

KIRKSTALL HARRIERS

NEWSLETTER

NEWS

The newsletter editor rota has changed. Jim Nundy and I are stepping down, and Jemma Roe and Neil Marshall will replace us. Harriers, be nice to your new editors (and your old ones). This newsletter requires a lot of work, and it is made easier by you contributing stuff. Please don't be nervous about writing: just jot a race report down in an email. Editors will advise and edit. We are grateful for any content, and like to hear from a broad church. So if you haven't written before, give it a go. Thanks as ever to all contributors.

ICE ICE BABY

Neil Marshall writes: please update your ICE (In case of Emergency Contact) details by emailing next of kin or emergency contact with phone numbers & emails to kirkstallharriers@gmail.com

(Neil also sent the lyrics to Ice Ice Baby but sadly there is no room to print them)

edited by Rose George



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YORKSHIRE VETS (YVAA) NEWS

With two races completed since the last newsletter, we do have couple of prize winners from those 2 races. Paul Glover got 3rd in his age group at Kirkstall, Niamh Jackson got 2nd at Kirkstall and Lythe, and Louise O'Brien picked up 2nd at Lythe. So after the total of three races to date, we have a few people in the top 10 places, or just missing out. Niamh is third in her group, having only done two races. Louise is 1st from three races, and the following have only done two races. Collette and Vikki are both 11th and Carol Moran 8th.

For the men both Adam Moger and Martin Fraser have done all 3 races and are 2nd and 6th respectively. John Hutchinson, Paul Glover and Ian Brown – who have all done just the 1 race are 5th 6th and 7th respectively. We only have 3 people who have done all 3 races to date, , Louise, Adam and Martin, but so far have had a total of 14 different ladies and 20 men competing so there is still plenty to run for if we can get most of you out for this or the future runs.

The next race is not until Wednesday 9th August and is at Halifax. The start time is 7.30pm but the start is a 5- minute walk away from registration which is the Spring Hall Athletics track, postcode HX3 0AA. This is about five minutes drive out of Halifax near the Eureka museum. It seems to be the same course as last year,

and is described as relatively flat along the river and canal, which seems quite extraordinary for Halifax. Anyone wishing to go but needs or wants to share transport please let Peter Hey know. Full race details are on the yvaa website yyaa.org

The ladies team are 4th, 4th and 5th in the 3 team events, and the men are 6th 8th and 5th, but we do need as many runners as possible as we can overtake the next clubs in some competitions OR be overtaken by other clubs too.

To be eligible to enter these great value for money races, you have to be 35 or over, but 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 as many as possible of the following races.

Full details are on their web site yyaa.org
 The remaining list of races:
 Halifax, Wednesday 9th August
 Meanwood, tbc
 Knavesmire, tbc
 Stainland, tbc
 Horsforth, now Sunday 1st October
 Spenborough, Sunday 12th November

PETER HEY

RACE REPORT: Ilkley Trail Race

It's one of those race rarities, a downhill finish. A wonderful, glorious, photography-flattering finish, preceded by a descent from the trig point on the top of the moor. Granted the first half of the Ilkley Trail Race is uphill, but what goes up up up, comes down down down.

This is one of my favourite races, it's friendly, it's local, it's on the spring bank holiday Monday and it has post-race cake. Last year it even had a hat in the goody bag, making sure that none of us ever venture out on Ilkley Moor ever again bah't 'at.

At 11km, with 220m of climb, it's a proper fell race, CM category (a medium distance, not less than 20 metres climb per kilometre, not more than 40% of the race distance on road and should contain some genuine fell terrain).

Fortunately, there was no need for the full kit, though it was a little parky on the tops.

It has something for everyone, starting on the road above the Ilkley Lido and then out into the woods, uphill of course, breaking out into a field where the lovely Dave 'Woodentop' Woodhead is usually waiting to capture the sheer joy of that uphill pull. Yeah...right... thanks, Dave. He always had a cheery word of encouragement, 'watch out, here comes trouble,' he quipped as I puffed and panted past.

On and up it goes until a slightly less steep uphill where they manage to balance the water stop table, it's here that the trees disappear and the moor emerges from the mist, at least that's what it did this year. It's also at this point that the fastest, on their way back, meet the slowest, on their way there. I was privileged to see the running machine and all-round nice guy that is Tom Adams on what looked like a solo run, well there was no-one else around, except for me, and I was going in the opposite direction. He broke his own record while I was still chugging up to the trig point.

For me, it's always about having an enjoyable

race and doing the best I can. Plus there is that whole style and artistic interpretation thing, never to be underestimated. So I applauded Tom, shouted 'Come on, Superman' and continued to enjoy the

beautiful Yorkshire countryside and the views.

Apart from just short of a kilometre on the road, the downhill is lovely, then back the way we came, plus a set of steps before the downward dash to the finish. This year we got the choice of an orange bag, or a black bag. Noel went for black, I took orange, we'll keep out hats in it – and whatever we get next year, because we'll definitely be back.

ANNE AKERS



RACE REPORT: Otley 10

This was the second time I had run the Otley 10 but first time as a purple person. It was a not so warm June evening, which I guess is never a bad thing when running but the wind was well windy, and bitterly cold!! As all the runners traipsed to the start line, everyone buzzing and getting giddy, in the midst of everyone's chatter the doomed word "hills" echoed. I remembered the mountains from the previous year and started thinking to myself, why exactly am I doing this race again?

A booming voice yells out for everyone to be silent, so we can listen out for instructions. The Mayor of Otley has graced us with his presence and counts us off to the start, which made me chuckle. I remember seeing Hal sprint off like a speed of light. We run down a narrow footpath (if I can even call it that) for the first 2 miles or so and I'm trying to let people pass without getting pushed into the bushes.

After the first mile I feel my leg has been caught by some ugly nettles and the feeling of annoyance comes over me as all I want to do is stop to give it a bit of a rub to try get a bit of the stings off

but "can't stop, must carry on, people will push me into the bushes to get past" and the thought of a whole body covered with nettle stings keeps me going. Most of the purple

peeps that were at the race have now passed me.

Alex came up next to me and we had a bit of a chat: it was her first Otley 10 and I had asked her if she knows of the hills and if she was prepared for them and she seemed determined and off Alex goes with a purpose.

Just as I think I've been ditched, I see my good friend McKone waiting for my slow arse to come around the corner. I start to remember again about those dreaded hills (MOUNTAINS) that we have to run up now and I was dreading them... and I don't know many people who are fans of running up hills [*cough cough —Ed*] but once we started ascending I remember saying to Mark, "why are we doing this race again?" His reply was "you were the one who wanted to run the Otley 10 again" and with that he was off again not wanting to be at my slow pace and

needing to get this hill out of the way. Then the next hill came up, no actually it wasn't the next one but the same one, it was just getting longer and harder. In my mind the downhill had to come soon, it had to ... and finally there is the descent,

yyyyeeesss, I think to myself and manage to catch up with McKone again as we're running downhill. I look up and I see the most amazing view of the countryside and Yorkshire in all her beauty and I turn to Mark



and say maybe this is why I wanted to run it again, the views are amazing. However my attention is quickly taken away as there is a man next to me who is being propelled down this hill by his farts. Don't laugh, don't laugh, don't laugh, I think. Focus! I think, I'm so childish.

Then just as I'm on the run down, a stitch hits me like a ton of bricks but it's quickly overtaken by the thought of the next mother of a mountain to ascend and there she is. I can walk up this monster quicker than some people trying to run it, which I did. The walk turned my calves into burning muscles of fire so good on those for running it!

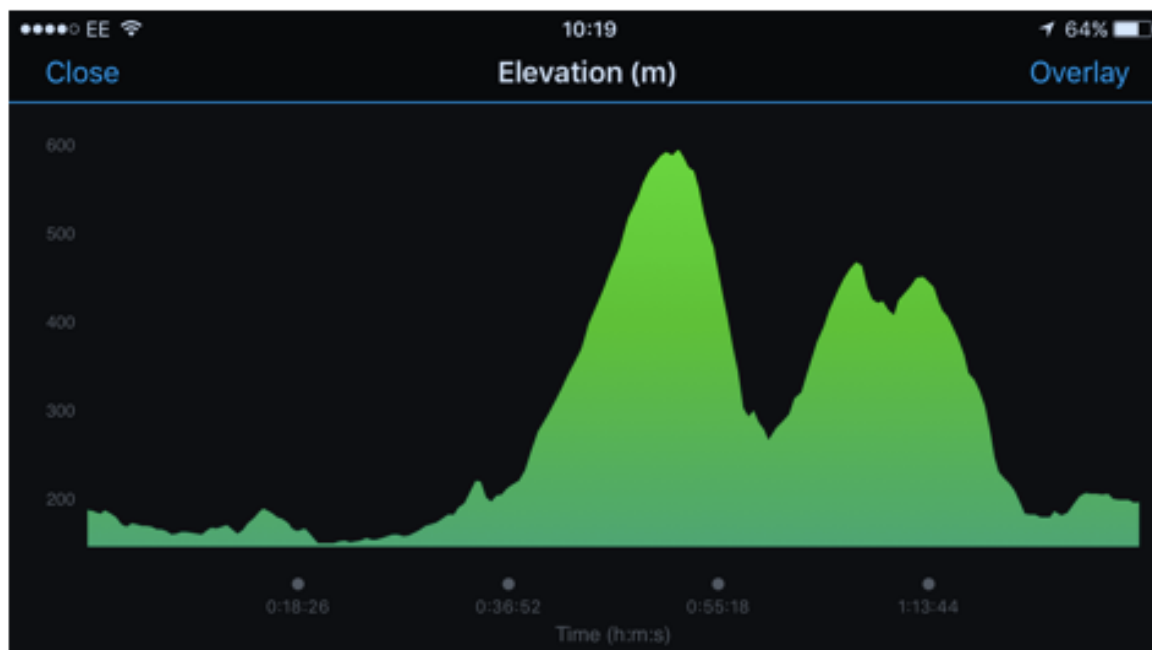
We are finally heading back into Otley and the support of the marshals is amazing and the cheers of everyone out supporting. I know we're almost at the end but then, not quite. Two girls run past me and the marshal shout "come on ladies, not long left, now only

600 left," and one of the girls shouts hopefully "feet?" and I burst out laughing and I shout "noooo, meters" and I hear her grunt with disgust. Then out of nowhere Carol Moran comes storming past me, gooo Carol and she moans about having a cramp in her foot but still at a good pace with a cramp. I wish a cramp would make me run that fast!!

Finally, done. Race over. 1:32:34 I'm happy!

Overall it's a good, hilly race (maybe not so much for PB's) and with some amazing Yorkshire views which you will appreciate when you finally look up and see nature in all her beauty. Also there's great support. If you've not done it before I will recommend it just as a tick list race but once is enough (or is it...) Maybe it's the type of race that you just keep going back to as a guilty pain. Watch this space.

SIMONE SALGADO



RACE REPORT: ITU triathlon (the rematch)

Leeds once again got to play host to the UK leg of the International Triathlon Union, this year much better organised. Transition was in one place, and although the buses back at the end were a walk (and went on a magical mystery tour of Leeds), bag collection seemed to run smoothly. The amateurs did a slightly different course to the pro's - the same loop in Roundhay lake but a 2-lap windy bike course (including Stonegate Road) and a run into town, to finish in Millennium Square.

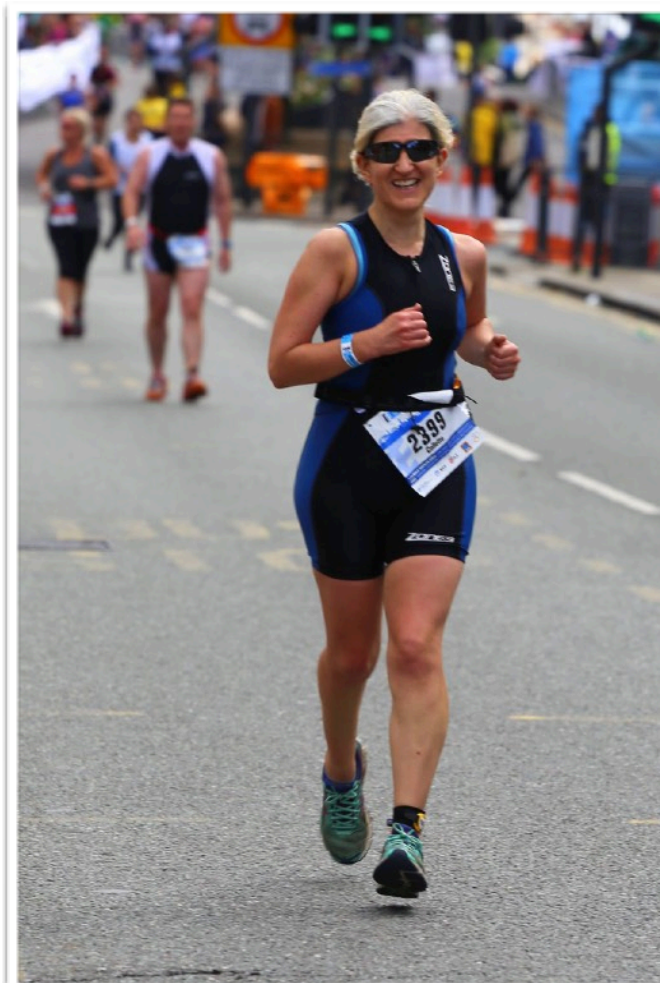


Several noteworthy KH performances include Jack Hipkiss, running in the "adult" race this year, in 2.23.24 and 11th in age category. I slipped a few minutes from last year but was happy with 2.28.13. Jill Camm's overall time of 2.44.27 included the best Kirkstall swim of the day, male or female, in 23.16. Other Harriers running were Ben (2.53.15 after some wetsuit issues), Paul Chapman (3.17.19 in his first Tri), Collette (3.28.07), & Fiona Venner doing the run leg as part of a relay team. Great support on The Headrow from the

KH cheer squad of Catherine, Laura, Hannah, Hikari, Jemma, Sam & Lucy, not to mention support elsewhere on the course including the Akers's.

If Leeds continues to be fortunate enough to host this event, I can highly recommend it now that the first year gremlins appear to be out the way.

ADAM MOGER



MEMBER PROFILE: Rowan Temple

Name: Rowan Temple

Age: 29 (next decade swiftly approaching)

Occupation: Postdoctoral researcher in physics

Originally From: I grew up in a commune in the middle of the South Yorkshire moors for 4 years but the rest of my childhood was in the Holme Valley (Huddersfield)

Time as a Kirkstall Harrier: Since August 2016

When did you start running and why? I

think it was when I was 16 and working on the checkout in Morrisons. I

had an hour for lunch and realised if I ran I could get home have a nice relaxed lunch on the couch and be back just in time for the next shift. I liked the running so I started running lots of places I went.

How did you end up joining Kirkstall? I was in the Leeds Uni cross country club for a couple of years but dropped off a bit when I became busy and had a few

niggles. When I got back into it I was looking for local clubs that looked friendly and thought Kirkstall's merry monk logo was a good start and I was proven right.

What are your motivations for running?

I've always loved exploring a place and seeing things on foot that you can't see any other way, running lets me go to more places in the same amount of time. Beyond that I find it very relaxing if I'm stressed, something about the rhythm of it all just clicks and I don't have to think about anything or I can just focus on the running. I almost always come back



from a run saying it was amazing.

What are your greatest running achievements?

I try to worry more about appreciating the experience, but my first (and so far only) sub 90 minute half marathon at Sheffield felt pretty special. I was absolutely determined to hit it and had to push pretty hard but knocked 4 minutes off my previous PB. I also beat

Steve (interesting) Davis into the bargain. Coming third in a recent parkrun is a close second, never been even close to the podium before.

Any words of wisdom for your fellow Harriers? If you've never had a go at it I really recommend trying a fell race sometime, friendly low key events in



What are your best running related memories? Too many to name, I really enjoyed Temple Newsham PECO this year, KH gave it a great atmosphere. Also the Jack Bloor Ilkley fell race both times I've done it, really varied terrain and a fast downhill to finish.

What are your worst running related memories? Got to be my first marathon attempt at Windermere last month, I'll refer you to last month's newsletter for the details but that last 6 miles felt very very long.

beautiful places.

Can you share an interesting fact about yourself? I hated running at school, I came last in every race and I didn't like getting muddy!

RACE REPORT: Solstice Saunter

Or, a midge necklace

It says something about a race when insect repellent is available on the sign-up table, right next to the safety pins and that the tail runner is dressed as a giant midge. At least you

but I didn't want to get my hopes up too high.

The day had been hot, it seemed like the evening would be even hotter, the attire for the run would definitely be less rather than more, even though



know where you are, which is right next to the river at Bolton Abbey on the longest day of the year.

This was the second Solstice Saunter, held to support the rather excellent Sue Ryder Manorlands Hospice and organised by the Airedale Dodgers. I liked the idea of an evening race in a lovely place, mud would be a bonus,

there was a risk of nettles and biting insects. There was something of a carnival atmosphere when we arrived, the café was still open and people were eating ice creams, I promised myself that would be me later, briefly breaking my self-imposed #nosugar rule.

There was a surprising number of runners, 643, though only three

Kirkstall Harriers that I was aware of. If I'm honest, I found it a bit too busy, but I was hot and bothered, I don't cope well in the heat. For some reason known only to my running alter-ego, I'd done four miles or so in the morning with a mate (running with mates doesn't contribute to tiredness, does it?) and then had a digfest in the heat of the day on the allotment. So, no reason to be tired, then. Noo, not me. Anyway, it was only five miles. Only – ha!

It was a pleasant enough run along meandering paths on or near the riverside, lovely marshals and even a solo saxophone serenade near the toilets at about two miles. The helpers at the water station were working overtime and I had to wait while they sorted the cups out, but this was a saunter after all, definitely in the spirit of the race starter 'Remember, you're here to have a

good time, not do a good time'. I have to confess I didn't feel like I was having a good time on the final mile, my thermostat was going haywire as I passed under the trees where the heat had been trapped, but that was more about me and the weather than the race.

There's a lovely downhill just before the entry to the final straight and then it's over. The Airedale Dodgers handed out jammy dodgers, which I crammed into my mouth, taking up the space I'd reserved for the ice cream. Despite the overheating, I wasn't swept up by the giant midge tailrunner, though I had managed to collect a necklace of midges who had perished in the fug of liberally-applied repellent. Both the medal and the beer were midge related, quirky and fun, a bit like the race.

ANNE AKERS



RACE REPORT: parkrun tourism

Just a small one about a bit of parkrun tourism which is always fun. I like parkrun as much as the next person, (other than Mr Moger – I salute your legionnaire status), and have so far collected the red, black and purple shirts. I tend to always look for a parkrun when I'm away from Leeds on a Saturday morning so I was quite happy to finally spend a Friday night at my retired folks in Lytham St Annes, (it's quite posh, but very old), so I could finally do a local parkrun.

My choices were Lytham Hall which was nearer or Blackpool which was closer to the zoo and the red pandas. As I was going to the zoo later and I don't like to double back on myself, (minor ocd), I chose Lytham Hall.

Having checked the parking, loos and parkrunner I to park about a km start so I could finished – if you car park you can't final runner

First impression – it Nothing to do with was still very wet. car was extremely proper cheesy way my spirits. The which is always a then I stood

the other runners, by a wall of the hall for the one bit of shelter from the storm before the start.

Anyway, it turned out to be a 4 lap course around a giant pond due to path repairs. I'm sure it's a lovely course but due to the weather, did I mention it was damp, it felt like, (and my strava showed it to be true), that I swam through the pond/lake/big puddle.

Still, I'll go again when it's sunny in the future. I'm sure it's very pretty, there are bluebells in them there woods and the café must have good cake...what type of café wouldn't have good cake? That would be a pointless café.



website r.e course like any realised I needed away from the leave when I park at the official leave until the finishes.

was wet, very wet. Lytham Hall but it The walk from the damp but in a it didn't dampen toilets were open, good thing and grouped, with all

NEIL MARSHALL

RACE REPORT: Pudsey “fun” run

There were many runners at the end hating the Pudsey 10km due to the hills and heat, I think I heard about 5 runners say ‘never again’, alongside the best quote by an anonymous runner at the end who’d “rather do the Yorkshire marathon again”... cough cough...alex potts.

However, unlike these silly fools, sorry...witting paid up willing runners, I got to run the 2.5km funrun again, 1 big hill, still hot but not a full 10km so that was all good. And mainly Leo got another medal.

We set off with high hopes of beating 2017 time with the promise of a 50p for a ‘pb’ which is never a bribe...no

way whatsoever. However, we didn’t take into account the heat. All the water had been finished by the final hill but that was fine because as per normal it was down to the sprint finish through the park with the promise of an ice-cream at the end.

So anyway, no pb due to the heat, whilst everyone else was running in the 10km we had an ice-cream in the shade and played Frisbee, followed by swingball at Chris and Alyson’s house and cake so it was a good day for all.

(p.s. we were both happy in the photo despite looking peed off)

NEIL MARSHALL



NEWS: PBs, new members, birthdays

Member PBs for June			
Distance		Name	Time
10k	First Race	Jackie Elmer	1:06:59
10k	PB	Lee Hardy	0:41:20
10k	PB	Chris Hudson	0:47:55
10k	First Race	Jill Hudson	1:13:24
10k	PB	Matt Kasperek	0:48:30
10k	PB	Yekanth Venkiteela	0:57:31
10k	First Race	Isobel Webster	0:52:15

New members joining in June:

THOMPSON-BELL	Jacob
BACKHOUSE	Eden
RISDON	Gary



Member Birthdays in July

Jill Buckley
 Rhona Cameron
 Lee Hardy
 Matt Kasperek
 Rachael Kearns
 Tom Keeber
 Jo Kendall
 Kevin Longmate
 Michael McGill
 Marion Muir
 Clare Rhodes
 Shamiso Sisimayi
 Hikari Yamaguchi



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.

