



Newsletter

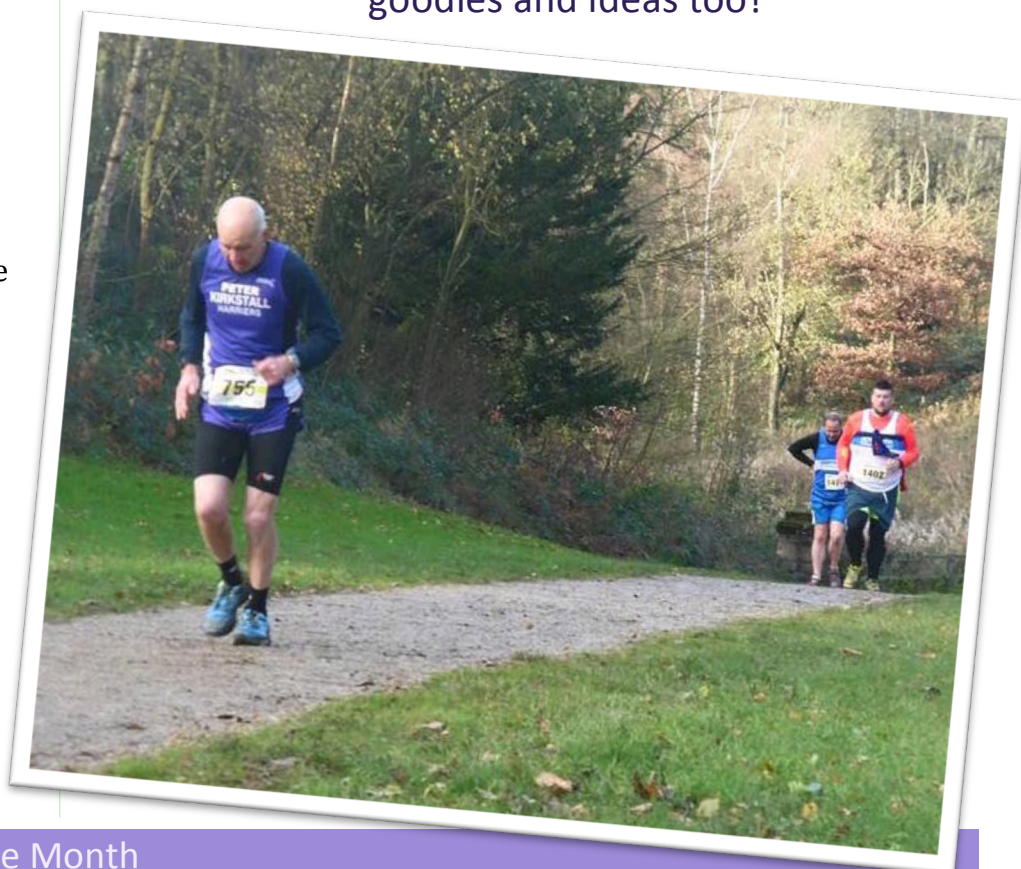
Christmas Edition

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The committee would like to wish all our members and their families a very Merry Christmas and a Happy New Year. Enjoy the newsletter its packed with all, the regular features and has a few festive goodies and ideas too!



Picture of the Month

There could really be only one contender for pic of the month and of course it has to be seeing Peter Hey running PECO

News Brief



Sportsman & Sportswoman 2015

It is nearly the end of the year and it is time think about who should be the Kirkstall Harriers Sportsman and Sportswoman of the year for 2015.

As a full or second claim member of the club you can submit one nomination for Sportsman and one for Sportswoman.

To make your nomination just fill in an online form now and submit electronically by

clicking: [here](#).

Please see the Q&A below which may help you with considering your nomination

Christmas Fuddle – Monday 21st December

Fuddle will take place after training over at the LPSA. This year the fuddle is kindly being donated by one of our old members, Mosa. Mosa is very grateful for the support the club have shown him following his family's tragic car accident, so please do come along if you can,

it would mean a lot to him.

As a bit of fun I will be creating a Christmas quiz. There will be little prizes aswell (for correct answers in the correct boxes only ☺). One of the questions though will involve members so I need your help. If you have got any, please could you email me any baby photos of yourselves as well as an interesting fact.

samanthabroome@googlemail.com

Sportsperson of the Year 2015 Q & A

- 1) Q. Why do we have this annual award? A. To recognise individuals in the club who are making a difference and promoting Kirkstall Harriers in a positive way.
- 2) Q. Who can be nominated? A. Any club member.
- 3) Q. What does a person have to have done to get a nomination? A. Something that in your opinion has helped you or someone else in the club, or the club itself in the year. It may only be a small thing but something which means a lot to you.
- 4) Q. Who is eligible to make a nomination? A. Any club member, whether first claim or second claim.
- 5) Q. How do I make a nomination? A. You can fill in a nomination form on the web site and submit electronically via the link above.
- 6) Q. When do nominations have to be submitted by? A. 31st Jan 2016.
- 7) Q. How many nominations can I make? A. One per club member.
- 8) Q. I am a new member and I don't know many people in the club, so how can I nominate someone? A. Even in a short time with the club, someone may have been particularly helpful or encouraging to you.
- 9) Q. I have a person in mind but I don't know their name, so how do I nominate them? A. Check the newsletter archives on the web site which have photos of many established members or just ask a committee member.
- 10) Q. What do the winners get? A. A trophy presented at the AGM.
- 11) Q. When are the winners announced? A. At the AGM in February 2016.
- 12) Q. Who has won in the past? A. The past winners are listed on the web site [here](#)

More Christmas Events News



Christmas Meal – Thursday 10 December 7:30 Horsforth Hotel

For those who are attending the Christmas meal, please contact Jill Buckley regarding payment and pre order. Spaces have been filled, but the pub is open so please do come along for a drink if you can. We will also be doing another secret santa. Rules are: Max £5 and the items should be purchased from a charity shop, it is a bit of fun, so please don't get upset if you end up with a 'Girls Aloud' cd or a Justin Bieber book. Presents will only be exchanged with those who have brought one in. (*Justin Bieber has a book? –Ed*)

UCD (Unofficial Christmas Do) – Friday 11th December.

Last year the UCD was a roaring success, so this year we will repeat it all again. Plan will be to meet in town (possibly Belgrave Music Hall Bar) at approx 7:30, dance to festive tunes and drink Gin (or whatever your preference is). Everyone is welcome.

Christmas lights Run – Fancy Dress Run

Our annual Christmas Run with Horsforth Harriers will take place on Tuesday 15th December. Meeting at the LPSA at 6:50 we will aim to set off around 7pm in a range of groups. The run will be into town through the German Market (where a photo will take place). We will then go through town towards the Corn exchange, before looping back round and regrouping at the Christmas Tree outside the train station for another photo. After that we will carry on back the way we came along kirkstall road back to the LPSA. There will be a shorter option for those who do not want a long run. A buffet will be provided after at the LPSA. Please make it if you can, it's a great run and always attracts a lot of runners (and public attention) oh and its FANCY DRESS!



Parkrun update

Saturday 14 November saw the last of our organised parkrun get-together. It was also the last chance to get any parkrun bonus (these have now been updated on the cc accordingly). Throughout this year we have successfully taken part in two takeovers and as a club we have attended a number of away days. With more and more new parkruns opening its nice to venture out to different places, so if anyone has any away day ideas then please do get in touch.

The parkrun year isn't over just yet, there are still events going, so if you need a winter training boost or fancy getting yourself a purple volunteer tshirt then get in touch with your local parkrun, they are always after help. A number of parkruns will be open over the festive period:

Christmas Day York (9am)

Boxing Day All parkruns running, but some will have different times. I believe Temple Newsam will be starting at 10:30am

New Years Day York (8:30am)_Bramley (9am)_Temple Newsam (10:30am)_Wetherby (10:30am)

Above are subject to change so for more information see: <http://www.parkrun.org.uk/christmas-compendium/> Or like their facebook pages. **Sam Broom**

Yorkshire VETs Athletic Association (yvaa.org)

The last race for 2015 was from the Spenborough running track and we had 11 ladies and 7 men running on the day. Leading our ladies home was Niamh Jackson and Emma Lavelle-Wood who finished 2nd and 3rd respectively overall and 1st and 2nd in their age groups, Our only male winner on the day was John Hutchinson who finished 2nd in his age group.

Unfortunately there has only been 8 races this year, they do like to try and stage 10 if possible. We do have 3 winners from our club on the podiums this year with their best 6 races counting. Niamh was 1st in her age group, Emma Lavelle-Wood 2nd and Ian Brown 2nd. We did have other runners making the top 10. These were Catherine Barrett 9th, Collette Spencer 8th, Alyson Glover 5th, Karen Longfellow 8th, Carol Moran 4th (just missing out on a trophy), Vicki Hipkis 5th and Sheila King 10th (from only 3 races).

For the men we had Adam Moger 4th, Chris Glover 6th, Patrick Nesden 10th Team wise the ladies finished 4th out of 28 clubs and the men 5th out of 38 clubs There is a presentation evening on Dec 12th at Elland Road if anyone is interested in going. See full details on the yvaa.org website. **Peter Hey**

PECO Race 1 – Temple Newsam

A cracking first race of the season, 51 Kirkstall Harriers out of a field of 797 senior runners, an all-time record, over a really good (albeit sticky!) course. First home for the men was James Woodman in 29.32, followed by Steve Webb, Paul Miller, myself, Adam Nodwell, Andy Carter, Paul Hallam, Chris Glover and Simon Smith, backed up by a further 14 men. The men's team are 3rd in the middle division to start the season, and great to see Peter Hey amongst us in his first proper race back.



For the ladies it was Alice in 32.36, with Niamh, Emma, Shami & Helen (in her first race for the club) making up the top 5. The ladies as always are showing the men how it's done and start the season top of the table. A total of 28 made up the team, probably a Kirkstall ladies record at a PECO.

Next race is 13th Dec at West Park - remember to keep your number from the first race for the season, or collect from Steve Webb if you haven't already, or request one at least a week in advance. Don't forget there's also food afterwards. With the club paying our entry fees this year, PECO just pips parkrun as the best value racing there is! **Adam Moger**

Full results of all Harriers can be found on the website.

Emma Hustwit



AGE: 41

Occupation: Customer Service consultant Post Office Limited

Originally from: Born in Nuneaton, came to Yorkshire when I was five. I've lived all over the place including France, Manchester and Newcastle but I have always found myself back here in Leeds.

Time as a Harrier: Two years.

When did you start running and why? I have always been a sporty person, I played hockey, netball and basketball for school and running was the next sport I was interested in giving a go. I started running when I was around the age of 12 at Spenborough Athletics Club. I participated in track and field events including 1500 metres, 800 metres, 100 metres, long jump, high jump and I also ran a lot of cross-country for the club and for my school team.

What are your motivations

for running? MUD! That's my motivation for running, I enjoy cross-country. I wanted to get fit again, I have never enjoyed the gym so I thought running would be a great way to get fit whilst having fun and meeting new people and making new friends.

What are your greatest running achievements? From my younger days, I won a trophy for Spenborough AC for second Junior Ladies Team Home, which I still have at home. I was also South Yorkshire Senior Girls School's Cross-Country champion, which I won due to being the only girl in my age category, nevertheless the glory was all mine. Since I have joined Kirkstall Harriers and taken up running again after 20 years away from the sport, my greatest running achievement is probably running my first 5k at Woodhouse Moor Parkrun on the 23rd December 2013. I achieved this with the help of my coach Richard Joyce, who also runs for Kirkstall Harriers.

What are your best running related memories? My favorite running related memory is when I ran the Leeds Abbey Dash 10k in 2004. I ran it as part of a team in the Corporate Race and I bumped into Jill Buckley (who you will all know is our club Secretary) outside the Crown Plaza Hotel, as we were reunited by chance after not seeing each

other for three years, so we ran the rest of the race together to find our mum's were at the finish line chatting away to each other while never even realising who each other were and that their daughters were running together.

What are your worst running related memories? My worst running related memory is being injured. I injured my foot, which was diagnosed as plantar fasciitis. It was so frustrating because I was feeling fit and now I feel like I have to start all over again.

Any words of wisdom for your fellow harriers? Life only comes around once so do whatever makes you happy.

Interesting Fact? I lived in a tent for 7 months.



Above Left: Emma at Boddington Hall PECO

Above: Emma with Coach Joycie at Emma's first Parkrun.

Running Fashion – Rose George



For a while now, most of my fashion choices have been dictated by exercise. Either because I'm going to go running, have just been running, or am running, or I'm training in some other way. Or I'm cycling into my studio and going to walk all day on my treadmill, so I wear running shoes. In short, if you see me out of kit, it's like seeing a lesser-spotted woolly mammoth. And it means I think rather a lot about running fashion. Things have really changed. Four years ago, we were mostly firmly in the Age of Pink. I'm talking women's fashion, obviously. Pink tops, black leggings, boring trainers. There was nothing else. I used to Twitter-rant about it now and then: why was cycling kit patterned and interested but running kit wasn't? (Even now, why does cycling gear have better pockets than running gear?)

Slowly, colours Other Than Pink started to creep in. First it was the shoes. You may not remember, but

shoes were not always in rainbow "I've got a really bad acid hangover" colour combinations. Then the colour reached tops. My goodness, you could get blue ones! And green! With patterns! High street shops began to do their own fitness ranges. H&M, Primark, M&S. You couldn't go to a yoga class without tripping over someone in a pair of Sweaty Betty or Lulu Lemon leggings. Running and fitness kit was everywhere. The most recent place for the colour to seep is in leggings: camouflage, animal print, stripes: you name it, you can run in it.

All of which is great. But running has always had its fashions, from the grey marl sweatshirts that 70s runners used, to today, when even fell-runners have certain codes, no matter how unconventional they like to think they are. Counter-cultural people still belong to a culture. When I was supporting at Three Peaks, I saw female runner after female runner in dainty pearl earrings. It makes sense, if you want to look stylish while ankle-deep in bog. Pearls before muck. Obviously if you don't have an Inov-8 or OMM or Montane piece of kit on you, something's not right. And if you're going to have anything round your head, it'll have the words Inov-8 on it. But cross-country is the funniest fashion parade. There we were last year at the Northerns. Or was it Yorkshires? Either way it was chucking it down and freezing. Of course it was, it was cross-country. And still, at the front, there were lines of identikit young women. Long blond swishing ponytail? Check. Short shorts or knickers? Check. Knee-length socks? Check.

Of course I'm only jealous. Not for the blonde pony-tails - isn't all that swishing annoying? - but because they're super fast. I'll conclude this scintillatingly pointless piece about running fashion with two points: I could have written a whole piece about men's obsessions with their running watches. And, there is never an excuse, women, for running in your knickers.

Above: Rose dressed to impress in the dales.

Right: A right colourful pair of knee high socks!!!





Winter Time Trials

We had 32 runners turn out for what we thought was going to be a very wet and windy night - but fortunately the weather held off for the run. There were 9 new faces - well for me at least - so apologies for any bad handicap times or misspelling of names.

First 3 over the line were Neil Marshal with a run time of 27.27, Katherine Hill 28.20 and Steve Corcoran 28.25. Bringing up the rear on the night was new member Matt Cox and Patrick Nesden.

Times will be reviewed before the next one in December. Fastest male runner on the night was Ben Coldwell with a run time of 19.12 and picking off 20 runners. Fastest female was Alice Murray-Gourlay with a run time of 20.34 and picking off 18 runners. One other name to mention - and watch out for was Paul Hallam who had a run time of 20.22 and picked off 23 runners to finish 4th, just missing out on a podium position by 12 seconds.

Anybody spotting any obvious errors please let me know asap. Many thanks for Alan Brydon and his stubbed toe for doing the timing and Lucy Churm for guiding runners out and back to avoid any cheating!!! Adam Moger would have been there too but had some lame excuse about Anna going into labour and giving birth to Samson Harry weighing in at about 10lbs. Hopefully all 3 are doing well.

Don't forget that if all goes well, the first 3 who get the best 4 finishing positions out of the 6 winter races will be in for a small trophy at the end of the series. **Peter Hey**

Recipe Corner

Mulled Cider/Wine (as requested by Kieran)

With the Festive season in swing, mulled alcohol is back out. Warmed up and drank along side a Bratwurst Sausage it is the perfect winters drink.

Measurements based on a bottle of Red wine or the same measurement of Dry Cider (thanks to Matt I have my own homemade cider)

2 unwaxed Oranges. 1 Lemon (peel only). 100g Caster sugar. 5 Cloves. 5 Cardamom pods. 1 Cinnamon stick. Pinch of grated nutmeg

- Peel and juice 1 orange and add to a saucepan along with the lemon peel, sugar and spices.
- Add enough wine/cider to just cover the sugar, heat gently till the sugar has dissolved (should take about 5mins or so)
- Turn the heat down and add the remaining wine/cider and gently heat.
- Pour into glasses and garnish with slices of orange with studded cloves.

Alternatively if you don't have the above, you can get a number of ready made mulled brewing kits from the super market. All you need to do with these is add the teabag style packet to the wine/cider and heat gently.

If you want a Mince Pie to go along side it, then see my recipe from last years Christmas newsletter



The Kirkstall Abbey Trail Running Festival

Friday 20th November and Saturday 21st November

After the success of last years Kirkstall Abbey Trail Marathon, I decided that it might be fun if I made the event bigger and turned it into a Running Festival. I thought it would be good to hold 5 races overall. On the Friday a Ultra Marathon (32 miles), a marathon and a half marathon and no, the Friday was not a bank holiday in Yorkshire as one gentleman runner from down South asked me. On the Saturday a marathon and a half marathon.

Everything went very smoothly up to the event. The new routes were measured and marked out, we had plenty of marshalls volunteering. The weather was warm and quite lovely up until the beginning of November. Then one Saturday morning I decided to go for a little jogette down the canal and Wham Bam, the canal had been closed, really, really closed and the re-opening date was not until the 16th December. I thought 'Flipping Eck' what am I going to do now? I did the only thing possible, I recruited the help of Jim and Patrick and we re-routed the courses. This meant turning the routes around instead of running to Apperley Bridge along the canal, the routes now went to Leeds and the Ultra was no longer a 2 looper but a 4 looper.

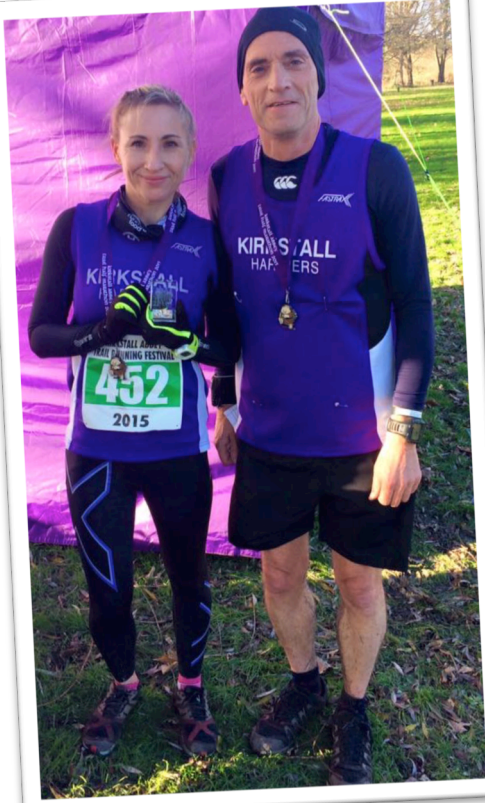
All this was done much to my relief with 1 week left to go before the event. Thank Goodness I thought, all sorted I thought, what could possibly go wrong now, I thought, smugly. Then during the weekend prior to the event, it rained and rained and rained and it rained some more just for good measure. The part of the course that was the footpath next to the River Aire, unfortunately became part of the River Aire, so this left no alternative but to look for an alternative route 3 days before the event. Andy Carter from the Kirkstall Harriers helped us to look for a different route through Swaines wood but it was an extreme trail, too steep, too muddy and too near lots of barbed wire. Luckily whilst we were still looking for an alternative the river subsided just 2 days before the event, a very nerve racking 2 days, every time it rained I was thrown into mass panic.

All the extra rain made the course extremely interesting and challenging. It was very slippery mud on downhill and uphill sections and ankle deep mud in the fields. I know some organisations charge lots and lots of money for deep mud and wading through fast flowing rivers, Mmmm could be my next project.

Both days were very cold, with a wind chill factor of around -3, windy but not much rain, we had two mild hypothermics on each day but we had the very capable Paramedic, Dave Ogden on his quad bike who dealt with the runners and soon had them feeling better again. Things went well, the marshals were fantastic and many of the runners mentioned how wonderful they all were. The runners seemed to enjoy the course even though it was tough and everyone seemed to like the lovely Monk medal. There were a couple of hiccups, the biggest one being that I miss- communicated with a marshal with regards to the turnaround point for the half marathon on the Friday and some of the runners came in, shall we say 1 or



Kirkstall Abbey Trail Running festival continued...



2 miles short, a big lesson for me with regards to clear communication. The runners who fell short went away with a medal and a goody bag and a place in one of our races next year. The only other problem to cause concern was that the timer was not happy on either day and we ended up using my Garmin but it worked out well.

It also has to be mentioned that a certain Chairman and his better half got slightly lost in the Kirkstall Abbey grounds.

The event raised quite a bit of money for worthy causes which is what it was all about. It paid for the Kirkstall Harriers 400 medals for last Septembers KH7 for the 30th anniversary. On top of that there is also another £200 to donate to the Kirkstall Harriers. We managed to put just under £1,500 each in Jim Meta and Kevin Blackhursts pot as they are both raising money for The Brathay Trust by taking part in 10 marathons in 10 days around Lake Windermere next year, AGAIN!!! We have also donated £200 to the Bramley Phoenix Rugby Club, a small club that trains children from 4 years and upwards.

Hopefully the event will be on again next November and we are thinking about holding a 1 day marathon and half marathon event in June, just to see what its like in the warmer rain.

I have found one or 2 other Abbeys and a few other venues that are allowing us to hold some races from 5k to the ultra marathon, so please have a look at www.itsgrimupnorthrunning.co.uk and come and join us. Ee bah gum. **Diane Shaw**

For a full list of results of all the races please check out the website.

Photos on previous page one of the many happy runners on the day

Top Left: A very happy Emma and an even happier Chairman

Right: A big bunch of happy marshals

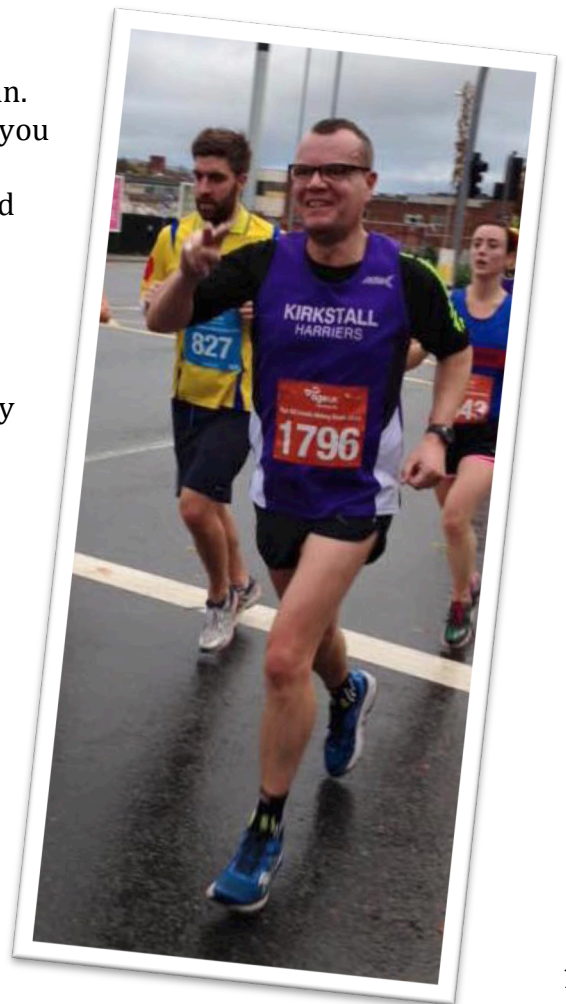


Simon's Seasonal Seven



1. Go for a run on Christmas Day. I did this for the first time last year and found it set me up for the rest of the day, allowing me to eat and drink with impunity and a smug self-righteousness that other Family members found intensely annoying. Sneak out of the house early doors so you can get it over and done with. You don't need to run far. In fairness, I probably only got away with this last year because my kids are teenagers, so the days of being dragged out of bed at 05.30 are a thing of the past (it's usually now *me* dragging *them* out of bed because I'm eager to make sure I've been bought the customary Hai Karate after shave and socks. But things have been worse; my dear late Auntie Eileen insisted on giving me the "Shoot" football annual every year. This was perfectly fine when I was 10 years old. Less so when I was 22). Daley Thompson used to train on Christmas Day because he knew his rivals didn't. It gave him a mental edge when he next competed against them. If it was good enough for Daley, it's good enough for me.
2. Try and schedule a race in or around the Festive period. I always used to target the "Jolly Holly Jog" organised by Ripon Runners, but there are plenty out there.
3. If you race at this time of year, don't do so with a bad Hangover. I once did so at the aforementioned Jolly Holly Jog about 10 years ago. This came after a night drinking with the War Dept like sailors on shore leave that witnessed the 2 of us making large inroads into the Gin and the Baileys. It remains by some distance my PW for a 10k, and one of the few races in which I genuinely believed I was going to die instead of thinking I was going to die. (The latter is the default setting most times I race).
4. Arrange to hook up with a group of running mates for a run. It will encourage you to stop bloating and get your pumps on if you have committed to meeting them. Feel entirely free to conclude with a visit to the Hostelry of your choice. Just to be sociable and convey your very warmest yuletide felicitations, of course.
5. Your running kit doesn't shrink at this time of the year. It feels snuggier because your belly is bigger. Deal with it.
6. Ask a friend or loved one (or your Husband or Wife) to buy you something running related for Crimbo. You'll just want to try it out as soon as possible.
7. Most important of all – remember that Running is for Life, not just for Christmas.

Photo: Simon say's 'running... what's not to like!'



Members PBs for November



Distance		Name	Time
10m	First Race	Helen Burgess	1:25:12
10m	PB	Alice Murray-Gourlay	1:12:52
10m	PB	Adam Nodwell	1:12:37
10m	First Race	Hal Roberts	1:06:39
10k	PB	Jemma Arfield	0:48:25
10k	PB	Catherine Barrett	0:47:52
10k	PB	Paul Chapman	0:49:35
10k	First Race	Ben Clarke	0:51:26
10k	First Race	Chris Hudson	0:48:27
10k	PB	Emma Lavelle-Wood	0:43:48
10k	PB	Catherine McIlroy	0:51:20
10k	PB	Shevonne McLarnon	0:54:20
10k	PB	Nathan Molyneux	0:56:11
10k	PB	Adam Nodwell	0:42:50
10k	PB	Louise O'Brien	0:48:18
10k	PB	Chris Scott	0:56:42
10k	PB	Malcolm Taylor	0:58:22
10k	PB	Elizabeth Walker	0:55:16

Member Birthdays for December

**Peter Britton *Paul Chapman *Laura Davies *Timothy Dixon *Randolph Haggerty*
**Vicki Hipkiss *Richard Joyce *Karen Longfellow *Gerard Lucas *Neil*
*Marshall *Mark McKone *Hal Roberts*

New Members joining in November

Welcome to, Tim Dixon Helen Drew Paul Grist Jill Hudson Andrea Fox James Finnigan
Shanice Swales Mark Young Mark Roberts

This Girl Can – Clare Rhodes

Whilst perusing the usual junk in my email one Wednesday evening, I noticed one email with the subject “Congratulations you are our winner”. Generally this text in the subject line would result in immediate deletion but on this occasion the email was from the Coach House Sports Physiotherapy Clinic, not known for spamming my inbox! I was surprised and delighted to discover I had won a free Get Active Full Body MOT in their This Girl Can competition.

For those not familiar with the This Girl Can campaign (unlikely given that our very own Sam Broome is one of the poster girls), it's a national campaign supported by Sport England and a wide range of partner organisations. It's all about celebrating women getting active now matter how or to what standard. I had completely forgotten about the competition and had failed to reserve the specific slot for the appointment, the following Tuesday, in my diary. Some frantic rescheduling and a short notice leave request ensued.

With much excitement (and a touch of apprehension) I met with my fellow prize winners in the Coach House' reception area. We were asked to fill in a questionnaire about our general health and history (I was exempt from this stage as the Coach House already have a sizeable file of my ailments). We then met Alison Rose (founder and co-director) who explained more about the morning. Alison is physio to a number of high profile athletes including Jessica Ennis-Hill, the Brownlee Brothers, Laura Weightman and Charlene Thomas (1500m track athlete who also works for the Coach House part-time). Alison is also credited with keeping Dame Kelly Holmes in tip-top condition ahead of the Athens Olympics. Thankfully she was quick to explain that she and her team also work extensively with those at grass roots level as well as those with chronic conditions.

Alison explained that her motivation for getting involved in the This Girl Can campaign is to help more women to get active and participate in sports, to improve health and wellbeing and to help avoid some of the chronic conditions the clinic treat. Whilst she feels this applies regardless of gender she appreciates the additional challenges many women face getting started. The Get Active MOT has been specifically designed with active, soon-to-be active, and recently active women in mind.

We were each asked what our goals are. Mine is to complete my first sprint triathlon in May 2016; Shaz a breast-cancer survivor a keen walker wants to start mountain biking with her husband; Alex wants to establish a daily exercise routine and start a couch to 5k programme to return to running with a long-term goal of completing a marathon by the time she's 40 and Lisa wants to return to running after having a baby by Caesarian section.

We met with our respective physiotherapists and the assessment started in earnest. We discussed our goals in more detail and explained any current issues. This was followed by a succession of prodding, poking and performing of exercises most of which came as naturally to me as patting my head whilst rubbing my tummy. At this point the Made in Leeds TV crew put in an appearance, so I was delighted to be whisked off to the annexe for my gait analysis. The purpose of all of this was apparently not ritual humiliation but to understand our strength deficiencies in the context of our goals. From this the team have devised tailored plans of drills and exercises to help us to build strength where it is needed most to succeed in our chosen discipline(s) and help to avoid injury. There was then time for some treatment.

At the end of the session we were fortunate enough to meet Jess herself who presented our MOT pass certificates (I feel mine should probably have been caveated with a few advisories)!

The morning was great fun and very enlightening. I plan to return for a follow-up in around four weeks time to see what progress I've made and continue the treatment. I also hoping to keep in touch with the other ladies so we can help to support and motivate one another as we progress towards our individual goals.

As well as the Get Active MOT, the Coach House offer MOTs for existing athletes including runners and cyclists so if you're struggling to think of a Christmas gift for yourself or a loved one I highly recommend it. The MOT sessions are 90mins and cost from £130

Club Championship Update

A busy month!

A nice mix of podium finishers in the final three races of the season, Timothe Dazin took 50 points followed by Niamh Jackson & Patrick Nesden at the Guy Fawkes. The following Sunday saw Alice Murray-Gourlay take 50 points at the Harewood 10 followed by Helen Burgess & Hal Roberts and finally Chris Hudson, Justin Newall and Liz Walker rounded out the podium at the Abbey Dash.

With the season finale behind us, we now look to the presentation to winners (huzzah!), this will be at the Christmas Fuddle (21st December). If you think you're in contention for a podium spot, get yourself down!

Now the season is officially over it gives us a nice break over Christmas for everyone to fatten themselves up in preparation for 2016. The 2016 race calendar will be agreed at the next committee meeting and published shortly after. As a heads up, it's likely to kick off with either the Stanbury Splash or the PECO @ Golden Acre Park in January.

Steve

Christmas Crackers!

Q: Why do dogs run in circles? A: *Because its hard to run in squares!*

Q: How do crazy runners go through the forest? A: *They take the psycho path.*

Q: Why did the chicken run across the road? A: *There was a car coming.*

Q: What do runners do when they forget something? A: *They jog their memory*

Q: Why do dogs run in circles? A: *Because its hard to run in squares!*

Run early in the morning, before your brain figures out what your really doing.

Actually, I don't exercise at all. If we were meant to touch our toes, we would have them farther up on our body.

My doctor recently told me that jogging could add years to my life. I think he was right. I feel ten years older already. MILTON BERLE

John Bingham (on running marathons): "I didn't train all that time just to come here and get it over with as fast as I can."

"I pulled a hamstring during the New York City Marathon," David Letterman once reported. "An hour into the race, I jumped off the couch..."

Kirkstall Harriers meet every Monday and Wednesday at Kirkstall Leisure Centre at 6.50pm for a 7pm start. All standards of runners are welcome to join us. Just turn up and say hello, we are very friendly! Please visit our website for more info: www.kirkstallharriers.org.uk
Please email kirkstallharriers@googlemail.com if you would like to contribute to the newsletter.
All articles, member profiles etc gratefully received.

