



kirkstall harriers Running Club
Newsletter issue 158 : Jan 2017



Edited by
Jim Nundy

PECO MEANS WAR! (PAINT)
BUT WHERE WAS
THE MIDDLETON MUD?

Happy new year and thank you for the contributions to this month's edition.

COVER STAR:

Kieran O'Brien, ahead of the Middleton Park PECO

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Sportsman and sportswoman of the year

If you haven't cast your vote for the Kirkstall Harriers Sportsman and Sportswoman of 2016 yet, then you have until 31 January to do so.

All details are explained on the web site and your vote can be cast online. Just follow the link:
kirkstallharriers.org.uk/new/club/sportsman-sportswoman/



Race reminder: PECO RACE 3 on 22 Jan 2017

This is to remind everyone that the next PECO cross country is on Sunday 22nd January on the playing fields of Spen Lane. More importantly, it is a race we are hosting with the assistance of Horsforth Harriers – so we need as many volunteers as possible. If you are not aware or have not put your name forward to Adam Moger for assisting, please do so asap.

The plan is to have as many runners as possible helping at registration, marking out the course and marshaling the junior races which start at 10am who will then be free to run the senior races.

The main race starts at 11am and 11.10am, and we will also need as many non-running marshals as possible. We will be meeting at the Dalesman pub on top of Butcher Hill at 8.30 that morning to set up registration and organise into teams to set up the junior and senior courses. OUR MOST IMPORTANT CRITERIA apart from making the races a success, is to KEEP ALL PEOPLE OFF THE FOOTBALL PITCHES to avoid any damage to the football pitches ...unless of course there is a football match being played at the time!

DON'T FORGET – If you are kindly helping at the beginning and intend to run the senior race, PLEASE REMEMBER TO REGISTER FOR THE RACE AT SOME STAGE!

Recce run of the course for marshals (and anyone else interested):

We will be doing a recce run of the course on Saturday 14th Jan at 10.30am – so all you parkrunners can still do your runs. The layout of the course will enable the slower runners and non-running marshals to cut off lots of corners so as not to slow the faster runners down too much. The main plan is to highlight the key marshaling points and address any concerns / instructions for the day. The main number to ring for any emergency on the day will be my mobile 07708 562 593 [Peter Hey].

We will be joined on the recce day by Horsforth Harriers, members of the football team who had reason to complain about races in previous years, and one of the Events Team from Leeds City Council who have given us permission to run the race this year – but with certain pre-conditions, hence your assistance is much needed.



RACE REPORT: Winter Time Trial #3, 14 Dec 2016
by Peter Hey

We had 22 runners for this the third race of winter. Amongst these were four new faces to the event, Charlotte Rounding, Jenny Waite, Simon Hands and Jack Hipkiss. We also did it the reverse way round, so the regular Wednesday nighter's had a taste/test? of the different option. They were also the odd few claiming special dispensation due to injuries etc, but overall the finish times were quite good. Only four got PBs were recorded so was this due to the reverse route – or the Christmas meal the night before?

First over the line was Simon Hands with a run time of 21.17, so his time will come down next month. 10 seconds behind was Gemma Roe, coming back from maternity leave with a run time of 26.27. Third over the line was Adam Moger, six seconds behind Gemma – but only because we shouted the panto slogan to Gemma “he’s behind you”. Adam’s time was 20.33, so I think Adam has had enough sympathy now – and back to reality start times for him.

Just missing out by six seconds in 4th place was James Nundy recording his first ever time at this event in 22.37. Sadly, the last over the line on the night was Sean Scanlon with a run time of 24.48, – over 2 minutes slower than his October time, so maybe he had a double helping of Christmas pud?

Fastest man on the night was Jack ‘Jackie’ Hipkiss with a run time of 18.21, but we may have been a bit harsh with his estimated time. Fastest lady on the night was Isobel Webster with a run time of 22.21. PBs went to Dave Wood, Jacquie Elmer, Simone Salgado and Lee Hardy. Well done to you all.

Many thanks to Vikki Hipkiss and Sam Broome for doing a marvelous job with starting everyone off on time and recording the correct times and names at the finish.

Don’t forget we give trophies to the best 3 runners out of 4 runs at the end of the series. As we have had 50 runners so far doing at least one time trial and with 3 runs still to go there is still plenty of opportunity for all.

For sale (Ideal late Christmas present)

Did Santa not leave you the best present you wanted, or are you still hunting for that ideal new year present for your partner? I have a large (40” approx) extra thick zipped hoody for sale, in the clubs favourite colours of purple and grey, with the Kirkstall Harriers emblem sewn on. Nearest offers of £25 will be accepted. Reason for sale is that I am not as big as I thought I was.
Please contact ‘tiny’ Peter Hey.



Lots of other great gear is available—see ‘Club Gear’ under ‘Club’ on our website or have a word with Carol Moran.

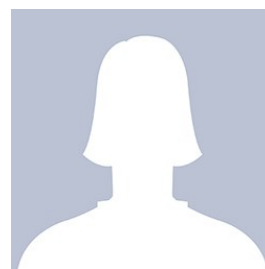
New members

Presenting our newest members,
joining in December.

Welcome to the Purple Posse!



Charlotte Rounding



Jenny Waite

Personal bests in December

Distance		Name	Time
Half marathon	PB	Neil Marshall	1:47:08
5k	PB	Jackie Elmer	0:28:17
5k	First race	Simon Hands	0:21:17
5k	PB	Lee Hardy	0:20:50
5k	PB	Jack Hipkiss	0:18:21
5k	PB	Vicki Hipkiss	0:25:56
5k	PB	Simone Salgado	0:25:03

Member birthdays for January

Anne Akers	Adam Rhodes
Rachel Arbury	Martin Roper
Catherine Barrett	Simone Salgado
Samantha Broome	Martin Savage
Ian Brown	Antony Shaw
Alice Chandler	
Clare Doherty	
Christopher Glover	
Jack Hipkiss	
Chris Hudson	
Daniella McGuigan	
Liam Mealey	
Sean O'Halloran	



Kirkstall Harriers meet every Monday and Wednesday in the lounge at Kirkstall Leisure Centre,
Kirkstall Lane, LS5 3BE 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 and the monthly training schedule: kirkstallharriers.org.uk

Please email kirkstallharriers@googlemail.com with any questions about the club,
or if you would like to contribute to the newsletter. All articles are gratefully received.

Kirkstall Harriers



@KHarriers