cheering on the purple people I began to get lured to socialising with everyone post-race. Well once you start chatting to those pesky friendly Harriers you soon get swept away with joyful banter and the offer of tea, cake and chocolate post-race from Alison G. Enough was enough I couldn't accept any more cake for not having run (well I could but it's frowned upon) so one January morning I woke up and discovered that I had been signed up to the Harrier Crew.

What are your motivations for running?

1 mile run - 1 cookie

2 miles run - 1 beer

3 miles run - 1 beer and 1 cookie

6 miles run - 2 beers and 2 cookies

10 miles run - No cookies but beers and a pulled pork burger

Half Marathon - Anything I like and don't you tell me otherwise!

I love how it's down to you who controls the run – if you're not feeling great slow down, if you're feeling awesome go faster! You don't have to rely on anyone else to get the outcome you want.

What is your best running achievement?

Completing my first half marathon in March 2014 was amazing, I never thought I would be able to run that far and when Vic used to tell me she was running half marathons I thought she must be some kind of super woman. It still makes me laugh how after a long run we all just turn round and are like "oh I've just done 13 miles -no biggy".

What are your best running related memories?

My favourite thing about being a Kirkstall Harrier is the members. The best times have been on our weekend trips away with the

club, and dancing all night long at the unofficial Christmas Do and 30th anniversary bash.

Running specific: Having a running rave on any race that allows me to listen to music and just flailing my arms around and singing out loud (yes I am that person).

Achieving the furthest I've ever run at Dentdale.

PECOs: bombing down hills in woods, flying over the tree roots and jumping straight in the mud.

Abbey Dash 2014 getting a sub-55 PB.

What are your worst running related memories?

Being hungover for the Wetherby 10k last year was not pleasant.

Struggling up the hills at Danefield (both years now) and Calderdale way.

And the worst memory of running is Harewood Half Marathon... who puts a hill at mile 12???

Any words of wisdom for your fellow Harriers?

Life advice: If at first you don't succeed... that's what the pub is for!

Harrier advice: When you fast people run alongside for a chat in training it makes me so chuffed that you have slowed down to just plod along with me for a while.

Running advice: The back of the pack is where the fun happens!

Can you share an interesting fact about yourself?

I have amazing F.R.I.E.N.D.S trivia knowledge and love to bust out the quotes when I meet a fellow geek like myself.



Edinburgh Marathon by Kevin Kelly

Alba gu bràth

I arrived in Edinburgh on the Friday before the race and had a couple of days walking around in glorious sunshine, taking in the sights of Edinburgh, and keeping my single malt whisky intake to medicinal levels only. Two days of great weather before the big run, you couldn't ask for better conditions to ease into Edinburgh's running festival. This all changed on the Saturday evening when the race organisers issued a weather warning for the race, predicting heavy rainfall and driving winds for the full duration of the 26.2 miles. Giving the race a miss was not an option as I had agreed to run the Edinburgh Marathon with my brother who, at 40, felt he needed to run his one and only marathon before retiring to join the ranks of shrink wrapped Lycra cyclists. Our sense of foreboding at the stormy weather wasn't matched by my partner Isobel, who planned to sit out her spectating duties in a well appointed cafe. Isobel's less than sympathetic response about the weather was to cackle gleefully and remind me she would be sat in comfort, enjoying a coffee and cake throughout the day while I slogged up and down the Lothian coast.

At the start, near Arthur's Seat, it was grey and overcast with the predicted rain threatening to break through at any point. The start line was a low key and relaxed affair. Once the siren sounded the marathon began in a steady procession through the grey and dour granite streets of Edinburgh. The race organisers had set up the start well and as a result I never felt hemmed in during the initial stages of the race, which is often a standard experience in big city races.

The early few miles of the course was a run through Edinburgh's suburbs and then before hitting the straight, flat coastal road. Sticking to a steady 10 min mile pace I slowly plodded down through the coastal towns and villages of the Lothian coast. Once out of Edinburgh itself the scenery isn't that remarkable over the next 10 miles, apart from the constant view of the sea. I found the course was perfect for running a marathon as there was very little in the way of hills, and the road was wide enough so you had plenty of space to hit your pace and maintain a steady rate. In the right conditions Edinburgh is an ideal course for a PB. This part of the marathon was straightforward as I held a steady pace and slowly counted down the miles.

All the way down the course there were pockets of support from friendly locals, clustered around a series of small villages, to keep you going and cheer you on. The water/feeding stations were regularly placed down the coast and were well organised. One of the strangest parts of the run is when you hit Musselburgh around the 13-14 miles mark, where the finish line is located. From that point onwards psychologically you register every stride you are taking away from the finish line.

At the 17-18 mile point in the race I was still feeling comfortable and on track for a finish somewhere around the 4hrs 30 mark. Hitting the southernmost part of the course you take a circular loop around the grounds of a Manor House before rejoining the road and heading back to Musselburgh. The predicted heavy rain by this point had not arrived, and there had even been a decent amount of sunshine and a gentle breeze. Everyone around me running at the same pace had been chatting about their relief that the poor weather had held off and how good the running conditions had been. However, at the turning point the strong winds finally arrived. It's a constant experience in running that the wind never seems to be at your back, pushing you forward. The banter began slowly quieten as we all started to visibly slow as we ran into gusting headwinds and tired legs struggled to find the extra energy to propel them forward. Running into the strong winds became a battle to preserve any remaining energy and find something extra to keep going. After a 22 miles the marathon became a walk/run/survive and get to the end experience as the wind made running at any decent pace a difficult prospect.

The final mile into Musselburgh saw my pace pick up again and the walk/run became a steady plod as the crowds begin to thicken and shouts of encouragement were belted out. I'm not sure how I managed to run the final half mile as there was nothing left in my legs; it was a case of lean as far forward as possible to reduce the effect of the headwind and not let the legs stop. I finally crossed the finish line in 4:54, 20 minutes later than planned.

After the finish my brother has kept his promise to retire and has vowed never again. For me the York Marathon is next, and I think I'll run Edinburgh again in the next few years. The course is a good starter for newcomers like me and is a good excuse to blend running with a weekend away.

YVAA by Adam Moger

Two races in June, a brand new one at Lythe near Whitby and the ever-popular Meanwood, hosted by Valley. Perhaps more importantly some much-needed clarity on the "guest" rule, which in a nutshell is that after this year you'll need to be 33+ to run in a YVAA race.

Lythe saw 111 Veterans (9 Kirkstall) turn out on a beautiful day - no doubt most went on to the coast, as a number of non-running KH supporters did. Future years will be interesting if the weather is bad, but those dedicated to their position in the tables will find easy points available. The course was in the grounds of Mulgrave Castle, reputedly the summer home of model Elle Macpherson (thanks Wiki!). Remarkably undulating and a clever way of hosting two small races without needing extra marshals - the Mulgrave 10k set off 8 minutes before us.

Meanwood saw 231 scorers on a beautiful evening, with a strong KH turnout of 23 runners. Niamh was 4th lady overall and first F35, and Ian Brown managed a 2nd consecutive M70 prize - we won't say where he finished but you've got to be in it to win it! Not many years ago Ian was told he'd never run again after an ankle injury, now he's prizewinning in his 70s.

Next race is Tuesday night (7th) at Crossgates, sure to be another popular one. Too early in the season to talk about the individual tables but the club's going well and any over-35s yet to try the Vets series should give it a go.



A year to fall back in love with running by Matt Sykes-Hooban

The occasional series of musings on one mans journey back to running fitness continues...

This month my body hates me, the Ipswich diet, Barking parkrun and Baggy Trousers...

Why does my body hate me? NO really I am beginning to think that my body has got it in for me. In the past month my ankle decided to swell up to twice its normal size and hurt like hell for no real reason, for about 3 weeks... I didn't have an accident at work, nor a trip or slip. I just woke up one morning and it hurt like hell. Then almost as soon as my ankle pain subsided my back went into spasm for a week which really, really sucks as I have been there before, members with a good memory will understand to what I'm referring too there - its too long and boring to recount here! That's two random cases of my body denying me a chance to get out and run in the same month, in fact the whole sodding month. Grr!

My body definitely has a problem with my desire to run, what's that all about? It's very annoying that I'm not in charge of my own body. Ok so I haven't currently got what might be considered the perfectly svelte running physique... sure I am carrying a bit of excess timber at the moment, so when I do get out for a run I have been taking it pretty easy, usually short runs of about 30mins or less, always trying to run easy with good poise and form but no the body still grumbles... its too hard and your leg hurts now!

Fair enough I can take a hint when it is bashed across my mush. I should maybe make a concerted effort to shed the winter padding as that might relief some stress on my creaking body. So I form a pact of sorts between my body and me. If I lose say about a stone my body will stop surprising me with strange aches and pains. (I have no idea if my body agrees it's strangely silent...)

I commit to a month of healthy living in an effort to get back out on the run. Happily this planned self-dietary intervention coincided with a month long work contract in Ipswich. Away from home it seemed like a good time to pull the reins in on the constant grazing and back off the Vino Tinto for a while. I am back working with the Dance Company I was working with in France earlier this year. But importantly this time there is no Chef Phillip around this time to cook for us, I am on my own and I don't think my landlady has ever even heard of Crème Fraiche, this should be as easy as peeling carrots.

The show I am working on is a Dance Promenade that is taking place in the Ipswich marina known locally - if somewhat unimaginatively - as the 'Waterfront'. The route of the show is about a mile long and covers the whole length of the waterfront. Needless to say after 3 weeks I now know the waterfront pretty darn well! Things have gone better than expected and I have nearly lost a stone... Ladies and Gentlemen I give you the Ipswich Diet: Eat less, Walk more.

So I held up my side of the bargain so lets get back to running. On Saturday the 27th I was supposed to be in Bramham Park with Gemma R to take on the Total Warrior but unfortunately it clashed with work and the wedding of two very good friends of mine down in London. So Leann and I decided to run the local Barking parkrun as a banker against the wedding dinner later in the day.



It was just about the perfect morning for a run, not too hot, a small and very friendly bunch of runners for company and a pretty park to run around. The 2 lap course takes you around the park, along the side of the boating lake and through a small wood. Magic. It felt good to be out running, my form was good and even better I felt good, afterwards I found out that it was my 30th parkrun as well so that was a nice bonus... My body and me back together working in harmony.

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Fast forward to later in the evening after enjoying a generous helping of American Southern BBQ. Leann and I were having it large on the dance floor! We were jiving, Swinging and just plain bugging about to a brilliantly eclectic range of songs from the superb wedding band with total carefree abandon. The last song of the second set was the Madness classic Baggy Trousers. Now as you may know the traditional accompanying dance to this mighty 80s tune is the 'Cockney Jog'. Leann and I by this time are more than a little merry and decided this was our moment. To our credit we made it to the end of the song. Albeit we ended up half dead in a sweaty heap on the dance floor but damn it we Jogged the whole song! To the amazement of our friends extended American family, who looked on with a mix of shock and awe. It went down well with lots of them thanking us afterward for the splendid entertainment.

The next day however my body informed me that it was not as big a fan of Madness as I am.... OUCH!

PBs

Congratulations to those who achieved new PBs.

Distance		Name	Time
Half Marathon	PB	Andy Carter	1:31:46
10mi	PB	Andy Carter	1:14:26
10mi	First race	Paul Chapman	1:36:12
10mi	PB	Niamh Jackson	1:13:37
10mi	First race	Tom Keeber	1:14:01
10mi	First race	Carol Moran	1:31:53
10mi	First race	Paul Newton	1:14:25
10mi	PB	Adam Rhodes	1:10:27
10mi	First race	Chris Scott	1:37:21
10k	First race	Chris Scott	1:00:06
10k	PB	Stephen Webb	00:37:56
5k	First race	Chris Scott	00:26:01

Birthdays

Many happy returns to the following members who celebrate their birthdays in July:

Scott Anderson	Jill Buckley
Rhona Cameron	Harriet Carlyle
Martin Crosby	Matt Kasperek
Rachel Kearns	Tom Keeber
Kevin Longmate	Marion Muir
Ed Munro	Julianne Odede
Shami Sisimayi	Hikari Yamaguchi

Congratulations to Paul and Clair Miller on the birth of Sebastian Leon Miller. He came into the world at 9.50am on 28th June, weighing in at 7lb.



About us

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

Please email kirkstallharriers@googlemail.com if you would like to contribute to the newsletter.

All articles, member profiles etc gratefully received.