



Kirkstall Harriers

Newsletter

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Hello Harriers!

Welcome to the December issue of the newsletter, the last of 2016.

Christmas is just round the corner, a time of fat and plenty. The newsletter bucks the seasonal trend by being much leaner than normal, touching the scales at a lightweight 7 pages. What it lacks in quantity it makes up for in quality, so with less to read giving you busy people more time to run, do make the effort to spend some time with Jemma, the subject of this month's excellent and inspiring member profile. You can also catch up on news from YVAA and Winter Time Trials thanks to the always reliable Peter Hey and, hot off the press, read Adam's PECO report from Temple Newsam. And did November witness the largest number of purple PB's ever recorded in a single month?

If you want more to read next month, you can always pen an article. We love to read and edit them and bring your words to the world. The newsletter stubbornly refuses to write itself otherwise. It is what you make it.

A Very Merry Christmas to you all.



Picture of the Month

Surely picture of the year? Emma studies intently as Kieran makes those final pre-race adjustments. Left or right dresser?

YVAA & Winter Time Trial by Peter Hey

Sadly the last race of the season passed and with a below average turn out for the club, but the runners there helped keep the club at the top end of the tables – and we also had some individual winners too. The usual course around the fields above Spenborough running track were not too muddy, so some good running was to be had by all. On the day we had 6 ladies and 8 men running. Gary and Vikki just making the start line – mainly thanks to the 2 minutes silence for Remembrance Sunday. Niamh was first overall by almost 2 minutes and winning her age group, and Emma Lavelle-Wood was 5th overall and 2nd in her age group. The only other winner on the day was Collette Spencer with a spot prize.

After 8 races Niamh was the supreme champion for the ladies, winning the table overall and of course first in her age group, by only 8 points having scored 896. A huge well done to Niamh and also to the other runners below. Emma Lavelle-Wood managed to keep 1st place in her age group by 9 points having scored 866. In 8th and 9th place respectively was Shevonne McLarnon and Collette Spencer. Alyson Glover managed to scrape 3rd place having the same points total as 4th lady 665 but did one less race. In 6th, 7th and 8th spot were Vikki Hipkiss, Carol Moran and Sheila King with 604, 574 and 468 points respectively. For the men Adam Moger was 2nd in his age group, just pipping third spot by 4 points with 1,049. Gary Carlisle squeezed into 8th place by 2 points with 744 points. Andy Carter missing out in 11th having only done 4 races. Chris Glover was 5th with 985 points with a 5 point margin over the next runner. Just to mention myself, I had 546 points for the club and managed to finish 11th. Paul Glover finished 6th just 3 points behind the next runner and Ian Brown was 7th.

As a club all the points gained by each runner goes towards the club total, hence the need for as many runners turning out as possible. The ladies team managed to finish 4th in all 3 competitions and just failed to finish 3rd in 1st 4 TO COUNT having 13 points less than Saltaire Striders, having amassed 4,042. From a total of 28 clubs with some good pedigrees, this is quite an achievement. The men were 5th in ALL TO COUNT and REST TO COUNT, and 6th in 1st 4 TO COUNT, which was quite a close finish as they were 71 points behind 5th place Holmfirth, and 42 points in front of Queensbury with a total of 4,777. Out of a total of 36 clubs competing, this is an impressive achievement. Thanks especially those who managed to run 5 or more of the races, as they do tend to fall close together and in and amongst all the other races, especially in summer. As usual the ladies bettered the men by having 2 runners competing in all 8 races, well done to Emma-Lavelle Wood and Vikki Hipkiss.

WINTER TIME TRIAL MON 14TH NOV

We had 23 runners for the inaugural reverse route winter time trial, along with a basking heat of 12 degrees C - and a super moon that could not be seen. Only one new face was present and that was Sarah Ruxton - who managed to gain 4th place with a run time of 27.01, so sorry Sarah - you will be dropping down the starting order on your next run. Only a few runners got pb's so not too sure if the reverse route is faster - but we will keep swapping as most runners appeared to enjoy the change.

Bringing up the rear on this night unfortunately was Sam Broome with a run time of 34.31 who is slowly getting back into running mode - for the Peco's we hope? Another runner slowly getting back up to speed was Adam who was the penultimate runner to finish with a run time of 23.23. At the front of the field it was an all-female event with Sarah Ruxton 4th, closely behind Simone Solgado 25.23, who was just pipped by 1 second by Jacquie Elmer who's run time was 27.52. First over the line and putting in a huge effort judging by her breathing at the end was Catherine Barrett with a run time of 24.26 - still not a pb for that course but look out - she is on the mend and getting faster.

Winter Time Trial (cont)

Fastest runner on the night with a pb was David Hodkin with a run time of 17.40 just missing the course record by 4 seconds, currently held by Andrew Cross in Nov 13, for that route. David almost got into the prizes with picking off 16 runners and finishing 6th. Second fastest man with another pb by 2 seconds was Tim Dixon 19.41.

The two fastest ladies were Emma Briggins just missing a pb with 22.38, and Louise O'Brien with 23.54 again outside her own pb. Could the new clockwise route be good for the men - but not the ladies - any rational explanations will be considered. The time gap between first and last runner was just over 5 minutes. Taking out the 1st and last runner there was only 3 minutes 31 time difference so not too bad with the handicapping. Never perfect but not far off, and not too sure what we would do if you all did cross over the finish line together.

Many thanks to Nathan for doing a superb job getting them all started in the right order and on time, and getting the results as correct as we can. Any discrepancies, please let me know. Thanks also for Catherine peeping over and advising on some of the names as they quickly passed over.

Injured But Not Forgotten – Tony Shaw

I have been holding off making my 1st newsletter contribution partly because of entertaining & witty prose of the other contributors but also since my long term injury the article has turned from being a diary of all the brilliant training, races & events that I have enjoyed since joining Oct 14 I think {my improved race times in 2015 due to the harder training. I absolutely love the Yorks Vets races & I'm gonna miss doing them!} to this subs bench tale of woe.

A minor incident to which I paid little heed at the time may well be the end of my lifetime involvement in running & racing, a mere 54yrs . I have sustained cartilage damage in my knee which will require surgery to get me running again but I may have to call it a day anyway to prevent further long term damage. If this is the case it will be a sad end for me because just 18 months of enjoyment wearing the purple isn't long enough & wasn't what I had in mind!! There we go you see, whining on, feeling sorry for myself & probably being the dreaded injury bore. Trying not to be bitter & twisted & muttering under my breath at runners/joggers I pass looking superfit or otherwise, "you're such lucky b*****s to be able to do that but it has happened, oops. Have not been able to train very much in 2016 but I was coming down for the Halloween do on 31st only to be thwarted by bloody idiots on motor bikes.

Anyway I intend to pop in & show my face now & again, a smiley one & have drink in the postal club, Paul can tell me all about how it feels to be competing in the 70s category! All the best from Tony Shaw, may the training and racing go better than even in your wildest dreams for all of the purple posse. *(Sorry to learn of your injury woes, Tony. Hopefully they patch you up and get you running again. Once a Purple, always a Purple. We like the very occasional drink, so don't be a stranger – Ed).*

Race Report – PECO Race 1, Temple Newsam by Adam Moger



Boy Band? Should be banned, more like



Fast Girls Wear Purple

Good conditions and a record crowd - 876 adult finishers with 57 Kirkstall, possibly a club record turnout for any race (though I've lost count! Previous PECO's and the Leeds Half the only races to have got close). Great to see runners old and new turning out for the club. This season sees the ladies trying to defend their title, and the men trying to defend their position in the Premier League after last year's promotion. Not so good for the men - bottom after Race 1 - but with a number of quick (some very quick) runners missing, plenty to play for in the next 4 races.

By contrast, the ladies had both strength (Emma B 4th, Alice 6th, Niamh 9th, Shami 28th, Helen D 46th to head the table) & depth: a further 20 Kirkstall ladies backed up the top 5, pushing down runners from other teams to claim 2nd spot in the 2nd teams competition. Great support for the men at the split start from the ladies, and for the ladies finish from the men - those who weren't overtaken!

Next race is 18th Dec at Middleton, with a very short deadline (Sat 3rd) to request a number if you haven't done so already. Also a reminder to KEEP YOUR NUMBER for all races in the series.

AND DON'T FORGET – We need marshals for our PECO race which we will host on 22nd Jan. Please let Adam or Peter Hey know if you are able to help. There is an option to help with just the junior race and still run the main race, but if you don't run, but still run the other 4 races in the series, you will still be eligible for the PECO “free gift” at the end of the season.



Niamh as viewed by her rivals



Member Profile: Jemma Roe

Name: Jemma Roe

Age: 32

Occupation: SCS Business Support

Originally From: Derby

Time as a Kirkstall Harrier: 2 years

When did you start running and why? I have always enjoyed keeping fit, and had been through various gym memberships, workout class love affairs and I did a bit of running tied in with this. I find running outside more therapeutic than running in the gym, so used it on and off as a stress reliever, but never really ran more than 5k.

I moved up to Leeds just over two years ago, I was struggling to get to the gym whilst juggling my new job and having Isabella in a new school and new childcare routine (so much new!) I also didn't really know anybody in Leeds (sad face time) so I was looking on the internet for groups I could go to in the local area, I found a small running group that met at Rodley Nature Reserve, which is literally at the end of my street so I went along!

After a few weeks I actually started to see an improvement and could run a longer distance than I had ever done, I was really enjoying it and I had met some lovely people, so I just kept going! A few of us from that group decided to enter the Abbey Dash, so I then found myself upping the frequency of my runs from once a week to 3/4 times a week! The Abbey Dash was the first race I ever did! And I just got totally hooked!

I'm very competitive, but only with myself so once I had done one race I was very driven to see if I could improve so I entered another a few weeks later, and just kept looking for different events to try! I did quite a lot of races in a space of time, tried some trail and fell and then the rest as they say is history!

How did you end up joining Kirkstall? After a couple of races I was stuck in a bit of a rut, doing same training runs and not much else, Leeds seemed to have a crazy amount of running clubs (compared to back home) and I had seen loads of them at local parkruns etc so I had a look online at which were near to me! I was in between Horsforth and Kirkstall, so I decided to come down to KH Training as it was the next nearest session that was on!

Everyone was lovely! (As you all know) so I came to a few more sessions and then joined!!! Can't imagine having joined a different club now, or see myself as a Horsforth Harrier rather than a Kirkstall one! And I also think that the harriers have been a large part of what has kept me interested in running and made me want to come back as soon as I could after having Martha!

What are your motivations for running?

Ok the serious ones first... I find exercise in general is a great force for taking stress away from your life, and I would go as far to say as running keeps me sane! My job is fairly stressful, having two little girls can be fairly testing and I'm a long way from my mum now (awwwwww) so it's just a good way to take 5 minutes and reset yourself (or half an hour, an hour, 2 hours whatever!)

I want to stay fit and healthy for the girls. This is kind of two fold, I want to be a healthy mum who can actively play and will live a long life, but I also really want my girls to grow up seeing me being bothered about being strong, and able and healthy .

Jemma's Member Profile (cont.)

There's too much out there telling girls thin is beautiful and dieting is the norm and it's so far from the message I want them to notice so I hope by seeing that I don't focus on those things for my happiness they won't!

The other is I like the sense of personal achievement. As I mentioned I get quite competitive with myself, and being able to see yourself improve or get a new PB or even just be proud that your body just moved itself a distance feels just brilliant.

The unserious answers: Cake, Gin, Double Deckers!

What are your greatest running achievements? I think one of mine is probably doing the Abbey Dash in just over an hour, and then training really hard to get my PB for a 10k down to 51:50 at the Humber Bridge 10k (that was also an amazing run for me because I love bridges!!!!)

I was also really proud when I completed Leeds Half because it was the furthest I had ever run.

What are your best running related memories? The Humber Bridge 10k really was ace- I couldn't think of anything better than a race that crosses one of my favourite bridges twice (actually I've recently found out that there's a race that starts and ends at a power station maybe that would top it)

Also Bradford Millennium Way relay last year I absolutely loved! There wasn't a particular feature about it that jumps out, I just really enjoyed it, the time went quickly, I loved being off road - it was just good! It definitely made me want to investigate fell running more, but I did then find out I was pregnant the day after so that adventure took a backseat!

What are your worst running related memories?

Definitely the first time I did the Danefield Relay.... I just hated every second of it- too warm, too muggy, felt sick worst hill ever - was never doing it again ever (did it again the year).



Any words of wisdom for your fellow Harriers?

Give that voice in your head a silly accent (you all know the voice) it's not half as convincing then - always do your shopping list in your head when your struggling - you would be amazed how the time flies then.

Can you share an interesting fact about yourself? I've been all over the UK and Europe hunting down abandoned architecture and industry. I've done some slightly odd things like climbing a disused blast furnace, and sitting in creepy old mental asylums waiting for hours for the sun to come up - but the oddest thing I guess to have come out of it is that I met my partner when I fell from the guttering on an old church in Leeds and he broke my fall, by catching my bum on his face must have been love at first sight! *(The old falling from the church guttering routine again – Ed).*

Member PBs for Nov

Marathon

Emma Ballantyne (2:55:01) Jackie Elmer (5:15:29 – First Race)

Half Marathon

Emma Ballantyne (1:24:11)

10 Mile

Ben Clarke (1:20:04) Ben Coldwell (1:06:14) Vicki Hipkiss (1:40:07) Niamh Jackson (1:13:04)

Jemma Roe (1:40:07 First Race)

10k

Karen Boardman (55:19) Simon Boardman (45:36) Stephen Burrell (41:03 First Race) Helen Burgess (46:05) Andy Carter (38:37) Ben Clarke (44:23) James Finnigan (52:16) Martin Frazer (43:31) David Hodkin (36:44) James Nundy (44:42) Hal Roberts (38:02)

5k

Karen Boardman (26:58) Emma Brigginsshaw (22:38) Ben Clarke (21:07 First Race) David Hodkin (17:40) Simone Selgado (25:23)

Member Birthdays for December

Peter Britton ,Paul Chapman, Laura Davies, Tim Dixon, Lisa Gibson, Randolph Haggerty, Vicki Hipkiss, Richard Kennedy-Joyce, Karen Longfellow, Neil Marshall, Mark McKone, Hal Roberts



New Members joining in November

Sarah Ruxton, Jim Mawer

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 or follow us on twitter @kharriers
Please email kirkstallharriers@googlegmail.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).

