



kirkstall harriers

Running Club

Newsletter issue 162 : May 2017



**ANOTHER
SMALL BUT
PERFECTLY
FORMED
EDITION**



Thank you for the contributions to this edition which was carefully crafted by the soft hands of Jim Nundy.

COVER STARS:

The other newsletter editors head down a mountain at sunset.

PAGE 2:

2016/17 Winter time trials - overall results.

Important news: subs

PAGE 3/4/5:

Touring training.

Also on PAGE 5:

Birthdays.
PBs.

PAGE 6

Race report: Chairman's Chase.
New members.
Club details.

STOP PRESS!

The deadline for payment of 2017 subs is **Weds 31 May**, after that your membership will be cancelled.

Winter Time Trials

Overall results 2016/17

By Peter Hey

The presentation of the winter time trial trophies was made at the Chairman's chase post-race social. Altogether we had 62 members who did at least one of the races, intentionally or not. From those, 14 members did four or more races so qualified for the best four lowest scores of the six races. Another seven members just missed out by only doing three races.

After starting the runners off with the wrong spread sheet on the last race, the finishing positions were re-assessed and did not make any difference to the three lowest scores. Only four runners were set off at the wrong times (despite everyone always thinking they are set off wrongly) – and all four set off too soon anyway.

Just missing out in fourth place was Dave Wood with 33 points with times varying between 27.46 and 29.23, and 3rd and 23rd place. Third was Carol Moran with 32 points and times between 25.46 and 27.39, and positions between 4th and 26th. Second was our relatively new member Simone Salgado with 31 points who kept improving with times from 26.41 to 25.00

and positions from 2nd to 19th despite being moved further down the start line. The overall winner, who also kept moving further behind the start times but again with ever improving times was Lee Hardy with 28 points and times reducing from 21.02 to 19.44, but kept finishing in the top 10 with places between 4th and 10th. Hopefully this has helped him with his recent PB race times.

Other qualifiers were Catherine Barrett and Matt Kasparak with 39 points, Jacquie Elmer with 40, Hannah Newman 42, Paul Miller 47, Adam Moger and Sean Scanlon both on 52, Stephen Burrell 56, Chris Glover 64 and Patrick Nesden with 82.

As these time trials seem to have some supporters, it is expected that we will be doing them again this coming winter (which is only five months away, brrrr), and we have yet to see the summer weather. Should anyone wish to be involved with the future handicapping of these races, please let me know as soon as possible and this can be arranged. You can still run the races if you wish and me and the usual bunch of helpers will do our best to set you off and put your names in the right order and times of finishing.

Touring Training – one KH is away from home and trying to up the miles

By Leann Sykes-Hooban

I've not been around on club nights for the past few months because I'm working on a long theatre tour which started in February. As a way to motivate myself to keep running, I signed up for the Leeds Half Marathon, which is rapidly approaching. Having only previously done parkruns and the one PECO cross country in January that I'd rather forget, 13.1 miles seems like an awfully long way, especially as I don't have the purple army forcing (sorry – encouraging!) me up Butcher Hill or any other slight incline!

Apart from general self-motivation required for solo running, training on tour presents the following problems:

- New town every week need to run new routes constantly (which is a terrible thing for someone with no sense of direction!)
- Sat, Sun, Mon are out for big training sessions – Saturday is a matinee and evening show followed by load-out (the theatre term for dismantling the entire stage and packing it all in a 45ft lorry) which finishes at around 3am in the morning. Sunday is recover, travel, find accommodation, eat. Monday is 8am – 11pm unloading the lorry, re-building the set and putting on the first show in the new venue.
- My whole life is in a backpack, so one pair of trainers and no specialised gear. I have a digital watch that my friend found at the back of a sofa. It tells the time, has a stopwatch and interval function.

I planned to do three runs a week: 1 long run - using time rather than mileage and building up to 2 hours, one interval session and a parkrun (because I like building up my tourist stats!)

I thought I'd let you know how I've been getting on so far, so have a look at the following table.

Really looking forward to getting back to the club and a massive well done to the Marathoners who have inspired me to keep it going for the final few weeks.



Richmond Park. Great Running



Crane Park

Tax dodger spotting / tourist running in Luxembourg



Where was I?	What was it like?	Interval session	Long Run	Parkrun
Week 1 Queens Theatre, Horn-church	'Tech week', where the show is put together for the first time. Work a 70 hour week, often spending 12 hours in steel-toe safety shoes. One of the backstage crew manages to set himself on fire, a lump of wood falls off the top of the set nearly hitting 2 others. There are lots of forms to fill in. Running doesn't happen.			
Week 2 Horn-church	Still recovering from tech week		35mins in storm Doris heavy legged and slow going	Harrow Lodge Park. 1 lap course, mainly grass.
Week 3 Horn-church	Planning for the first venue move gets underway – lots of schedules to write	Set 4min intervals on watch, run too fast, make intervals shorter, manage 4 reps.	Get utterly lost in a country park. End up trespassing through an equestrian centre and wading through a bog. Am out for nearly 2hours and late for work	Harrow lodge again. One of my actresses joins me so I have an excuse to take it easy when she struggles at 3km
Week 4 Horn-church	Pre-tour jobs; Labels on everything, repair kits put together, spares brought...	Went for lunch with a friend...	75mins. No stopping. Don't get lost. Hurrah!	Raphael Park, Gidea Park. Take 30secs off PB. Walk 8km getting there and back
Week 5 Orchard Theatre, Dartford	Dartford is an exceptionally uninspiring place. Busy work week – too many matinees! I spend lots of time spraying flame retardant on dry wheat (it's a glamorous job!)	Squeeze it in between a matinee and evening performance by missing dinner. Manage 6 reps and easy run back to theatre. Feel fast.	Head towards a park but mainly run next to M25. Nobody I ask knows where the park is and think it might be a housing estate. By the time I find it I do a 10min loop and head straight back. 75mins.	Alarm goes off at 7.30am, the prospect of a 20hour day is too much, go back to sleep.
Week 6: Everyman Theatre, Cheltenham	Very posh, very grand. Lots of expensive cocktail bars that surely only do business during Gold Cup race week (which was last week). Theatre is a rare beauty designed by the great Frank Matcham.	Laps of a local park. Aim for 7 reps but the middle one is a jelly-legged trudge whilst making the kind of exhausted gasps belonging to someone who has done a 4min mile (which I absolutely hadn't)	Choose a straight road where I can't get lost. It becomes a couple of miles of steep uphill. Rewarded with lovely views. Fast return journey. 80mins but disappointed to find I only covered 6.5miles	Pitville Park- (arrive just in time). Winding course doesn't take in enough of the park. Walk 10km getting there and back. Succumb to dirty fry-up for 're-fuelling'
Week 7: His Majesty's Theatre, Aberdeen	Nothing goes to plan. The stage is sloped and everything has to be weighted or braked to stop it falling over or sliding away. Dressing rooms are spread over 5 floors, so I climb hundreds of stairs everyday. One show gets cancelled because heavy rain runs through the roof and into the auditorium and our electrics!	Seaton Park. Set watch for new intervals of 2 x 3min reps then 1 x 2min rep and plan for 3 cycles. Steep hills in park nearly get the better of me but I try to push through.	Stop for night at home between venues. Fit in 90min out and back along canal which feels OK and maps at just shy of 9miles.	Flat, out and back course along the promenade. The beach looks very inviting in the sunshine. I knock another 15secs off PB. Not a lot of marshal thanking going on in Aberdeen
Week 8: Grand theatre, Luxembourg	It's an opera house and the stage is vast with every piece of tech imaginable and more crew than we can find jobs for. Luxembourg is small, pretty and expensive – I hunt for corporate tax avoidance schemes	Done in the fitness suite of the Novotel (4 machines and a water cooler) on the evening we arrive. Feels odd to be on a treadmill but nice to mix up pace and gradient.	More of a tourist trot on my one day off. A 100min, winding lap around the town with frequent stops to take in views, architecture and info boards.	Parkrun has not reached Luxembourg.

Week 9: Richmond Theatre, London	Richmond stage is tiny. Some of our set is still out in the street at 5pm when the first show starts at 7.30. We re-rehearse whole chunks of the play in the hour before we open to account for all the things we can't move to their usual place.	Follow a 5km course. Finish it before I get through all my intervals (clearly my warm up was too long!)	Take in some of the wonderful Richmond Park. Run for a full 2 hours and cover 10miles. Am very chuffed. Go immediately for a sauna and stretch then eat everything in Richmond!	Should do a Bushey Park pilgrimage but can't face the idea of 1000+ runners. Go to nearby Crane Park, which is more of a nature reserve and very friendly. Smash PB by nearly a minute! (eat anything still available in Richmond)
Week 10: Off – at home!	It's my birthday so I miss club training due to the need to imbibe lots of alcohol and spend time with the other half who can't run cos his back has fallen apart. Do daytime running while he's at work.	Hill reps on the Normans (something I would have considered utterly insane 6months ago) Do 11, look and feel like I might die.	Pick a route that takes in Stonegate Road so I can have a crack at it. Feel good all the way to Alwoodley then pull up just shy of 2hours and 10.5 miles with sore feet. I've worn through my trainers!	Emergency trainer shopping. Up and Running advise a corrective shoe from a different brand for £115. I ignore them and buy the nearest I can get to my old shoes. Go to a swimming gala in lieu of Parkrun
Week 11: (3 weeks to go) Theatre Royal, Brighton	The Victorian quaintness of the pier and pavilion is belied by London prices, drunken students and a startling amount of rough sleeping. Backstage of the theatre is filthy and several cast come down with sickness and diarrhoea	Head for a local park to wear in new shoes. Manage all 9 reps and feel comfortable	Practice for re-fuelling. 2 hours up and down the seafront. Chomp on date snacks after 50mins and a dextrose tablet much later on. Stagger the last 20mins wondering why all my joints hurt. I later map the run at 12miles and understand the aches!	Hove Park. It's a real struggle getting up and I'm still achy. Aim to stay ahead of the 28min pacer and end up breaking 27mins! Woohoo!

Member birthdays in May

Claire Bromley
 Andy Carter
 Lucy Churm
 Ben Coldwell
 James Finnigan
 Helen Goldthorpe
 Emma Hustwit
 Andrew Kirby
 Matthew Kirkham
 Steven Knight
 Dominika Malinowska
 Louise O'Brien
 Baldish Sandhu
 Emma Southon
 Elizabeth Walker
 David Wood



Member PBs for April			
Distance		Name	Time
Marathon	PB	Jackie Elmer	4:49:21
Marathon	PB	Lisa Gibson	3:55:23
Marathon	First Race	Niamh Jackson	3:16:30
Marathon	PB	Alexandra Potts	4:18:57
Marathon	First Race	Malcolm Taylor	5:29:18
10m	PB	Ben Coldwell	1:02:32
10m	PB	Lee Hardy	1:05:12
10k	PB	Stephen Burrell	0:39:53
10k	PB	Catherine James	0:52:23

Race report: Chairman's Chase

By Peter Hey

We had 28 runners braving the slightly cool air of 26th April - but at least it stayed dry. Most of the runners had already been allocated start times based on their runbritain handicaps, but we did have to squeeze 5 new names onto the spread sheet. The runbritain handicap times are good if everyone is racing all regularly and preferably all at the same races - but unfortunately we like all other clubs have runners coming back from injury, new runners, members who do not race a lot, members who are continually creating PBs and then people like me on the various degrees of steep descents, having

passed their best. All in all not a bad handicapping system so if the runners were not battling for the front position, they were battling against their arch rival members. At least it does give some of the slower runners to be in a chance of winning.

The first three people across the line was Helen Burgess who overtake eight runners to finish with a run time of 46.00. Second was Jill Camm, another runner on the comeback trail after a long maternity break who had a run time of 43.54. Jill was also the fastest lady on the night. Third was Jacquie Elmer, who is one of those on the steep upward spiral (due to our successful training nights?) with a run time of 50

minutes dead. The fastest male was Jack Hipkiss who despite being last to start and having to wait 27 minutes - and claiming not to know the route - overtook 17 runners and finished 11th.

Many thanks to all the people who came out to marshal, assist and generally support the runners (or to partake in the fine buffet afterwards) these included Hannah Newman, Emma Lavelle Wood, Sam Broome, Gemma Roe and Collette Spencer and apologies if I have forgotten anyone else. If you did not enjoy the run - hopefully you enjoyed the food and presentations afterwards.

New members

Our newest members, joining in April:

- Giedrius Geisleris
- Ben Johnson

Welcome to the Purple Posse!

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