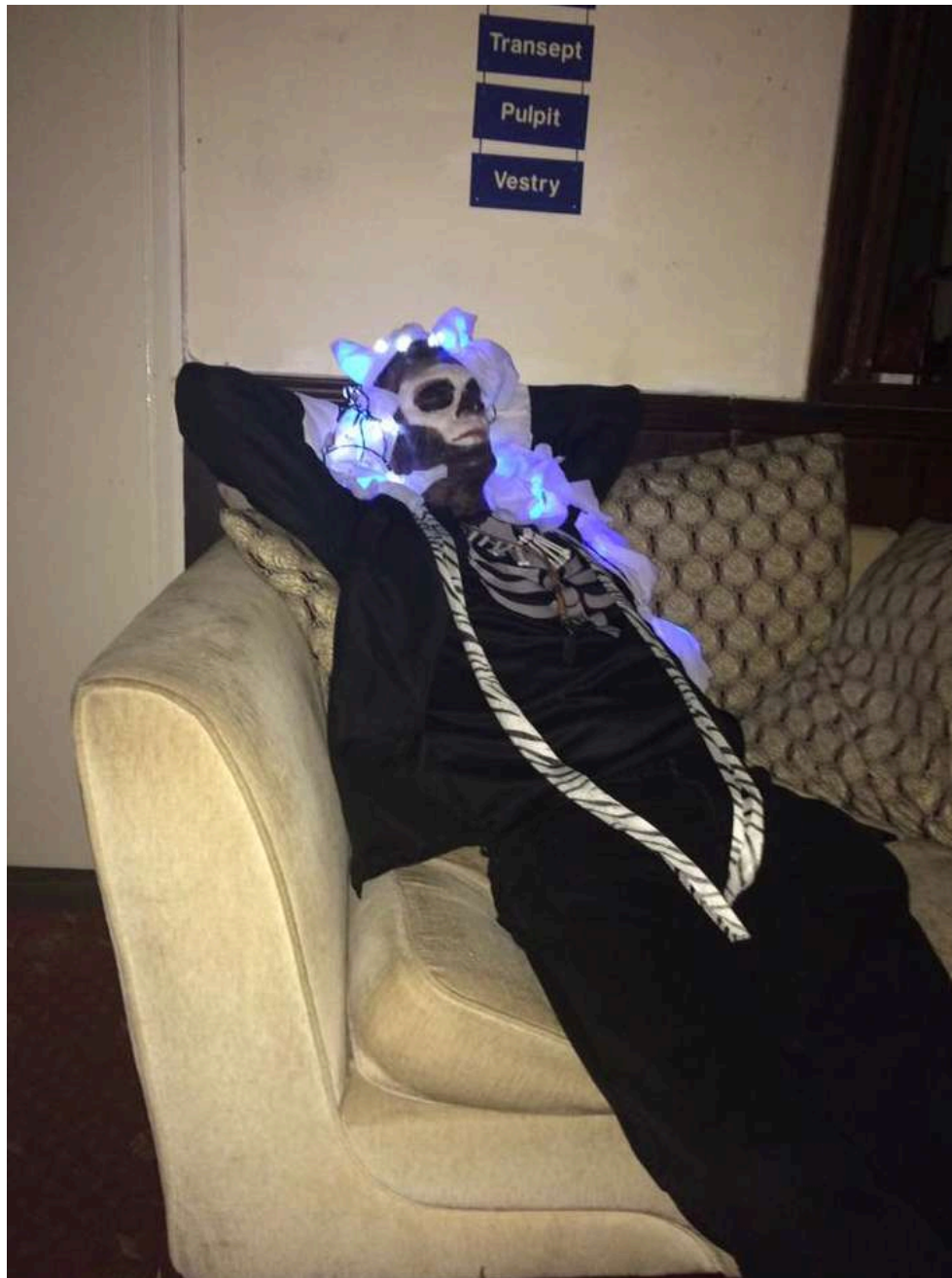


Kirkstall Harriers

Newsletter



*Death ends a man..... and a Kirkstall Harriers
Weekend away... ends our Chairman.....*

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A big welcome to our new members joining in October, just in time for PECO!! 😊

Rhian Kempadoo-Millar
Conor Carlisle

Talking of PECO.....

The first PECO is upon us, November 26th at Nostell Priory

If you want to run and haven't stated so yet, then please let Adam Moger know, so that he can get you a number...

Car shares will be needed so keep an eye on Facebook closer to the time for plans to organise this

The other PECO dates are as follows:

26th Nov - Nostell
10th Dec - Golden Acre
7th Jan - Roundhay
21st Jan - Middleton
11th Feb - Temple Newsam
25th March - PECO relays

The Osmotherley half marathon

Paul Grist

I've wanted to run one of the Hardmoors trail half marathons for a while, but every time I've tried to enter the races have been full. So I entered this one the day entries opened (about 9 months ago!) and just about secured a place.

Being my first trail run I was a bit over cautious in terms of kit. It probably wasn't necessary to carry my tent, sleeping bag, phone, spare battery, emergency provisions for days in the wilderness etc. etc. (I didn't carry my tent, but I did carry way too much). In fact the route was incredibly diligently signposted and there were friendly marshals all along the way handing out loads of jelly babies. Not the "off you go, follow the map, don't get lost for more than three days" experience I was half expecting. It was great running. Beautiful views on relatively easy trails through lovely woods topping out onto the moors. Really enjoyable.

Having said that, I found the last 3 miles of this 16.7 mile 'half' marathon really tough. I probably underestimated both how fast and loose trail runners play with definitions like 'half marathon' and the physical demands of going up and down quite a lot. I'm just really glad that in a moment of madness I didn't sign up for the marathon!

This was my first Hardmoors but Emma Lavelle-Wood clearly has a big profile on these events. Approaching Osmotherley I was cheered on by someone who, seeing my purple shirt, shouted "Kirkstall, you must be on Emma's team?"

It was a really fabulous day out on the moors and I hope to do more 'hardmoors' in the future. It was refreshing to get off the roads (much as I enjoy road running, with my headphones on) and onto the trails. Hopefully I'll see other harriers at the 'hardmoors' new year day run. In the meantime, there's the fells. Tour of Pendleton anyone?

Congratulations to Emma who came home second lady.

(p.s. note to self; shorts not leggings, shorts not leggings)



THEY'RE BACK.....

October Time Trial

The winter time trials got off to a bit of a damp start – which does not help when writing on wet paper, but thanks to the invaluable assistance of Jemma and Kieran (may or may not have bribed Peter with Brownies for that compliment – Ed)

– all went to plan – more or less, if there is such a thing as a well planned time trial.

Many thanks to all the runners who did turn up too, assuming they had seen the training schedule and knew what to expect. Among the 16 runners we had 2 new faces to the time trials – “old” member John Durkan who appears to have avoided doing these for the last two winters, and Nick Child, our latest new member. Paul Chapman was the first to start !!! mainly due to not having done these since his last major injury going back to the 2015/16 series when his recorded time was then 27.51 – but all looks like he is getting back to his speedy best.

Needless to say Paul was first over the line with a run time of 23.45. (and he didn't even provide brownies with his bribe) Second home was the continually improving Cat James with a run time and pb for this course of 24.48 and third over the line (he must have known this was going to happen, hence joining the club?) was Nick with a run time of 23.13, proving the point that most runners tend to play down their abilities when asked.

Bringing up the rear after his recent wedding and honeymoon was Malcolm Taylor with a run time of 27.14, but I did hear that he had a tennis match at 8.00pm that night too. Fastest runner on the night was Paul Miller with a run time of 19.55, just pipping Lee Hardy and Adam Moger by 2 and 3 seconds respectively. All 3 finishing much higher then where they started. Fastest female on the night was Isobel Webster with a run time of 23.11. The time difference between the first and last runner was 6 minutes 14, but leaving out the first and last person home this was almost halved to 3 minutes 19. Hopefully they will be closer on the next one in November –and the night may be drier. If anyone is interested in getting involved with setting up the start times please let me know, as a 2nd or 3rd opinion will be well appreciated – and deflect all the blame from me!!!

Peter Hey

Peter – we could never do a better job than you 😊

The 2nd installment of the ever wild and wonderful Winter Time Trial will be on Monday 20th November

The results.....

RESULTS FOR OCT 17 5K TIME TRIAL			2015/16 pb	RUN TIMES FOR 2016 -17						TIMES & POSITION ON THE NIGHT			POSITIONS 2016 - 17					
Name	Ext run time	Start Time		OCT	NOV	DEC	JAN	FEB	MAR	FINISH TIME	Pos	Run Time	OCT	NOV	DEC	JAN	FEB	MAR
Paul Chapman	00.27.45	00.07.45	27.51							31.30	1	23.45						
Vikki Hipkiss	00.27.45	00.07.45	28.35	27.05	27.42			28.00		35.07	8	27.22	4	14			14	
David Wood	00.27.45	00.07.45	29.18	29.12	28.38	28.11	29.23	28.51	27.46	36.01	12	28.16	15	5	10	23	15	3
Collette Spencer	00.26.30	00.09.00	26.47	27.34				26.01	26.02	37.07	15	28.07	21				3	2
Catherine(Cat) James	00.26.30	00.09.00						27.20	26.24	33.48	2	24.48						5
Carol Moran	00.26.00	00.09.30	25.20	26.05	27.39	26.24	26.34	26.16	25.46	35.47	11	26.17	26	20	5	14	9	4
Simone Solgado	00.25.30	00.10.00		26.41	25.23	25.03	25.00	25.46		35.15	9	25.15	2	3	13	13	19	
James Finnigan	00.25.00	00.10.30	24.19			24.26			25.14	37.04	14	26.34			11			15
Malcolm Taylor	00.25.00	00.10.30	25.20		26.53		25.28	24.41		37.44	16	27.14		19		3	5	
Nick Child	00.24.30									33.58	3	23.13						
Gary Carlisle	00.24.00	00.11.30	23.30		23.03			25.00		35.01	7	23.31		7			23	
John Durkan	00:23:15	00:12:15								34.15	4	22.00						
Isobel Webster	00:22:15	00:13:15		22.17		22.21				36.26	13	23.11	10		14			
Adam Moger	00.20.45	00.14.45	19.43	23.55	23.23	20.33	20.50	20.43	20.41	34.43	5	19.58	1?	22	3	18	12	19
Paul Miller	00.20.30	00.15.00	19.33	20.13	20.07	20.14	20.09	20.25	20.19	34.55	6	19.55	24	11	17	24	11	8
Lee Hardy	00.19.45	00.15.45		21.02		20.50	19.53	19.56	19.56	35.42	10	19.57	8		8	4	8	10

The 'C' word... (no not cake)

It's buffet season again Buffet Club so here are some festive dates for your Diary

Christmas Meal : Thursday 7 December : 7pm(7:30 eat) : Bar 166 Horsforth

£10 Non-Refundable Deposit required BY 17th November to reserve a place, to be paid to Sam Broome via Paypal or to a Committee Member at training. Survey Monkey has been set up for you to record your food choices and can be found at <https://www.surveymonkey.co.uk/r/SNMWFG6>

Christmas Light Run – with Horsforth Harriers is planned to take place on **Monday 11th December**. Meet at the LPSA, leaving in a number of pacer groups and running around Leeds city centre. Tradition is to cut through the Christmas market, for a photo outside the library then on towards the Christmas tree by the train station, then back to the LPSA for a bit of food. **We encourage fancy dress on this evening.**

AND... most importantly The UCD (Unofficial Christmas Do)

Now a Kirkstall Tradition, Drinks in town and much dancing.... Friday December 15th, further details to follow



#runandtalk

By Anne Akers

We've all been there. Running mojo taking a bit of a break, injuries and niggles, just not wanting to come down to the club to train. Sometimes it's a little more serious, and we might feel fed-up, or worse.

England Athletics has teamed up with the mental health charity Mind to create the role of Mental Health Ambassadors. It's a role to help clubs support members and friends get back to running or maybe even start running, we all know the benefits of having a run – once we've managed to get ourselves out of the door!

As Event Director at Woodhouse Moor parkrun, I've heard so many stories from people whose mental health benefitted from running so with support from Chris and the committee, I applied to become a Mental Health Ambassador for our club.

The idea is to be a listening ear or general support to anyone who wants it, which I'm doing through the monthly #runandtalk sessions. These are short runs, no more than 5km, done at a slow, easy pace so we all get chance to chat on the way, and finishing with coffee and cake. Hey, if the weather's bad, we may skip the run bit and get straight to the cake!

There was good support for the first one in September with a number of members saying you'd be interested. On the night it was just Simon and I, we ran and chatted, it was a lovely relaxing run, very relaxing for Simon as it's about half his usual speed!

#runandtalk will be on the second Thursday of the month, meeting at Kirkstall Leisure Centre for a 6.30 start then heading over to Costa at Kirkstall Bridge. Add these dates to your diary, everybody needs a good chat now and then!!

November 9/ December 14/ January 4 (a week early)/ February 8/ March 8 /April 12



Weekend Away

Massive thanks to Catherine Barrett for organising an excellent weekend away in Kirkby Stephen this Halloween (spooky Simon pictured)

Many games, many laughs and more mud than you could walk through (No seriously... you couldn't walk through it properly)

The spoon now passes to Vicky and Gary who are looking to arrange the next trip last weekend of April! They are always the best fun so....

Keep your eyes peeled for more details

Member Profile:

Lee Hardy

Age: 34 (almost Vets Age....)

Occupation:

Study Coordinator at Medinova Research. I implement and manage the day to day running of phase 3 & 4 clinical trials in a variety of therapeutic areas.

Originally from:

I was born in Doncaster and lived in a small village called Thorne until I left home and went to university in Preston and then moved to Leeds in 2005. I now live in Bramley where I have settled with my family since 2009.

Time as a harrier:

I have been a member of Kirkstall Harriers for 13 months and I am now hooked on running.

When did I first start running and why?

I did do some running in my late teens to compliment my swimming training at the time. Both activities took a back seat as I went to university and started "socialising" 5-6 times a week.

I then took up running again at the age of 33 in August 2016 mainly to try and improve my fitness and joined Kirkstall to maintain my motivation and meet new people.

What are your motivations for running?

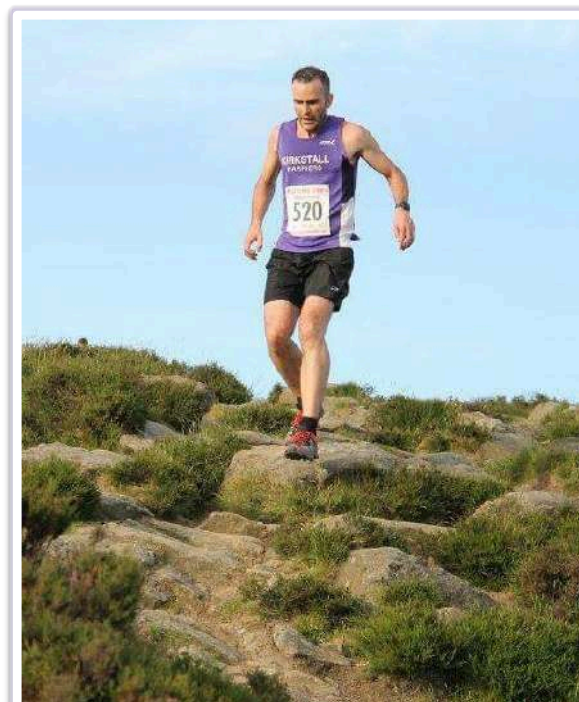
Fitness, relaxation and just to get up and do something and meet likeminded people.

Greatest running achievements:

My greatest running achievement is doing a sub 40 10k in July this year in at the East Leeds 10k.

What are your best running related memories?

As above, also joining the Kirkstall Harriers and meeting lots of great people and friends.



Worst running related memories?

Cross Flatts parkrun in August this year – Injuring my foot straight after starting due someone in front stopping to tie their shoe laces. This caused me to miss the Leeds country way with Rowan.

Do you have any words of wisdom for your fellow harriers?

Enjoy your running. When you're not enjoying running, remember why you first started running. Finally, set yourself realistic and achievable goals to keep yourself motivated.

Can you share an interesting fact about yourself?

At the age of 16 I represented Yorkshire in the national swimming championship and finished 3rd overall in the 100m breaststroke.

As a child after being told by my parents to "keep my hands out of the way" I chose not to listen and put said hand in the Eiffel tower elevator and broke two fingers (obviously we were near the top of the tower). On a separate occasion I also bit the end of my tongue completely off.

(HOW ON EARTH?!?! –ED)

The Parkrun Recovery System or PRRS for Short.

by Matt Sykes-Hooban



Matt's face when I told him I'm expecting a sub 20 parkrun soon

I love Parkrun, it is such a simple idea, most great ideas usually are; A regular timed 5k run in your local park at the same time every Saturday. Organised by local teams of dedicated volunteers, pretty much whatever the weather year round. I am quite awed by the simplicity of this concept and that it is almost unbelievable to think that Parkrun has been going for only 13 years.

So, having such a long layoff from running this year it was a real delight to finally find myself back at the start line of for Woodhouse Moor's 10th Birthday run. It wasn't really, an aim just a lovely coincidence that I felt I was ready to give it ago.

I have been finding it difficult to regain my running mojo.. If anyone sees it, do send it back home, I'll not be angry honest! It's been over six months since I last ran anywhere on the advice of my physio. I have tried to do the exercises I have been set. I have tried to get on my bike (not very successful) I have been swimming and steaming to keep myself in check but to be frank I have failed miserably, when you have an injury YOU are your own worst enemy. I have periods of thinking what's the point... usually whilst eating yet another pasty from Greggs or drinking that 'Just one more' Pint! But always in the back of my mind there is a little part of me that wants to do a Parkrun.

Back to that Birthday Parkrun, I finally thought I no longer want to run... I need to run; I am going out of my mind. Things need to change, so I get my kit out and head down to the park, being honest I had my doubts about whether I would be able to run for more than a couple of minutes before it all fell apart. Surprisingly this fear didn't bother me, I had made the first and biggest step by getting out of the door, anything else would be a bonus.

I turned up in time for big group photo, said hello to a few familiar faces and then headed to the back of the pack to await the start. As we got underway I settled into a really, steady pace, chatted to a few fellow runners. This is not so bad I think to myself, I might be able to do this. Now I am not going to go and tell you that I had skipped round and felt like a million bucks! It hurt like hell, I am quite unfit, I had DOMS for 3 days afterward for crying out loud! But what did happen was a feeling of pressure and stress being lifted off my shoulders.

This experience is what I have decided to call The Parkrun Recovery System (PRRS). I doubt that I am the only person to have experienced this phenomenon, it's the realisation that no matter how long you have been languishing on the Subs bench you can still run. No matter how you are feeling, Parkrun is there for you. Whatever your fitness level, state of mind Parkrun is there waiting, not judging always welcoming. There will always be people to run with, or not if that's how you feel. Someone is always there to cheer you on if you need it. To give you a wave or a smile. And more often or not there is cake at the end. What other event can give you all this for free?

I have tried many things to find my elusive running mojo but I reckon I might be on to something with PRRS. See you on Saturday morning maybe?

Yorkshire Marathon 8 October 2017

By Simone Salgado

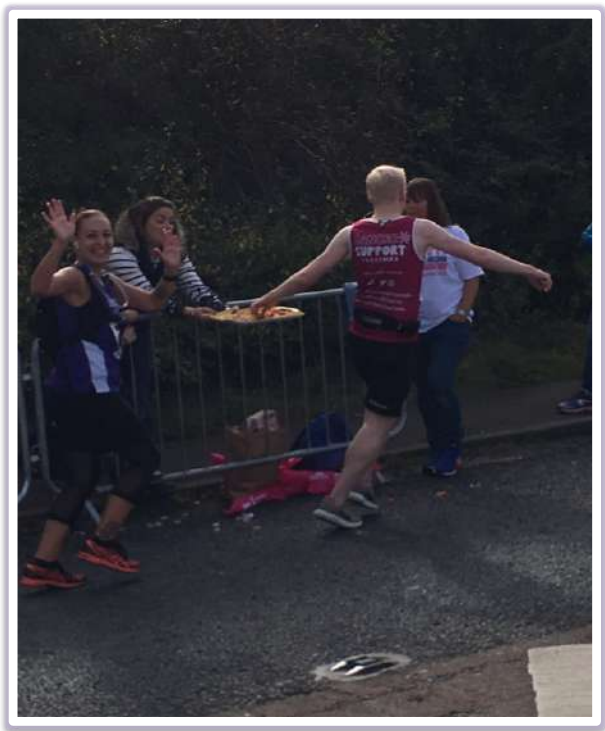
Where do I begin on my take on completing this marathon... it was difficult, challenging, a total head and body mess up but at the same time so proud and such an awesome feeling of achievement. However, I'm definitely glad it's over and I don't plan on doing another one again... I know what you are all thinking, everyone who runs one says this... until the next one is booked – not anytime soon!! For me the biggest challenge was the training, I'm one of those people that definitely needs a swift kick up the backside to put myself into gear, when I had less than 3 months to start training and most articles I kept reading advised 12-20 weeks training with 3-5 runs a week and the procrastinator within me just pushing for that last minute to getting training – cool, finally swift kick given.

The canal soon became my new best friend and up until this point the most distance I had ever run was a half marathon distance, anything beyond just seemed totally insane. The biggest obstacle in my way, was my mind, being able to tell myself that I was totally capable of upping my long runs, simple right? How hard can it be, adding an extra mile to my long runs once a week starting at 14 miles... not hard at all, WRONG... for me it was not so easy, fear crept into me on more than one occasion, thinking that I was not capable of running that 1 extra mile every week and needing to get my head around this, didn't come easy. The canal and all its beautiful glory including; many cyclists, pedestrians, barge folk and holiday makers definitely saw me in floods of tears on more than one occasion, oh how the mind is a powerful thing is no joke, it likes to play tricks on you and the thinking I can't do a simple thing like run that one extra mile, that I know my body can but yet at the same time trying to persuade my mind that I can ... and I did, through all the blood, sweat and definitely the tears, ok maybe no blood but just bruised toes, angry body and the continuous eating, a lot of sweat, swearing and a lot of tears. When I look back now at my overall mileage starting in from the end of June up until marathon day, a crazy amount of running that I'm proud of actually – 280.90 miles in 3 months and August being my most successful mileage of 119.3 miles (eye twitching moment for most as to why didn't I just round this up to 120 miles, I don't know).

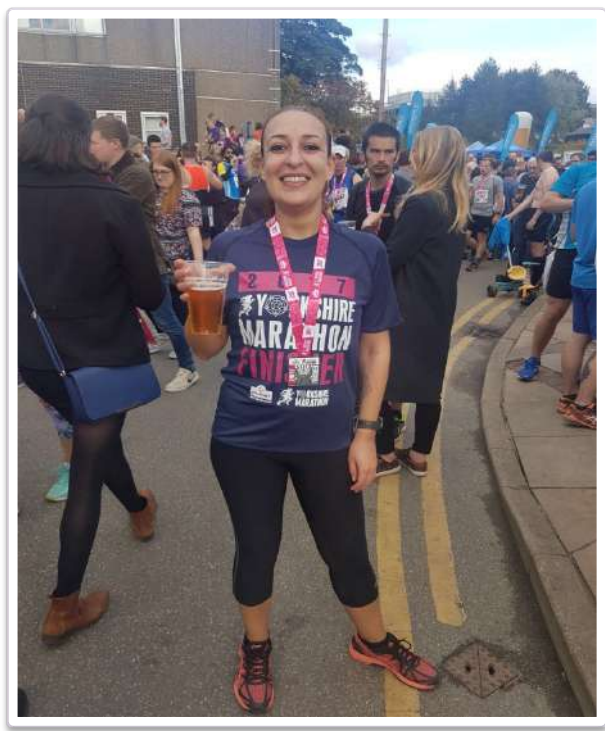
A HUGE THANK YOU, to everyone for all the incredible advice and the good luck messages I received ... so much love and appreciation for that. To everyone that came and watched and having my name shouted out by complete strangers is amazing... and seeing people you know on the way around definitely gave me the push that I needed! Such amazing support on the day, it's definitely needed and my music... I NEEDED my music, I don't think I could've coped or got around without my crazy psytrance.



Photo courtesy of Noel Akers



This was definitely my funniest moment captured by Jackie Elmer, when I got so excited to hear Jackie call out my name and the giddiness within me **almost** took out a whole tray of jelly babies and the runner in front who would've been sprawled all over the road... good thing I still had my reflex actions working even at mile 17/18...



Here I am, with a marathon done... and ticked off the so called bucket list. I don't come from a sporty family or background, I'd say I'm more of a sofa surfer... but this by far, in all my almost 34 years of living this has been my biggest challenge and achievement and one I can very proudly say I finished in 4:34:23 (to be precise). I wouldn't say I enjoyed it and I wouldn't say I hated it either, after all it is a marathon...

A very happy and tearful moment for me to have finished it even though it was alcohol free beer!!

*Kirkstall Harriers – representing Strong Females always - Well Done
Simone - ed*

And on the subject of Marathons – The club has yet to have confirmed how many London Marathon places it will receive this year, but your rejections have been received and we will let you know the outcome as soon as we can

YORKSHIRE VETERANS ATHLETIC ASSOCIATION (yvaa.org)



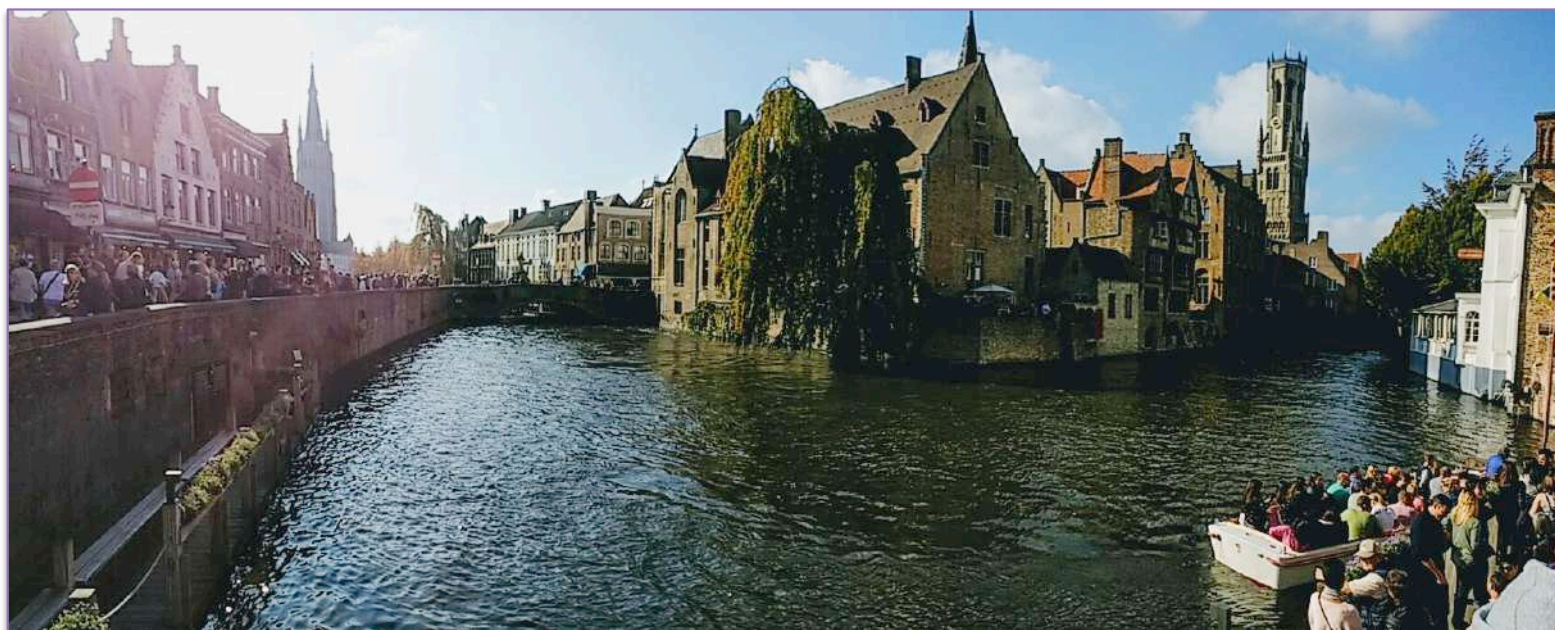
Yorkshire
Veterans'
Athletic
Association

The last race at Horsforth was another very interesting run with most of the field only doing about 3.5 miles of the 5 mile route. Hopefully a situation to be improved on for next year as we need as many races as possible to get to the desired target of 10 races each year. Fortunately or unfortunately, we only had 9 runners on the day 5 ladies and 4 men. As some of the runners did actually do the full route – some of the leaders – who only just overtook me at the end, and some of the backmarkers too, the positions over the line could not count for points. At Adam Moger's suggestion they have decided the fairest way is to give all those who finished, their current average score over the series, with any new runners their score on the day as there are insufficient races left for them to be in the final considerations. This gave Niamh Jackson the 1st lady overall, who also collected a prize on the day, and Louise O'Brien, 4th in her age group. Those in the top 10 or close, in the individual standings now after 5 races are for the women, Louise O'Brien 2nd overall and 1st in her age group. Niamh Jackson 5th overall and 2nd in her age group. Further behind but with room to improve at the last run are Collette Spencer 9th, Sheila King 8th, Vikki Hipkiss 11th and Carol Moran 10th. For the men we have Paul Miller who is now 9th, Adam Moger 4th and Martin Fraser 12th. The ladies team have dropped one position in one of the 3 events and are now 4th in one competition and 5th in the other two. out of 32 clubs taking part. The men are now 7th 9th and 7th in the 3 competitions, out of 36 clubs taking part. Can we please have as many members as possible out for the next and last run as the points difference between us and some of the other clubs are less than one individuals score – either for going up a place or dropping down another. To be eligible to enter these great value for money races, (only £5.00) you have to be 35 or over, and it is good friendly competitive runs over different types of interesting terrain. If you have never done one before, or have been missing out recently for whatever reason – please try to turn out for this last one, if not for points for yourself, then the club needs as many as possible to keep the purple flag flying high. If you prefer the socialising side, the YVAA are organising an awards night – and disco at THE 6 ACRES in Drighlington at the top of Tong Lane, BD4 0SF on Saturday 9th December starting at 7pm. The cost of the evening is £12 per person. Full details for everything are on their web site yvaa.org

Almost the end of another year with only one more race to go – the very interesting and varied course of Spenborough, assuming it is the same as previous years. It is on 12th November starting at 11.02. Giving the late arrivals an extra couple of minutes grace???

LAST RACE FOR THE YEAR

Spen – Sunday 12 th November. 11.02 start. Anyone wanting a lift, please contact Peter Hey at jap.no26@ntlworld.com or 07708562593, preferably around or close to the Bramley area.



Flemish Without A Blemish – Club Trip to Bruges by Simon Smith & Friends

Well.....we really made it happen. I had been thinking about organising a Harriers trip into Europe for at least 18 months before 21 of us finally made it to Bruges this September. What a trip it was. Blessed with glorious weather throughout, we all had a wonderful time as we painted this gorgeous part of northern Belgium purple. I understand that continental jaunts like this were something of a feature for the club back in the 80's and 90's, so it was pleasing to be able to pay homage to that tradition and take the Harriers back "into Europe" after a long absence. Following the success of this trip, it certainly won't be too long before we pop across the Channel once more to pay another visit to our neighbours, and my thoughts are already turning to selecting a destination for autumn 2018. Watch this space on that one.

I knew that I wanted to write a piece for the newsletter about our experiences, but quickly realised that my story was only 1 of 21. I therefore asked the other Harriers who went on the trip to contribute their thoughts, and am pleased that so many have done just that below.

My own highlights? Difficult to know just where to start. Standing on the deck of the ferry feeling pretty small as I gazed up at the clear night sky. Sunshine. Beer. How seriously some people take a game of Bingo.

The beauty of Bruges – whoever dubbed it "the Venice of the North" got it spot on (check out Rowan's wonderful snap below that wouldn't look out of place in a tourist guide if you don't believe me). Our hotel, literally just across the road from registration and round the corner from the start of the race. Seeing Kieran and Jack off at the start of the marathon. Jack's debut (5 secs, Jack). Kieran's run of courage that I admired so much. The heat on the course. A surreal trip to the post-race showers with Rachael. Barely a trickle of water in those and a half eaten sausage on the floor of the shower.



When are the Purple Ladies Jackets arriving?

PB's for Rachael and Cat – Rachael after little recent running and Cat smashing over 30 mins off her previous time. Fondant filled chocolate breasts. Above all, just brilliant company with truly excellent people whom I am proud to call Harriers and friends. Thanks guys – you all made the trip what it was. - **Simon**

I bloody love my purple family! What a great weekend of sunshine, choccy woffs and ridiculous challenges. You can always guarantee you will laugh until your face hurts with KH can't wait for the next one - **Laura**.

What an incredible weekend full of excellent weather, lovely beer, silliness, choccy waffs, crazy challenges, clothes swapping, toilet hugging (or whatever it is called!) and even a bit of running!! have gained many memories from Bruges and it is trips like this one that makes me grateful for my purple family. Never a dull moment! - **Rachael**



What an educational trip. I learnt that beer, wine, gin and tequila on four hours sleep were not conducive with Running 13.1 Miles in the heat, I mean, who knew?!?! Great weekend, great city, great company and I won a whistle - what's not to love about KH on tour in Bruges. - **Emma**



Despite my late arrival I still feel I had my fill of purple pandemonium for the weekend, contained everything a weekend needs, running, drinks, food and laughs. A true challenge on more than a few fronts. - **Jack**

Ferry, Beer, Scary People, Beer, Scary People, Bed, Lunch and beer, Kwak, Dinner, More Kwak, Kip, Jog, Chocolate, Beer, Ferry, Beer, Simon's ample bosoms, Scary People, Beer Scary People, Sheila King Drugs Baron, Bingo, Kip, Kirkstall - **Adam**.



Just watching Eleanor and her excitement at being away on her own for the first time in ages. All summed up by her absolute joy at seeing the ferry cabin bunk beds – priceless. How could I not offer up the top bunk which was seemingly the “icing on the cake” or is that the mattress on the top!!!

How we all caved as Emma took the lead and ordered a tray of tequila shots for everyone on the first night. It was still quite early in the evening and the fact that she felt so bad the next day suggests that she possibly peaked too early.

The cheesiness of the ferry show bar and the fact that after a few sherbets many of us were game for getting up to strut their stuff!

After discovering the fantastically centrally located hotel, the wonderful afternoon of waffles and whizzing around on the boats whilst waving at fellow competitors drinking in local bars.

The well organised registration. Having watched all day a huge queue. I was surprised to go at teatime and walk right the way to the front. The Collette and Ceata support – or should we call them Ceatette? Oh and there’s the race itself. I normally don’t like particularly flat routes but this had a real mixtures of scenes along the way – canal, lovely old houses, industrial barges, farms, fire engine cutting across my path, massive bull, prosecco tent(why at the half point, I’m not sure why); with the grande finale running into the square. Although I missed the last 2 km markers and consequently was on my last legs by the end! The nectar experience that was the free beer at the end.

Comedy value of going to the chocolate shop to buy Simon’s boobies with Rowan!

*Then the return journey – the record breaking attempt in the coach toilet that I was cajoled into joining in with. I should know better at my age! The hilarious but rather salubrious crowd that joined us in the showbar, no I don’t mean the Harriers but the unsavoury lot from the right side of the Pennines. Offered me weed on the back of the boat and then afterwards asked if I was a police woman!!!! **Sheila (The Dealer).***

*Three nights without the kids, how great!
You won't see Eleanor staying up late
Half the attraction of this trip, I'll admit
Was the thought of just getting a good nights kip!
Turns out I don't sleep well on a ferry
But great company, food & drink keep me merry
Jack's drinking games were all highly amusing
And OAPs playing bingo whilst we were out
boozing ..*

*Profiteroles, shopping and covers bands
Such a fun mode of transport to foreign lands
Bruges itself was a gorgeous city
With canals, choc waffs and buildings so pretty
When race day came, it was oh so hot
Enjoyed the route but my pace went to pot
Fabulous finish in the main town square*



*Missed my 1.50 goal (just!) but I didn't care
For post race beer we walked not far
and settled down at the hotel bar
Huge thanks to Simon for organising us all
Safe to say, I think we all had a ball. **Eleanor.***



And Finally.....

Member Birthdays in November

Jill Camm
James Corah
Alyson Glover
Simon Hands
Kelvin Horner
Niamh Jackson
Fred Maier
Joanne McGarey
Nathan Molyneaux
James Nundy
Matt Sykes-Hooban
Malcolm Taylor
Jacob Thompson-Bell

Member PBs for October			
Distance		Name	Time
Marathon	First Race	Alice Chandler	4:17:00
Marathon	PB	Timothy Dixon	3:31:11
Marathon	PB	Paul Grist	3:23:58
Marathon	First Race	Jack Hipkiss	3:23:26
Marathon	PB	Kevin Longmate	3:26:46
Marathon	First Race	Michael McGill	3:51:05
Marathon	First Race	Simone Salgado	4:34:23
Marathon	PB	Elizabeth Walker	4:28:00
Marathon	First Race	Isobel Webster	3:57:26
Half Marathon	PB	Emma Ballantyne	1:21:43
Half Marathon	PB	Catherine James	2:03:33
Half Marathon	PB	Rachael Kearns	1:59:50
10m	PB	Niamh Jackson	1:06:03
10k	First Race	Timothy Dixon	0:40:51
5k	PB	Jonathan Young	0:18:44



FIN.....