



# kirkstall harriers

Running Club

## *Welcome to October Edition*

Whats inside this months edition:

Pg 1: Pic of the Month

Pg 2: News in Brief

Pg 3: Members Meander

Pg 4: MP Andy Carter

Pg 5: YVAA & New Members

Pg 6: Vale of York Photo & Fire Fighters 5 reports

Pg 7: Gemma returns!!

Pg 8: Simon makes 50

Pg 9: KA7 Report

Pg 10: KA7 Report continued, An invitation from Gemma Rathbone & Member Birthdays

Pg 11: Tales from the Subs Bench & Some spiritual pics of the KA7

Pg 12: Monthly Boasts & Thats All Folks!



**Is it a bird, is it a plane? No its our fearless secretary Jill Buckley doing her best Karate Kid impression!**

## News In Brief:

### BYE BYE SUMMER

What summer you are all asking? As we are fast approaching Autumn – or as the Americans say – fall – which is probably more apt for us runners, its now time to start rummaging through your drawers for the winter running gear. The most important item being your hi-viz vest or bib. If you can now start to bring your hi-viz down to training nights as the latter end of the runs could now be getting quite dark. As an aid to avoiding some of the darkness we will be trying to make a timely exit and leave the Leisure Centre for 7.00pm prompt, and with a bit of good luck may get a few early miles completed off road. Can you also help the Leisure Centre staff by keeping the foyer as clean as possible by removing any dirty footwear, before and after our runs. Many thanks



*This month's newsletter was edited by one time runner and long time Subs Bench warmer  
Matt Sykes-Hooban*



Ever Fancied Running In The Buff.....!!!

Well now you can do it in style with the all new Kirkstall harriers buff. If you would like one, just have a word with Carol Moran at training or email the club. They are £8 each.



### PECO UPDATE

Hot off the presses, the PECO dates are as follows;

26th Nov - Nostell Priory.  
10th Dec - Temple Newsam.  
7th Jan - Roundhay. *Venue to be confirmed*  
21st Jan - Golden Acre. *Venue to be confirmed*  
11th Feb - Middleton. *Venue to be confirmed*  
25th March - PECO relays *Venue to be confirmed*

*"Let Adam Moger know if you want to run any (or all) of the races in the series and he will get you a number".*

Sorry to use the C word in October but with dates creeping up quickly I have started to organise the Christmas social events.

- \* Christmas run with Horsforth will take place on Monday 11 December. Meeting at the LPSA we will do our festive run through town followed by food. It's also a fancy dress run so get the Santa hats ready.
- \* Christmas meal : I currently have two venues which I am looking at for our meal and once agreed will send further information out. The date for this is looking to be 5 or 7 December.
- \* UCD (unofficial Christmas do) will look to take place in town on Friday 15 December though will be confirmed nearer the time. **Sam Taylor**

**The Christmas fuddle** (not the naughty fuddle but the one where everyone brings food and we sit and eat our body weight in mince pies and Christmas treats) will be held on either 18th or 20th December

**MEMBERS MEANDER Wednesday 6<sup>TH</sup> Sept**

Many thanks for all those who turned up on the night which was a gloomy autumnal night, at least it stayed dry for us all – and Bal had the right idea and brought a torch !!! But you are going to have to get used to running in the dark now – but only for 7 month's !!! At least it made it interesting for those on the finish line as we could not see who was who until they were almost upon us – apart from Paul Chapman whose bright running gear (and tan) was an obvious give away.

We had 22 runners including Kevin Longmate who was only here for the jog around – and surprisingly 14 helpers who were mostly walking/hopping wounded or resting from a hard weekend of running. Or had they just given up on any chance of being given a realistic handicap!! At first I thought Lucy was just wanting an extra 30 seconds start with having to use crutches for her knee injury. A few runners seemed to go wrong at the river bridge in Rodley and missed the right turn to run down the river. Hopefully this did not add much to their run times and they could have ended up lost in Rawdon.

First over the line despite being given a further 5 minute delay was Dave Wood with a run time of 64.02. At least he knows we will not be so generous next time. He was closely followed 34 seconds later by John Durkan with a run time of 51.06. Coming in third place was our returning member Ann Pinches with a run time of 56.18 just pushing Jacqui Elmer into fourth place by 41 seconds. Two others just missing out were Chris Hudson, 3 seconds behind Jacqui with a run time of 49.02 and Cat James a further 5 seconds behind with a run time of 58.07. Andy Carter who had the “privilege” of starting at the back managed to overtake 10 runners and had a run time of 45.06, the fastest time of the night.

The fastest lady was Niamh Jackson with 46.18. Poor Malcolm Taylor was last over the line – and he supplied the handicaps. What with all the excitement of the last week or two – and the imminent honeymoon approaching – he did have some good excuses or was he just conserving his energy.

Hopefully everyone enjoyed the night as much as they could and the food and socialising afterwards seemed to go down well. **Peter Hey**



*Photo of David Wood setting off courtesy of Kelvin Horner*





## Member Profile: Andy Carter

which I managed to kick at the age of 45. I then joined the Virgin Active gym to try and get fit, when cycling down to the gym one Sunday morning the Leeds 10k was on I couldn't believe how many people were running up Kirkstall road! When I got home I entered the Abbey dash at the age of 51 and got hooked on running.

The 2nd race I entered the Bradford 10k, I went by myself so I bought some new shorts with a little pocket at the back with a zip, in this pocket I put my car park ticket, £6 in coins, my car key and my ipod. After the first few meters my shorts started falling down revealing my builders bum needless to say I spent 9 1/2 k pulling my shorts up! And not forgetting Golden acre park relay a place I have been to many times with my daughters, I got lost and ended up in the car park adding an extra 1 1/2 miles to my leg.

**Age:** 55

**Occupation:** CNC machine programmer/setter, I make custom prosthetic joints, anything from ankles, knees, hips and shoulders knees seem to be the most popular! before you ask I cannot fit them but with a little help from Youtube I could have a good go.

**Originally From:**

Horsforth born and bred, I live on the border between Kirkstall and Horsforth now.

**Time as a Harrier:** 3 1/2

years ish unfortunately due to working shifts and family commitments I never get to training or any social events.

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

I started running at school I didn't particularly like it but I kept getting picked for the cross country team. Soon after I ended up mixing with the wrong crowd and ended up with a 20 a day habit

**What are your motivations for running?**

My main motivation is to keep as fit as possible for as long as possible, I read a book a couple of years ago called don't let an old person move into your body and I am not going to if I can help it.

**What are greatest running achievements?**

My greatest running achievement is completing the Yorkshire 3 peaks this year in 4 hrs 33 and getting a sub 40 in last years Abbey dash 38.37

**What are your best running related memories?**

Every time I get onto the moors and fells I love it especially on the longer events when the pace is not as fast so you can relax and take in the surroundings, unfortunately I don't have enough time to enter more fell running events.

**Worst running related memories?**

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

Try and find a training route that includes hills it really works, and if you ever find me next to you in a race and I start talking tell me to shut up! I won't be offended honest.

**Can you share an interested fact about yourself?**

I was once a male model in the 1993 Air tours holiday brochure strutting my stuff next to the pool in Lanzarote.

*Photo of Andy at the Golden Acre Relay.*

*For some reason no copy of the 1993 Air Tours Holiday Brochure could be found in time for going to print.. weird that - Ed*

**YORKSHIRE VETERANS ATHLETIC ASSOCIATION yvaa.org**

The last race at Halifax unfortunately only attracted 7 purple vests, Niamh Jackson, Louise O'Brien, Sheila King, Bal Sandhu. Adam Moger, Kieran O'Brien and myself – but we did come away with 4 prizes – 2 race and 2 spot ones. Niamh finished 4<sup>th</sup> overall and got the 3<sup>rd</sup> prize in her age group, and Louise managed to pick up 2<sup>nd</sup> in her age group finishing 22<sup>nd</sup> overall. Bal and Kieran managing to get the spot prizes. Being a new and “young” 65 year old I only managed to get 13<sup>th</sup> (and last) in my age group – but I did pick up 55 points for the club. I also managed to improve my position of coming last the previous year and running almost 4 minutes quicker and beating 2 male runners – (one over 70 and one over 80) but they do say it is the taking part that counts??

The ladies team drop one position in all 3 events and are now 4<sup>th</sup> in two competitions and 5<sup>th</sup> in Rest to Count, this is out of 29 clubs taking part. They have been overtaken by Holmfirth – but are capable of recovering that place if we get more ladies in the last two and more local races. The men also drop 1 position in All to Count and 1<sup>st</sup> 4 to count and are now 7<sup>th</sup> and 9<sup>th</sup> respectively. Clubs overtaking them were Queensbury and Valley Striders. In Rest to Count we dropped 2 places, being overtaken by Queensbury and Holmfirth. Again, we are not far behind and with a better turn out, can recover some if not more of these places. Out of 36 clubs it is still a good showing though.

Individually it is the girls again showing the way. Louise O'Brien moves into 3<sup>rd</sup> overall and remains 1<sup>st</sup> in her age group. Niamh who missed the first race is just outside the top 5 overall and is now 2<sup>nd</sup> in her age group. Carol Moran is 9<sup>th</sup> in her age group and just sitting outside the top ten in their respective age groups are Collette Spencer, Shevonne McLarnon, Sheila King and Vikki Hipkiss. For the men, Adam Moger is leading the way and is 2<sup>nd</sup> in his age group. John Hutchinson is 7<sup>th</sup>, Martin Frazer and Paul Glover are both 10<sup>th</sup>, with Ian Brown 11<sup>th</sup>.

With only 2 races left there is still a good chance of others getting into the top 10 even if not qualifying for the overall prizes by having not competed in 5 of the 6 races.

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 one if not both of the remaining runs. If you have just turned 35 you can still enter these two races and test the water for next year's series.

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 9<sup>th</sup> December starting at 7pm. The cost of the evening is £12 per person. Full details are on their web site yvaa.org

There are only 2 races left on the calendar now and to win prizes overall, you need to have finished in 5 of the 6 races

The remaining 2 races are

*Horsforth – Sunday 1<sup>st</sup> October 10.00am start.*

*Spennings – Sunday 12<sup>th</sup> November.*

## **New Crew joining the Purple Posse this month**

*Therese Sheehan*

*Nick Child*

*Emma Hustwit*

## Vale of York Half Marathon

5 Harriers lined up for this fast & flat half marathon, in pretty decent conditions. Home first, in a big PB, was Paul Grist in 1.32.06. I ran an almost enjoyable 1.34.37, with Jo Kendall 1.50.04, the marathon-training Simone 2.02.53, & Liz Walker 2.07.57. **Adam Moger**



## FIREFIGHTERS 5 BIRKENSHAW 13<sup>th</sup> AUGUST

After being handed a flyer for this event after the East Leeds 10k, I thought this seemed a really good route the first and last time I did this – about 15 years ago – let's see if it is still the same. I remembered a nice long downhill stretch and then about a mile back up hill to the finish.

That was probably in the days of Ye Olde English road races which were in multiples of 5 miles and not all this modern kilometre stuff these days. Will race distances be a priority for the Brexit discussions? I turned up on the morning to find lots of local vests (and some new ones), but I was the only purple one amongst the 268 runners.

Shame it was not a club championship race.!!! I had forgotten you do a small half mile loop at the start and finish, around the Fire Brigades training HQ at Birkenshaw. If you like to see fire engines – or firemen then this is a good opportunity. It was basically the same route, although I had also forgotten that you have to do a steady half mile'sh incline as you run through Birkenshaw before you start the descent.

The descent was just as good if not better as you run through Brierley and Hunsworth and over the M62, in idyllic countryside surroundings to say you are in the middle of Leeds and Bradford. You then had the steady 1 mile pull back to the finish crossing over the M62 again and what made it nicer was the lovely summery weather – which was not too hot for a 5 mile run.

I managed to finish 229<sup>th</sup> out of the 268 runners and 14<sup>th</sup> out of 15 in my age group – but it was over 60's not 65's – so maybe I was the first over 65??? With a time of 51.47 I also nearly smashed my target of racing sub 10 minute mile pace!! (Assuming it was 5 miles and not a short distance) All in all, a nice morning run and only £10.00 to enter – but you only get a medal. I would certainly recommend this as a club championship race for next year. **Peter Hey**

## My return to running ways by Gemma Rathbone, Purple Posse Cheshire Division

Forgive me Purples, for I have sinned: It's been 19 months since I last ran a race.

Despite being committed to the *cause*, my actual *doing* has waned somewhat since the heady days of PECO XC season 15/16. Fortunately there's no permanent cure for the running bug, and it's been nibbling away at me over the past couple of months.

Warrington parkrun is a fairly regular feature in my diary and I'm being spurred on by some fellow runners in the shapes of my cousins Gary, Kate, Ross, Katherine, Siobhan and Chris. Yet the purple vest remained tucked away in a drawer and the joys of Portaloo queues, Jelly Babies and blisters were but distant memories. Until Sunday 17<sup>th</sup> September 2017 that is, when, alongside three of the aforementioned blood relatives, I lined up for the English Half Marathon 10k in Warrington town centre.

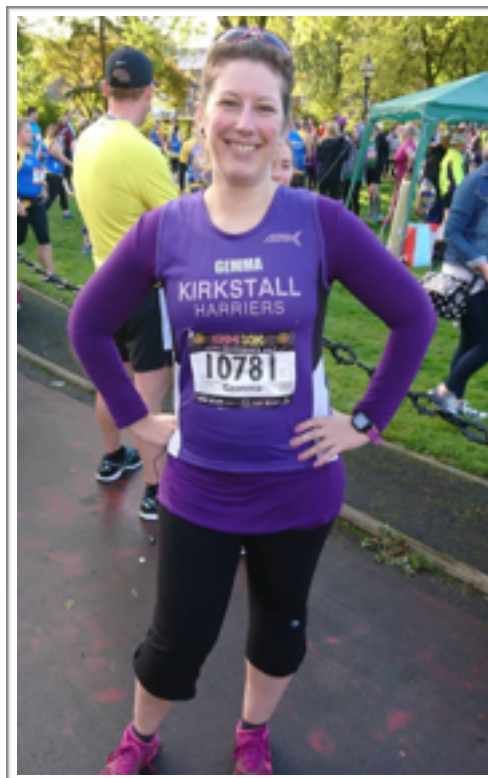
It was a typical Cheshire morning; sunny, drizzly, cool and fresh, and I very much enjoyed the novelty of the 20-minute stroll from my front door to the start line. With both the 10k and the half marathon setting off at the same time and sharing the first few kilometres, it was a busy, and 15 minutes late, start, but the field soon spread out and there was none of the elbow jostling you usually encounter at mass participation events thanks to very wide roads for the first mile or so.

Having failed in my limited attempts to stick to a training plan I was entering long-forgotten but not completely unknown territory. Sensibly, I decided on an eight-minute run, two-minute walk plan, which saw me through the 6.2 miles without drama. In fact, I enjoyed it. The race itself was smooth in every aspect – closed roads and footpaths throughout, good signage and marshalling, and a considerable amount of support, particularly from the local crew Warrington Running Club and official charity sponsor NSPCC.

We passed by the ends of my road at three separate points on the route, which would have been brilliant if I'd have needed to do a Jill Buckley, but just ended up being highly annoying because I knew there was a Wispa in the fridge. I finished in one hour 19 minutes, high-fiving the Mayor on the line and having been overtaken by the first of the half marathon finishers. The medal was particularly impressive – a gigantic metal replica of the Town Hall gates, complete with hinges, and we were also the proud recipients of a technical t-shirt (ladies fit available) and a goodie bag containing the obligatory gummy sweets, banana and energy bar.

Sadly, the moment of glory was tainted for many by long queues which delayed their crossing of the two timing mats on the line. I got away with it but it was easy to predict the chaos that could ensue from the set-up of the finishing area. Nevertheless, it was a great race and I'd do it again.

What's next? Not sure. If I end up 2 out of 3 for London Marathon ballot attempts I expect I'll a) be lynched by Adam Moger and b) have to get my ass in gear. Otherwise I'll just aim to stick it out over winter and see what spring brings. One thing's for sure though: I'll still be a Purple.



*Lovely to have you back in Purple, the colour really suits you - Ed*



## Fifty Parkruns – A Runner's Guide by Simon Smith

It took me comfortably over 6 years to reach the milestone of 50 parkruns from my first in Roundhay Park in 2011. Back then, I was a Nidd Valley Road Runner; but the 2017 version is a proud Kirkstall Harrier. After a few weeks delay and general faff around planning how best to move from 49 to 50, I was gratified to finally complete my run with so many Purples in attendance at Woodhouse Moor on Sep 23<sup>rd</sup>. As if that wouldn't have made the day special enough, I had the most wonderful opportunity to put my VI (Visually Impaired) guide running training into practice for the first time. I was privileged to be able to guide Sajid Ali round the course for what was only his third parkrun.

I think we were both a little apprehensive at first (I know I was), but we soon struck up a rapport as we started running and chatting. It may sound silly, but I really did have to keep remembering that I was acting as Sajid's "eyes" for the duration of the run. All of those potential hazards that our eyes just automatically register and send instantaneous messages to our brain to process cannot be detected by a VI runner, and Sajid's lack of vision (many VI runners have some limited degree of sight) was total. This entailed pointing out where the tarmac surface became rough and uneven, where wet leaves might make the surface slippery, the location of metal posts, even where the ground rose or fell etc etc. It felt a little odd initially, but we both soon became accustomed to each other. By the end of our run, it felt like we'd got to know each other well. Sajid plays blind cricket and is a lover of the game, so that gave us plenty to talk about as we dissected the current cricket season. I was thrilled that I was able to help him round to a time of 47:01, slicing well over 3 mins off his Parkrun PB.

It was a humbling experience to run with him, and afterwards heading home I got a little emotional thinking about it (thankfully Michelle was driving). Our sight is so easy to take for granted, and yet it is a thing so very precious. I can only begin to think how difficult even performing the basics of life must be for a completely blind or visually impaired person. We develop so many skills in our infancy by watching and imitating other people. How do you learn if you are unable to do that? How do you run when you don't know what running looks like? It would be so easy to be defined and limited by this condition, to dwell on all those things you or society think you can't do or participate in. Sajid has been brave enough to challenge this constraint and seek to overcome it. I'm full of admiration for him, and so pleased that he's decided to take up running. I hope I was a source of help and encouragement for him. I'd be delighted to accompany him again.....he can bring that PB down still further I am sure. In my book, Sajid isn't blind or visually impaired. He is a runner.

I'd like to thank all the Harriers who turned out to support the occasion. I can't tell you how much your presence meant to me, even if I may not have been able to chat to you or spend as much time with you as I otherwise might have. I know you'll all understand that Sajid was obviously the most important part of my day and I needed to put him first and make sure he had a safe run. Your words of encouragement as you ran by us on the course helped us both massively. It just brings home to me yet again what a great club Kirkstall Harriers is. We take pleasure in each other's accomplishments, and can be counted on when needed. I'd also like to say thanks to Anne Akers and all the team at Woodhouse Moor parkrun for the opportunity. They create such a welcoming and inclusive feel at this event, and I could think of no better place or circumstances in which to celebrate 50 parkruns.



Just don't hold your breath waiting for me to reach the 100 milestone. Based on my past rate of progress, it is likely to be 2023 before I get there!



## Kirkstall Abbey 7 - 2017

Our club pulled out all the stops again this year to host another very successful KA7 on Sunday 17<sup>th</sup> September. Thank you to all those who helped out. It is most important to the club to put on a good show and raise funds for the club and our chosen charities. Without our club members and their friends & family, we could not host these events. The main race sold out a record 450 places more than a week before race day. The Junior 2 mile race sold out all 50 places before race day for the first time ever. The Mad Monk Meander had more pre-entries than before and would have possibly sold out on the day if the weather had been better. The weather has been kind to us for many years, so we cannot complain to much about the rain this time. It did clear up half way through the senior race but the 1 mile and 2 mile races were very wet. It did not seem to dampen the atmosphere though. We had many very positive comments from runners in all events and our marshals were praised by many for their enthusiasm and encouragement despite the weather.

We had chip timing for the junior race and the KA7 for the first time this year. This went down well with the runners and I think it helped spread out the field prior to leaving the Abbey, as runners were not crowding the start line. The course was extended as well this year. A short loop of the Abbey made the race distance up to exactly 7 miles. The winner finished in just under 40 minutes, which will take some beating in future years.

Chris Glover

The results are on the links below:

**KA7 2017 Results**

**KA7 Junior Race Results**

**Mad Monk Meander Results**

Photos of the event (by Shevonne McLarnon) are now available on the links below:

**KA7 2017 Photos**

**KA7 Mad Monk Meander & Junior Races 2017 Photos**

A video of the KA7 race (by Adam Nodwell) on youtube can be viewed via this link:

**KA7 2017 Video**



*Junior Race Start*



*KA7 Race Start*

## And the Winners are;



*Junior Race First Male – Jensen Brogden – Otley AC – 12:32 and First Female – Holly Davey – Otley AC – 14:08.*



*KA7 First Female – Alice Leake – Leeds City – 46:13*



*KA7 First Male – Steve Collins – Unattached - 39:59*

### **You are cordially invited to the Essar Four Villages Half Marathon on 21st January 2018**

A few years ago, Bal expertly piloted the KH Fun Bus to rural Cheshire, where a hardy (or should that be foolhardy) team of Purples completed the Essar Four Villages Half Marathon.

Now that I'm resident here on the wrong side of t'hills, I would like to formally invite the Posse to partake of the Essar Four Villages Half Marathon on 21<sup>st</sup> January 2018 and join me before and/or afterwards for festivities.

I have space for a few people to stay over in order to ease your arduous journey (bring your passport) and can arrange a suitable establishment for eating and drinking.

Entries open on 1<sup>st</sup> October and will be available here: [www.helsbyrunningclub.org.uk/halfmarathon/](http://www.helsbyrunningclub.org.uk/halfmarathon/)

**Gemma Rathbone**

## **Members getting another Year wiser during October**

Kevin Blackhurst  
Anna Pinches

Colin Chapman  
Mike Roberts

Paul Glover  
Collette Spencer

Andrew Goldman  
Sandra Warren

Carol Moran

*Congratulations to you all - Ed*

## Tales from the Subs bench; where is that Magic Sponge

*Lucy Churm has had her operation to repair the damage done to her knee caused by fraternising with other sports tsk tsk, namely Basketball... She is laid up at home and periodically putting pictures of legs on Facebook, she may have gone mad but we pleased to hear she is on the mend. Good luck with the recovery and hope to see you out running again soon.*



*Matt Sykes-Hooban has finally had his results from the MRI scan which revealed that he has not one but two Disc Protrusions in his lower back or for non medical types that's two Bulging Discs, one is bad the other is really bad and is now on a 30 week waiting list for some spinal surgery to hopefully finally get him pain free.*

*To the rest of the Harriers on the Subs bench we hope you get better soon, in time for the cold, wet*

## Keeping the faith with Kirkstall Harriers



*dark nights and  
muddy PECO  
Sundays!*

*All Smiles left with  
Louise and Richard  
before the main race  
at the KA7*

*And the force is  
strong right for Paul  
Chapman as he  
forgoes his usual day  
glow running attire  
for the very fetching  
monks outfit for the  
junior races*





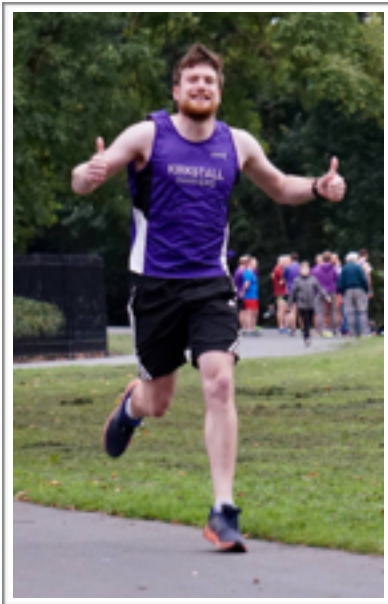
## Monthly Boasts

**Marathon:** Alexandra Potts in a time 4:11.44

**Half Marathon:** Emma Ballantyne 1:23.30   Paul Grist 1:32.06   Jo Kendall 1:50.04   Michael McGill 1:44.08

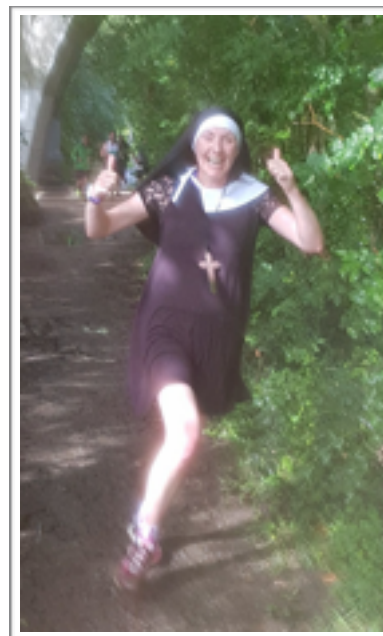
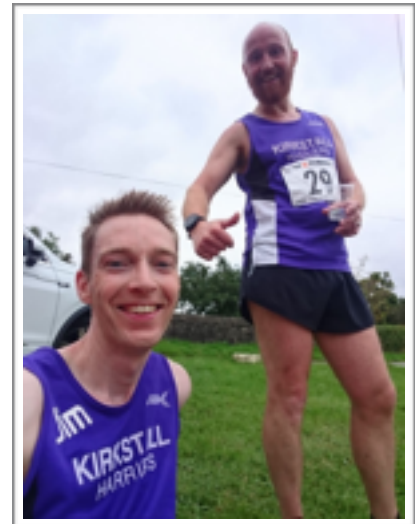
**5k:** Catherine James 0:24.33

## Thats All folks!



*So guys how did I do? Can I get a thumbs up?*

*Oh shucks, thanks guys  
x - Ed*



*Kirkstall Harriers meet every Monday and Wednesday at the Kirkstall Leisure Centre at 6.50pm.  
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 details at [kirkstallharriers.org.uk](http://kirkstallharriers.org.uk)*

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

