



# KIRKSTALL HARRIERS

## Newsletter

Editor: Simon Smith

### In This Issue

Picture of the Month	Page 1:
A Message from the Chairman	Page 2:
YVAA & Winter Time Trial	Page 3:
Competition & Summer Party	Page 4:
Championship Update	Page 5:
Member Profile	Page 7:
Running Prague	Page 8
Coaching Corner	Page 9:
Spent 20	Page 10:
Heptonstall	Page 13:
Helmsley 10k	Page 14:
PECO Reflections	Page 15:
What's Getting You Up In The Morning?	Page 16:
London Calling	Page 17:
Peaking For Marathon Success	Page 18:

### And in a packed Newsletter this month.....

Welcome to your April Newsletter, the first edition I've assembled since being advised by Chris Glover that saying "no" to the opportunity would result in a doubling of my subscription and solo hill reps up the Normans for the next 3 months. I've enjoyed the experience and would like to thank all the contributors who have made the task a pleasure. You'll find the fruits of their labours on the following pages.

Read on to discover which Harrier could one day live in a castle, Mistress of all she surveys. Hear what Rose has to say about beetroot juice. Be inspired by marathon and 3 Peaks stories. Keep a smile on the face of Broomio and tighten your core by entering our monthly competition. Make your mind up about whether to address your Chairman as "Chris" or "Flipper". See how Malcolm has turned human evolutionary theory on its head. Remind yourself why, for a mere 50p a week, you are a member of the purpliest running club on earth.

Graze at your leisure until May, or why not make a big pot of tea and settle down to read in one sitting? Happy reading. Even happier running. See you in August!

**Simon**



### Picture of the Month

Welcome to the world our newest supporter, Martha Joan McConville, born 12<sup>th</sup> March. Jemma and George may be Derbyshire southerners, but we are claiming this one as a little Yorkie. Well done & Congratulations!

# The Thoughts of Chairman Now – Chris Glover

***Chris profiles an important reminder and looks forward to forthcoming events.***

## Membership Subscriptions

If you have not paid your subs for this year by now, you have missed the early bird discount price of £20 which ended on 31 March. If you wish to remain a member of the club, please make sure that you pay your full £25 before the closing date of 15 May. After this date, we will assume that you do not wish to continue with Kirkstall Harriers and remove you from the membership and UKA.



*Man or Dolphin? Chairman Glover casts an odd shadow. Suspicions were further aroused when Alyson found him balancing a ball on the end of his nose in the garden. Her fears deepened still further when she served fish for dinner the other evening and he started flapping his arms wildly whilst emitting a series of excited clicks and whistles.*

## Chairman's Chase - Weds 27th April - 18:50pm

This is an annual club handicap 10k race which goes back to 1987. The route is our old Kirkstall 10k road race. Starting from the war memorial near the new Kirkstall Bridge Shopping Park, it runs over the river bridge and turns right up Leeds and Bradford Road passing the two pubs, Acorn and Rock. At the 2nd right after the Rock pub, you turn down Rock Lane and head for Rodley. (If you miss this turning, turn right at the traffic lights instead). Keeping on the main road through Rodley, run up to the roundabout and turn right down and up the Ring Road to the Horsforth roundabout. Turn right again down the A65 back towards the Abbey, turning right into the Rugby club and doing an anticlockwise lap of the rugby field to the finish. (Don't worry; it will all make sense on the night)! All we ask is that you wear club colours on the night. We then have a buffet and trophy presentation to the top three finishers in the LPSA to round the evening off.

## Club Trip - 29/30 April to Osmotherley

We now have 33 confirmed for our weekend in Osmotherley. Thank you to all those who have signed up and paid. There are still places left if you wish to join us. The price is £50 and that covers 2 nights accommodation in the Cote Ghyl Mill hostel and 2 breakfasts + 2 evening meals. Please let me know and let me have your £50 before 22 April if you wish to come along.

All details are available on the club web site.

# Yorkshire Vets Athletic Association (YVAA) by Peter Hey

If you are 35 or over, the club would like you to run as many Yorkshire Vets races as possible in the coming months. Our ladies team finished 4<sup>th</sup> out of 28 clubs last year and the men's team 5<sup>th</sup> out of 38. With a few more members and a bit more commitment I am sure we can do better – and the races are not too hard, about 6 miles and mostly off road terrain. Everyone who finishes scores points for the club. There are also prizes for the first 3 in each age group which goes up in intervals of 5 years. We used to have some of our younger members doing them too, but I think this year the age ruling is going to be more strictly applied. We will let you know after the AGM which is after the first race. This is at Honley on the way to Holmfirth and is on Sunday 24<sup>th</sup> April and starts at 9.30 (to allow for the AGM). If you are wanting to do this race and need to car share, we will make the necessary arrangements. Possibly 8.15am at the LPSA but watch out for further details.

The list of races to date are  
Honley – Sun 24<sup>th</sup> April 9.30am  
West Park Tue 24<sup>th</sup> May 7.30pm  
**Kirkstall Tue 31<sup>st</sup> May 7.30pm**  
Lythe Sun 5<sup>th</sup> June 11.10am  
Bingley Tue 7<sup>th</sup> June 7.30pm  
Alwoodly tbc  
St Theresa's Tue 19<sup>th</sup> July 7.30pm  
Halifax Wed 10<sup>th</sup> Aug 7.30pm  
Pudsey Sun 16<sup>th</sup> Oct  
Spen Sun 20<sup>th</sup> Nov 11.00am



Hey Leads The Way

**If you are under 35 on 31<sup>st</sup> May (or injured) we will need your help to marshal the race we are organising. It starts and finishes in the grounds of Kirkstall Abbey and you will be required to marshal between 7.15 and 8.30pm. If you are not available between these times but can still help for setting up the course or some of the time, we would still appreciate your presence to ensure the event goes smoothly. If you are available, please give your name and time available to Adam Moger or myself, and if you have a preferred spot or duty. We will be doing a recce of the route so**

## March Winter Time Trial by Peter Hey

We had 16 brave runners on the last winter time trial of this season, on a cold but dry night. A few other runners decided to do their own thing too. Helping ensure the runners got off on the correct time and were correctly recorded over the finish line were Alice Murray Gourlay, James Woodman and James Manthorp. As usual the bulk of the work was left to the only female! They were 3 new faces to this year's series, Justin Heath, Ewan Malone and Matt Kasperek. First runner over the line with the words of "It's the first time I have won anything" was Chris Hunt with a run time of 24.49. Second was Matt Kasperek 24.04, third Catherine Barrett 23.52 and fourth towards the front end for a change Patrick Nesden 30.33. Bringing up the rear on this occasion was Justin Heath - not a member - yet!!! 26.24 and Sean Scanlon 24.18 who must have drawn the short straw with the handicapping setting off with Chris Glover and Ryan Owens at the back end. Fastest female was Louise O'Brien with 23.17 and fastest male Paul Miller with 19.39 and overtaking 9 runners. Altogether we had 69 different runners doing at least one time trial this winter and 12 doing at least 4 or more runs. A full list of all results and the three winners overall will be announced later.

Although this was the last of the winter time trials, if we have sufficient interest in the lighter nights there is a 3.1 mile section of the canal from Kirkstall to Rodley that we can use as an outbound stretch, and either jogging back another way - or if keen enough, for a negative split return? Runners can probably do their own timings on a rough handicap basis, and those out for a “stroll” can start with whoever they want and act as pacers?

## Monthly Competition & Summer Party by Sam Broome

Thank you to all who entered the first (of many more) monthly competitions!

Up for grabs was a High5 Race pack, which includes a water bottle, gels and other fuelling goodies. The answer to last month's competition (When was the Olympic Marathon distance standardized) was **1921** and the “drawn at random” lucky winner is **Sean O'Halloran**. I will be in touch regarding the collection of your prize very soon, Sean. Congratulations!

So on to April's competition.....We all know the importance of core strength and the advantages it can have on our running and breathing. So up for grabs this month is a **More Mile Balance Board** :

“Boost your workout and make your routine tougher with the More Mile Balance Board. Whether you are looking to improve your cardio stamina, muscle strength, flexibility, balance or work on more specific training, the More Mile Balance Board has it all”!

If you would like to be in with a chance of winning this prize then simply answer the below question :

**Q. Core Stability can help strengthen a number of abdominal, pelvic and back muscles, but which one of the below is the deepest innermost abdominal muscle?**

- A) Vastus Medialis**
- B) Inferior Rectus**
- C) Transversus Abdominis**

Answers need to be in by Thursday 21 April. You can either send your answers to me via email - [samanthabroome@googlemail.com](mailto:samanthabroome@googlemail.com). facebook message or if you want to be old fashioned, using the traditional method of handing me the answer on a piece on a paper.

Good Luck all!

ps - I am not a sports therapist so I am trusting Google to help me with these questions, apologies in advance if anything is spelt wrong.

### Summer Party.

*As mentioned in the last newsletter, we are having another Summer Party (June 17th). This time we will be using it as a fundraiser for Action Duchenne and will be looking to do an Auction or Raffle on the night. So if you do have anything that you could donate ,or if you work for a company that could supply us with a little prize, then please let myself or Racheal Kearns know.*



# Club Championship Roundup with Malcolm Taylor

So the 5th race of my first year in charge of the Club Championship has been run. Some healthy competition has been prevalent in all 5 races, with multiple winners of the fabled 50 points. 68 runners have taken part in the 5 races with 7 people running in 3 out of the 5. There is still plenty of time to compete for the trophy, as with the best 6 races counting to your overall total plus bonuses for Marathons and parkruns absolutely anyone can win!

Onto business, after race 5, the top 5 is:

Pos	Name	Points	Total Races
1	Ben COLDWELL	167	3
2	Rose GEORGE	147	3
3	Adam NODWELL	143	3
4	Catherine BARRETT	134	3
5	Paul GRIST	133	3

In order of races:

## Race 1: Peco XC - Golden Acre Park

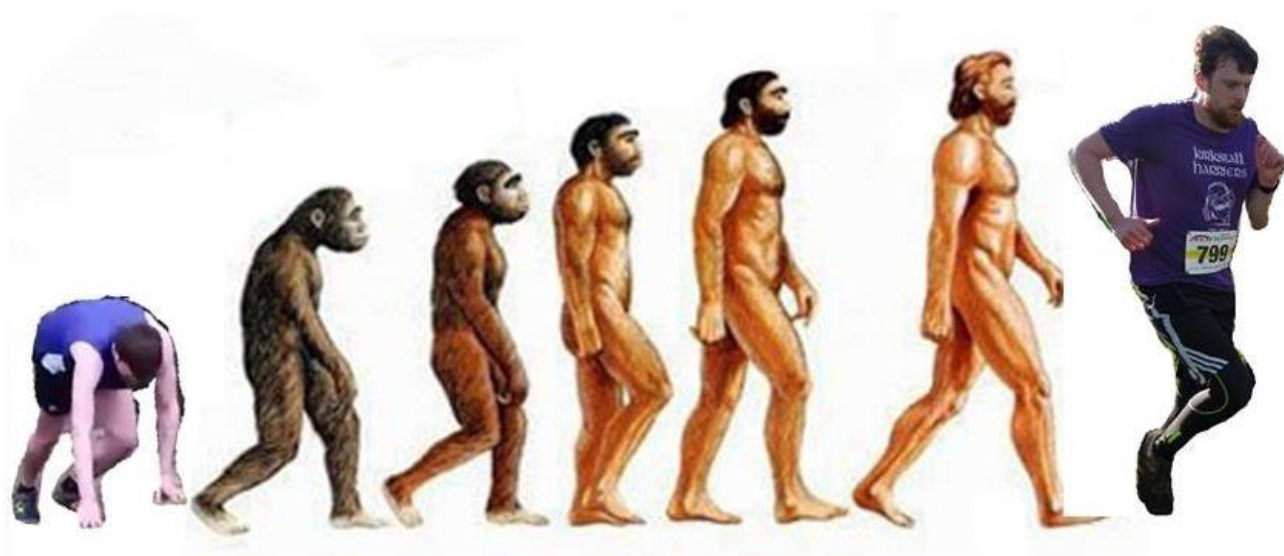
A record (at least in my time at the club) 58 runners competed in the first race. Helped by entry being paid for by the club and the knowledge we were fighting for 2 divisional titles, no doubt! On a warm winter's day, we had new and old runners taking part. Jill Camm took the 50 with a time of 35:46 (compared to a modest handicap of 41:58); Kevin Longmate came a close second and the star lady Alice Murray-Gourlay was third. A bumper event, the likes we hope to see more of, saw 10 unlucky harriers with the default deux point (including moi!). Someone has to be bottom, but it means your handicap time is likely to be lower next time, a silver lining.

## Race 2: Harewood Half Marathon

Race 2, 3 and 4 were all tough. Likely to be the toughest in this year's championships. Harewood "not so" Half Marathon was a gruelling trail race for the 10 Harriers that took part. Ben "comfortably 7th" Coldwell (well done by the way!) took the 50 points, putting his marathon training into practice. Another marathoner Catherine Barrett came second with Liz Walker a close third. Catherine and Ben are likely to swap one of their CC race points with the 50 marathon bonus in April.

## Race 3: Spen 20

Probably one of the toughest pre-London 20 mile races out there. Remind me why we chose this over East Hull? Location? No matter. 8 runners took part in this gruelling race. Rose took full points with a time over 30 minutes quicker than her handicap. Ben and Catherine completed the top 10, continuing their charge for eternal glory. Hats off to everyone who ran this race, not one on my bucket list (hills and distance!).



**Fig.1: The Ascent of Taylor.** Anthropologists finally call off the search for the fabled “Missing Link” in the Human evolutionary chain. (*Thanks to Jim Nundy for the graphic – Ed*).

#### Race 4: Pudsey Post Hill Challenge

Speaking of hills, the Post Hill 5k challenge is up a near vertical hill, twice. 7 runners took on the hill. I attempted it, without even seeing it before (I think I am mad). First time wasn't so bad, the second, God help us. You may have seen a video of me "monkeying" around, (*or see Malcolm's simian gait above – Ed*) but to be fair this was my second time up it! Again Rose took the 50 points (2 out of 2, well done Rose!) and a prize for age category to boot. James Woodman (who was the quickest up the hill overall) came 2nd and Liz Walker a creditable 3rd. Personally, I came last but still pick up 44 points (that was the motivation all the way round, "it's all about the points"). Confirming the theory, you don't need to be quick to get points.

#### Race 5: Guiseley Gallop

Over the Easter weekend, the popular Guiseley Gallop 10k race was ran. Following the Christmas flooding, the course had to be changed to a 2 lap course of the Esholt Woods due to the iconic suspension bridge being damaged. I have heard that it was "better but tougher" (I am still yet to understand this reasoning!). Jill Hudson continued her accelerated improvement by taking the 50 points, 15% better than her handicap, good running! Marion Muir and John Hutchinson came 2nd and 3rd respectively. Most of the runners came within 1% of their handicap, which shows that it is an even race, or my handicap planning is starting (finally) to get better!

#### Game on!

There are still plenty of races to go, so more than enough time to get your feet into gear. Bonuses are also up for grabs. Complete 4 parkruns before the final race of the year, get 25 points for free. Run a marathon and gain 50 points as a replacement to one of your races (not in addition). Some sad news, Meanwood Valley Trail has been cancelled for 2016, so a replacement needs to be found. If you can think of a similar race for a similar price in or around Leeds, then please let me know and we can look to put it on the races page. Also, fancy suggesting a race for 2017? Get in touch!



## Member Profile: Alice Murray-Gourlay

**Name:** Alice Murray-Gourlay

**Age:** 23

**Occupation:** Dietitian

**Originally From:** Devizes, Wiltshire

**Time as a Kirkstall Harrier:** 8months

**When did you start running and why?**

I started doing cross country in my first year at secondary school. After 2 years of coming last at the local county trials and watching my hockey playing rival qualify I decided I'd best get training (I think the competitive side of me pre dated the running). Anyway, I trained with Team Bath until I was 16 and then Yeovil and Wells when I moved to Somerset. 1500m, 3k and endless cross country leagues left me fairly burnt out and I took few years out before turning to road running which inevitably brought with it several injuries. Two years of relentless injuries lead to the take up of triathlon through Uni, but since joining Kirkstall I am back in running mode ready for my first marathon in May.

**How did you end up joining Kirkstall?**

When I moved to Leeds I googled "running clubs near me". Kirkstall was the first to come up. Luckily you all turned out to be super welcoming as I knew nobody up here in this freezing land you call The North.

**What are your motivations for running?**

I run to keep myself sane. I used to come home from school, mid exams, and my mum would tell me to go for a run to chill out: I'm much nicer after a run!

**What are your greatest running achievements?**

Actually making the county team in my third year of secondary school. Then, later, going on to finish 4<sup>th</sup> in the South West Cross Country as an U17.

More recently, running 15.5 miles last weekend(!). The longest distance I have ever run and the strongest I have ever felt.



**What are your best running related memories?**

Finishing a half marathon last March and matching my previous PB after 3 years of inconsistent training.

**What are your worst running related memories?**

Injury. I tore the top of my quadricep a few years ago during a 10k. Such a difficult muscle to rest – it used to ache whenever I walked around. I didn't run again for 3-4 months. I went CRAZY.

**Any words of wisdom for your fellow Harriers?**

Never ignore a niggle. Ever. 1 day rest is better than 4 months out.

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

I'm 26<sup>th</sup> in line to inherit Athol Castle in Scotland – which also comes with a private army! (*Ed-see Alice's future home below. Soldiers in barracks or out on manoeuvres*).





## Czech-ing Out Prague by Chris Scott

Whilst a 6:30am start may be the norm for some runners and workers, that unearthly hour is only ever seen if I'm on the way home from a brutal night out (Footlong Subway in hand usually). But during a training course through work, I had opted to join my Czech colleagues for one of their pre-work morning runs.

Prague had experienced snow and ice the previous week, so my colleagues claimed they needed to make up for lost mileage. We ran a "steady" 5 miles on the first morning along the banks of the Vltava, taking in some of the less tourist-trodden paths to the south of the Old Town centre. The route turned into a nice loop which made us cross back over by the famous Charles Bridge, but due to how early we were out pounding the pavement, there wasn't a soul to be seen.

With plenty of bridges and well maintained footpaths running a large length of the river, it is possible to tailor a run to a distance that suits anyone. So if you ever visit Prague, make sure to pack your trainers! The lack of any incline also was pleasant, but did lure us into a false sense of security.

With the endorphins kicking in, the morning following that run became a very productive one. "I could do that every morning" I said, aloud it turns out, resulting in me being roped into another run in a couple of mornings time. This time, the looming hills I had seen the previous outing were to be our destination. A 1km warm up was sharply followed by a pretty intense hills session. Half way up, the thoughts of a wasted warm bed and the hazy memories of many beers the night before made the increasingly difficult ascent become almost unbearable.

Rolling horizons brought dreaded memories of last year's Ilkley trail flooding back, but just as it was about to become too much, we stopped at what looked like a mini Eiffel Tower, at the summit of the hill we had finally beaten. The views were amazing, making the run/plod totally worth it. Whilst most of my colleagues hadn't broken a sweat, I was glad they were patient with us and let us take touristy photos at the top. The descent was much gentler and took us past Prague Castle, now dramatically backlit with the rising sun, and we got a mini description, through snatched breaths, of what we were running past. This became a longer run (around 6-7 miles), but the worst bit was over and done with early on, leaving the last 5 miles a really enjoyable and rewarding experience, allowing us to see the fairytale-like city in a very different light. I've been asked to return the favour in London, so the pressure is on to deliver an equally impressive route through our own capital. Although part of me wants to find the steepest hill south of Watford and return the favour that way. But that would almost definitely backfire and result in a call for mountain rescue, for me...



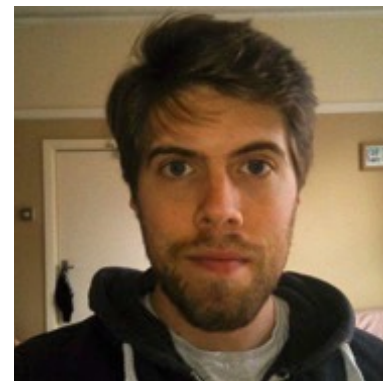
Chris (second from the left) in his purple colours last year in the Leeds Country Way Team.



## Coaching Corner with James Manthorp

In the first of what could well become a regular feature (*Phew! so that's at least 1 page of every newsletter taken care of – Ed*), Club coach, trainer and all round good egg James Manthorp profiles a topic of interest and answers all your running related questions.

A major theme for training throughout March has been strength. Sessions have featured hills, hills and more hills. There is reason behind my sadistical madness. Strength is just as important as stamina to endurance athletes and can mean the difference between winning and losing. The different categories of strength in relation to an athlete are core strength, plyometrics, maximum strength and strength endurance. Throughout this article I'm hoping to explore the different types of strength, why they're important and how you can improve them.



This is NOT Jason Manford

**Core strength** is central to your success as an athlete. It's the group of muscles that stabilise and support the body. If you're finding it hard to stand tall when you're pushing your limits it may be a sign of an exhausted core. Improving your core strength can drastically improve your running efficiency. Core strength is usually improved through body weight exercises and circuit routines. These include planks, pointers, deadbugs, burpees, etc.

**Plyometrics** refer to an athlete's elasticity or how springy/explosive they are. This is very important to a sprint athlete, but also the long distance runner. Increasing this strength enables runners to take longer strides, accelerate past the opposition and conquer mountains. Plyometrics is a tough ability to train, usually through two footed standing forward jumps, hops and step ups with resistance.

**Maximum strength** is what it says on the tin. What is the greatest force your body can exert? Being stronger allows the body to lift itself up easier and is important for tackling terrain. Maximum strength can only be increased by weight lifting, and what specific work I think an athlete should do is an article in itself. (*Or see Shami –Ed*).

**Strength endurance** is different to maximum strength by terms of load and volume. How long can you hold that extra bag of shopping after you made the decision to carry it all into the house at once? It's the same with running; you might be able to climb one hill at 70% effort, but what about the same hill 5 times? Increasing strength endurance can mean the difference between watching someone disappear into the distance on a hilly course or catching them on the last ascent. Strength endurance can spring from a variety of sources: hill running, manual labour, gym routines and general hard work.

**And in the coaching post bag this month.....**Since taking the Training mantle several people have asked me similar questions and I've had an idea of doing a regular Q&A on all things coaching. So do send me your questions and I'll try my best to answer them. This month I've had a few questions about what is the best way to position your hands whilst running. My advice is to keep them relaxed. I think that holding fists or blades makes you focus too much and can lead to tense arms and shoulders. This will eventually lead to a loss in efficiency. I try to hold my hands in a loose fist, with an imaginary retro joystick. I hope that helps. Please let me know if you'd like me to give my opinion on anything running related, and I'll happily oblige.



That's me on the right - Ed



## Race Report – Spen 20 by Rose George

I grew up in Dewsbury. Spen was where we went when we didn't want to go to Dewsbury Baths. It was a slightly exotic swimming pool, a few miles up the road from our house. I don't know Spenborough well apart from the baths and the track, which I ran on during a short-lived attendance at Spen AC. In my adult, back-in-Yorkshire life, I've been to Spen a few times to run off-road races: a couple of PECO's, a Yorkshire Vets or two. But I'd never been attracted by the Spen 20, a road race that Harriers variously described as "hilly" "really hilly" or "bloody awful."

But any hills are a good addition to my Three Peaks training plan. And a road race would at least give me the chance to concentrate on form because for once I'd be running on terrain that didn't require me to look constantly at my feet. So I signed up to Spen 20, and then I sort of forgot about it. The week before, I had a wonderful stress dream about it in which Dave Woodhead of Woodentops was organising a Spen 20 which was actually Rombalds but worse. And I couldn't get to the start in time despite desperate dream-long efforts and being able to fly. I woke up a bit unsettled and thinking, how on earth am I going to run 20 miles on Sunday? But then I thought about it. In February I did Rombald's, which was shorter in distance but more time on my feet. I've done long runs and hard fell runs. I should be fine.

I bought some Beet-it beetroot shot, which is the most disgusting thing to drink but works. It supplies nitrites which increase the blood's ability to carry oxygen. I suppose it's legal EPO. Or meldonium. The trouble is, it made me gip even to think about it, until I discovered that mixing it with neat blackcurrant cordial made it almost palatable. So I started taking that on Friday, the another on the Saturday morning. (Stay with me: that's relevant.) It was strange, preparing for a long road race. I haven't done one since the Yorkshire marathon in October. I train on roads, obviously, but haven't done more than 15 miles for a while. I didn't even know which shoes to wear. Brooks Pure Flow are my road shoes, but I hadn't tested them beyond 15 miles. I thought maybe I should have the more cushioned Ghosts, but the last time I wore them, on a club training run, my troublesome tendon hated them, and I noticed that they made me heel strike and land more heavily than the more minimal Pure Flows. So I chose the more minimal, and hoped for the best. I packed a selection of High-5 gels, that I've used ever since I began using gels. I chose a couple of normal ones and a couple of caffeine ones, and ignored the mojito ones which are horrible. (I've got about 20 mojito gels to go to a good home if anyone wants them).

The weather forecast was good: clear skies and 9 degrees. Even so, I thought I might wear an extra layer under my vest, until I got to Spenborough and saw how many people were running in vests and shorts, and thought it daft that I was going to wear an extra layer to run in a road race that looked like it would be warm, when I ran a marathon in fog in a vest. So, vest, shorts, rainbow socks, bum-bag with gels, a bottle of water, as the only reliable information on how many water stations there were going to be was other people's memory of the course. Even so, I knew I would need water. The water station, which the route passed three times, was marked on the map at the club-house, but that's not much use for preparation.

Spen 20 became [nationally notorious last year](#) after the Nettygate scandal. So I'd have expected them to have had clear race instructions on their website about cut-offs, and water stations and other things you like to know in a long race. But there was nothing. In the queue for the women's toilets,

Spenn 20 became nationally notorious last year after the Nettygate scandal. So I'd have expected them to have had clear race instruction on their website about cut-offs, and water stations and other things you like to know in a long race. But there was nothing. In the queue for the women's toilets people said that there was a 3.30 cut-off time, in that the marshals would withdraw then but you could carry on running if you liked. As there were no road closures and we were running alongside traffic the whole time, I don't suppose the presence of marshals would have made a difference if you knew your way. Still, such a lack of information after last year was just bizarre.

We started on the track and as usual couldn't hear what the race organiser was saying: Spenn AC, please invest in a loud-hailer. One lap of the track and then onto the roads. I'd been told the first four miles were uphill, and that the first ten were the hardest. But actually, I didn't mind the hills. I must have done enough of them by now that they seem normal. In fact, I like them. I LIKE HILLS. I tried to keep my pace steady at about 9 minute miles, but it was all over the place. So I tucked in behind Jenny from Pudsey Pacers and stayed there for a while, until about mile 4, when I ran ahead. I felt really good. I felt strong and able, and I attributed that to the beetroot.

The weather was beautiful. The sun was shining, the skies were clear, but the temperature was fine. I was sweating profusely for the first four miles, but after that cooled down and was comfortable for the rest of the race. I mean, my temperature was comfortable. At mile 10, I turned round to find Jenny right behind me. She said, right, that's the hard bit done, now there are some nice bits. I don't remember it being harder or not, just long stretches of road, including a long downhill along Clifton Road where countless cars went past at bloody stupid speeds. I remember really cheery marshals, including women with shoulder-length blonde hair wearing hats, who seemed to be everywhere. Maybe I was in a Charlie Kaufman film. (I realised later that they had marshalled the first three miles then moved, and there were loops). It was a really nice route. The weather helped. There was some lovely scenery when we got high up, and a man doing his garden, and still doing it five miles later, when I managed to realise he'd made some good progress on his flower-bed. Catherine, who has for the last year been faster than me, was ahead of me for the first few miles, then I was ahead of her, and then she overtook me again. I kept close to her for miles and miles, and felt good about that, but then it all went awry.

At the second water stop, I took a caffeine gel. And everything went very wrong. For the next ten miles, I had nasty stomach cramps. I didn't know whether I wanted to vomit or do something else, but did neither, and just felt crappy for ten miles. The only hill I didn't run all the way up was one where I had to stop and bend over and see what would happen. Nothing except burps, which was nice. So I carried on running. At one point, at about mile 14, I counted all the things that were niggling me:

I had blisters on my right foot

My left hip ached

My toes hurt

My feet ached

My right shoulder ached

My armpits were seriously chafing

I felt sick or about to mess myself and I couldn't tell which

In short, I felt sorry for myself. I began thinking, I hate roads. It felt like a long pounding assault on my feet and legs, and I didn't like it. I began thinking, I wish I were on a fell. And then I got a grip, and told myself, put a smile on your face, which I did and hopefully alarmed some of the passing drivers, especially the speeding ones. I didn't enjoy the next few miles, but I tried to concentrate on my form: torso erect, head being pulled up to the clouds, arms relaxed going forward and sharp and straight going backwards, for power. Short steps on the hills - mine were so short, I was mincing - and longer strides and arms akimbo on the downhills. That stretch felt so very very long, but eventually it was mile 18 and then 19. Jenny had told me to expect a hill at mile 19 but it wasn't bad, just a short steep one and then blessed downhill. Not that downhill was blessed at that point; I was so tired my downhill pace was the same as my uphill pace, which is not quite how it's meant to work. Anyway, down, down, down into Spenborough, then a corner to turn - which is when one of my blisters burst - then a slog along to the athletics track. I remember seeing Adam cheering me on but I was almost delirious by that point and just remember his face making encouraging shapes. I was hoping the finish line was in the car park but of course there was 300 metres to run along the track, which felt so lovely and bouncy on my poor bruised feet that it almost felt enjoyable.

My time was 3:02. You'd expect me to be annoyed at not getting under 3 hours, but I'm not, because the only other 20 mile race I've done was the significantly flatter East Hull 20, and I did that when I was fitter, in 3:06. So a four minute PB on a course which means four minutes counts as ten: Woop!

I drank two cups of juice, but even then apparently looked "a bit zombie." I didn't want to eat because my stomach was still heaving, but managed to down a Jaffa cake. Then another. I'm glad I did. The presentations were done outside the club-house. For some reason the men's and women's were separated by about 20 minutes. And the top ten male finishers had their times read out, while the women didn't. Also, they didn't have a prize for the winning V60 woman, while they did for the men. Hmmm.

But all in all, Spen AC did well. They must have been wanting to, after last year's scandal. For a road race, it was nice and testing. Now I'd just like some new feet. And I'm off back to the fells, where it doesn't hurt as much.



Rose rushes to her car before the ticket runs out



## Race Report – Heptonstall 15 by Adam Moger

5 Harriers tackled this epic 15 mile fell race across the moors & farmland north of Hebden Bridge. Perhaps uniquely started by a vicar with a sermon ("Sorry I'm a bit late, it's Palm Sunday"), we set off up the cobbled main street of Heptonstall on a glorious March day.

From there, things got harder - there's little navigation (notwithstanding some markers being moved near the end, sending almost everyone wrong) but endless gradient, including the famous last ascent of a hillside so steep it has steps. A small river crossing adds to the varied terrain, but this is a race requiring proper pacing and some serious fuel. I got both badly wrong on my previous attempt 3 years ago, detonating with 5 miles to go, so it was nice to finally get it right.

The times, for a race just short of 15 miles, attest to the terrain - winner Karl Gray (1.49) has a 20-mile PB of 1.54 and is V45 world mountain running champion.

Results:

Adam Moger - 2.28

Adam Nodwell - 2.47

Randolph Haggerty - 2.49

Kieran O'Brien - 3.19

Laura Davies - 4.07



*Kieran enjoyed running Heptonstall so much, he failed to remember his mother's warning: "Never accept sweets from strange men".*

# Race Report – Helmsley 10k by Anne Akers

A definite multi-terrain challenge!

So whose idea was it to head for a 10km race 60 miles away on the day we put the clocks forward? In my defence (for it was me) I was thinking of making a bit of a day of it, as we have family over that way. And there was always a chance that we'd be the first Kirkstall Harriers to cross the line (we were!)

The [Helmsley 10km](#) sets off from the North Yorkshire market town and heads uphill for pretty much 4km. For someone who usually starts and finishes near the back of the field, I can always get an idea of how steep and long the hill is as I watch the runners snake out ahead of me. I knew that at some point we had to disappear into the woods, but dammit, those runners just kept on going up and up, and to add to the torture, it was all on tarmac. Pretty tarmac, past hedges and fields brimming with spring flowers and early blossom, but tarmac nonetheless.



When we eventually did turn off, there was a welcome water station to fuel the descent through woods. The weather was kind, though the wind was ferocious, I usually make up a few places hurtling down trails, and if I'm lucky, I stay upright. But I could have sworn I was being blown back up the hill, the updraught caught my oversize race number and I very nearly took off, thank goodness I'd had double porridge for breakfast, that kept me on the ground.

The final km turned off fields and snickets to the road and an uphill finish to the recreation ground where Noel was already waiting along with his daughter and seven-year-old granddaughter and two-year-old grandson who thought it was hilarious to see me chugging up towards them. They'd turned up just in time to see Grandad Noel fly past 20 minutes earlier, I think they were rather impressed to see the old fella eating up that final piece of tarmac.

The reward was an Easter egg and a commemorative mug, thank goodness for that, I've so many technical tee-shirts, I could open a shop.

All in all, an enjoyable race, though a little too much tarmac for my trail-loving legs. Shoe choice could be a bit of a challenge. Hard road, stony trail, muddy fields, my Salomon Screams worked well, but Noel's Innov 8 Trail Rocks were a little too aggressive. In hindsight he'd have done it in road shoes. It was a good idea to have the children's fun runs start after we'd set off, so they weren't hanging around too long afterwards. The downside for anyone who parked at the recreation ground was they couldn't leave until the last runner was home, so there was a bit of a queue to leave. The organisers do point this out in their pre-publicity, so anyone who wants to could park in town, which wasn't far away.

Well worth a trip out if you fancy a little pootle around North Yorkshire afterwards, or want to meet up with friends and family, and a good change of scene. A fine alternative to the Guiseley Gallop, which I understand was brutal!





## PECO is Over – The Wiltshire Whirlwind (Alice) Reflects

My shoes are still caked in 3 week old mud, my hamstring just about remains in one piece and my shower is now partially blocked with various parts of Leeds. Yet, strangely I already miss knowing we have to wait for another season to roll on by.

The PECO's not only taught me the actual meaning of the word "cold" but they also gave meaning to my decision to return to cross country. The team spirit amongst our purple army seems to be amplified within PECO. Running the final straight I may as well have been catwalking the red carpet at the Oscars. The support offered by every member, even those not running and crazy enough to brave the weather, was in my eyes the reason for our team's epic win.

Having said that, this season has been such a personal great because I went in blind. I had no idea what to expect. I was unaware of the depth of that mud at West Park, or the incline at Temple Newsam and "what the hell is hill 60"?!

In terms of running in Leeds, local races have taken a competitive turn: vests are no longer just colourful identities but PECO competitors, all of whom Adam Moger can undoubtedly give you better stats on than Run Britain.

Next season, may be slightly different, competition wise I know who I want to beat and as for Kirkstall ladies, second isn't even an option anymore. The pressure is on.

For now, I'll sit happy, content with a free buff, shoe bag and an overall 4th. 7 months is evidently enough time for aching muscle-freezing toes memory loss, as I know for sure the purple army will return in full force next season.



*Alice striding out with purpose and determination in the purple of Kirkstall and the green of the PECO League*

## What's Getting You Up in the Morning? by Matt Sykes-Hooban

The other day Leann (long suffering life partner, wife and running buddy) and I spent close to 10 hours in a car together driving to and from Glastonbury for a family event. Now this might seem to many like a pretty silly thing to do and you may well be right but as it happens its been quite a while since Leann and I have spent much time together, our pesky work schedules have conspired to keep us apart a lot lately and it was nice to spend some time together catching up and chewing the fat. Also we had Gloucester Services to look forward to! It is a fabulous farm services, honestly I would drive there for the sausage rolls alone and think the trip well worthwhile!

On the drive back home we happened to be chatting about our running and how its been going. Leann mentioned in passing how she was missing Jantastic and how hard she had been finding getting out for regular runs. She was lacking motivation and its been hard to get out for regular runs, life is once again getting in the way and running is being left on the side lines. Last year for the first time Leann joined me in tackling Marathon Talk's annual motivational challenge, we both signed up to do three runs a week and one other cross training activity and loved it. This year we have both been struggling to 'fit in' one or two runs a week into our hectic lives.

I have always loved the Jantastic project and was gutted when I found out that it wasn't going to run this year. A quick look at the facebook posts on the Jantastic page revealed the news that they failed to secure funding (So much for another government pledge to help get the nation fitter harumph!) and it seems I am far from the only one.

However life goes on regardless and it should be simple to just go out for 3 runs a week just as I would have if I was recording them for my Jantastic stats right? Wrong! It is just not happening, why should I need the challenge, the stats, the rivals and the virtual sodding medals? The answer is motivation. I have no motivation other than the usual generic ones such as to be healthy, to be fitter, to be able to eat more cake. And they are not really working for me.

Like most people I need an end goal to work toward, to obsess about, maybe a scary race like all our brave Harriers that are staring down the staring pistol of the 26.2's coming up next month. Or a stupendous challenge like Jim Meta's 10 in 10 later this year (Don't forget to give him some dosh for Brathay Trust more details on facebook). There is nothing like a little fear to compel you out the front door of a morning in your hi-vis!

This time last year Leann and I were gearing up for our March time goals. I squeaked under my goal time of 27mins by one second Leann smashed her goal time too. Why? Because we had worked towards it through a steady build up over January and February, kept going even when were working away on tour. All because of a free competition with no prizes! With only your own honesty to keep from putting down runs that you didn't quite do just to keep up the all important percentage score. But weirdly it was enough, it kept us going through the winter and we were fitter and happier for it. This year I am struggling to regularly dip under 28 mins as I haven't motivation.

But when you stop to think about it for a minute you realise that Jantastic is just a fancy training diary, a place to plan and record your runs. Its just the same as your logbook... you know the dog-eared book where we all religiously note every metre, mile, every twinge and emotion of every run... Its just a public version shared with friends and like-minded folk. But of course we don't all have logbooks do we, there isn't the time because life is zipping by at a zillion miles an hour!



The one gleaming light in a motivational free zone for me is the little Parkrun 50 challenge that I have got going on with the all action running machine that is Sam B! I have done more PR tourism in the last couple of months than I ever done since my first PR all the way back in 2009! All in an effort to keep Sam in sight. In turn it has kept Leann running too, she is closing in on 30 runs and has only been doing PRs for a couple of years now (all thanks to Jill B and the KH beginners course). Every Friday when one of us is away with work we check in and see if we are doing a Parkrun in the morning.

The reason is I have a goal, an objective that I could have completed years ago but lacked the interest to do so. I have often admired those Parkrunners in the 50, 100 and even the odd 250 T-shirts and think wow what dedication. I want one of those! Now that this prospect is pretty real its my main motivation for running, If I don't manage another run in a week I know I will do a Parkrun somewhere.

What is in store for us post 50? Do I dare to dream of a black 100 T-shirt? Who knows but what I do know is there is a tantalising message of hope from Marathon Talk and that is they hope to bring Jantastic back in 2017!! I for one can't wait. In the mean time I might scribble some pertinent facts of my runs down on the back of an old envelope for motivational purposes.

## London Calling – Marathon Musings by Sam Broome

### #TeamBroomio

Easter weekend saw me complete my final 'long' run and I can say that I have learnt a lot about training over the past 6 months. Quite a few people have said to me they would never run a Marathon again because of the training, apart from the odd stiffness and arse pain (*that's no way to refer to Malcolm – Ed*) I haven't really found it a problem.

Since being told at Halloween that I had been lucky enough to get a Club place, my whole outlook on running has changed. I now see a 'long' run as anything over 16 miles, 10 miles has become a distance I now enjoy, Club runs of 6 miles are nothing and what was my fast pace for short distances is now my normal pace. Oh, and when I am on my own, I am 'dawdler' runner - this means I relax too much and pay far too much attention to what every else is going on apart from my own pace. I found this out when I did my second 20 mile run 20 mins quicker than my first one two weeks ago - its surprising how much quicker you run when you have to be somewhere on time.

I am basically just taking this opportunity to thank the committee members for giving me the chance to be one of the many Kirkstall Harriers pounding the streets of London in April and to thank them for helping give me a kick up the backside to get back down training. I have no target time but I just want to enjoy the day, get round and have a pint (I haven't had a proper drink since my birthday).

I will be running in my Kirkstall vest (as I know it is part of the Club Champ T&Cs :-)) but will also be taking this as an opportunity to raise money for Parkinsons, a charity that I have supported since finding out my best friend's dad and second father to me growing up was diagnosed in 2005.

If anyone would like to sponsor me than I would be very grateful and my work will also double whatever you donate. <http://uk.virginmoneygiving.com/SamanthaBroome>

All marathoner's now have their packs through and I am number 20369 if you want to track my progress. Be warned! You may wish to get comfy, you will be in for a long morning. (*Sam, we are with you all the way – Ed*).

## “Peaking” for Marathon Success by Kirkstall Harriers

**“Behold my friends the Spring is come. The Earth has gladly received the embraces of the Sun, and we shall soon see the results of their Love”!** Impressive words from the great Sioux Indian chief Sitting Bull. Little did he realise that one of the “results” we all look forward to in the Spring are marathon results. It’s also a wonderful time of year for those who love the hills and high places to head off road. We asked 8 hardy Harriers to share their thoughts and motivations ahead of the Manchester and London marathons and forthcoming Three Peaks Challenge.

I’m running a marathon because it’s London. I ran Brathay, my first marathon, about 7 years ago. I enjoyed it but felt I’d ticked that box and had no desire to do another. I found myself entering London because of the hype, and without thinking about the reality of getting in because that wasn’t going to happen. When I received my “YOU’RE IN!” magazine I felt scared and excited but mostly very, very lucky to get in on the ballot. The long training runs are getting so hard and I want to lie down and cry at the end of them (I don’t feel so lucky during those moments) but the thought of the atmosphere and crowds on the day are all carrying me through. Just one more long run to go, and my name in pink, sparkly letters to iron onto my vest, and I’m ready. I cannot wait. **Marion Muir**

I am running the Three Peaks race because It's been on my bucket list ever since I found out that people raced it. I am looking forward to adorning the purple vest alongside Randolph, Rose and Adam M. After running Heptonstall, I feel confident I’ll be able to finish it, something I didn’t think I’d be able to earlier in the year due to a string of injuries.

**Adam Nodwell**

...at 16 stone 4 years ago I never thought I could run a 10k, let alone a marathon. **Adam Rhodes**

I am running a marathon because I have been inspired by the amazing, slightly crazy purple people who run marathons, ultras, 10 in 10, have joined the 100 club, run over hills and run through the night.

I think this might be my first and last road marathon but I will be heading for the hills when I have finished (just as soon as I have had a crash course in navigation that is). **Catherine Barrett**



*Sitting Bull contemplates Manchester in the springtime.*

I’m running the Three Peaks because: careering down a hillside at speed makes me feel 6, not 46.

**Rose George**

I'm running a marathon this year because being stationary for over 30 mins at VMLM last year wasn't part of my plan!

(and where there's PB potential, there's a way). **James Nundy**

I'm running a a marathon because over the last few years the thought of running a marathon has been like an irritating itch that won't go away. In my first year running the thought of completing a marathon seemed impossible. In the second, improbable. Now, in my third year running I thought I better try and scratch the itch or it would never go away. Once it's done, I'm hoping I can go back to living the rest of my life in peace. **Paul Grist**

I am running a Marathon because not only do I believe I am ready but I wanted to make the year of my 30th a special one(so far I think its going pretty well). I imagine I will only do one and as clichéd as it seems I want it to be London - I am already getting emotional every time I see adverts for it on TV or even talk or think about the event. **Sam Broome**

## Member's March PBs

Distance		Name	Time
10k	PB	Jack Hipkiss	<b>0:43:14</b>
10k	First Race	Jill Hudson	<b>1:11:48</b>
5k	PB	Neil Marshall	<b>0:22:36</b>
5k	PB	Adam Nodwell	<b>0:20:13</b>

## Member Birthdays for April

*Gill Booth, Gary Calisle, Ruth Cooley, Steven Corcoran, John Hutchinson, Chris Hutson, Shevonne McLarnon, Michael Reynard, Kimberley Ridout, Jemma Roe, Ceata Rycroft, Leann Sykes-Hooban, Diane Thomas, Yekanth Venkiteela*



## New Members joining in March

*Dawn Henderson, Justin Heath*



Come and meet us soon!



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](http://www.kirkstallharriers.org.uk) or follow us on twitter @kharriers  
Please email [kirkstallharriers@googlemail.com](mailto: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).

