



edited by Rose George

Mad March

You may now feel like springing around like a mad March hare, shorn of your hi-viz vest, but please don't until further notice. But now is the time to start dusting off your trail shoes, if you've put them away for winter.

Hurry up for curry

It's taken a while, but our friends at Sheesh Mahal curry house are finally open for business again after terrible flood damage. Our social secretary Sam is working on a club curry night: see Facebook for details or ask her directly.

Subs, subs, subs

Annual club subs are due. Thanks to our thrifty club management, we can still offer a discount of only £20 if you pay before the end of March. There are now four easy ways to pay: by post, by hand (by giving Peter, Ben or Chris a cheque or cash) or online. No excuses!



Picture of the month: Is Chris Hudson ecstatic about his gloves, the orange car, or just that he's running the Liversedge half in vile weather?

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CLUB NEWS: TIME TRIAL

WINTER TIME TRIAL NUMBER 5, MONDAY 20TH FEBRUARY

For this pre-AGM amble we had 27 runners. Weather conditions were good for the time of year and the route would have been a piece of cake after the tough mudder of a Peco race the day before. We had seven new faces to this winter's series. Amy Crook, a new member,; Alyson Glover, an "old" member but a very welcome face to the training night; Simon Boardman, and Kieran O'Brien, who must have drawn the shortest straw regarding the not so beneficial handicaps. There were also Catherine (Cat) James, Jo Kendall and Matt Evans who have been before (Jo Kendall going back a year or two if my often-wrong memory is right this time) They however were not members on the night so missed out on any of the goodies going. Hopefully after the AGM they are all paid up members now.

For a change the first four ones off all finished at the back, with Steve Knight picking up the booby prize. First one over the line was Matt Evans with a run time of 20 minutes dead, but he was spotted taking the short cut up the side of the church, good Kirkstall Harrier potential there, or bad instructions from me? As a non-member he was outside the prizes anyway. So the first member over the line was Simon Boardman with a run time of 22.20, followed by Collette Spencer with a PB for the course of 26.01, then Catherine Barrett with a season best of 23.58. Fastest man on the night was Lee Hardy, 3 seconds off a PB, but overtaking 19 from the very back to finish 8th and a run time of 19.56. Fastest lady, just pipping Catherine Barrett, was Jo Kendall with a run time of 23.55. Other PB-ers were Hannah Newman 26.23 and Malcolm Taylor 24.41. With only 5.5 minutes between you all, or

four minutes if we take the 1st and last two out of the equation maybe you are running to your handicaps better now?

Many thanks to Jemma and Adam Rhodes for doing a sterling job in getting you all off in the correct order and time, and recording the times (and names) again in the correct order. The good news (or bad) depending on your stance (style, speed, stamina or whatever) is that there is only one more winter time trial left, which will be in March.

After five races and counting the best 4 positions we have eight runners who have done at least four races. Lee Hardy has 28 points, Simone Solgado 31, Adam Moger 34, Catherine Barrett 42, Dave Wood 45, Carol Moran 48, Paul Miller 63 and Patrick Nesden 82. Only Dave, Carol and Simone have managed to do all 5 races. We also have 11 runners who have only done three time trials so far, so a good finish on the last one could clinch it for them if they turn up? Matt Kasperek with 26, Malcolm Taylor 27, Hannah Newman 30, Vikki Hipkiss 32 and Jacquie Elmer with 34 are the 5 lowest scorers of the 9. (No pressure!)

PETER HEY

CLUB NEWS: YORKSHIRE VETS

If you are enjoying the friendly competitive nature of the Peco's, and the off-road running, then the Yorkshire Vets races are for you. But you must be 35 or over. (So there are no young whipper snappers tearing off in front of you.) Each race has plenty of prizes to share in 5-year age groups and the cost of entering is only £5.00 per race. For that, you get a wonderful friendly atmosphere, *(and the chance to be overtaken by 65-year-olds and to applaud them while desperately hoping you're that good at that age—Ed)* and there are usually some refreshments at the end. How's that for great Yorkshire value? The provisional schedule of races below has not changed from last month – yet – but we will keep you informed if it does. The races are a bit further afield, but we will let you know of any car sharing arrangements nearer the time of each race. Full details are on their web site yvaa.org

You will notice that we are hosting the race on Tuesday evening 30th May. So if you aren't old enough to run, please do help us out by volunteering to marshal and support.



Faua Singh , the Turbaned Tornado, ran marathons until the age of 102. He's now 105 and still running for pleasure. We haven't yet persuaded him to join the purple army though.

The provisional list of races:

Honley: Sunday 23rd April

Kirkstall: Tuesday 30th May

Lythe (nearr Whitby): Sunday 4th June

Halifax: Wednesday 9th August

Meanwood: To be confirmed

Knivesmire: tbc

Stainland: ttbc

Horsforth: Sunday 17th September (currently that clashes with our KA7, so hopefully this will change)

Spen: Sunday 12th November

PETER HEY

CLUB AGM

We had 45 members at the AGM at the AGM on 20th February. The committee for 2017/18 was elected as follows:

Officers:

Chairman - Chris Glover

Secretary - Jill Buckley

Treasurer - Ben Coldwell

Club Gear - Carol Moran

Sponsorship - Racheal Kearns

Social Secretary - Sam Broome

Ladies Captain - Catherine Barrett

Ladies Vice Captain - Jemma Roe

Mens Captain - Simon Smith

Mens Vice Captain - Paul Chapman

Membership Secretary - Neil Marshall

Committee Members:

PECO & YVAA Representative - Adam Moger

Thank you to those who have served on the committee and to those who have volunteered to join the committee this year.

Other key points of the meeting:

- The meeting voted to retain member subs at £25 (full) and £10 (second claim) for 2017/18. The "Early Bird" 20% discount will apply again this year on full membership subs (reduction to £20) for those who pay their subs by the end of March.
- Subs are due now. Guidance of how to pay your subs including online option are on the link below:

<http://kirkstallharriers.org.uk/new/how-to-pay-annual-subs/>

Full minutes and a finance report will be circulated to all members in due course.



CLUB AGM

After the AGM I had the pleasure of presenting the sportspersons trophies for 2016 to two very deserving winners (as voted for by club members):

Alice Murray-Gourlay is the Kirkstall Harriers Sportswoman of 2016

Adam Moger is the Kirkstall Harriers Sportsman of 2016

Malcolm Taylor then presented the trophies individual for the 2016 Club Championship top three as well as the winners shield:

First: Yekanth Ventikeela

Second: Liz Walker

Third: Chris Hudson

Congratulations to our sportspersons and CC trophy winners.
Thank you to everyone who attended the AGM.

CHRIS GLOVER



RACE REPORT: DEWSBURY 10K

Sunday 5th February brought us the Dewsbury 10K. Only two Kirkstall Harriers toed the line on this occasion, myself and Shamiso. The weather was perfect, cold and still providing perfect running conditions. The course is a fairly flat out and back with just 115 feet of elevation to contend with in the first 5K, providing the legs with a little relief in the way of a gentle downhill on the return leg. What this course lacks in beautiful scenery it makes up for in PB potential!

This was my first time at this race and I had high hopes of a PB having managed to pick up the pace a little of late. I felt good from the start and stuck with my plan of pacing myself on the way out and giving it all I had left on the way back. Shamiso may be small in stature but the almighty cheer she gave me as she passed on her return leg was resounding and gave me the boost I needed to pick up the pace into the home leg. I was delighted to finish a whopping 2 minutes and 11 seconds faster than my previous 10K PB in a time of 54:55.

Shamiso finished in an impressive 43:45. Two brilliant results.

My delight was slightly tinged with the disappointment of finding out that the course officially measured 200 meters long due to a communication mishap in the setting up of the course. Compared with previous years the switchback was further up the road. I think this probably cost me just shy of 50 seconds but I suppose it means there are no reasons why my current PB shouldn't fall quickly! I have my eye set on Bradford 10K for a new PB!!

HANNAH NEWMAN



OK, this isn't from Dewsbury 10K but this is what the face of a woman who knocks two minutes off a 10K PB looks like. Well done Hannah!

CROSS COUNTRY & MARMITE

Cross country running is a sport in which teams and individuals run a race on open-air courses over natural terrain such as dirt and/or grass mainly mud). Formal cross country competition traces its history to the 19th century and an English game called "hare and hounds" or "the paper chase". English schools started competing in cross country races in 1837, and established a national championship on December 7, 1867. It was held on Wimbledon Common in south-west London. It was the first cross country race that was considered "open", or could be run by anyone.

That premise still remains today and open to the every Kirkstall Harrier are the following 14 races:

- Four races within the West Yorkshire Cross Country League
- Five races within the PECO XC League plus a relay
- The Yorkshire Veterans' Athletic Association XC Race (V35 and only)
- Yorkshire Championships
- Northern Championships
- National Championships

The following is my account of each race from the 2016/17 season:

Sunday 2nd October 2016 @ Wakefield

A very dry Thornes Park kicked everything off, the going underfoot was firm and made for a very fast paced race. This attracted the local track runners and boy they flew round. I was joined by Adam and Paul. This though was the last time we had more than one Harrier at a WYCC race this season.

Sunday 20th November @ Spenborough Track

According to my sources, this race had not been run for many years and it made a welcomed return this season. I am sure Harriers are aware of the Spenborough track. The XC race is over the other side from the club house on an old golf course. This was a good race for the runner and the spectator alike. The course had many switchbacks creating three levels for the spectator to support from. The hills were short and sharp which did not zap the legs too much. However the mud made an appearance on the lower levels which did drain

energy from the legs. Being run over a two fields, connected by ditches, it did mean laps had to be run. However this was an enjoyable race and a overture of true XC running to come.

Sunday 27th November @ Temple Newsome

Boom, we were back on the PECO series. Enjoyed this race more than I thought I would especially the middle section after the long hill which allowed for fast leg turning running. However I did forget about the sting in the tail with race and the hill back to the main field. But finished strong and recorded a course PB.

Sunday 4th December @ Keighley

It was a cold wet December day for the final race in the West Yorkshire series. In previous years the Keighley XC race had been run in ankle deep mud and it choose not to disappoint this season, in sections. I'd decided to go with long 16mm spikes and traction was still an issue in places. This race is a true XC course, many laps around a hilly field to test the lungs, legs and mind.

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I was pleased to come away with a faster average pace compared to the previous year.

Sunday 18th December @ Middleton Park

The going was much drier underfoot this year; however I forgot the route and went off a bit quick and was almost found wanting on the final hills. I remember a good battle with Ewan in the final mile which resulted to a good sprint finish. Due to improved fitness and drier conditions I managed to bag a 7-minute course PB so I was well chuffed with this performance.

Saturday 7th January @ Lightwater Valley Theme Park, Ripon

Following this season of overindulgence we were brought back down to earth with a trip to the theme park and the Yorkshire championships. A feature this season had been the dry days and resulting in limited mud. The race was the same format as previous years and meant laps of the park. The dry conditions meant a fast pace and I again got a course PB, this time of 11 minutes.

Sunday 22nd January @ West Park

Kirkstall's own PECO race. I remember enjoying this race last season and it did not

disappoint. Following the lap of the big field I managed to get into a comfortable rhythm and had my sights on Malcolm, who had overtaken me early on. I eventually caught and passed him on an undulating section before the turn around point. Knowing Malcolm had started his marathon training I pinned my ears back and ran for home passing people in the process. I was really pleased with this effort but was not at my best.

Saturday 28th January @ Knowsley Safari Park

I joined 4 other Harriers for this Northern Championship race in the grounds of Knowsley Safari Park. A feature for previous XC races this season was the limited amount or lack of mud. However, the mud was in abundance at Knowsley making for near impossible running. The ladies had to suffer two laps while the men tackled three laps. After the first lap I considered joining the many DNF's as I knew what the next two laps had in store. This was the toughest underfoot conditions I had ever run in, the mud was sticky and sucked you to the ground without let-up for 12K. But like the fellow KH's I dug deep and ploughed my way to the finish line, and was very pleased to finish. But I

sort of enjoyed the experience upon post-race reflection, mental I know.

Sunday 19th February @ Barnbow/Pendas Fields

This was a new one for me. I have been steadily improving in strength and fitness and on paper this course looked good for me. I set off cautiously due to two early hills but played the hills to my strength. I have been called a machine on hills in the past and the long progressive hill early on meant I could pick off runners. I have been working on my flat speed and cadence over recent months and it was good see the training paying off as places once gained were held. I was a little disappointed not to meet this stream crossing people were telling me about, but really enjoyed this race.

Saturday 25th February @ Wollerton Park

WOW! What can I say about the National Championship race? Honestly, this was the best race I have ever run and the best performance I've ever given. I ran the 7.6 miles of hills, water features, mud and flat dry sections as hard and fast I could. I felt totally in control and felt so strong for the whole of the race. I dug deep on the hills and muddy sections to

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overtake struggling people and I recovered quick on the flat and/or downhill to keep the place. As the laps passed, each lap getting progressively longer with extra bits being added, I targeted groups in front, hunted them down and made up places. Looking back at the start video I was

about 20 from the back after the first corner, I finished with 33 behind me (not counting the DNF's). However there were 1729 in front of me so have a bit more work to do. My improved fitness really showing I gave 110% and felt awesome at the end and completely satisfied with my

performance. The spectacle of the National did not disappoint: to see about 1800 senior men on the start line, all charging to the first corner is an epic experience that every runner should experience, even just the once.

SEAN O'HALLORAN



MEMBER PROFILE: RACHAEL KEARNS

Name: Rachael Kearns

Age: 28

Occupation: Trial Coordinator

Originally from: Leicester

Time as a Kirkstall Harrier: I have been a member of the purple family for 3 years and 4 months

When did you start running and why?

I started running around 2010 and it was simply because I wanted to get fit and have a healthy focus. I really got into it and decided to train for a half marathon after being inspired by my dad.

How did you end up joining Kirkstall Harriers?

My running bud abandoned me and I was not brave enough to plod the streets on my own. I can't remember how I decided on KH but I suspect the colour of the vest had something to do with it.

What are your motivations for running?

Those post-run endorphins! There is nothing that a good run (followed by a cup of tea) can't fix.

What are your greatest running achievements:

Just recently I started running consistently again and somehow managed to get myself a shiny new 5K PB. It's a huge achievement

given I have only been running again for 8 weeks. I struggled to beat my PB when I was at my fittest.

What are your best running related memories?

My first ever half marathon. I did all the training and the race with my dad. Most of our training was spent with me being hungover, but

he always kept me motivated. We ran most of the half together which made it even more special. I was so happy with the achievement because when I had started running I couldn't run a mile without stopping 3 times and feeling dizzy at the end!

What are your worst running related memories?

All of my trips and falls and also any marathon training run. Training long distance makes me slow & injured. I still have unfinished business with a 26.2 but for now I will stick to the short distances.



QUEEN OF THE HARDMOORS: A Q&A WITH EMMA LAVELLE-WOOD

Emma was recently first lady at the Saltburn half marathon, part of the Hardmoors series, a variety of races, distances and terrain based usually near the North Yorkshire coast. We asked her to tell us more about the series.

What was your latest triumph?

A personal triumph was completing the Hardmoors 30 on New Years Day with fellow KH's Kieran, Hal and Adam Nodwell, but my most recent running success would be finishing first lady at the Saltburn half marathon (which was actually 15 miles). It was a great route which took us along the coastline and up onto the cliffs to battle against the elements before heading inland through muddy field and finishing with a good stretch of road back to the finish at the leisure centre and lots of cake!

When did you start doing Hardmoors?

My first Hardmoors was the Rosebery Topping 10K in December 2014 and it was completely by accident. I'd planned a visit to my parents who live in the area and someone mentioned there was a race taking place that weekend, so after a quick Google I came across the Hardmoors website, entered the

10K having done very little off road running before, and rocked up feeling sick with nerves which weren't helped during the race briefing when we were told that the course was nearer to 8 miles and the mud was knee

deep in places.

Anyway, it was tough but surprisingly very enjoyable and I somehow managed to finish first lady, and that's how my Hardmoors love affair began.

What do you like about the series?

There is a Hardmoor distance for everyone from 10K's to 200 miles. Each race route in the series is different. You're almost always guaranteed wind, rain and mud, but the climbs vary and present their own challenges, both ascending and

descending and you can quickly learn a lot about your weaknesses and where you need to improve! Also the camaraderie is great, all running abilities are made to feel welcome and everyone is really friendly and up for a chat on route even if it's just a quick comment on how tough it is. And the scenery, you can't beat the North Yorkshire Moors and coastline.

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Would you describe the races as trail or fell or mixed?

Having only done the 10K and Half Marathon routes, i'd say they are a good mix but i'm sure the longer marathon routes would be described as fell.

What do you like about off-road running?

I like the slightly calmer feel to off road running, **there's less heels and elbows and far more smiles.**

Do you consider yourself a fell runner and if not why not and if so, why?

No, I don't. Maybe one day when i've finally mastered the hands on knees approach to tackling steep climbs, but until then....

You've got two young children and a full-time job: how do you fit in training?

With difficulty and I've paid the price running too many races on not enough training by getting injured. I'm now trying to run smarter by prioritising races that I really want to do and not feeling under pressure to do everything.

Do you follow a training plan or run as you feel?

The only time I've followed a plan was for the Hardmoors 30 miler (see pic) the rest of the time I run as and when I want/can.

Do you do any cross-training or strength work?

I do now. Being injured has taught me the importance of looking at the bigger picture

when it comes to running. cursed by weak hips and glutes I now pay a bit more attention to trying to strengthen and activate the muscles i've been ignoring. HIIT Yoga seems to be working for me.

How did you get to be so fast?!

I'm not, I'm just sometimes able to hold my own in my age category or occasionally get really lucky in slightly smaller races, like Hardmoors.

Would you encourage other Harriers to do Hardmoors races?

Definitely, they are fantastic and you really feel like you've achieved something by the end especially as they pride themselves as giving you more "Hardmoor miles" for your money each race.

What shoes do you run in for Hardmoors?

I'm an Inov-8 fan and have Mudclaws for the really wet and muddy ones or Terraclaws for the others. That said, for the 30 mile race I went for Scott Kinabalu Supertracs as they have more cushioning but still great tread.

Do you like mud?

I have a love hate relationship with it.

What's your next big goal?

I'd love to do the Hardmoors 55 or 60 but they'll probably have to wait a year or two, so this year I'm going to concentrate on the Hardmoor half marathon series and try to stay injury free!



COLD COMFORT BALM: SIMON SMITH VS THE LIVERSEDGE HALF

Every year when summer comes round, off to the sea I go.

I don't care if I do spend a pound, I'm rather rash I know.

See me dressed like all the sports,

It is an immutable law of nature that this race always takes place on one of the coldest, bleakest days of the year. You'd feel a twinge of disappointment if it didn't. The weather entirely suits the race; a pretty brutal, harsh affair that most



The calm before the wind, rain, cold, hail, blizzards, avalanches etc

in my blazer and a pair of shorts

Cheerful words of carefree summer days from George Formby's song "With My Little Stick Of Blackpool Rock". Were I to write an alternative version to describe the Liversedge Half, it would go thus:

Every year when winter comes round, off to Roberttown I go.

I'm amazed to spend only a pound, a cheap cup of tea, I know.

Chris Hudson dressed like all the sports, In his tee shirt and a pair of shorts

hardcore road runners regard as one of the sternest tests of their mettle to be found in the north of England. Little or no shelter from the elements, enervating hill pulls, only sparse spectator support (who can blame them?) this isn't a race for the faint of heart. Arriving in Roberttown almost two hours before the start of the race, I quickly realised that the best course of action was to dive into the local café. This is where I was stunned to "only" be charged £1 to sit indoors with a large mug of delicious tea.

You can't buy cups of tea for a £1 in Harrogate - not even from The Salvation Army.

De-frosting no more quickly than an Aldi ready meal, I headed into the Community Centre to pick up my race number.

Surprise No. 2: there were TWO chip tags to fit onto your shoes (presumably one for each foot). Having checked with the registration team that both were required, I failed to ask why. I've never raced with

recorded our conversation as "excited chatter". I don't usually exchange vanity tips with other blokes, but we collectively agonised over to run in some or all of the following apparel: hats/gloves/tights/duffel coat/sou'wester. Chris Hudson bravely decided to sport tee shirt and shorts only, his only concession to the near arctic conditions was a pair of gloves (and you could see he felt a lightweight dilettante for going even that far).



Simon sent this picture with the title "Blurred Smith" and who are we to disagree? Did Blurred Smith race with the towel though? The nation should be told.

two timing chips before. Was this a contingency measure in the event of a failure with chip no. 1? Was it to record if your left foot crossed the line before the right? Or right before left? Would it matter if it did? I had no idea, but decided that sometimes in life it is nice to preserve a little mystery.

Browsing the entrants list (and thinking this would be a handy reference document for the emergency services/ local undertakers etc) I was soon joined by a number of other Purples. I'd be lying if I

Standing at the start line, I simply wanted the race to get underway in a vain attempt to feel warm, if only for a short while. Few events have a more deceptive start than Liversedge. The first mile or so is almost entirely downhill, but do not be fooled by this playful introduction. The race climbs and undulates significantly throughout, with very few "flat" sections. Throw sleet, snow, wind and rain into the mix and it really does become a test.

This is a stiff examination of not only athletic ability but mental fortitude; especially around the 9 mile mark when the tiring runner is being pulled inexorably up the side of a busy main road. This is where I passed Sam, and I think I gave her some words of encouragement along the lines of "keep bloody working, Broomio" or something hugely motivational/comforting like that.

The last four or so miles of this race is where the hard work really started, coinciding with the weather being on its very worst behaviour. I actually felt pretty strong at this point, and despite the rawness of the elements, found myself strangely enjoying the experience. Not in the way that you'd enjoy a holiday, say, or your birthday, or a good night out. The

Running as spiritual nourishment? Might sound a bit Californian, but it works for me.

I was relieved rather than pleased to cross the line in 1:52, because this was a race when time didn't really matter for me. I'd survived and "got round" on a day it would have been easier to stay in bed. But then my mind wouldn't have found and touched the places it did. I wouldn't have enjoyed the company of fellow Harriers. I wouldn't have marvelled at the ability of our chairman to keep popping up around the course with his camera like a persistent tabloid paparazzo, or more importantly welcomed his words of support. OK, on the downside I wouldn't have needed 5 goes for my frozen fingers to unzip my shorts pocket to find my car



enjoyment came from reaching inside myself to meet a challenge, learning once more that you have a certain toughness and "stickability" to keep going. I never feel more alive or glad to be alive than I do when I'm running, and I think it is the mental boost that keeps us all persevering with this mildly daft caper far more than the physical benefit of being active.

key. I wouldn't have sat shivering in the car for an hour driving back home despite muffled in 4 layers of clothing with the heat on full blast. I wouldn't have vowed like the perennial hangover sufferer, "never again" in the sure knowledge that I will do it again.

But then I wouldn't have been a runner.

SIMON SMITH

THE KIRKSTALL TRAIL LEAGUE: A Q&A WITH ADAM NODWELL

What is the trail league?

The trail league is a trail, or fell alternative to the traditional Kirkstall Harriers CC. Although the Club CC caters a wide range of different races, the Trail Championship is almost entirely set off road.

Why did you set it up?

I set it up as an alternative to the Traditional CC as there are a whole host of trail races out there and it would be a good way of getting more people into trail running.

Why do you want to encourage more Harriers to run off-road?

It's always more fun when there are more club members at an event, not only does it make it a bit easier and cheaper in regards to transport but it also makes it feel more like a proper day out. There's also always the pride element of seeing more purple vests on display too. Were often outnumbered by white and red vests, claret and gold vests, red and green vests etc etc so to get more purple out there will do wonders for the club's reputation!

Explain the appeal of fell running?

The surroundings. Fell Races usually take place (locally) in places like The Lake District, Peak District, Yorkshire Dales, The Yorkshire Countryside or North York Moors. Also there's definitely a fell running community, everyone is insanely nice and passionate about the sport, there is no elitism, all the fast fell runners I have spoken to are really encouraging and then you have the challenge

of climbing to the top of a hill, maybe having time to look out at the beautiful view only to glide back down at a speed you didn't know you had in you.

What's your favourite fell race?

Last year it was a toss up between Heptonstall, Holme Moss and Three Peaks. Probably the Three Peaks as in one race we experienced what felt like a heat wave going up then snow on the top of Pen-y-Ghent, a rainstorm in Ribbleshead and a snowstorm on Wharfedale.

What's the difference between fell and trail?

Fell races tend to be more geared toward going over or up and down rather than around or along the hills. That's not to say a trail race is flat. The term trail running just means off road. So PECO XC is a form of trail race.

What would you say to someone who's intimidated by the thought of a fell race?

I think it's the word "fell" that people are afraid of, when they shouldn't be. It's just another word for hill. Also it's a known fact that hill training is good for you!

Do you like road running?

Not really, it all depends on the atmosphere. I loved the Leeds half because of the crowds, as it's something I'm not used to with trail running. But give me Meanwood Valley Trail over Kirkstall Road any day!

Editor's note: All details about the trail league are on the Kirkstall Harriers website

PB'S, BIRTHDAYS, NEW MEMBERS

Member PBs for February			
Distance		Name	Time
10m	First Race	David <u>Hodkin</u>	1:03:49
10m	PB	Jill Hudson	1:52:51
10m	First Race	James <u>Manthorp</u>	1:29:47
10m	PB	Alice Murray- <u>Gourlay</u>	1:07:23
10k	PB	Hannah Newman	0:54:55

Member Birthdays in March

Karen Boardman

Jason Buckley

Helen Drew

Jackie Elmer

Justin Heath

Laura Hogg

Tony Moran

Patrick Nesden

Justin Newall

Alexandra Potts

Jenny Waite



NEW MEMBERS IN FEBRUARY:

CATHERINE JAMES

THE LAST BIT

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. We usually run in at least three groups, and no-one is left behind. You are very welcome to turn up and run with us a couple of times to try us out. We are very friendly!

Please visit our website for more information: www.kirkstallharriers.org.uk

We also have an active Facebook page for our members.

And anyone is free to follow us on Twitter: we are @kharriers and welcome all your thoughts.

Please email kirkstallharriers@googlemail.com if you would like to contribute to the newsletter, or to any of the editors' emails, which are listed on our website under "NEWS". All articles are gratefully received.



