

# Kirkstall Harriers



Can't believe she \*\*\*\*\* got me – Jill Buckley (likely quote)

**Just like that!... another cross  
country season done\*...**

**and for sheer valour the club secretary wins them all**

\*almost done – PECO relays March 25<sup>th</sup> see inside

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# Final PECO Race Report and Season Review

By Adam Moger



The purple posse are always sure to turn up for .... Hannah's millionaires shortbread

In the final race at Temple Newsam we fielded two strong teams, with Jonathan, Lee, Jack & Ben leading home the men, followed by Tim, myself, Gieds & Chris G. For the ladies it was Little Em, Niamh, Emma L-W, Leah (1st Peco), Jill C & Eleanor (once again a valiant 6th place!). Possibly the muddiest Temple Newsam has been but a varied course and lots of great support.

The ladies were relegated for possibly the first time - but subject to the caveat that they've only dropped to the same division as the men - and can consider themselves unlucky. The men finished second bottom for 4 races out of the 5 and yet stayed up; the ladies finished 3rd & joint 2nd in the final two races and yet went down, due to results elsewhere. But there's now a strong chance of silverware and promotion next season.





Leah in her first PECO chasing Jill Camm



Niamh leading the way

41 men and 40 ladies ran in at least one PECO race for the club this season. Notable successes include Niamh's 2nd place overall, Alice M-G's win at Race 4, and the men staying up by the skin of their teeth on countback. Countback is effectively the "pushing back runners from other clubs" & shows how not just the first 8 (first 6 for the ladies) count for the team.



Leann and Bal with expert mud traversing skills



Adam – you even look like you are enjoying it this year

And finally for PECO this year are the relays on 25th March, organised by ladies vice-captain Jemma.

PECO relays will take place on Sunday 25<sup>th</sup> March. Venue still TBC but likely to be at West Park. If you would like to run please let Jemma know ASAP.

.....via any medium facebook, email, song, dance... spelt out in white chocolate  
Lindt bunnies I'm not fussy - ed

## Kirkstall Harriers AGM 2018/19

In case you have not seen the AGF summary. Here it is again:

### Election of Officers for 2018/19

- Chairman - Chris Glover
- Secretary - Jill Buckley
- Treasurer - Neil Marshall

### Election of Captains & Committee for 2017/18

- Catherine Barrett - Ladies Captain
- Jemma Roe - Ladies Vice Captain
- Simon Smith - Mens Captain
- Paul Chapman - Mens Vice Captain
- Adam Moger - YVAA & PECO rep
- Racheal Kearns - Marketing & Sponsorship rep
  - Carol Moran - Club Gear rep
  - Sam Taylor - Social Secretary
  - Vicki Hipkiss - KA7

### Subscriptions for 2018/19

The AGM voted to increase subs by £3 to £28.

### Northern XC Funding

The AGM voted to fund Northern Athletics which will add £2 to annual subscriptions making them **£30 for full members.**

### Charity Donations for 2017/18

Sue Ryder Care Wheatfields - £500  
Mountain Rescue - £100  
Yorkshire Air Ambulance - £100  
Action Duchennes - £100

### Proposed changes to VLM Club Place Allocation Rules

Removal of "Attendance at training" as a criterion.  
Limit of 10 years put on "Previous VLM club place"

**SUBS ARE NOW DUE**  
**£5 discount until 31 March**

Subs for 2018/19 are increased to £30 for full membership but we are doing the £5 "Early Bird" discount again for those who pay up before 01 April. Subs are due now.  
Check out the web site for ways to pay.

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

## Club Championship Results

On the night of the AGM Malcolm Taylor was able to finally reveal the results of the 2017 club Championship!

Paul Grist (pictured right with even more silverware... ) was the well deserved winner! 2<sup>ND</sup> Place going to Rachael Kearns and 3<sup>rd</sup> to Alex Potts- both equally as deserved. There is all to play for in this years championship and the races that count are up on the website.

Malcolm also gave out prizes for the most amount of races ran in the championship which went to Louise O'Brien, Most amount of parkruns which was awarded to Adam Moger for 52! And also most improved from Feb PECO to Nov PECO which went to Hannah Lee, Sam Taylor and Jill Hudson who had all improved by 3mins per mile

## Trail Championship 2017



2017 also saw the first edition of the Kirkstall Harriers Trail Championship.

Emma Lavelle-Wood was the winner (pictured left running to collect her trophy), our man in Vienna Adam Nodwell in 2<sup>nd</sup> Place and Chris Hudson a well deserved 3<sup>rd</sup>. Chris will be running the championship for 2018 and qualifying races are on the website.



## Sportsman / Sportswoman of the Year

At the AGM Adam Moger announced the Sportsman and Woman of the year awards, as voted for by their Kirkstall peers. The awards this year went to Simon Smith and Niamh Jackson (respectively) and a resounding "thoroughly deserved" echoed through the room. Well done to both





# TIME TRIAL Wed 21<sup>ST</sup> Feb

Peter Hey

There were 14 starters on this fairly mild night considering the weather we have endured this winter (with more to come so they say), but it was the week after the Liversedge half marathon and we have quite a few runners representing the club in the National Cross Country in London this coming weekend. There were 5 new names for this winter series, 3 of which has done them in the past, Matt Sykes-Hooban, Jo McGarey (a returning member) and Jill Camm. The 2 new additions were Anna Jaines and Jonathan Young. So along with these and a few excuses on the night, there were a number of adjustments/additions to the handicaps. There was 4 minutes and 21 seconds between the first and last finisher, but making excuses for the first and last one home, the remaining 11 runners finished within 1 minute 14 seconds. First over the line after recovering from his back injury (he must be doing his physio correctly) was Matt Sykes-Hooban with a run time of 26.31, but not his fastest for this course. 2nd over the line having made his way from the very back of the starters was Jonathan Young with a run time of 18.23, the fastest on the night and the fastest this winter. Third was Dawn Henderson gradually getting faster with a run time of 29.52, a pb for her on this course. Fastest lady on the night was Anna Jaines with a run time of 24.52. Other pb's for this winter's series were Patrick Nesden, 34.02 and Malcolm Taylor 25.39. Bringing up the rear on the night sadly was Jacquie Elmer who has not been down for a while so this may be just a one off. Another disappointment was Jill Camm who recorded a dnf due to hamstring problems, hopefully this is nothing serious and she will be back running very soon. Three other runners who "jogged" round the course or did just a part of it were Lee Hardy, (dodgy shin and doing the Harewood half M this Sunday) John Hutchinson, still recovering from serious spine nerve problem and Dave Wood, recovering from a foot injury. Many thanks too to the team of supporters, Sam Taylor, Gary Carlisle, Lucy Churm and Kelvin Horner. You will be pleased to know the next one in March is the last for this winter.

RESULTS FOR FEB 21/18

	Est run time	Start Time
AN OTHER		00:00:00
Patrick Nesden	00.34.15	00.01.15
Dawn Henderson	00.30.15	00.05.15
Matt Sykes-Hooban	00.28.00	00.07.30
Joanne McGarey	00.27.30	00.08.00
Vikki Hipkiss	00.27.15	00.08.15
Jacquie Elmer	00.26.00	00.09.30
Malcolm Taylor	00.25.30	00.10.10
Anna Jaines	00:25:00	00:10:30
Sean Scanlon	00.24.45	00.10.45
Matt Kasperek	00.22.30	00.13.00
Jill Camm	00.22.30	00.13.00
Giedrius Geisleris	00.20.45	00.14.45
Adam Moger	00.20.00	00.15.30
Jonathan Young	00.19.00	00.16.30

PB

PB

RUN TIMES FOR 2017-18

2015/16	2016/17	OCT	NOV	DEC	JAN	FEB	MAR
			REV	REV		REV	
30.28	30.56		34.50	34.26	34.16		
				30.10	30.14		
29.54	25.59						
28.28							
28.35	27.05	27.22	27.03	27.32	27.08		
	27.18		25.53				
25.20	24.41	27.14	28.39	27.19	25.45		
22.35			26.06	25.21	24.39		
24.04	22.14		22.31				
22.22	22.00						
			21.32	21.30	20.45		
19.43	20.33	19.58	20.36	20.26	20.02		

RESULTS ON THE NIGHT

Postn	Finish	Run
	Time	Time
5	35.17	34.02
3	35.07	29.52
1	34.01	26.31
4	35.10	27.10
11	35.51	27.36
13	38.22	28.52
10	35.49	25.39
6	35.22	24.52
12	36.07	25.22
8	35.39	22.39
dnf		
9	35.40	20.55
7	35.35	20.05
2	34.53	18.23

POSITIONS 2017 - 18

OCT	NOV	DEC	JAN	FEB	MAR
	21	6	8	5	
	15	12		3	
8	6	15	10		
	2				
16	20	9	2		
	18	2	6		
	9				
	11	8	4		
5	12	14	9		

# Member Profile

Izzy Webster

Originally from: Oxford

Occupation: PhD Student

Time as a Harrier: 18 months

**When did you start running and why:**

I was about 12 years old, I had my first school sports day at secondary school and was the only person who could run the 1500m without stopping (my school was not renowned for its sporting achievements). My Dad, who was a very keen runner, was so happy he started taking me out running with him after school.

**What are your motivations for running:**

Various reasons, it's definitely a sort of meditation for me, when I'm out on a run there is nothing else to be done other than to be where I am, to notice and enjoy the moment, so it's a bit of rest for a hyperactive mind.

**What are your best running achievements:**

Training for and completing my first marathon.



**Worst running related memories:**

Trying to go for a run in the snow in Val d'Isere. I think I ran uphill for ten minutes before I was sick and had an asthma attack. I don't think altitude running is for me.

**Do you have any words of wisdom for your fellow harriers:**

Do yoga. I got so many injuries until I started doing yoga.



**Can you share an interesting fact about yourself:**

I have chronic synesthesia. Sometimes it's very helpful and sometimes it is incredibly annoying.



## YORKSHIRE VETERANS ATHLETIC ASSOCIATION (yvaa.org)



Yorkshire  
Veterans'  
Athletic  
Association

The list of races is still the same as mentioned last month so the first race is fast approaching. Horsforth are hosting the first one on the 18<sup>th</sup> March at 11.00 am from the Horsforth Sports Club by the Old Ball roundabout. The course is similar to their initial run last year and all being well all runners this year should complete the whole course! The route should be about 6 miles and is a multi-terrain course. Runners are requested to register at least 12 hours before the race on the web site. Yvaa.org.

Please remember all your points add to the club total – if you have a good or bad run on the day. The first championship race is the Ackworth half marathon to be held on Monday 2<sup>nd</sup> April.

If you need any more details please ask Peter Hey or Adam Moger who will be only too glad to assist.

The GRAND PRIX races listed at the moment but could be subject to change are  
Sun 18<sup>th</sup> March – Horsforth  
Sun 22<sup>nd</sup> April – Honley  
Tue 29<sup>th</sup> May – Kirkstall (We need the assistance of all you young un's – please)  
Sun 3<sup>rd</sup> June – Lythe – near Whitby  
Sat 7<sup>th</sup> July – Keighley  
TBC but down for July – Saltaire Striders  
Wed 8<sup>th</sup> Aug – Halifax  
Wed 22<sup>nd</sup> Aug – West Vale  
Sun 11<sup>th</sup> Nov – Spenborough

They also arrange Championships, which are usually a race within a race for people residing in Yorkshire and who are members of affiliated clubs, but you may have to enter separately to be eligible for the YVAA part of the race. A list of these races is below but again could be subject to change.

CROSS COUNTRY – Sunday 4<sup>th</sup> March – Spenborough  
HALF MARATHON – Monday 2<sup>nd</sup> April – Ackworth  
5 MILE – Thursday 7<sup>th</sup> June – Haworth  
10 MILE – Sunday 1<sup>st</sup> July – Eccup  
10K – Wed 4<sup>th</sup> July – Helen Windsor (Halifax)  
5K – Thursday 19<sup>th</sup> July – Huddersfield  
TRACK & FIELD – Sunday 23<sup>rd</sup> Sept – Spenborough  
15 MILE – Sunday 21<sup>st</sup> Oct – Holmfirth  
FELL – November – Meltham

For more details or to check on the accuracy of the information and dates please visit their website yvaa.org

## A supporters ramblings.....

By Elaine O'Halloran

Now not necessarily your usual article I must admit, as not done one before. But I am a supporter of a runner, he may not be fast, but I am proud to be his wife and come along until recently to pretty much most if not all his races. As I say till recently and the addition of our son. I am a Elaine, Sean's wife, the strange lady normally found at most races lurking near the purple tent with dog tethered to a lead around my waist, a baby strapped to my chest and a girl jumping in mud or more recently putting some of you through a warm up session, as she likes to call it, somewhere near my side. And then there's the shouting of either "go on sexy" (or in child's case "go daddy") usually to the hubby and then as I must also admit, because I'm not good with too many names "go Kirkstall" or if you are one of the few I see and speak to often then your lucky it's your name.

As a supporter I have seen my hubby do many a race, from road, fell, run/swims and triathlon races to state some. He also did start with first claim to another group till he came across yourselves at Kirkstall and that changed. He may not train with you but I assure you he does put in some effort when not at races. He appears to somewhat enjoy cross country of which he attends as many of them as he can. And has this season even done both Saturday and Sunday's back to back, I however haven't been able to get out as often as previous times. But have been out as many times as possible. This is partly to do with how long out of the house likely to be, by which I mean the time taken to get to venue and the fact that hubby usually likes to get there well ahead of his races start time. As I am currently breastfeeding, mind this doesn't always stop me but the longer away from home the more times need to find somewhere to spare others blushing to feed little man. And when it's cold well I am sure most of you may have had runners nipple so use your imagination.

The race day, well won't bore on the pre-get-to, once arrive and have unloaded the vehicle of all people and animal. We aim to find the fabulous purple tent where I try and stay out of tent to allow access for the runners, unless wet or particularly windy then I sneak in. From a supportive perspective I try to gain the main group picture pre race, as post race would be good but not always possible even though nice to see how muddy folks have got doing the cross country's. I then try and keep child, baby and dog together a distance down the start run route to aim to video the initial few steps of all the runners as they head off on your adventures. Once obtained I head normally to a easily accessible spot on route to then catch the runners go through, some routes I get to see them more than once at said spot. Where as above I shout and cheer either the team or the individuals, occasionally I have bells to also ring.

My aim is to be loud and encouraging as I can depending on the weather and the behavior of those I have with me (dog included). And finally if I can I then get to the finish line, to again video footage. I take video clips then gain still pictures as I have found it's the easiest way to catch the action best and get as many pictures as possible this way. The pictures gained of late have mainly only been of hubby in past have managed to get most of the team.

Which where possible I then share with those in the picture. And mainly hubby/girl/baby/dog ones go straight on to Facebook with if chance to do so check in of where taken. But sometimes I just pass the pictures/videos to hubby for him to share as appropriate. Then aim back to the tent, where I am pleased to say the team usually still waiting if they hadn't gone back to finish line. As you as a club are great, it is a team and there is usually a good turn out to the races and a good representation of you all till the last person gets home to the finish line. And as a supporter you include me in on conversations and most ask of my preferred sport. So I feel valued, and therefore happy to turn out so often. And I do hope that the pictures I have gained in past have been good as do intend on getting more of you all in the future.

Happy running folk, I'll be shouting if hubby in the same race as you, taking videos of as many of you as can, to then share on your club page. I also hope that you have enjoyed this and that if you need or want more from me then I can go on about flying gazebos and other funny happenings that you as the runner may miss out on.

Elaine can also often be found refereeing the latest edition of Kirkstall Dog Wars



## National Cross Country's London Vacation

By Jemma Roe (ooh that's me – ed)

In the last 12 months I have been intermittently very injured to slightly injured, but never fully right (I'm talking about running here guys by the way not quirky tendencies so my egg phobia doesn't count). Obviously in this situation what you want to do is spend 5 months of the year running in the most cross country races that you have ever ran in! NO? ok well where were you guys 5 months ago with that helpful advice. So, this year I have ran in at least some of the West Yorkshires and PECOs, Northern's at Harewood House, I didn't do the Yorkshire's because well, didn't want to commit to be entirely on the band wagon... (or I was busy) and then finally to round it off the Nationals on Parliament Hill on February 24<sup>th</sup>.

I remember not long after I first joined being told, that if the National Cross County championships was ever at Parliament Hill it was one not to be missed, those words came from Jill Buckley, I took them very seriously. If you have never been to Parliament Hill its out near Hampstead Heath and offers the opportunity to run a XC, with a somewhat epic view of the London skyline (shard excluded because it's rubbish). London is a long way to go to run a XC but it's also an opportunity not often presented so I was happy to put my name forward.



The KH nationals squad – minus Izzy who was queuing ...



Let's go back to a pivotal moment at the Northern XC championships, when after having forgotten my Garmin, my legs and my sanity clearly (I've ran races at Harewood before...) and on the second run up a rather large muddy hill I turned to Hannah and Liz and announced that "running in this makes PECO look like a trip to Disneyland" .... If only I had known then that Nationals would make PECO feel like someone had bought me the Humber Bridge! It's a big event, 1113 senior women ran and 2300 senior men, even watching the start of the junior race was pretty spectacular. The ladies course was a small loop then a big loop, the men's course was ... a small loop, a big loop, and then a game of dot to dot with some numbers on a drawing of a field (it was a little confusing to look at). Ladies went of first with a 40 minute gap to the men's start. After a nosey at the Lido (very pretty) Quick pep talk from the lovely Niamh (we've chosen to do this so lets try and enjoy it, got it) we were ready to go...



The course started uphill..... UPHILL... at one point Jonathan had me convinced that we were running up that hill at least twice, and to be honest if I hadn't found out that wasn't the case prior to the start, I may have not even ran up it once (ha!). It was a hard slog, but thankfully with it being one of those where everyone is watching, one that you just get done! It was busy, the start area was very wide and then you are essentially funnelled up the hill in a space a 10<sup>th</sup> of the size of the start, not so bad I think for the ladies start but I know it gave the men's start a frustrating edge, but after that first hill it was all plain sailing! I jest, I won't give a lap by lap account but the course was a typically undulating XC course, pretty much no flat, very muddy ... super muddy, but "suitable for spikes" (debatable) – even in spikes it was quite hard to get a good footing on some of the back areas of the course, I fell over, and I carried on... It was tough in parts, many parts in fact! I definitely was not fit enough in my mind, and also I had done a bleeding parkrun in the morning (numpty) – but what was nice was that there were a lot of people out supporting (including ex harrier Steve Webb thanks Steve) but there also appeared to be a lot of other people in the same boat of, doing this because it's an opportunity and therefore just getting round with some enjoyment. I enjoy off road running a lot in fact, even though I find it so much harder than a road run physically, I actually find it mentally much easier to dig in, maybe it's the knowing your doing something tough. I knew I was never going to be off the course by the time the men set off and that was fine, it wasn't an issue... well it wasn't until a change in the mens course saw the men actually running on the same lap as the ladies, then due to an unfortunate marshalling error we got told the wrong thing, and ended up trapped from the turning to the finish line by 2000 senior men. Pretty bad downer on the run if I am honest, took me about 7 minutes longer to get cake (and also added 7 minutes on to my finish time unfortunately) – made it round including stop in 57:16.

**A FINISHING NOTE:** I've loved all the XC events this year. I know a lot get put off by nerves/standards other mind things. I'm proof that literally anyone can do it, and it is actually fun, so if you are umming and aaaahing next year just do it!



It's my birthday soon... just sayin'

## You don't want Raynaud as a running buddy.

By Leann Sykes-Hooban

It may have gone under the radar but February was Raynaud's Awareness Month. Raynaud's affects around 10million people in the UK but most people (including some sufferers) have never heard of it.

### So, what is Raynaud's?

Raynaud's phenomenon is a condition affecting the extremities of the body, usually hands and feet but can also affect nose, nipples, ears and tongue. The small blood vessels over-react to even small changes in temperature, going into spasm and restricting blood flow to the area.

During an attack, skin goes white and waxy or sometimes even blue as blood disappears, causing numbness in the affected area. This is often followed by intense pain as blood flow returns, leaving fingers looking like swollen red sausages.



A typical Raynaud's attack

### Why write this up in a running newsletter?

Firstly, it explains why some people will never do cross country in vests and shorts! Outdoor sports can be really miserable for people with Raynaud's. In cooler weather running gloves are an absolute must (for me, all the way through till May) with woolly mittens for immediately before and after the run.

Although cold, numb hands do not necessarily affect running ability, trying to open gels or water bottles or manage watch buttons or maps on long runs can all become nigh on impossible. Removing a glove to look at the phone, is likely to trigger an instant attack. The bigger issue is feet. Several layers of socks can help but are no match for rain, ice or cold puddles. Run in winter and at some point a Raynaud's sufferer experiences the odd sensation of running with no feeling from the ankles. An accidental splash through a muddy puddle in the first 5mins of Temple Newsam PECO made the slippery downhill sections rather interesting later in the race!

## Is it important?

Raynaud's is irritating but by no means life-threatening and there are many ways of coping as well as treatment options for severe cases. However, Raynaud's can be a symptom of other autoimmune and arterial diseases and is an early indication of a very serious illness called Scleroderma (12,000 sufferers in the UK, so quite rare). If you think you may have Raynaud's, the advice is to get a proper diagnosis from your GP who can assess and refer you for further tests or treatment if needed. Leeds had one of the best Raynaud's Clinics in the UK so we're in good (cold) hands here.

For more advice please see the Raynaud's and Scleroderma UK website

<https://www.sruk.co.uk>

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## Member Birthdays in March

Karen Boardman	Tony Moran
Jason Buckley	Patrick Nesden
Helen Drew	Alexandra Potts
Jackie Elmer	Joanne Taylor
Laura Hogg	Jenny Waite
Ben Johnson	Leah Williams

## Member PB's for February

Distance	Name	Time
Half Marathon	Vicki Hipkiss	02:15:45
Half Marathon	Adam Nodwell	01:34:34

## New Members

Just the one new member this month.....



Baby Taylor!!!!

### SPARE NUMBERS

If you or someone you know are wanting a number for the Bradford 10k, 18<sup>th</sup> March or the Baildon Half Marathon – 8<sup>th</sup> April, please contact Peter Hey who may be able to assist.  
jap.no26@ntlworld.com 0113 2934998 or 07708562593

**Kirkstall Harriers meet every Monday and Wednesday at 6:50pm at Kirkstall Leisure Centre. We are very friendly, and all are welcome.**

**We are also on Facebook and Twitter!!!**