



Kirkstall Harriers Newsletter

No. 133 December 2014
Edited by Matt Sykes-Hooban



News in brief

* Merry Christmas!!

The committee would like to wish all Harriers, their families and friends a very merry Christmas and a Happy New Year. There is lots to do over the festival season.... Mainly revolving around food, drink and then running related activities to keep the indulgence in some kind of check.

* Christmas Lights Run

We will be running our annual Christmas Lights run into town and back on Tuesday 9th Dec with our friends at Horsforth Harriers. Runners are expected to wear something connected with Santa or something festive. Due to the numbers participating – usually over 80, We will meet inside the LPSA. The main groups start to leave at 7.30.

Horsforth have been known to have a group of about 12 minute/mile pace who leave about 7.00 and have got it sorted so they can catch the bus back out of town in order not to miss the buffet. Assuming they carry the bus fare

or bus pass. For those interested we will also be doing the normal Monday and Wednesday runs too. (*See told you there was lots of food and drinking going on in December—ED*)

* Sportsman & Sportswomen of the Year 2014

The BBC may have SPOTY but its not nearly as hotly debated or contested as our very own Sportsperson of the year award. Each year the harriers are given the opportunity to elect one male and one female to something akin to superstar status among the membership... Expect much high fiving and so on... Nominations can be made via the website via a link of the home page and entries are open now until the 31st of January. There is a handy FAQ on the link to help you make the all important decision.

* Blast from the Past

From the December 2005 edition:
XMAS Fuddle Wed 21st December
(2005) This Quaint Northern Custom will

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Picture of the Month



be continued on the above date. We hope to do the time trial that night, and afterwards everyone is encouraged to bring a small amount of seasonal food to be shared & eaten by all, when we return to the bar for the final session before Christmas. (*I wonder what kind of session they had in mind back then...? Nice to know some things never change—Ed*)

* Winner of Picture of the month goes to this 'Selfie' by Matt Kasperek

This little gem was posted on Facebook after the first PECO race of the season... Best tag line goes to Adam M's post... 'Who needs fake tan, when there's PECO Tan.' (*Like—Ed*)

Club Championship Round Up—Chris Glover

As I write this on the eve of the 18th race of 20, the championship season is drawing to a close with only 2 races remaining. It looks like being a close and exciting finish as well. Ben is holding on to first place in the league table but he is under serious pressure from Hannah and Bal. Also, lurking in 13th place is Rose who can jump into third place if she completes one more parkrun before 14th December(the date of the last CC race). The others without the parkrun bonus can now not do enough before the deadline. Hannah did four park runs in four weeks to earn the extra points which has promoted her into the podium places. The last two races are PECO cross country events, so get your trail shoes out and go for some last minute points.

The two CC races in November were the Guy Fawkes 10 and the Spen Vets race. In the Guy Fawkes 10 Rose George took the maximum 50 championship points and 3 kg of chocolate from this race with a very strong performance beating her handicap time by 4.4%. Well done to Rose.

Patrick Nesden followed up with 49 points and Emma Lavelle-Wood came 3rd and scooped 48 points. At Spen, Lucy Churm took the maximum 50 championship points from this race with a very strong performance beating her handicap time by 9.45%. Claire Bromley followed up with another 49 points and Matt Kasperek came 3rd to take a 48 point haul.

Club Championship Standings after 18 from 20 races.



Above: Dark Horse Rose coming up on the Rails in a bid to knick a podium place.

Below: Ben Coldwell, still in front and striding out at the Guy Fawkes 10.



Pos	Name	Points	Marathon Score	Parkrun Bonus
1	Ben Coldwell	308	50	25
2	Hannah Lee	306	.	25
3	Baldish Sandhu	303	50	25
4	Peter Hey	301	.	25
5	Kevin Kelly	298	.	25
6	Niamh Jackson	293	.	25
7	Gary Carlisle	292	50	25
8	Richard Thomas	287	.	25
8	Laura Hogg	287	50	25
10	Christopher Glover	284	.	25
11	Jon Potts	283	.	.
12	Adam Rhodes	282	50	25
13	Rose George	280	50	.
14	Emma Lavelle-Wood	267	.	.
15	Patrick Nesden	263	50	25
16	Burjor Langdana	262	50	25
17	Bethan Thomas-Lloyd	260	.	25
17	Jill Buckley	260	.	25
19	Paul Miller	258	.	25



RACE REPORT

PECO Cross Country League - Cross Gates

23 men & 21 ladies ran in the first PECO XC race of the season, hosted by STAC near the old Vickers tank factory (until recently not included on OS maps). 698 finishers made for a record turnout, with for the first time a separate start for men & ladies.

The course was very muddy, with some standing water and the famous water jump. First home for the men was in-form Paul Miller, James Woodman not far behind after recovering from his hamstring injury. Ben, Andrew Cross (on 2 hours sleep), myself, Chris, Andy Carter & Steve "Crossfit" Groves made up our top 8, with Jen (after a £20 taxi ride to make the start), Emma L-W, Hikari, Marion & Sharon top 5 for the ladies. Ladies were 3rd on the day, despite missing 3 of last year's top 5, an excellent performance. Us men propped up the table in 7th but can blame the split into 3 divisions and have something to fight for at the next race on the 14th. An endless supply of sandwiches afterwards made for the best value racing outside of parkrun.

Adam Moger



The Harriers out in force for the first PECO of the season... PECO organizers have apologized for the Sunny Weather, its just not PECO!

The second race is on Dec 14th at Nostell Priory near Wakefield – and due to the distance involved I suggest we meet at 8.45 outside the LPSA to share transport. As Adam mentioned above the new staggered start may be in use again for the next race, more details about this will be posted as we get it. But looking at the numbers that took part in race 1, it would be a good idea to arrive early to beat the crowds!

The other races in this seasons series are:

Race 3 Possibly Sun 4th Jan – West Park Playing Fields off Spen Lane.– **IF YOU ARE NOT RUNNING, WE WILL NEED YOUR ASSISTANCE ON THE DAY, OR IF YOU ARE RUNNING CAN YOU BRING A FRIEND OR RELATIVE TO ASSIST, AS WE ARE HOSTING THIS EVENT ALONG WITH HORSFORTH HARRIERS. PLEASE LET THE COMMITTEE OR PETER HEY KNOW IF YOU CAN ASSIST ON THE DAY. WE WILL NEED THE RUNNERS TO MEET EARLY TO SORT OUT THE JUNIOR RACES, AND THE OTHER MARSHALS TO BE THERE FOR 10.00AM – FOR ABOUT 2 HOURS**

Race 4 Sun 8th Feb – Boddington Playing Fields – Weetwood

Race 5 Sun 1st March – Roundhay Park

For more information pop along to the website and follow the link to the PECO pages



Yorkshire Vets Results

Well done to all those who turned out for the last race in November at Spenborough. We had 11 ladies with 3 more guesting, and 7 men with 7 guests – which was also a club championship race. Hopefully everybody enjoyed this mixed and interesting terrain. Our first lady home was Emma Lavelle- Wood in 13th out of 80 and first man was Adam 32nd out of 156. He was beaten though by the youngsters Paul Miller about 15th just pipping Alan Brydon by 34 seconds. This was our best year for both teams with the ladies finishing 3rd in All to Count, 4th in 4 to Count, just missing out of third place by 8 points, having scored 5,051, and 3rd in Rest to Count – out of 23 clubs taking part. The men also finished higher then ever before with 4th in All to Count, 6th in 4 to count and 4th in Rest to Count, out of 33 clubs. Some interesting facts on their website are the number of runners who turned out for their clubs. We had 198 over the 10 races, which makes us the 4th largest club with about 10% of the runners. The race we organised in May had the highest number of runners with 257, just beating Spen by 3. We also have 4 individual winners at the end of the series, who all finished 3rd in their respective age group, Emma Lavelle-Wood, Alyson Glover (despite bravely struggling to finish last in the last race due to nerve problems in one of her legs), Ed Munro and Chris Glover.

The first race of 2015 could start in February or March – watch this space and we will let you know the details as soon as we do. For more details check on the yvaa.org website **Peter Hey**

5K time trial- Monday 10th Nov

Yet again we had 32 runners turning out on one of the first cold nights of winter. This time all went well with the organizing – with one exception of forgetting to start Tony Shaw off at the correct time. This was taken into account in the results though. Gary was the first to finish – cutting across the playing fields from Queenswood Drive though, which did not count. The first over the line was Sam Broome in a run time of 28.55 – her fastest time on this course. Emma Southan was 2nd with a run time of 23.53, and 3rd was Lucy Churm in 24.29, these two also getting a course pb. The fastest lady on the night was Shamiso with a time of 21.15, and the fastest man, James Woodman 18.19, just pipping Andrew Cross by 1 second. Starting from the last two positions 31st and 32nd they finished 16th and 18th respectively. We now have 19 runners who have done both time trials this winter.

RACE REPORT

Pain Barrier, Tong Village—1st November

After collecting my first trophy for being 3rd over 45 in the Kolossi Half Marathon in Cyprus in 2000, I have now bagged my second win. Could I now be on a roll? I was the first over 60 in this event in Parkwood Tong on the 4 x 4 off road course. For my efforts I was awarded a buff and a pair of running gloves. I think I was the only over 60 amongst the 600 runners, but we will not dwell on that. I did finish 223rd with a time of 1.30.23 for the 10k course – and managed to beat a 72 year old by a good 45 minutes. If you are interested in getting your toe nails dirty then this is one for you. They do say mud is good for the complexion (of an hippo?). This is the 3rd year of the event. Having done the course the first year, the route did get mixed up somewhat with some runners doing about 8 miles and others only 4. The course this year was much better organised. For a Saturday morning in November the weather was lovely, warm and dry – and it is local. Something we all should have a go at whilst we are young. If you need a second opinion speak to Matt Kasperek who is more of an expert on these muddy challenges. He was spotted at the start before he disappeared into the woods and mud. I will let you all know when the entries open for next year. It only cost me £20 for an early entry which I thought was not too bad – especially being a Yorkshire lad. **Peter Hey**

Club Trip to Llanberis—2015

Following the success of the October trip to the Lake District we have booked a hostel in Llanberis, Snowdonia for the weekend of the 6-8th of March. Price per person is **£50.00** which includes accommodation on the Friday and Saturday nights. This also includes evening meals and a simple breakfast. Check-in is Friday at 2pm and check-out is 2pm Sunday.

The accommodation at the hostel sleeps a maximum of 30 people so if you want a place then pay Alan Brydon or Lucy Churm as soon as possible to ensure you get a place (places will be given on a first come basis). You can pay in cash, cheque or online bank transfer. Alan and Lucy will also be down at training most training nights to collect payment (please email Lucy if you wish to make an online bank transfer). If we get over 30 people wanting to go there may be an option of getting rooms at a nearby hostel/bunkhouse.

More information can be found on our Facebook events page 'Weekend Away 6-8th March- Off T' Hills' which can be accessed via Kirkstall Harriers Facebook group. email Alan: abrydon86@hotmail.com or contact my P.A:

lucychurm@btinternet.com

(Probably best to Email Lucy as Alan is not likely to survive Christmas! -ED)



Happy Harriers on top of a crag somewhere in Coniston!



The Kirkstall Abbey Trail Marathon



... who said Leeds was flat?

Having ran quite a few small event marathons myself it had always been on my 'to do' list to organise and execute an event of marathon proportions myself. But somehow it never seemed to get off the 'to do' list, until that is, one evening in May when we were in the midst of celebrating Kevin Blackhurst's achievement of completing 10 marathons in 10 days around Lake Windermere. Some one suggested Diane why don't you organise your own marathon in Yorkshire, and yes I must admit I had, had a few glasses of wine and it did seem a good idea that particular evening, I mean, really how hard could it be?.....

So from that moment onwards my mind was completely taken over with the thought of a marathon, which would start from the beautiful setting of Kirkstall Abbey. I had a vague idea of a route and vague it was, so in the weeks and months that followed every moment I got I would drag someone around the course with me, mainly Helen and Jim, not forgetting Patrick and Burgor. We ran various routes, each of us wearing a Garmin, sometimes two Garmin's with me usually having a tantrum at the end of the run because the course would always measure quite differently on each of the garmins. If you deal in marathon running and you deal with experienced marathon runners, then the course just has to be over 26.2 miles but it must be less than 27 miles. It did take a lot of tweaking until I felt satisfied that the course measurements would be ok.



Jill Buckley and Chris Glover got roped into assisting me with the task of organising the practical side of the marathon; thank goodness their help was invaluable. I never imagined for one minute the amount of paperwork I would have to complete and the amount of agencies I would have to speak with: The police for permission, the highways department for permission and future footpath closures, the Trail Running Association for a permit, the Kirkstall Abbey Events team and the Canal & River Trust, all these agencies required Risk Assessments, a completed application form and various other bits and bobs. I then also had to find someone who could take the entries on line 'Davemadeyourun' was the person for this. Not to mention sponsors for the running numbers, medals, ribbons, trophies, water and goody bags.

Final checks before the off of the inaugural Kirkstall Trail marathon

All the paperwork was eventually completed and approved and permits were issued. Runners were actually entering the marathon, things were looking good, I think I had a slight aura of calmness and I had a few less tantrums, so what could possibly go wrong? **Dah da daaaaah**, four weeks prior to the event taking place, there was some notices placed on the canal towpath stating that parts of the towpath, (my part) would be shut for re-surfacing. To cut a long story short this culminated in me sitting in my car in a supermarket car park (Pudsey Asda if you are one of those people who likes to fill in the blanks), sobbing down the phone to some random woman from the Canal & River Trust, who was nothing to do with events, but she was kind and I felt a lot better afterwards, not sure she did though. No-one from the Canal & River could tell me where and when the work would start. So we sourced two alternative routes. The canal did shut 3 days before the marathon was due to take place and we were still messing about with the route. But I must say the route we finally came up with was I think the best route.

The weather stayed dry all week which was reassuring and on the Friday, Jason, Jim and myself set out to walk the route and mark it out with red tape, laminated arrows and yellow non permanent spray paint, and what a lovely day we had we were full of anticipation for the day to come, we even had a lovely lunch. We finished just as it was getting dark and it had just started to rain very lightly, then it rained a bit more, then it bucketed it down and it carried on until 5 am the following morning, which made the course a little bit more interesting.

The marathon day dawned, misty, damp and a bit murky but at least it was dry and guess what the marathon runners started to turn up. There is nothing that can prepare you for the couple of hours before the runners set off. As a novice organiser, I found out that there is quite a lot that can only be done just prior to the race starting, wow what a couple of hours, I was rendered speechless at one point (unusual for me), because there were so many questions being asked at the same time and just so much to do and my brain could not keep up. Thank you so much to Alyson and Chris for being there, Jill was amazing

Kirkstall Abbey Trail Marathon—continued.

and let me not forget Bal and Carol who did a smashing job, registering everyone. We had a 08:30 start of around 13 people, mainly for the slower runners and a 09:30 start for the majority of the group. After a pre-race brief and a blast on the klaxon the runners set off and disappeared into the mist. At this point I must admit I did breathe a sigh of relief as this gave me chance to direct marshals, get goody bags from the car, get the water ready etc. before the 08:30 runners finished the first loop. Alyson and Chris were only supposed to come for the start and then come back later in the day to input the results but they could see that I needed help and they both kindly stayed all day.

The tables were laden with water; mince pies, jelly babies, haribo and Jim's fruit bread, (recipe in this edition of the newsletter I believe), the fuel of marathon runners. We lost 3 runners but found them again without too much of a saga, I felt that losing 3 runners was not so bad as someone informed me they had lost 6 runners at another marathon the week before! All the wonderful Marshals turned up and went to their respective places, thank you again. Things went well, all the runners came home safely, there were a few slips and trips as the course was quite treacherous especially by the 3rd loop. The course was tough and it was challenging and we had a few runners drop out after the second loop but quite a few of those were determined to come back next year and complete the full marathon.

The feedback on the day and the feedback during this week as been immense, they loved it, they had a great day, the course was tough but great, the marshals were fantastic, please can we do it again. The fastest runner was Adam 'tango' Holland who completed the course in just over 3 hours 4 minutes. Adam is worth a Google, he has got one or two world records to his name and he is attempting another. The last runner was Toks at just over 7 hours and 20 minutes.

The main thing I learned from organising this event is get your marshals signed up early, get plenty of marshals, take them around the course prior to the event, show them their position and brief them on the route. Have a chief marshal who can control all this on the morning when everything else is happening. The rest of it was a steep learning curve, I now know the paperwork required, I know the amount of phone calls, text and e-mails I will receive prior to an event, so the week before should be booked off. I know that I still will not be able to use a computer that well, sorry Chris, but I have learned a little bit more and I know that I cannot control the weather so there is no point fretting about it.

Would I do it again? You can bet your bottom dollar. Watch this space. **Dianne Shaw**

The marathon raised:

£655 cash for the Kirkstall Harriers

£350 grant from the Trail Running Association to buy equipment for the Kirkstall Harriers

£120 for Mosa's family

£655 for The Brathay Trust

£330 for The Brathay Trust to buy a piece of equipment

£230 raised by selling tickets for the Brathay Trust



Organising a marathon in Kirkstall.. Easy for this crack time of organisers. Well done guys.



Another fine day for a spot of running!

First of all – let me declare an interest. The Guy Fawkes 10 is a race that is very close to my heart. Back in 2003, I was pushing the scales close to 17st and for the first time had to buy jeans with a 40inch waist. I had succeeded for some time in kidding myself that I wasn't unfit, but a business trip to Scotland that year provided me with a moment of catharsis in an Edinburgh hotel room. Due to a cock-up with the hotel booking, I ended up in the "Ambassador Suite" on the top floor. (My usual room could also have doubled as the broom cupboard). Whilst I was mildly disappointed that there was no Ambassador's Reception in the "Ambassador Suite" (so no chance to be spoilt with Ferrero Rocher like the rest of his guests), I was provided with a butler and a truly opulent room that contained a fully mirrored tiled bathroom that was so big it probably had its own post code. Whilst disrobing to use the shower (sorry if this is too much detail), I was given a very unflattering 360 degree view of my flabby self.

And it was at that moment I decided to do something about it. I lost weight and started to run. I found I loved it and the sport quickly became addictive for me, but in

a good way. I'd reached a point where I could run about 6 miles without stopping, so started looking for a local race to enter. I picked the Guy Fawkes 10, thinking that the "10" bit meant "10k".....how very wrong I was! But having tackled this as my first race, hills (sorry, "undulations") and all, I fell in love with the course which is only a couple of miles from my home in Harrogate. I joined Nidd Valley Road Runners following the event, and had 10 hugely enjoyable years running with them. The downside was that my membership meant I was always marshalling on the course and, for a few years, had the privilege of being involved in the organisation. Which all meant I couldn't run the race I had such fondness for. I've ran that course literally hundreds of times as a weekend training run, but it's never the same as that "buzz" you get from racing.

So imagine my delight on joining Kirkstall back in the Summer when I saw that the old GF10 was in the Club Championship. I entered it very quickly, and yesterday was able to race the course for the first time since that heady day 11 years ago. I did feel a bit like the gamekeeper turned poacher turning up to collect my race number in Ripley Village Hall and if I didn't notice or acknowledge you, I wasn't being ignorant, I was simply trying to keep a bit of a low profile. It certainly felt very strange limbering up at the start with the other runners rather than being involved from an organisational perspective, or else stood shivering in a marshal bib somewhere out on the course in the middle of Lower Nidderdale.

Those of you who know this race well won't need me to describe it to you, but for those who may not, it is a challenging course that wends its way through the pretty villages of Birstwith and Hampsthwaite before a run back through the woods (now fully tarmacked) leads to a spectacular finish in the imposing grounds of Ripley Castle. (Oliver Cromwell once stayed there apparently, but History has sadly failed to record whether he competed in the race or not. My guess is he didn't, as would have been too busy killing Cavaliers, deposing the Monarchy or otherwise dreaming about some distant future appearing eponymously in Elvis Costello's greatest hit). When I describe the course as "challenging", that's largely down to those hills that see you either going up (and Up) and then down at a rate that would exhaust even the Grand Old Duke of York. "The Birstwith Brute" "The Swincliffe Swine" and "The Tang Terror" give you some idea of what you are letting yourself in for. They are also names I've called my Mother in Law (but never to her face). It's probably the closest you'll come to a gorge scramble in a road race. What the race lacks in PB potential, it more than makes up for in atmosphere and enjoyment. Enthusiastically organised and marshalled by my former Club, the race is also noteworthy for it's always excellent technical T shirt (though I'm not sure I'm terribly fond of this year's colour), and the insane generosity of it's goody bag. With Nestle as one of the sponsors, I counted 15 pieces of chocolate in my bag when I got home. Believe it or not, some years there has been even more! By the time my kids had finished, I think they left me with one stick of a Kit Kat.

To say it's an event that delivers outstanding value for money (always important to a Yorkshireman) would be to damn with faint praise.

So if you haven't entered the race before, or didn't do it this year, seek to make amends in 2015. I hope it remains as a staple in the KH calendar. I really enjoyed coming through the finish line in my purple vest, and was only mildly peeved that I couldn't catch Emma who had effortlessly ghosted passed me in the final mile. I simply didn't have the legs to catch her (you paced a great race, Emma). My fuel gauge was hovering perilously close to "empty" by that point. What remains far from empty however is the love and affection I have for this superb race. Long may it prosper. *(Better late than never but I think it was worth the wait. Excellent report from Simon— Ed)*



Simon sensibly keeping a low profile on the run!



Member PBs for November



Distance		Name	Time
Marathon	PB	Ben Coldwell	2:58:19
10k	PB	Claire Bromley	0:53:53
10k	PB	Samantha Broome	1:00:23
10k	PB	Alan Brydon	0:35:04
10k	PB	Andy Carter	0:40:40
10k	PB	Lucy Churm	0:49:56
10k	PB	Sharon Cook	0:48:36
10k	PB	Timothe Dazin	0:42:41
10k	PB	Rose George	0:48:11
10k	First Race	Emma Hall	0:59:32
10k	First Race	Katherine Hill	0:50:30
10k	First Race	Vicki Hipkiss	1:05:20
10k	PB	Niamh Jackson	0:40:02
10k	PB	Matt Kasperek	0:50:49
10k	PB	Kevin Kelly	0:50:25
10k	PB	Emma Lavelle-Wood	0:44:09
10k	PB	Joe Steele	0:40:25
10k	PB	Bethan Thomas-Lloyd	0:52:31
10k	First Race	James Woodman	0:42:42
5k	PB	Kevin Kelly	0:25:06

RACE REPORT

Clowne Half Marathon—November 23rd

I've done this race once before a few years ago when I went along with Patrick and Gary on one of the coldest most miserable days in living memory. Well actually it probably wasn't that bad it just felt like that. This year the weather was perfect for running. Quite a nice day really and nice temperature for running. I had entered this race in an attempt to restore some running mojo which had been missing for some time. So there hadn't exactly been a lot of training. Anyway though busy the race HQ was well organised quite a lot of loos but the baggage store at the school was quite a walk away so we just put our stuff in the car. Now given the lack of training it was going pretty well until about 10 miles. This race is kind of the wrong way round – the second half is the hilly half. I was pleased to see my mate Viv from Knavesmire. Though frankly she probably wasn't very pleased to see me as she's a bit quicker than me. Anyway we kept each other going for the last few miles having a chat and catching up. I met Viv through the Runners World Great North Run forum many years ago and we have all stayed in touch so it's always nice to see her. The last mile was pretty miserable to be honest but I did make it round in just under 2:14. Paul Miller took it steady and got a PB of 1:22 (steady). Kevin Kelly finished in 2:01 and Hannah Lee missed the 2:00 mark by a measly four seconds. Though I have to say my garmin clocked it at 13.25 miles.



Jill enjoying practically perfect running conditions

Great race, well organised, great price and we got a Christmas techie tshirt for our troubles which will surely get a few outings at parkruns etc over Christmas. Hannah was rather pleased with the crumpets too. Highly recommended. **Jill Buckley**

CAKE REPORT

Recipe of the Month- Jim Meta's Soda Bread

I'm pleased people liked it. It was a recipe for soda bread that I combined with some ingredients for Scottish Cloutie Dumpling. I've not got it written down so here goes,

Ingredients:

15oz wholemeal flour 6oz porridge oats 5oz seedless raisin 6oz sultanas 1 teaspoon 'lo-salt' salt
2 teaspoons baking powder 2 teaspoons bicarbonate of soda 3 tablespoons of splenda (sugar alternative)
2 tablespoons ground mixed spice 2 tablespoons ground cinnamon 1 egg 500gram low fat yoghurt

You can vary the raisins and sultanas to suit your taste.

Mix all the dry ingredients in a bowl until well mixed.

Beat the egg into the yoghurt then add to dry ingredients, rinse the yoghurt pot out with a small amount of milk and add that as well. Mix well until you have a bread dough, then turn out onto a floured baking tray, shape round or oblong cutting a cross on top adding more flour so it doesn't stick and bake for 45/50 minutes at 180degrees. Test as any bread for hollow sound when tapping bottom. Hope everyone enjoys the finished product.



So if all goes well your Cloutie- Soda Bread should look like either one or both of the pictures above... good luck and enjoy!

Sports Shoes December Discount Code

I'd just like to introduce myself, my name is Emma and I'm a new member of the SportsShoes.com marketing team and I'll be responsible for the administration of the Running Club discount code going forward. With that being said, your code for December is RUNDEC14. Wishing you a very Merry Christmas, All the best, Emma Corson (*Just in time for Christmas Shopping.. I wonder what I am going to get from Santa this year... Some much needed new trail shoes? - Ed*)

Birthdays



Happy Birthday to the following members who celebrated their birthdays in XXX:

* Peter Britton * Paul Chapman * Andrew Cross * Laura Davies * Randolph Haggerty * Vicki Hipkiss
* Richard Joyce * Karen Longfellow * Neil Marshall * Mark McKone * Hal Roberts * Sally Russell
* Paul Stairmand * Liam Stead

New Members

* Joe Steele * Katherine Hill * Marlena Skrzyniarz * Hal Roberts * Helen Burgess



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 eleonor5446@hotmail.com or kirkstallharriers@googlemail.com if you would like to contribute to the newsletter. All articles, member profiles etc gratefully received.

