



**Kirkstall Harriers** Running Club



**18 high octane,  
fun-filled pages!**

**CONEGATE!**

**at John Carr Race 2**



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

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**KH 30<sup>th</sup> Anniversary update**

by Sam Broome

As part of the 30<sup>th</sup> anniversary celebrations we have organised for all paid up members to have a free, limited edition, running top. Please can those who haven't submitted their size request yet please do so by **Wednesday 3 June** as I will be putting the order in with PECO. We shall be ordering a few extra t-shirts but these will be based on the sizing majority, so if you realise that even after the reminders you still haven't submitted your request and we do not have your size, for a contribution we can order you a top. Obviously we would like everyone to have one for free, so please do put your order in via the link on our website.

On the same form you can also order your tickets to the hottest party in town\*! The event will take place on **Friday 26 June** at Pudsey Congs Cricket Club and guests can arrive from 7pm. It is open to families and partners, so feel free to bring them along, with the rule of thumb being if they'll eat, they'll need a to buy a ticket. If you are thinking of bring youngsters then we have been informed that due to licencing they would need to be off site for about 10ish. Hot food will be provided to soak up any alcohol consumed [over 18's only - Ed] as well as outdoor games – provided by Alan 'Ball Bag' Brydon and Dr Kirkby.

Party tickets need to be paid for by 24 June and should you need any more information then please contact me through the usual outlets.

\*other parties are available

**Summer and dirty footwear in Kirkstall Leisure Centre**

Just to remind you all again that if we do encounter any muddy routes on our summer off-road runs, can you please remove your trainers before entering the leisure centre last thing at night – especially if the staff have cleaned up in anticipation of going home.

Thanks again for your cooperation!

## YORKSHIRE VETS ATHLETIC ASSOCIATION

by Peter Hey

A huge thank you to all of you who helped out at our race on Tuesday 26<sup>th</sup> May. Without your assistance it would be impossible to stage the race. The YVAA officials were very happy with the evening, and we also got a few nice comments from the runners which are also appreciated after all the effort. Any problems with the road works by the Forge entrance were alleviated thanks to the contractors who put in a nice path for the runners.

What we did not expect was the roadworks outside the Abbey which delayed the runners and marshals arriving, or the procession of tankers going down Rein Road which would have been very dangerous if Adam had not had words with the relevant people who kindly delayed their work whilst the race passed by. Hopefully not too many runners realised they should not off gone out of the grounds behind the Abbey, but at least there was a gate for them to re-enter - rather than continue running to Morrisons, or even town!

This was the second race of the current series and there are three competitions within the series: all to count; first 4 to count; rest to count. The mens teams are 5<sup>th</sup>, 7<sup>th</sup> and 5<sup>th</sup> respectively out of the three competitions. The ladies are leading the way again with 3<sup>rd</sup>, 6<sup>th</sup> and 3<sup>rd</sup>. The club had a good turnout despite having to organise the race, which was a good plus for the night.



We had 11 ladies and 13 men, with a couple of other possible runners having to stand out due to injuries. Niamh Jackson finished 7<sup>th</sup> lady overall and got the trophy for 3<sup>rd</sup> position in her age group. Individually we had Adam Moger 4<sup>th</sup>, Adam Rhodes 6<sup>th</sup>, Kieran O'Brien 8<sup>th</sup> and Chris Glover 3<sup>rd</sup> in their age groups. For the ladies, Niamh is 7<sup>th</sup> having only

done one race, Collette Spencer 4<sup>th</sup> and Emma Lavelle-Wood 7<sup>th</sup> (again only 1 race), Alyson Glover 3<sup>rd</sup>, Karen Longfellow 7<sup>th</sup>, Carol Moran 4<sup>th</sup> and Vikki Hipkiss 5<sup>th</sup> in their respective age groups (and I am not going to mention which age groups). So with at least six more races to go, there is plenty to run for.

We have two races this month. The first is all the way out to Whitby/Lyth on Sunday 7<sup>th</sup> June. We are still trying to see if there is sufficient interest in going as a team in a minibus – do let me know. The next race is more local on Tuesday 23<sup>rd</sup> June, and without knowing the exact details, maybe through Meanwood Valley Trail, starting at Old Leos, but I have noticed that the venue now says Alwoodley? Watch out for details.

If you are new to the club or have not done one of these races before - please give them a try. You have to be 35 or over on the day of the race and attracts about 200-300 runners of all ages and abilities. They are an individual *and* a team competition, so even if you came last, which is very unlikely, your score still counts for the club. The distances are about six miles and are usually an interesting mix of all terrains. Even if you do not win a prize for the race, there are usually a few spot prizes to be awarded after the race - provided you have stayed behind - and this is one category where Kirkstall seem to do well. See [yvaa.org](http://yvaa.org)

The list of remaining races to date is:

- Sunday 7 June – Loftus/Whitby
- Tuesday 23 June – Meanwood
- Tues 7 July – Cross Gates
- Tues 21 July – West Vale – near Halifax
- Wed 5 August – Knavesmire
- Sunday 8 Nov – Spenborough

On behalf of the Yorks vets committee I would like to thank you and your team for organizing a great race Tuesday night. From a runners view every thing went very well, marshals out on course were brill and encouraging, but to organize the event is something else and you all did a fantastic job.

It's great to see so many veteran runners coming to our race series and if you can pass our thanks onto every one of your team without which we wouldn't have a Yorks vets race series.

Kind regards, Linda Crabtree  
(race fixtures secretary YVAA)

### PBs for May

Distance	Effort	Name	Time
Half Marathon	PB	Scott Anderson	1:17:17
Half Marathon	PB	Catherine Barrett	1:49:04
Half Marathon	First Race	Rebecca Dwyer	2:04:51
Half Marathon	First Race	Emma Hall	2:09:22
Half Marathon	PB	Katherine Hill	1:46:53
Half Marathon	PB	Chris Hutson	1:27:33
Half Marathon	PB	Shevonne McLarnon	2:05:51
Half Marathon	First Race	Paul Newton	1:37:15
Half Marathon	PB	Adam Rhodes	1:34:36
Half Marathon	PB	Hal Roberts	1:26:52
Half Marathon	First Race	Jemma Roe	2:03:49
Half Marathon	First Race	Luke Rushworth	2:16:48
Half Marathon	PB	Simon Smith	1:37:33
5k	PB	Catherine Barrett	0:22:55
5k	First Race	Helen Burgess	0:21:48
5k	PB	Andy Carter	0:19:05
5k	First Race	Paul Chapman	0:24:34
5k	PB	Lucy Churm	0:22:02
5k	PB	Sean Cook	0:19:46
5k	PB	Laura Davies	0:27:52
5k	PB	Vicki Hipkiss	0:28:57
5k	First Race	Chris Hutson	0:19:02
5k	PB	Niamh Jackson	0:19:21
5k	PB	Richard Joyce	0:17:43
5k	PB	Rachael Kearns	0:25:22
5k	PB	Emma Lavelle-Wood	0:20:43
5k	First Race	Shevonne McLarnon	0:25:35
5k	PB	Paul Newton	0:19:43
5k	PB	James Nundy	0:22:31
5k	PB	Adam Rhodes	0:19:11
5k	First Race	Hal Roberts	0:18:03
5k	PB	Jemma Roe	0:24:27
5k	PB	Bethan Thomas-Lloyd	0:25:22
5k	PB	Stephen Webb	0:17:35

### Photos of the month...



Laura in the race that time forgot!



Hikari loves parkrun day!



Shevonne was speared as part of her Yorkshire Mud Race...



## Club Championship update

by Steve Webb

A busy month at CC HQ. Moving house, busy work and four CC races kept me on my toes! Three John Carrs (one to count) and the up & down Ilkley trail race gave us a weekly CC fix this month.

John Carr (Race 7) marks the start of summer evening races for me. Nice weather, bright evenings and despite *Conegate*, I would call it an overall success! Tony Shaw took first place, Paul Newton took second and Paul Chapman took home third.



Presenting 4-legged Alyson...

We went from our highest CC turnout at John Carr (38 harriers) to the lowest at the scenic Ilkley Trail Race (11 harriers, Race 8), probably linked to it being a Bank Holiday. Last to the start, but first and second on the results, Helen Burgess took first place with Hal Roberts in second. Burjor Langdana closed out the podium in third. [Ilkley Trail Race report included later in this issue - Ed]



*Multiplying as the race went on, but still not everyone...*



The current top 10 in the league after eight races is shown below. Everything is still up for grabs, with quite a few harriers quietly climbing the table in recent races. Remember it is your best 6 races to count and we're starting to see some harriers discounting their worst results. With only 42 points between 1<sup>st</sup> and 10<sup>th</sup> those marathon and parkrun bonus points will make a big difference!

Pos	Name	CC Points
1	Peter HEY	235
2	Andrew CARTER	220
3	Jemma ROE	218
4	Shevonne MCLARNON	216
5	Simon SMITH	212
6	Hal ROBERTS	205
7	Niamh JACKSON	197
8	Adam RHODES	196
9	Burjor LANGDANA	195
10	Paul NEWTON	193

On that note - BONUS POINTS! Spring marathon season is nearing its end, so I'll be updating the CC to include parkrun and marathon bonuses for those who have notched up their requirements to date. Obviously if you run a marathon or reach your required number of parkruns after this point then it will still count in the CC but don't worry if you don't see your bonus appearing for a few weeks.

Next up in the CC is the undulating Otley 10 on 10<sup>th</sup> June (Race 9), Race 10 is the Pudsey 10k on 21<sup>st</sup> June, entries are available now for both online.

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](mailto:s.w.webb1@gmail.com) or find me on Facebook

## Race review: Yorkshire Mud Race

by Shevonne McLarnon

'Dirty Mothers' at the Yorkshire Mud Race - Temple Newsam May 2015 (with bonus: mud race comparator!)

I ran the Major Series 10k at Bramham last year, with a Horsforth Harrier called Jody. It was pretty tough but good, except for the queuing at obstacles (the 5k merged in with the 10k half way through, clogging things up). So when she suggested joining her and a team of school mums who I've never met before called the 'Dirty Mothers' to do the same thing at the Yorkshire Mud Race, I of course signed up, even though we all were to wear leopard print shorts. I qualify on both counts: already holding myself in the dirtiest of regards, and having two small (often dirty) sons too. Just the 5k this time though.

Now, I know I only have two of these type of races to compare, but this one was quite different. There was much more running, and much fewer obstacles. Fewer obstacles means less mud. The toughest one was actually climbing up over a stack of bales higher than head height, that didn't really have any grippy bits - teamwork needed to hoist up and drop off the other side. The square dug pit filled with muddy water with a wire cage fencing strapped over the top of it made me look a bit at first..... had to descend in, and swim on your back along the length of it with your nose 3-6" from the metal caging. A bit of crawling under things, plus 10 x sit ups, 10 x press ups and 10 x burpees with the finish in sight just to slow you up at the end. All in all it was a much more sedate affair than my inaugural mud run.

Seeing as I'm making a comparison between the two, here's a little box summary, including two more muddy races which I've not done yet but feel free to chip in next issue with input!



Race	Distance	Mud factor	Obstacles	Do again?
Yorkshire Mud run - May	5k/10k	4/10. Normal mud, light brown mud, black mud	A few biggies, plus sandbag carrying, bale climbing and burpees	Pass
Major Series - March/Oct	5k/10k (felt like 12k)	10/10. Thick mud, thin mud, lots of black mud. River wading	Loads, including hills and woods and fences in the estate, climbing walls. Mud mud mud!	Yes
Total Warrior - June/Aug/Sept	10k	Looks muddy in other people's pictures	See website	£60 entry fee is an obstacle!
Tough Mudder - August	10 miles	Looks muddy in other people's pictures	See website	For super-toughies due to distance





## Member Profile

**Name:** Sandra Warren



**Age:** 45

### Occupation:

English Teacher at Oastlers School Bradford. I teach at a school for children with Emotional, Behaviour and Social Difficulties. Our website: [www.oastlers.com](http://www.oastlers.com)

### Originally From:

Wallsend, Newcastle Upon Tyne. I moved here 17 years ago to study at The University Of Leeds and decided to stay here for work. I'm a true Geordie at heart but have grown to love Yorkshire and appreciate it's hills and dales. As well as it's rain, lots of rain.

### Time as a Kirkstall Harrier:

8 years

### When did you start running and why?

I have always been a runner. I first joined a club when I was 11; after winning the school cross country I was encouraged to join Wallsend Harriers and then a couple of years after that I changed to North Shields Poly. They had a good youth team and a tartan track (a new invention at

the time and a step up from the cinder track I was used to running on) I didn't do too badly as a kid and won a few events as well as representing the county at the English Schools Cross Country Championship. At 18 however, I was faced with the choice of going out with my mates every weekend clubbing or training and racing... clubbing won. Even though I no longer trained and raced seriously, I still kept running for fun throughout my 20's and 30's.

### How did you end up joining Kirkstall?

After training on my own and running the Leeds Half Marathon I decided to join Kirkstall to motivate me to keep running. I haven't stopped since, I think I might be trying to relive my youth!

### What are your motivations for running?

My Dad is my greatest running motivation. He passed away in 2006 and was the reason why I entered the Leeds Half. He was a keen fell and marathon runner and I ran the GNR with him in 1985 when I was 17. Running played a big part in my family life as I was growing up. It feels like a natural thing for me to do and I feel out of sorts if I haven't run for a couple of days. Also, I have a demanding job and there are days when I leave work feeling emotionally and mentally drained, running brings me back to life and energises me.

### What are your greatest running achievements?

Completing the Yorkshire Marathon in 2013. When I was a kid I always wanted to run a marathon before I was 30. It took me until 43 to actually get round to doing it, but hey, who's counting?

### What are your best running related memories?

I love racing, it's such a buzz. I am prone to grumbling and complaining before a race but once I get going

and get into it, I love it. The feeling of being part of a team is a positive and powerful thing and competing against myself and others has become addictive.

### What are your worst running related memories?

Breaking a bone in my foot trying to race my young nephew...silly me! Sometimes, I still think that I'm a kid.

### Any words of wisdom for your fellow harriers?

Try not to get too hung up on the watch/time thing...run how you feel, listen to you body and enjoy!

### Can you share an interesting fact about yourself?

I have practiced Ashtanga and Hatha Yoga for 13 years. I'm currently taught at the Yoga Space by an amazing teacher called Nichi Green. I've recently took up something called Yamuna Body Rolling there which is the perfect partner to running. Forget foam rollers, this is the Mother of all post run/race recovery techniques. Total Bliss. This sounds a bit cheesy, but I like the spiritual element of yoga and try to apply the theories and ideas I learn to my work and every day life.

### Care to share any additional info ?

My partner's son, Robert, has recently taken up running and completed in his first half marathon. It's been good to encourage and motivate him to run and feels like I'm leaving a bit of a legacy. Just like my Dad.

## Jantastic 2015

by James Nundy

Following the efforts of Kirkstall Harriers in Jantastic 2014 where Vicki Daniel came first and I came last (that is, out of the people who registered as part of our team but actually went on to log any activities!), winning the coveted wooden spoon (thanks Gemma), we entered a team again this year which consisted of Sam Broome, Claire Bromley, Jason Buckley, Jill Buckley, Victoria Daniel, Becky Dwyer, Mark McKone, Gemma Rathbone, Shamiso Sisimayi and Matt Sykes-Hooban and myself.

Jantastic is a physical challenge. You set yourself a target (a minimum of two activities a week – run, bike or swim) which builds across Jan, Feb and March, each month adding a new dimension. In Jan you do your activities, in Feb you do your activities and a big effort, in March you do your activities, a big effort and a time trial. All as a bit of fun.

The idea is you do your activities and log them before 8am on the following Tuesday. Unfortunately this is where a few people fall down as they do their stuff then forget to log them. Not me though, not this year. I want a cabinet of trophies, not wooden spoons!

As last year, we started with good intentions – my driver this year was training for the London Marathon. As the weeks went by and activities were logged the website tries to keep you engaged with chances to rival team mates and other general motivational stuff. I like that. This year it also liked up with Strava so uploads were a doddle.

After 12 weeks the team stats were:

Total workouts: 322

- Runs: 272
- Bike rides: 45
- Swims: 5

Team position (in medium team category):  
99 out of 221

Individual scores:

Position	Name	Activities logged	Jantastic score (%)
1	James	46	100
2	Shami	117*	97.3
3	Matt	28	83.8
4	Vicki	33	64.7
5	Becky	13	52.5
6	Jason	33	39.9
7	Jill	26	36.7
8	Broomeo	16	36.1
9	Claire	10	20.8
10	Gemma	-	DNS
10	Mark	-	DNS

\* That's nearly 10 activities per week!

As there hasn't been any mention of rewards this year, I treated myself. Purely for motivational reasons ;)



For full details check out [www.jantastic.me](http://www.jantastic.me) and watch out for it in 2016.





## Race review: Ilkley Trail Race, 25/05/15

by Chris Scott

The clouds looked slightly threatening as the 300ish strong crowd gathered at the starting line to begin the 6.9 mile trail race put on by the Ilkley Harriers, but it didn't stop plenty of purple clad Kirkstall Harriers turning up (although the painstaking registration process almost did!).

The Ilkley Trail is a well loved run by many and after completing it, but perhaps not during it, I can understand why. The race sets off on a steep climb which slowly relents on the hamstrings by mile 3. The immediate incline had many racers blowing hard before even reaching the woodland trail which started about a quarter mile into the race; but the woods and subsequent fields provided some welcoming, if brief, flats sporadically spread out up to the half way point, approx 700' above the starting line.

The going is fairly tough, but the gorgeous views offered by the majority of the course help take your mind off the continuing slog up to the return point. On reaching the moors the trail opens up and you can see the long procession of runners spread out like bunting over the hills you've yet to conquer.

Underfoot, the conditions were favorably dry, but very uneven at points with a nice side wind greeting you for the run back home.

The finish was a fast and furious decent from around 2.5 miles out, with the final 400 meters only slightly ruined by a set of steps.

Ascents that had previously been taking the wind from your sails became break-neck downhill sprints over (by the time I reached them) well trodden field trails and well taped woodland onto the final tarmac section, before erupting onto the finishing stretch to receive a nice little memento. I was hoping for a Chariots of Fire-esque finish, but I fear I probably looked more like Run, Fatboy, Run!

Plenty of prizes, mainly of the alcoholic variety, were given out to all main categories. Unfortunately us Purples didn't feature on any podiums this time, but the sense of achievement and brilliant views provided by the trail made pretty good consolation prizes. Next time, I'd recommended signing up before the event, as opposed to on the day to avoid any soul destroying queues.



The gravity-assisted finish

### Our newest members, joining in May



Chris Scott



Jemma Arfield

Welcome to the Purple Posse!

## Injury Corner

Are you currently injured? If you want talk about it, perhaps Injury Corner is the outlet? I'm sure between us we'll have some good advice for you to get you back in the game sharpish, or it might just make you feel a bit better venting your frustrations.

Tumbleweed at the ready...

### Race review: Over the Odda 10k

by Sam Broome

Described as an undulating, challenging off road 10k with beautiful views – Over the Odda certainly is a challenging race. Still a fairly new event, they put on a junior race first, shortly followed by the adult event and is organised by a small group of Baildon runners. Starting at Hawksworth Primary School it attracts around 200-300 runners and takes you across some tough but beautiful landscapes.

After hearing reviews I was already a little worried about the 'hills' within the race so the fact that it was cold and windy at the start of the race didn't really boost me with excitement. The start was situated in a field across the road from the school, where shortly after the whistle went we were sent down a field and into some woods for the first mile and half before having to climb back up to the start, where we continued to climb until it eventually became flattish. I decided to run with my friend who was taking part in his first 10k race, so with the sun coming out and the views, I began to settle into a pace comfortable for him and appreciate the route, sometimes it's nice to just enjoy a run instead of going eyeballs out to the finish.

The course itself was undulating with a fair bit of climbing and steep descents, across fields and through woods with the final 400 meters being road

back to the school. The organisation of the race was faultless, no queues for toilets, cake sale at the end and they even did a little organised warm up at the start. There were two water stations along the way and marshals of all ages around every corner of the course cheering you on. Apart from our own race, I would say it was one of the nicest, friendliest races I have done.



It was tough I am not going to lie and I probably fell out with my quads and calf muscles but it was a good, cheap local race, with a good finishers pack (bumbag, cereal bar and gel iron supplement) and I would recommend it to anyone who is after a challenging off road run.

### Parkrun review: Goole

by James Nundy

Saturday 30 May brought the inaugural parkrun in West Park, Goole, 45 minutes east of the LPSA. 127 runners visited the flat and compact but modern feeling park which actually dates back to 1923.

With welcoming speeches from the organisers and the Lord Mayor of Goole out of the way, we were off for a clockwise lap, quickly leaving the wide tarmac path onto vehicle-worn track/ lumpy grass around the football fields. Rejoining the tarmac

near the café/starting point (with the distracting whiff of bacon sarnies in the air) and a quick loop of the bowling green, we headed off on an anti-clockwise outer lap of the park (hayfever sufferers be aware: potential high pollen count!) whilst a stiff breeze rolled off the M62.

The squeak of trainer on damp grass accompanied us around all of the twists and turns back to the tarmac path and two more laps in the sunshine. Did I mention the inclines? No, because there weren't any! Man, it's a flat one. I'd say even flatter than Harrogate (although West Park is a

little uneven in places). Is it a PB course? Well, potentially, but there are lots of bends and changes of direction, with the added fun of extra bodies from an outdoor bootcamp taking place on the tarmac paths at the same time. Road shoes were fine on this course.

First runner came home in 17:56 and I picked up a place in a sprint to the line in 24:11 (43<sup>rd</sup> place). Certainly one to try and I need to go back at some point as my cousin, who is in the organising group, clocked 24:00 in their trial runs. And there were at least six types of home made cakes in the café...



## Race report: London Marathon

by Richard Kennedy-Joyce

On Sunday 26th April 2015 I ran my fourth London Marathon in four years and ran my sixth marathon in total, something I feel very proud to have achieved and thoroughly enjoyed, even if it was painful at times.

I went down to London with my sister Melanie and my cousin Matthew (aka Matty - who some of you may have seen down at training once or twice) on the Saturday morning. We had to go to the Virgin London Marathon Expo Centre in the afternoon to pick up my race number and timing chip. It was the first time Matty has been down to watch me run the London Marathon and he was looking forward to experiencing the Expo. The VLM Expo is like a huge conference or promotion event where all competitors pick up their race numbers and race kit and it's also an opportunity for charities and sports companies to promote their business and stuff like that. There are loads and loads of stalls and loads of freebies too, which I always take full advantage of.

Stalls give away carb gels, energy bars, isotonic drinks and various other healthy foods, I love the place. We actually only got to the VLM Expo about 45 minutes before it was closing so we didn't get much of a chance to experience it as much as we would have liked, but it was all good fun. I also bought myself some new running socks at the Adidas shop at the Expo, I had been struggling with blisters on my right foot and was in desperate need of some new fresh comfortable running socks. The best story of the Expo is when me and Matty went on the London Marathon Exhibition stage where there was a logo so we could have a photograph taken by my sister and we both got told off by security.

### THE NIGHT BEFORE THE RACE:

I booked all three of us to stay at the Tune Hotel at Liverpool Street, the same hotel I've stayed in for the past two years. It's quite a cheap low budget hotel but it is just perfect for a nice quiet night before the race. There are rooms with no windows and it is nice and peaceful for a good nights sleep. I booked us rooms with no windows so there was no light pollution and no noise from outside, it definitely worked as I probably got the best nights sleep I have ever had before a marathon.

My friend Emily, was also staying at the same hotel as us and was also set to run her first ever marathon, so we decided that we would all meet up for something to eat (carb loading) and to talk marathon running haha.

We met around 7pm and went to Pizza Express, thinking there would be a huge choice of pasta as it is an Italian restaurant, however when we studied the menu, there wasn't a great deal to choose from. I had a pesto pasta dish and a bottle of Pellegrino sparkling mineral water, love it. It was a really nice evening and before we knew it we were all tucked up in bed ready for some sleep.

### THE MORNING OF THE RACE:

So, my alarm woke me up at 6:50am and I felt pretty good, I slept well and felt full of energy. I got myself showered and ready, I had already set out my kit and stuff the night before so it was just a matter of putting plasters over my nipples (haha) to avoid any chafing and I rubbed Vaseline on my feet to hopefully prevent blisters and I rubbed some in other areas where chafing could occur (ha). For my breakfast I had two slices of white bread with peanut butter on and a banana. I don't like to eat or drink too much on the morning of a long distance race. I had a bottle of Lucozade Sport and a bottle of

water, I tend to do my hydrating the night before so I don't need the toilet loads before races.

We met Emily at 8am in the reception and wished each other good luck when we all got to the train station. Emily was starting at a different section to me so had to take a different train to us. I get free travel on the morning of the race, as do all London Marathon competitors so that was a plus, the London Underground system can be so confusing at first when you are not used to it and we worked out the route we needed to take for me to get to my starting pen. It actually nearly went a bit pair shaped when a train worker told us we had to get off the train and go back to the last station, which we did and it turned out he was wrong and I started panicking then, thinking I might not make it to my starting pen on time (which happened to me in 2012) and to cap it off, I needed a wee desperately, thankfully my sister and Matty remained calm and we got there in good time.

So, I wasn't probably in the best frame of mind as I entered the 'Good For Age' starting pen, I was feeling very flustered and had to wait like 10



Continued...

minutes for the toilet station. I saw someone I knew called Glen from St Theresa Running Club who I ran most of the Spen 20 race with in March and we had a good chat before the race, he was also aiming to run a sub 3 hour marathon just like me. When I finally got to the toilet cabin, it was such relief (haha) then someone caused mass panic by shouting 'it's starting' and I just panicked even more whilst trying to have a wee, that was an experience in itself.

#### THE RACE:

I didn't warm up or stretch as much as I would have liked but nevertheless, it's a marathon not a sprint so I knew I could use the first mile as a kind of warm up, warm my way into the race comfortably. I set off in pen 2 of the Good For Age start, even though I was supposed to start in pen 1, but it was too crowded and I left it too late as I was having a wee when the pens opened. It was quite amazing really, Paula Radcliffe was in the same start as everyone else, the current World Record holder for the women's marathon. I can now say I have run in the same race as Mo Farah (last year) and Paula Radcliffe, two all-time greats of British distance running.

The horn went for the start and the first three miles (5k) were really enjoyable, I took in the crowds and the atmosphere and my pacing was good, I was actually about 40 seconds over my intended pacing by around 4 miles but I did that on purpose as I knew I would need the toilet quiet early on, so it bought me some time. I did exactly that and had a wee at the toilet station, I think it was around 3 or 4 miles.

The pace I was aiming for was 6:41 mins per mile for the whole of my marathon and I knew it was a tough pace for me to stick to and I knew the longer the race went it would be

tough but I just kept telling myself to stay focused, ruin consistent and stay disciplined. According to my watch, almost every mile I was spot on until around 14 miles. I knew people were tracking me on the London Marathon website and phone app so every time I approached a timing checkpoint I got a buzz of excitement when I got there in my intended pacing time, knowing people tracking me will have been excited to see my progress.

Despite the dull weather, the crowds came out in their thousands and the atmosphere was just as electrifying as always, I really don't know how many marathons my body and my inner desire will let me run, so I always make that special effort to take in the atmosphere while I am running the marathon and to really savour the moment. There were loads of kids holding their hands out along the course wanting a high five and I gave them as many as I could, the way I see it is that it is also their day too and all these people have come out to support us runners, so it's nice to show our appreciation, no matter how tired I am, I even gave a high five to a supporter in the last mile or two when I was in lots of pain.

There are three or four moments in the marathon that always stick out to me every year and this year was no different, so I really tried to savour these moments and take them in. The first is a part of the course when we run under a bridge and there are ancient drummers, it always sounds so amazing, so mind blowing, it always gives me a feeling of euphoria and me being the spiritual person I am, I kind of lose myself in that moment, it gives me tingles. Another moment is running over the Tower Bridge, at 13 miles, just before the half way stage, it is such an amazing experience, the crowds there are amazing and I just

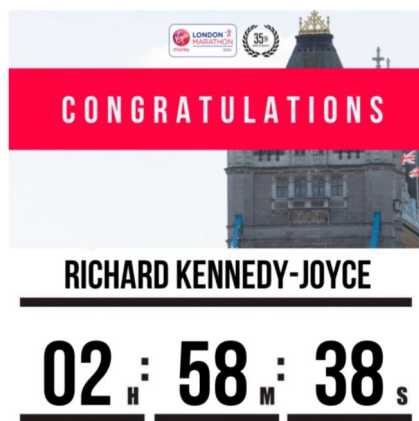
really savour the moment, as I ran over the bridge I was just looking at the crowds and looking high up at the tower, it's probably my favourite part of the race, I never want that bridge to end, probably because all the really hard work and pain comes 13 miles onwards and it's good to look at haha.

The famous old ship (forgot what they call it - embarrassing haha), that's another of my favourite moments of this race, the crowds there are huge and the atmosphere is so energetic and there are TV cameras everywhere, it's just such a happy and energetic part of the marathon. The fourth moment that really takes my breath away I would have to say is the last mile down the famous Mall, although it's painful and I just want the race to end, as well as trying to push myself to get my target time, it's just so amazing running past Big Ben and then running past Buckingham Palace to finish and hearing the roar of the crowd at The Grandstand finish - it never gets boring.

**Back to my race performance:** I felt really good, probably the best I have felt in a marathon, until I would say around the 17 miles mark. I was on target with my pacing for 2:55:00 until around 16 miles and then I gradually began dropping my pace a bit, I think I was around 30 seconds off my pace and by mile 20 I was around 50 seconds to a minute off. I tried and tried to push myself harder but I just didn't have it in me and I knew it. So I didn't do anything silly like pushing my body too far as I would ruin the last six miles and for me, running it slower than 3 hours would have devastated me, I worked so hard last year to become a sub-3 hour marathoner and I wasn't about to lose that title to my name.



I knew that my sister Mel and my cousin Matty were watching out for me at mile 22 and I was excited to see them and get a cheer from them, I really needed a lift at this point, my right foot was in pain from blisters and I felt disappointed inside that I had dropped my pace by a minute. I was at mile 22 and I heard Matty shouting me and saw him going crazy with my sister just in front of him going crazy while taking a photo and it gave me such a lift at that point. I really put myself through some tough moments in the last 4 miles and without that lift of energy from then it would have been even harder. By the time I got to the last mile I was 2 to 3 minutes behind my intended pace but I wasn't too upset, I knew I was going to sub 3 hour again and for me, that was another great achievement.



Not long after I crossed the line I had my photos taken, enjoyed the euphoria of finishing and the relief that I had run under 3 hours again and just gathered my thoughts. My initial thoughts were, do I really want to put my body through that again, but 10 minutes later I changed my mind, haha, of course I want to run more marathons, I'm not finished

just yet. I also bumped into my new running friend Glen (who I was chatting to before the race and ran with at Spen 20) and he told me he had just run his first sub 3-hour marathon so I was really pleased for him. I also later found out that his running club friend Terry from St Theresa who I also know and ran alongside at Spen 20, broke the Guinness World Record for the Fastest Man Dressed As A Lifeguard, I was really happy for him as he missed out on the record at last year's London Marathon.

Also, well done to James, Tom, Burjor, Shami, Steve and Chris who all ran the London Marathon too.

*Catch up with Richard's regular updates on his blog:*  
[www.joycinho.weebly.com](http://www.joycinho.weebly.com)

### Race report: (More) London Marathon (to fill this little gap in the newsletter)

by James Nundy

Whilst we're talking of the London Marathon, I'd like to say a big thank you to the Kirkstall Harriers committee for awarding me one of the club places this year.

26.2 miles is a flipping long way, and as I was rarely on the blue racing line I actually ran 27.5 miles in my 5 hour 15 min pootle around the capital, 'smashing' my 4 hour 20 target. It took me four miles to get down to my planned race pace due to getting caught up in the excitement of the event, as I had been advised would happen. Everything was going pretty well until mile 15 when both groins decided to slow the proceedings and my right calf was teetering on the edge of something painful too. I managed to run/walk for a couple more miles but then got a second wind for the last few. Strava informed me I was actually stationary for half an hour - stretching, and at one point, in a massage tent! I managed to raise £767 for Cancer Research UK in the process too.

The crowds along the route are fantastic and the volunteers do a great job, however I still can't look a jelly baby in the eye.



## Race report: Fairfield Horeshoe Fell

Race by Laura Hogg

My brain picks challenges at random, then wedges a mad idea as an immovable Scary Black Blob amongst my otherwise vague and blurry plans. This time it chose the Fairfield Horseshoe fell race. Some would consider this a nice trot along a breezy ridge in the beautiful Lake District. For me it became the next Blob on my calendar that I couldn't ignore, but also couldn't seem to make myself prepare properly for. I was scared of doing it, not especially of getting lost or coming last, just of doing it. But I was more scared of not doing it and defying the Blob.

The weekend of the race I was already planning to camp in Keswick with Laura D, Lucy C, Lil D and Doggy Jaz for the Keswick Mountain Festival (which was soggy and brilliant). It all seemed to slot into place perfectly, as Laura and Lucy were happy to come along with plans to hike up to watch the race and admire some muscly legs flying off the mountain.

I recced the route the weekend before the race with Laura, Russell, Andrew and James, plus Gaston and Jaz (who do not understand each other despite both being dogs). We enjoyed ourselves quite a lot on this 5 hour 'run', as we all trotted along behind James and Gaston and spent a lot of time sitting or lying down in the sun. The Kirkstall team spirit and common sense truly showed itself when Russell realised he had left his walking sticks halfway up the hill, and the rest of us let him head back up to find them on his own at 7pm whilst taking his water, food, phone and

torch with us to the car park. Surprisingly, we all survived, although things apparently got hairy later as Andrew did not get the pub dinner he was promised.

The morning of the race, we emerged stiffly from our damp tents and drove over to Rydal in the sunshine. Laura, Lucy and Lil made a fantastic KH support crew, and Laura even remained calm and encouraging when I hysterically admitted that I had lost her car keys half a mile from the start with only 15 minutes to spare. I spent a sweaty few minutes scrabbling around in the sheep poo under the car, convinced myself and the Valley Strider parked next to us that I would miss the race and was in massive trouble, then found the key in the pocket of my bag and had to run to the start with no time to spare.



I was a nervous wreck when the race began in very casual style from the corner of the registration tent, with the sudden shout of 'Are you ready then? One, two, three, GO!'

It went immediately up. And up and up and up and up. We did not take the nice, steady public footpath, but clambered with our hands up the side of a grassy cliff with only the view of bent over bottom in front and zero-grip gloop underfoot. I looked at my watch after an hour and I had travelled 3.5 miles and my lungs and legs were screaming. At this point I had made it onto the ridge, but there was plenty of climbing left to do. It felt alien to stretch my legs out into a run during the brief stretches where I could do so, and by the time the furthest and highest point of the horseshoe came into sight the runners around me were few. I could see a colourful string climbing up the ridge ahead, but there were only a handful that I had any chance of catching. I wondered if I was really at the back, and decided to enjoy the view as it would be lonely from here.

There were several more years of continuous climbing, trying to run, but really still walking bent double with a throbbing lower back. I enjoyed some form of gasping chat with a nice Calder Valley chap who became my race buddy as we overtook each other backwards and forwards until the end. Finally, I saw a dark, blurry figure emerge from the grey fog, calling 'Hello, hello! What is your number?' I was not hallucinating. I gleefully yelled '70!' into the wind, and let out a whoop as he ticked me off and sent me back to the path to START THE DESCENT!!!!

*Continued...*



The best feeling in the world did not actually last that long as the descent was quickly interrupted by another ascent. This pattern continued and my watch kept telling me I had only done 5.something miles.



At this point I started to look for the KH cheerleading squad. Before I saw them, I was surprised to see a runner coming towards me shouting 'Helloooo! Want a jelly baby? I used to run for Kirkstall!' When I got over my panic that he was the sweeper and I was last, we had jogged on in opposite directions and I still don't know who he was or if he was real. I was soon very pleased to see the KH crew cheering and smiling with far too much energy, and secretly relieved to be actually moving at speed when I passed them.

I thoroughly enjoyed miles 6-9, which were a mixture of grassy slopes to peg it down and tricky rocks to jump down and hope for the best. I practised my bog jumping, and showed some which ought not to be jumped in to my Calder Valley Friend, which I hope he appreciated.

Now the race seems a blur, all except from the final flat gravel path that winds past the car park for  $\frac{3}{4}$  mile. This tiny part of the world will be scorched onto my memory for ever, as it drags you backwards like an airport travelator. I ran along it twice

that day, once in a mad sweaty panic fuelled by car-key relief, and once in a zone of exhausted determination on legs that felt pure lead after flying full of hope down soft grass seconds before.

When it had all ended after a cruel little hill into a field, I was a shaky, gibbering wreck. I hugged Calder Valley Friend and talked rubbish for a long time on a bench to a sympathetic older fell-runner who was unsurprisingly calm about the whole thing like he does it every day, which he probably does. It was bloody hard work but I did it, and now I can tick it off my calendar and I don't have to do it again. But I might.





## Race report: Leeds Half Marathon

by Richard Kennedy-Joyce

Several years ago, after completing my fourth Leeds Half Marathon in four years, I made it one of my sporting ambitions to run at least twenty Leeds Half Marathons in a row, without a year off. I feel it is something that is probably pretty unique, I can't imagine there will be too many runners out there who have ran the race every year.

This Leeds Half Marathon was to be my ninth year in a row and I'm happy I am almost half way to my goal, I will be 41 when I have achieved this and I don't plan to stop there if my body doesn't stop me itself.

My cousin Matthew, who has drifted in and out of running over the last few years, decided he was going to give the Leeds Half Marathon a go and set himself the half marathon challenge. I was very happy that he decided he was going to give the Leeds Half Marathon a go, it is something that would be a big step up for him as his previous race running experiences were a couple of 5k's (the Leeds Tree-Athlon 5k in 2008 and 2009) and one or two short relays with club Kirkstall Harriers. We entered the Leeds Half Marathon about a month ago, however, Matthew started a bit of his training two months ago and my training was integrated with my London Marathon training.

### BUILD UP:

Matthew's build up had been a little sporadic, he had been on some good training runs but probably left the bulk of his training a bit late, however, in the last 3 to 4 weeks he really stepped up his mileage and by race week he was ready. He ran a tough 10 miles training run on his own on the Tuesday before the race and included the famously steep Cockshot Lane hill in Armley, great preparation for the Leeds Half route that does have some tough hills in it.

My build up had been great in some senses and frustrating in some ways. In the previous months before the Leeds Half Marathon I had ran the very hilly and tough Liversedge Half Marathon in 1:24:54, the Spen 20 Miles race in a PB of 2:15:04 and the London Marathon in a sub 3 hour time of 2:58:38. In terms of my race times, I was on good form, almost the form of my life in marathon running (although I ran 2:57:29 at London Marathon last year), my strength and conditioning, core strength and mental strength was in my mind, at its all time peak, but my main problem in the short build up for this race, was blister problems.

Due to my painful blisters that I suffered at Spen 20 and London Marathon with my brand new £130 Adidas Boost trainers, I couldn't go out on any recovery runs or ticking over runs to keep my cardio fitness where I wanted it to be. I worked on my strength and particularly core strength in the gym to keep myself ticking over for the Leeds Half Marathon.

### NIGHT BEFORE:

As this was due to be my 16th half marathon and 9th Leeds Half Marathon, I could now claim to be an 'experienced' half marathon runner now and I drew on my experience to ensure Matthew had sufficient preparation the night before. In the afternoon after I finished work, we both went to Virgin Active gym at Kirkstall and had a nice relaxing spa afternoon which was great fun.

I organised Matthew to come over to my house the night before and sleep at mine so we could both relax together and keep each other company and ensure we got to bed at a reasonable time. I made us both a big pasta dish each for our pre-race carbohydrate loading to give us the energy we needed for 13.1 miles. We drank plenty of water, ate a few energy snacks and we watched the boxing on Sky Sports then it was lights

out for us two.

### RACE DAY & RACE:

On the morning of the race Matthew and I got up at 6:30am and we ordered a taxi to get us to near the start line at Leeds Town Hall for 8am, an hour and a half before the race starts. We met my friends Simon and Emma (who have watched me at every Leeds Half Marathon since 2011), who took a few pictures and looked after our bags for us until the finish, where they cheered us both on.

I was in a different starting pen to Matthew, so I wished him good luck and I went into my blue starting pen, where I get to start right at the front of the race. I was happy we got there early as I really needed the toilet and the queue was massive, so I had plenty of time for that and it calmed my worries, as I hate needing a wee when the race starts, it really disrupts your rhythm if I need to stop for a wee during the race, in a half marathon you can really lose your position quite quickly.

At the start I saw quite a few fellow runners who I knew and had a bit of a chat with several runners, then we were off the horn went and it was a fast start. It was great running through the city centre, seeing familiar faces at the start, and I heard a few people shout my name.

The first two miles I felt awful, I really don't understand what was wrong. I did need a wee quite early on, and I planned to stop at the toilet at the two miles mark, but for the world of me I couldn't see any toilet cabins, so I carried on. I'm not sure what was wrong with me so early on, my heart was beating so fast and I had a pain in my chest, never felt like that ever before, I was actually getting a bit worried, instead of ruining my race I slowed right down and tried to gather my breath back. Honestly, I felt

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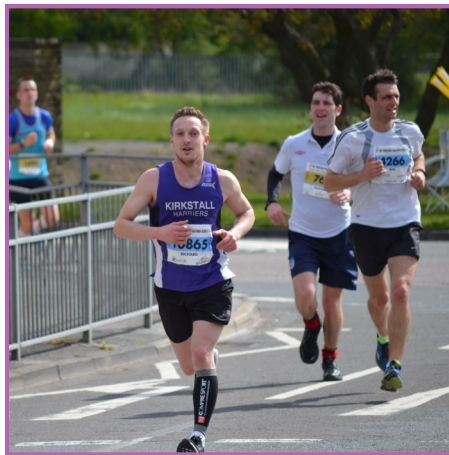
worse in those first couple of miles than I felt after 20 miles at London Marathon, it was so strange. Thankfully I drew on my experience and slowed the pace down and eventually the pain went away and I could get back to running at my natural pace.

As always the crowds were amazing along the route and I seemed to be running quite well. I smashed the big hill in Meanwood and before I knew it I was at the ring road in Moortown. I really pushed hard on the ring road, which is notorious for being tough as it approaches Lawnswood. I overtook about 15 runners on this section and I started to gain confidence, my form was looking great and I felt I was coming on strong.

Just after the half way stage, I was really pushing the pace but I had several hard runners behind me who I was fending off, I had the desire to do it and I think with being in my territory where I live, I was maybe getting a bit excited. I wasn't running very clever if I am honest, I was getting myself into some tear ups with other runners when really I wasn't in a great condition right from

the start of the race to get this competitive and it did cost me in the last few miles in Kirkstall.

It was pretty hot with the sun out and it definitely got to me late on in the last part of the race. In Kirkstall I got a boost from the locals who cheered me on as I was wearing my Kirkstall Harriers vest but I was really having



to dig in to keep up this pace. Hyde Park Harriers who we have little friendly battles with at many races had loads running in the race and in the last 2 miles I found myself being overtaken by a small bunch of them, including the eventual 3rd placed lady Roslyn (well done).

I really tried to push myself to keep up to them but something was missing that last mile, I felt like I lacked my usual energy. Maybe it was the after effects from London Marathon, or maybe it was the heat, or maybe it's the fact I had a bad start to the race, but nevertheless I still finished quite strong. I would also like to say thanks to all the Kirkstall Harriers supporters along the route and especially at the Fire Station on Kirkstall Road in the last mile, you all gave me a huge boost to help me to the finish line.

#### FINAL RESULTS:

Richard Joyce (me):  
106th out of nearly 10,000 runners  
Matthew Stephenson (my cousin):  
2:26:19 (1st half marathon)

You can watch footage of the Leeds Half Marathon that my friend Simon filmed at <http://www.youtube.com/rjworldsportsnews> - you may even spot yourself at the start.

Feel free to visit my Sports Blog website at:  
[www.joycinho.weebly.com](http://www.joycinho.weebly.com)

#### Member birthdays for June

Emma Ballantyne  
Malcolm Dennison  
Graham Fisher  
Richard Hancock  
Peter Hey  
Julie Hustwit  
Burjor Langdana  
Hannah Lee  
Richard Thomas  
Helen Thompson

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

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

Please visit our website for more info: [kirkstallharriers.org.uk](http://kirkstallharriers.org.uk)

Please email [kirkstallharriers@googlemail.com](mailto:kirkstallharriers@googlemail.com) with any questions about the club, or if you would like to contribute to the newsletter.

All articles are gratefully received.



Kirkstall Harriers



@KHarriers

Events & Training Calendar						
Jun-15						
Day	Date	Event	Venue	Time	Details	Distance
Mon	1st	Club Training	Kirkstall Leisure Centre	6.50 pm	Canal to Rodley - Return via Bramley Fall Woods	6-7m
Tue	2nd					
Wed	3rd	Club Training Otley Fell Race	Kirkstall Leisure Centre Station Road, Otley, LS21 3JZ	6.50 pm 7.30 pm	Hawthornth Woods & Daisy Woods	6-7m 4.5k
Thu	4th	Hills and Drills	Kirkstall Leisure Centre	7.00 pm		
Fri	5th	Abbey Speed Sessions	Varies - Check Website	7.20 pm	www.abbeyrunners.co.uk/training/sessions	
Sat	6th					
Sun	7th	YVAA Vets Race - Wharfedale Bramley parkrun Trial Run	Sports Pavilion, Lythe, YO21 3RT Bramley Park, Westover Road	10.30 am 1.00 pm	Race starts at 11.15 but runners will be walked to the start at 10.45 Don't forget your barcode	~10k 5k
Mon	8th	Club Training Kirkstall Trail Runs	Kirkstall Leisure Centre The New Inn, Eccup, LS16 8AU	6.50 pm 7.00 pm	Beckwith Park PFC O route Contact Andrew Kirby, Laura Davies or Alan Brydon for more info	6-7m
Tue	9th					
Wed	10th	Club Training Otley 10	Kirkstall Leisure Centre Otley Cricket Club	6.50 pm 7.30 pm	Amley Park, Goffs Park and Bramley Fall Woods Part of the Kirkstall Harriers Club Championship	6-7m 10m
Thu	11th	Hills and Drills Abbey Speed Sessions	Kirkstall Leisure Centre Varies - Check Website	7.00 pm 7.20 pm	www.abbeyrunners.co.uk/training/sessions	
Fri	12th					
Sat	13th					
Sun	14th	Hull 10k Castle Howard 10k	Alfred Gelder Street, Hull Castle Howard, YO60 7DA	9.30 am 11.00 am		10k 10k
Mon	15th	Club Training	Kirkstall Leisure Centre	6.50 pm	Canal to Rodley - Return Via Horforth Hall Park	6-7m
Tue	16th					
Wed	17th	Club Training Hills and Drills	Kirkstall Leisure Centre Kirkstall Leisure Centre	6.50 pm 7.00 pm	Pudsey Post Hill	6-7m
Thu	18th	Abbey Speed Sessions Rush Around The Rhubarb	Varies - Check Website Presthorpe School, LS28 5SG	7.20 pm 7.00 pm	www.abbeyrunners.co.uk/training/sessions Chocolate for all runners :-)	6k
Fri	19th					
Sat	20th					
Sun	21st	Pudsey 10k	Pudsey Leisure centre	10.45 am	Part of the Kirkstall Harriers Club Championship	10k
Mon	22nd	Club Training	Kirkstall Leisure Centre	6.50 pm	Kirkstall YVAA route	6-7m
Tue	23rd	YVAA Vets Race - Alwoodley		7.30 pm	Details to be confirmed	
Wed	24th	Club Training Hills and Drills	Kirkstall Leisure Centre Kirkstall Leisure Centre	6.50 pm 7.00 pm	Members Meander Route	~10k
Thu	25th	Abbey Speed Sessions	Varies - Check Website	7.20 pm	www.abbeyrunners.co.uk/training/sessions	
Fri	26th	Kirkstall Harriers 30th Anniversary Party!	Pudsey Cogs Cricket Club	7.00 pm	See Samantha Boome or the KH website for ticket info	25 ticket
Sat	27th					
Sun	28th	Bradford Millennium Way Relay Humber Bridge 1/2 Marathon		all-day 9.00 am	Contact Jason Buckley for leg details / team places	various 13.1m
Mon	29th	Club Training	Kirkstall Leisure Centre	6.50 pm	Canal to town, Ha Beck and return via Amley Park	6-7m
Tue	30th	Danefield Relays	Danefield Park, E. Chevin Rd, Otley	7.15 pm	Contact Lucy Chum for team details	3 x 3m