

NEWS!

**AGM ANNOUNCEMENTS.
NEW OFFICIALS! OLD
OFFICIALS!
PECO TRIUMPHS!
AND MUCH MORE.**



**RACE REPORTS FROM
HITHER AND THITHER!**



**THOUGH WE ALL WISH IT
WEREN'T, IT'S STILL HI-
VIZ SEASON.
BE SEEN!**

**A REMINDER: ALL
NEWSLETTER EDITOR
EMAILS ARE ON OUR
WEBSITE UNDER
"NEWSLETTER", ALONG
WITH ALL ARCHIVED
NEWSLETTERS**

NEWSLETTER

**PHOTO OF THE MONTH: FOR HIS CO-
ORDINATING FELL-RUNNING FLUORO
FASHION, IT'S RANDOLPH ON T'TOPS.**



© Woodentops.org.uk

Newsletter news

Gemma Rathbone has now stepped down. So we welcome Simon Smith, who will edit his first newsletter next month. While we're on the subject: this is YOUR newsletter. We want to hear from everyone! Whether you are running, injured, whether you've been in the club for ten years or ten minutes. You are all talkative on FB and in person: let's have some

of those thoughts and ideas for this publication. Race reports, but also essays, recipes, gear reviews. It takes editors a lot of work to put these together. We love doing it, but we can't do it without content. Help us out!

NEWSLETTER EDITOR: ROSE GEORGE

AGM NEWS

On Monday 15th February it was the AGM for the club. We had about 45 members present and ahead of the issue of the minutes to all members, here are a few highlights:

Election of Officers for 2016/17

Chairman: Chris Glover

Secretary: Jill Buckley

Treasurer: Ben Coldwell

Election of Captains & Committee for 2016/17

Ladies Captain: Laura Davies

Ladies Vice-captain: Alice Murray-Gourlay

Men's Captain: Adam Rhodes

Men's Vice-captain: Hal Roberts

Club Gear: Carol Moran

Membership Secretary: Steve Groves

Social Secretary: Sam Broome

PECO & YVAA: Adam Moger

Training Coordinator: James Manthorp

Sponsorship & Marketing: Rachael Kearns

Non-committee roles

Newsletter editors:

Rose George

James Nundy

Matt Sykes-Hooban

Simon Smith

Club championship: Malcolm Taylor

Twitter account: Rose George

Chris Glover thanked all those who had served the club last year and welcomed new volunteers to the committee and non-committee roles.



OUR SPORTSWOMAN & SPORTSMAN OF THE YEAR: NIAMH JACKSON & PETER HEY. HUGELY DESERVED. CONGRATULATIONS TO BOTH!



AGM NEWS continued

Subscriptions for 2016

Members voted to keep subs at £25 (Full) and £10 (Second Claim). Also the £5 “Early Bird” discount for those paying their full membership by 31 March will apply again this year. Subs are due now and you can pay online by clicking [here](#). The closing date for subs is 15 May and this will be enforced this year.

Charity Donations

We voted to donate the following for 2015/16

Wheatfields Hospice: £500

Mountain Rescue: £100

Children's Heart Surgery Fund: £100

Hollybush Conservation Centre: £100

Kirkstall Floods Appeal: £100

Action Duchenne: £100 (donated already)

Editor's note:

Lots of people in our club do lots of work, in committee and non-committee roles. It's part of what makes our club so efficient, but also so warm and welcoming. We all appreciate the work they do for us, but every now and then this needs saying out loud, in whichever language you like:



PECO REPORT

What an excellent PECO season for the club. First, obviously, congratulations to our ladies first team, who won the Premiership overall, and to the ladies second team, who also won. Amazing running, ladies: well done.

The final race of an excellent PECO season, at Roundhay, saw our ladies team top both the Premiership and Second Teams table. It was a season's best overall for Alice, who came 3rd, followed by Niamh, Shami, Helen D and Jill C. The very strong second team consisted of Emma Briggins, Louise, Helen B, Marion & - in a welcome return from Sheffield - Laura Hogg. No fewer than 18 more KH ladies ran, which mean we once again delivered the best turnout by any club on the day. No other club got beyond a ladies C team; Kirkstall not only went all the way to E, but our B & C finished 1 & 2 in the second team's table on the day.

The men meanwhile finished second, which means they will hopefully get promoted. The first two home for the men (Fred M & David H) were both running as guests, giving some hope that the men can be competitive in the premiership next season. The eight counters were Jack, Ben, Hal, Adam N, Tim D, Adam

M, Chris G & Kevin L. A further 16 men behind bolstered the team.

42 ladies and 46 men ran for the club in at least one race; 18 ran in all five and will soon be receiving their PECO buff & shoe bag as this year's prize for running all five races. A further 15 ran in four races, with the top individuals in "best four" being Ben for the men, and Alice for the ladies.

The PECO presentation is planned for 7.30pm on Friday 18th March (venue tbe confirmed), ahead of the PECO relays on Sunday 20th (KH teams will be organised by Adam Rhodes: see his recent email). Special mentions for Alice, who has made the ladies PECO representational squad, and Niamh, 1st FV35 trophy winner.

ADAM MOGER



YORKSHIRE VETS REPORT

The timetable has been updated in the last month so please see latest dates below:

Honley : Sunday 24th April
 West Park: Tuesday 24th May
Kirkstall: Tuesday 31st May
 Lythe: Sunday 5th June
 Bingley: Tuesday 7th June

Alwoodley: tbc
 St Theresa's: Tuesday 19th July
 Halifax: Wednesday 10th August
 Pudsey: Sunday 16th October
 Spennings: Sunday 20th November

We will try to keep you updated on any changes, but if you visit the website www.yvaa.org all the information should be there.

This is a packed schedule of races. Eight races between the end of April and beginning of

August, these are very interesting and fun races to do if you are 35 or over. The distance is not normally more than six miles and is usually over some interesting mixed terrain. If you have not done any yet but are thinking of taking part, talk to some of our "senior" members of their experiences of these races. They are also very good value for money. Cost if I can remember from last year is about £5.00 per race and usually includes some food

afterwards. Even if you are not fast enough to win any prizes for being in the first three for your age group (in bands of five years), you stand a chance of getting one of the many spot and raffle prizes to be had afterwards. Last

year our ladies vets team finished 4th out of 28 clubs and the men finished 5th out of 38 clubs. With a bit of encouragement and some commitment from our existing members this year, let's see if we can beat last years positions.



NOPE, IT'S NOT A YVAA PICTURE, BUT KIERAN DOING A VERY GOOD IMPRESSION OF A SOAKING WET RUSSIAN GRANDMOTHER.

You will have noticed the Kirkstall race is in bold. This is a race your club organises, so we need as many members and their family and friends helping as possible. Ideally we need our older "vet" runners running and youngsters helping to marshal (or shout encouragement and/or abuse to your fellow members). Most of the marshals will be needed between 7.00 and 8.30 that evening, so if you can only help for an hour, this will be appreciated.
 PETER HEY

RACE REPORT

We had another good turn-out with 26 runners braving the cold. Some did admit they may not have been down had they known it was the time trial night! Many thanks to Adam who helped with the start and finish and ensured they all got off on time, and recorded with the right times and positions. The runners included one new face on the night: Sameer Shah. We hope he enjoyed the experience as much as I am sure the old hands all did. There was also a mixture of new and old faces who were doing this year's time trial for the first time: Steve Knight, Yekanth Venkiteela, Sean Scanlon, Jill Camm, Chris Glover and Fred Maier.

The first member over the line was Becky Dwyer with a run time of 25.12 who we have noticed is getting a bit faster lately (sorry Becky, your handicap time is going to have to change). She was a good minute and half in front of the next runner, Sameer Shah. Second member across the line only 16 seconds behind Sameer was Mark Young in a run time of 21.46. 16 seconds behind Mark was David Hodkin with a run time of 18.02.

Bringing up the rear on the night was Adam Nodwell with a run time of 22.04 - Adam happened to finish first on his first run in

October, so bad handicapping on someone's part! The fastest time was David Hodkin with 18.02, passing 19 runners and just pipping Fred Maier who finished with 18.08 passing 16 runners. Fastest female on the night was Alice with 19.28, passing 13 runners. There was a time lapse of 5.52 between first and last home but allowing for bad handicapping, poor or good runs on the night and taking out the top and bottom two, the time lapse is 3.11 between the other 22 runners.

THE 5K TIME TRIAL OF WEDNESDAY 10 FEBRUARY

There is one last run in March - Hooray I hear you all say - and the competition for the best four positions out of six is heating up with 10 runners already having completed four races

and another six runners having done three runs to date.

PETER HEY



NOPE NOT A TIME TRIAL PICTURE EITHER JUST AN EXCUSE
TO SAY, GREAT TO HAVE YOU BACK, LAURA HOGG!

RACE REPORT

As some of you may know or have witnessed I am a big over-thinker of all races. Big or small, I will continuously go over the route, the competitors, current niggles/injury risk, likelihood of a PB, pace, nutrition, hydration, which shorts will best match my vest and most importantly, how on earth I will attempt some kind of control over my hair to prevent what my dad always referred to as a "bird's nest" occurring.

However this race was different. Maybe I was thrown off by such a late start (12:30) and therefore the prospect of lie in. Or maybe Niamh and James' chirpy accompaniment on the way prevented any onset of worry or consideration for what the next few hours would bring (thanks both).

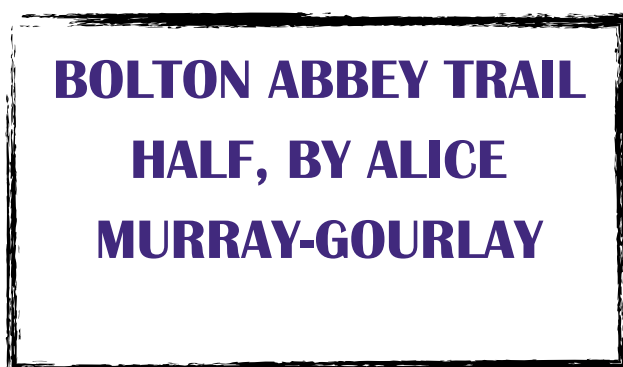
Either way. This was my first off-road half and boy am I glad I hadn't given it a second thought in the lead up (I actually even forgot my watch). Having just finished PECO season I set off at "PECO pace", despite having just been informed that the actual course distance was 13.6 ("more for our money" was the parting gift from Diane!). This pacing felt like a terrible decision at mile 2 where I realised my error and lack of mental preparation. However at mile 3ish I was met by fellow Harrier Adam Nodwell who was marshalling at a river crossing. As Adam had recently beaten me in the 5k time trial I felt compelled to keep the pace and kept on at "PECO pace".

The out and back course following the river was by no means an easy feat as we trudged through muddy fields, up some never-ending hills and navigating some steep steps (kindly marshalled by our very own Patrick). When my body felt like it couldn't possibly handle any more we were sent up yet another hill and what made this all worse was knowing we had to do another loop of the initial five miles and therefore I knew what was coming. Sometimes naivety is best. You can kid yourself it won't be that bad then.

Despite the ups and downs of this race (quite literally) I thoroughly enjoyed it. I would recommend to all runners that switching your brain off completely from time to time and letting your body lead the way may bring some surprising benefits. James and I worked out my estimated time and it's likely I equalled my flat road PB at the 13.1 mile mark.

If I'd gone through my normal ritual I doubt I'd dared have set off at such a fast pace. I challenge you to complete a race without your watch and see how it goes.

(NB. I cannot be held responsible for any negative outcomes associated with not wearing a watch.)



Ed's note: This piece was not brought to you by Garmin.



Alice turns heads at a PECO

RACE REPORT

The first Harewood Half Marathon last year was just a bit over the standard 13.1 miles (21.08km), so the organisers, the British Heart Foundation, altered the course, though perhaps a little too much. My fancy watch made it just over 20km, which made the finish line a pleasant early surprise.

Let's face it, trail races don't do exact and it was hardly a PB course, with 286m of gain and one category 5 hill. Personally, I didn't feel robbed of the full half marathon distance, though as usual, I forgot to stop my watch, so it was 30km by the time I got home. The start

seventh, heading for home while some of us had another half an hour or so to go.

The course was well marked with support from cheery marshals, there were even toilets at mile 10 which I considered to be a luxury. As with all good Yorkshire races, there was an uphill finish, with a medal and a gingerbread heart for us as we crossed the line. We picked up our tee-shirts at the start, where, as usual, there were no small sizes left, though plenty of XXL. Now, you tell me, just how many half marathon runners do you see who would need XXL tee-shirts? And how many would you class as small? So why don't they just order



was in front of Harewood House and the course was cleverly designed to give maximum views of the house and estate, which meant there was hardly a step of the way which wasn't scenic. The race was confined to the grounds, unlike the Harewood 10, which heads out to the reservoir, which meant there was a lot of ziggy-zagging and the heart-sinking sight of the lead runners, including our own Ben Coldwell, who was

more small, eh? Still, it was my only gripe, the rest of it was wonderfully enjoyable, I'd certainly do it again.

We had ten runners: Ben Coldwell, Catherine Barrett, Elizabeth Walker, Alyson Glover, Sandra Warren, Paul Grist, Neil Marshall, Christopher Glover, Samantha Broome and Adam Rhodes plus Noel and yours truly as second claimers.

ANNE AKERS

RACE REPORT

Harewood House is a beautiful place isn't it? A grand house set in amongst deer filled fields and a swan lake. A lovely place to spend a morning, taking in the views and filling your lungs with a bit of fresh air. Just what you need after a week spent city locked and work bound. Time to blow away the cob-webs and shake off the stress. Clear your mind.

Sunday Morning. An early alarm call to peel me out of bed; with bed hair and fuzzy brain but the sky is blue and there is no rain, or snow or wind. A good day for a run, a great day for a run. What is it about race day that makes decision making difficult if not almost impossible? What to eat, what socks to wear? Important decisions.

Start Line. Squeezed and squashed together like sheep in a pen. All keen and charged with nervous energy. And energy gels. Jostling for position, wondering. Am I too near the front? Too near the back? Sussing out who is stood next to you. Do they look like the same sort of runner as me? Am I going to be elbowed and flattened to the ground, head first in the dust? Humiliation, dread.

Three Miles. The first are always the trickiest, testing and tedious. For me. Legs of lead and a brain that persuades me that I should have

stayed in bed. Warmly tucked up not running instead. Running backwards with over takers flying ahead. If I watch my feet and the ground maybe I'll be swallowed up, or like a swallow fly up. Fly up those endless hills and inclines. Not today.

Four Miles. I start to realize that these hills won't end. They will just twist and bend, almost send me round the bend. With nobody to lend me a hand or shoulder to cry on. I soldier on. I'm listening to others chattering around me and pondering. How can they manage to string sentences together when words have little meaning? No sense, nonsense.

Eight Miles. A blur of mud, tree roots, stones and tracks. Balance and observation to keep you off your back. One wrong move or footstep could spell disaster.

Such concentration and focus that all thoughts of work and life become a balance just in this one act. A moving meditation that is the mother of all meditations. Beats Bhudda anytime.

The End. It comes quickly but not painlessly.

HAREWOOD HALF, OR COUNTDOWN TO DOOMSDAY, BY SANDRA WARREN



SHE'S LOVING IT REALLY

picture by Andrew Thrippleton

RACE REPORT

Think of the best nights out you've ever had. I'll lay a small wager with you that the most memorable of them have been those that happened almost by chance at the last moment. They probably started with "Thinking of going out for a couple of quick drinks tomorrow night/tonight, fancy joining us and we'll see where we go from there?" "Yeah, go on then" you say. "I'm not up for a big night though". The rest is often, as they say, history. The night takes off from nowhere, develops a life of its own and you end up having a blast. Conversely, those do's and events that have been weeks or even months in the planning can sometimes fall either completely flat, or be good, just not quite as good as you'd hoped. Do we just build them up too much in the anticipation, stoking up expectations to absurdly high levels? Most probably.

This same thought struck me about the Hot Toddy 10k, which I had the pleasure of taking part in on

Feb 7th. I can't ever recall it being an event that featured on my radar. It is usually held at Christmas, but was postponed last year due to the heavy flooding that left large swathes of Calderdale badly stricken. It was only reading a chance facebook post from Catherine Elvin a couple of days before the rearranged date that started me thinking about taking part. I had a free weekend of racing, no other family plans or commitments so decided "spur of the moment" to go for it. I'm very glad that I did.

I've never been to Todmorden before, but now I know it's a wee bit of a trek from Harrogate, taking longer to get there than I'd realised. It's not dissimilar in this respect to the Dentdale Run. Both look to be on your doorstep as the crow flies, but the journey there can be interminable. It was initially quite depressing driving through towns like Sowerby Bridge and Hebden Bridge to see the extent of the clean-up still underway from the

December floods. Just like Kirkstall, these are areas that have been really battered, with homes and businesses submerged. At the same time however, it was uplifting to see how these communities had pulled together in adversity. There were numerous signs in shop windows saying "thank you" and "business as usual". It reminded me that we can still be "the bulldog breed" when we really put our minds to it. I was also pleased that the £5 race entry fee (I can't ever remember paying such a modest amount for a road race) was all going to Calderdale Flood Relief. Well done Todmorden Harriers!

I'd gone across for this one with my wife, Michelle, and as usual we were amongst the

first to arrive. It soon ticked onto race start time, and under a threatening sky we stood nervously waiting to set off. It was very cold – a day for hats and gloves. 2 laps of the local Park saw us then head up a steep uphill pull that lasted about 2k covering over 200m of ascent. It was probably the nearest you could get to running a fell race on tarmac, if you

know what I mean. Once that challenge was completed, the course was a joyous mixture of riotous descent or fast racing on the level. It was an exhilarating experience. The field was relatively small (just over 200) so you never felt hemmed in by other runners. Everything about it had a really delicious homespun feel. I love a big city centre race, but it's more often than not the smaller, "non-corporate" events like this where you can truly connect with your running mojo and remind yourself why you enjoy racing as much as you do. It's also gratifying to have a sense that the race you are taking part in has become part of the local fabric in that community's life.

The race finished back in the park almost where it started. I only ran a modest 47:55, but taking into account the nature and length of the hill climb, I was pretty pleased with that. It secured me 59th place out of just under 200 finishers, not too shabby for an event I

THE HOT TODDY 10K, OR "SHOT BODY, HOT TODDY"

BY SIMON SMITH

wasn't aiming for a time or performance in, but was purely seeking an enjoyable experience. Michelle came home just over the hour mark, and like me, really enjoyed the race (she's with Nidd Valley Road Runners, my former club, for her sins). We were very

Would I do this race again? The only thing putting me off would be its usual scheduling so close to the festive break when there is so much other stuff going on. Other than that, I'd warmly recommend it. I'm pleased I did it.



much in fell running country, so probably took advantage of the element of surprise over many of the participants who may have forgotten what it was like to race purely on the alien territory of the roads. The best part of any run or race is the bit when you finish and get to stop. Never was this more true in this race, because fully living up to its name, there was a warming cup of "hot toddy" waiting at the finish. A welcome restorative tonic to revive a shot body it certainly was!

It gave me a grand day out shared with Mrs Smith. We sometimes feel like ships passing each other in the night, so for that alone it gets a thumbs up. It was also a race that fitted in with one of my 2016 running objectives to challenge myself by competing in events I haven't raced previously. A little Calderdale cracker of an event if you ask me. Even if it is dangerously close to the Red Rose border.

RACE REPORT

It was in the calendar, but it depended on weather. Driving to Ilkley a few miles away to run through gales and rain is one thing: driving two hours to Westmorland in Cumbria is another matter. But in the end the forecast was good. It was so good, it was perfect: a cool but not cold temperature, good visibility, dry and with winds of 3mph, not 53. So I decided to do the race, because it's a cracker. Up the A1, then onto the A66, over Penrith way, then to Appleby for petrol, which we bought from an agricultural supplies place. Farming is so foreign to me, I gaze at everything in places like that. Suzuki quad bikes; tractor lights; sheep supplies. But then, Cumbria is foreign to me. We had a couple of family holidays here, but I don't know it well, and I look at Cumbrian residents with envy, as if they are otherworldly creatures, because they can walk out of their door and run up a most magnificent fell, with ease. Of course I'm not complaining, when I can be up on Ilkley Moor in half an hour. But still: a fell on your doorstep is an amazing thing to have.

The race HQ is in Dufton village, because it's organised by the lovely Morgan Donnelly, a champion fell runner who lives in Dufton and who has the rosiest cheeks in fell running (so I think of him as Fellrunning Noddy. Sorry, Morgan). It is sponsored by Inov-8, probably because Morgan is too, but there's no sense of it being a glamorous, richly sponsored race. It's like most fell races: low-key, friendly, welcoming. That doesn't stop me being absurdly nervous before each race, no matter what, and the same happened here. I get uptight and worried, that I won't be able to run or I'll be slow. Maybe I should go off and meditate before a race, but I'd be too nervous to concentrate.

The HQ is in the village hall, so we parked where we could then went to register. £7 this year, £6 last year. Presumably the rise is due to how much the race has to pay farmers to run through their land. But it doesn't matter: Cumbria needs all the extra pounds it can get to recover from the floods. Despite initial

difficulties - we set off in my car then found it had a flat tyre, so back home to swap cars - we'd arrived in plenty of time. The race start was at 2pm which is civilised but means you have to think about food. So at 12.30, I began eating my cheese sandwich whether I wanted

to or not. Then some Soreen, some coffee, several toilet visits, changing into my kit. I decided on long-sleeves, vest, shorts, rainbow socks, and a great Ilkla Moor bah't'at buff that I won by doing the Ilkley Moor race.

HIGH CUP NICK, BY ROSE GEORGE

Most of the entrants would probably be from the Cumbrian fell clubs - Keswick, Borrowdale, Cumbria Fell Runners - though there was a Dark Peak or two from Sheffield too. After my last toilet visit - thank you Dufton Village for your clean and toilet-paper-stocked public toilets - we headed down to the start, which was a

gathering and loitering on the village green. To our left was the looming peak of Dufton Pike. But we weren't going to run up that. Instead, once Morgan had said a few words, though I've no idea what they were as he's so quietly spoken, then said "on your marks, get set, go", also quietly, off we went. Through the village, along half a mile or so of road, then into farmers' fields.

I felt dreadful. I felt exactly as I'd done at the last Parkrun, that I was not far from DNF-ing. I felt like I was running slowly, and that my legs lacked any energy. And that was just the first mile. The first four miles of the race are over fields and then up the glorious, glorious valley of High Cup Nick:

It is glorious to look at, and glorious in its breathtaking geology. It's an Area of Outstanding Natural Beauty, and we were being allowed to run through it. Amazing. So although my legs felt like lead, I kept gazing about me, and I was knackered but content. At the further end of the valley, as we approached the climb, there were more bogs. They were exhausting, and I slowed and slowed. Last year I'd run this race with jet lag, having flown back from Haiti a couple of days earlier, on a sleepless overnight flight. I'd felt

sluggish last year and didn't feel much better this time. Later, when I told someone how awful I'd felt, he said, it's all uphill. It just looks flat. Oh.

A runner overtook me on the boggy section, then turned and said, "I liked your blog". I was a little nonplussed. That's not what you expect in wildest Cumbria when you have mud up to your thighs and you're wondering how to make your legs keep working. I said, "thanks. who are you?" He said he was a lurker, not a commenter, and his name was Jonathan, and that he'd found this blog while looking for reports of High Cup Nick. He said he'd recognised me by my socks. Then he overtook me and I didn't see him again.

Finally we reached the bottom of the climb up the Nick. I don't think anyone runs this. By this time I'd realised that I'd forgotten to switch the activity settings on my Garmin from bike to run, and so I would probably be the only person alive who, at least according to Garmin and Strava, cycled straight up this a sheer rock face. But I had other things to think about, like where my feet and hands went. Yes, some of it was on all fours. I enjoyed it though. I tried to chat to other runners but most were too puffed to speak. "Sorry," said one, "I don't want to be rude, but I just can't talk." I made sure to stop and take pictures because when I'm somewhere that beautiful, it's criminal not to.

Someone on the Fell Runners Association Facebook page said she hadn't had chance to see the view. I find that baffling: I think that's a major reason to run on the fells. I always allow for gawping points, even if it's just a few seconds. Near the summit, I stood on a narrow shelf of rock, leaned back against the rock face for safety and dared to look down. I don't have a good head for heights, and we were very high up a very sheer rock face. It was rather terrifying, but stunning. I'd guess it's one of the best views in English fell running. Or any kind of running, anywhere. Then I climbed the last few metres to the top, greeted the marshal with "the best socks in the race are arriving" which he, reasonably, ignored. Then somehow I had to get my legs to work for the next four miles. Unlike last

year, there was no ferocious headwind, so I carried on as best I could. Along the way I had a nice conversation with a woman about her rather cool Spiderman-like leggings (they are Shock Absorber). She said she'd lost her running mojo and thought that buying new kit might get her back on track. As she was at that point running steadily in a difficult fell race having just climbed up High Cup Nick, I think her tactic was working. I overtook her anyway. I love downhills, even though I can't always see the ground properly, as my eyesight is rickety, and my eyes water. But that doesn't stop me: activate the inner eight-year-old, and GO.

It's a wonderful four miles, as enjoyable as the bogs were not. I got plenty of cheers on the way down, and when I ran past one group of walkers a man called after me, "Kirkstall in Leeds?" I said, "yes, I ran up here!" and carried on running.

HIGH CUP NICK

continued

There's one point after about three miles of downhill on a track where you have to turn up into some fields and cross them, and suddenly a small incline feels like an enormous peak. I thought it was just me, when my legs suddenly felt like lead and all I'd done was turn

into a field. But afterwards everyone said the same. Then, through some more fields and four marshals in succession who said "you're on the home stretch" or "not far now" which in the case of three was true only in a very elastic sense. There was a short hill before we reached the village, which felt like Mount Everest. Honestly, it was hard. Then back into Dufton, through a back alley, onto the village green, and a sort of sprint to the finish line where Morgan stood with a clipboard.

I got my breath, then sidled up to Morgan and said Kate Carter from the Guardian - who I write for - said hello. They did a video together which is on the Guardian's site, in which Morgan describes fell running as running to the top of a hill and back again. Anyway when I said hello from Kate, he said, oh, right, with some surprise, and I wanted to get a selfie with him but I was too embarrassed to ask. I couldn't care less about getting pictures with celebrities. I have no interest in signed editions of books. But around Morgan, Victoria Wilkinson, Ricky

Lightfoot, I'm like a Harry Potter fan in front of Daniel Radcliffe. Ricky won the race, beating his record, and Victoria was the first woman back. Once I'd changed and warmed up, we headed to the village hall for soup and roll, then hot tea and cake. The hall was packed, though by the time the presentations were done a lot of people had left. Victoria was still there, and when she collected her prize, I gazed at her like she was a museum exhibit: how is she so good? How did she get to be so fast? How can I get faster? The usual thoughts. If I met her, I'm sure I'd babble like an awestruck fan. And she'd look at me like I was nuts.

No prizes for me, of course. But when I looked up my time from last year, I realised that this year I'd run it eight minutes faster. Eight minutes! Some of that could be because of last year's jet lag and some because of headwind, but not all of it. So although I'd felt crap, I did great. And though I worried as usual about being last, I came in about 60th from the back. Which shows the gulf between self-assessment of one's worth and ability and actual worth and ability is as wide as the mouth of the rocks that opened millions of years ago to form High Cup Nick. I'll try to remember that.



RACE REPORT

This event proves to be extremely popular and like the previous three years sold out quite quickly. Unlike most of the other stages in the Coastal Trail Series, all of the Northumberland courses (Ultra, Marathon, Half and 10K) are linear in format, thus making it really really difficult to get lost! I entered the 10K and two of my friends did the Half.

On a chilly February morning the event registration took place at the fabulous Bamburgh Castle and was run with

military precision - with your number every runner was given a wrist band with a 'key' attached that had to be inserted into a reader at every check point, which I found knocked you off your stride a bit, but it did mean you got a very accurate print out of your timings and finishing position as you collected your medal and t-shirt having only just crossed the finishing line.

At the beginning of the race designated busses took runners to their respective start points, the Ultra runners were transferred first, followed an hour or so later by the marathon runners, then the half and lastly by those of us running the 10k. It is fair to say the scenery along the whole route was utterly breath taking and even though there was an incredibly strong wind coming off the sea which was intent on

pushing you sideways the race was great fun. The terrain consisted

mostly of soggy wet sand, rolling dunes with some technical rocky cliff element thrown in for good measure, plus a fair bit of water to splash though which quickly sapped the energy from your legs. I set off at a cautious pace having not really run on sand before but kept the lead pack of females in sight. Slowly but surely I managed to pass a few runners and luckily for me the woman who ran the majority of the



race in 3rd place started to struggle on the rocks and tired dramatically in the last mile. I took the opportunity to sneak past her and managed to hold her off on the final hill up to the finish line in the Castle grounds to claim the shiny bronze medal, a box of Cliff Bars and a pair of Runderwear pants - probably the best prize, ever!

My Fellandale friend, Kathryn Fisk, stormed around the Half to take 2nd female and our other friend wasn't quite so lucky having taken a tumble on the wet rocks and only came away with bruised ribs and a black eye.

So if you like well organised, easy to navigate trail races with stunning views and dramatic coastal scenery then I'd highly recommend giving the CTS a try - plus they give pants out as prizes, what's not to like about that?!

MEMBER PROFILE: BECKY DWYER

Name: Becky Dwyer

Age: 36

Occupation: Primary school teacher

Originally From: Poole, Dorset

Time as a Kirkstall Harrier: 3 years

When did you start running and why? I started running about 4 years ago when I moved to Leeds. My sister did parkrun regularly so I started doing it with her, and then after a while decided to join a running club. I've always enjoyed doing exercise and I used to walk and cycle a lot, and parkrun seemed like a manageable distance to start off with!

How did you end up joining Kirkstall? I moved to Burley and I was either going to try Kirkstall or Hyde Park Harriers. My housemate at the time was a member of Kirkstall and told me lots of good things about the club so I went along to a training session and have never looked back!

What are your motivations for running? I find running an amazing stress release. When I have had a stressful day at work I can go for a run, or go to training, and it suddenly seems a lot less important. Running also allows me to get out into nature: I can leave my front door and run for a few miles and be on the Meanwood Valley Trail, or at Eccup reservoir. I love the feeling of freedom that it gives me.

What are your greatest running achievements? Probably doing my first marathon last October. It was one of the hardest things I've ever done and it was a great feeling to finish it.

What are your best running related memories? I've got really good memories of lots of the races I've done since I joined Kirkstall. Everyone is so supportive and it's great getting cheered on at PECO's and other races.

What are your worst running related memories? The marathon! I got to about mile 18 and my right hip started to really hurt, so I had to walk and run. I felt like I was never going to finish!

Any words of wisdom for your fellow Harriers? I guess just to listen to your body and do what feels right for you.

Can you share an interesting fact about yourself? When I lived in London many moons ago I worked as a rickshaw driver taking people around the West End.



TRAINING UPDATE

Hello everyone, my name is Jason Mansfield, I mean James Manthorp. I am your new training coordinator. I thought that it would be a good idea to write a short article on the upcoming training plan and my reasoning behind it.

I was lucky enough to be provided with the results of a fantastic questionnaire, which was provided by Laura, that gave me plenty of information about how our current members wish training to progress. In short, half of the respondents wish for change and half are content. Of those

who want change the results suggest they would like variety in their training. When I began planning the present month I was very aware of a

few factors. Firstly my coaching background is focused on track and field, so whilst the questionnaire outlined a desire for change I'm still wary that too much change too quickly could be a bad thing. Secondly I'm very limited in my training options due to the lighting in the evening and the lack of big open spaces of fields. Thirdly, I've only been living in Leeds since September and I'm likely to get us all lost. So to give a good variety of training I'll have to get creative.

Training usually needs to provide several factors; speed, strength, stamina, suppleness and skill. These factors all interlink and mostly have sub categories within them, such as max velocity speed and speed endurance. Furthermore training needs to cater for all of the athletes involved, whatever their athletic ability.

So to focus on strength training will feature hill sessions. These hills will be both short, where the aim is to run as quickly as possible, and long where the focus will be on remaining tall and coordinated all the way over the top. Hill training is a corner stone of many

training programmes and can provide many advantages in races.

Next I plan to address stamina and skill through interval and fartlet sessions. Interval training is identical repetitions with a specific predetermined recovery. The idea is to break up a long distance and complete it faster than normal. This is called over training and forces the body to adapt to the challenge. However, the adaptation and over training needs to be reasonable and achievable. So all repetitions need to be completed roughly to the same standard.

BY JAMES MANTHORP

Fartlek training focuses on teaching the athlete they have more than two speeds. Athletes run for a period of time in groups and select various paces to go at. My old coach told me to think about it as gears.

Switching from first (walk), second (jog), third (run), forth (run fast) and fifth (sprint). This is useful for knowing when you feel suitable to over take in a race, or how to change pace in a flat terrain course.

Finally, it's important to focus on general co-ordination of the body. Good co-ordination improves efficiency and saves energy whilst running. So throughout our long runs I'll be asking you all to focus on a different aspect, or goal. These will be your arms, high knees, running tall, running quietly, pace training and so forth. Some of these may be exaggerated compared to normal running, but allow for an overall improvement.

Thank you very much if you managed to stick it through my article and please feel free to talk to me about any aspect of your running. Your training plan should be unique to you, so sometimes you may need advice and to deviate from the group plan and we can work on that together.

PBs, new members, birthdays

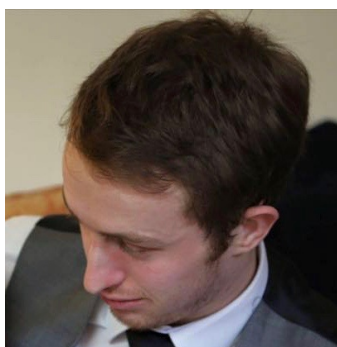
PBS FOR FEBRUARY: WELL DONE ALL

Distance		Name	Time
Half Marathon	PB	Hannah Newman	2:16:37
10m	PB	Laura Davies	1:35:18
10m	First Race	Chris Hudson	1:19:37
10m	PB	James Nundy	1:24:49
10m	PB	Shamiso Sisimayi	1:08:14
10k	PB	Lisa Gibson	0:47:32
10k	PB	Hannah Newman	0:57:47
10k	PB	James Nundy	0:48:10
5k	PB	Rebecca Dwyer	0:25:12
5k	First Race	James Finnigan	0:24:19
5k	PB	David Hodkin	0:18:03
5k	First Race	Mark Young	0:21:46

Member Birthdays in March

Jason Buckley
Patricia Convey
Helen Drew
Laura Hogg

Tony Moran
Patrick Nesden
Justin Newall



**WELCOME TO FEBRUARY'S SOLE
NEW MEMBER, FRED MAIER!**

BITS AND BOBS by Sam Broome

Bramley parkrun takeover

Special thanks to everyone who gave up their Saturday morning on 13th February to help out at Bramley parkrun. Despite the rain, wind, snow and sunshine, the purple army were out in force. If you ever find yourself injured, tapering or having some time off then please consider volunteering at your local parkrun. Without volunteers parkrun wouldn't be able to continue growing, plus if you volunteer 25 times you get a free t-shirt and it's purple! The next take-over will come around August as we will use it as a chance to promote KA7.



Watch out for a committee motion to change our name to Kirkstall Pacers

Leeds Race series

Results are out for 2015 Leeds Race series and again we have Harrier winners!

Alyson Glover (F45-49)

Chris Glover (M50-54)

Paul Glover (M65-69)

The Leeds Athletics Network Race Series 2016 is a "grand prix" style series of races including most races organized by athletics clubs in Leeds. There will be approximately 22 races in the series, with distances varying from one mile to 10 miles, some road, some off-road. Six parkruns will be included, and you will have the opportunity at each to record your best time over a period of five that are designated. The series is free to enter and you get points for every race you complete. These are calculated using your finishing time and age category. More information and entry to the series can be found here : http://www.leedsathletics.net/Leeds_Race_Series.htm
Visit their facebook page for more information on races and updates –<https://www.facebook.com/groups/809138302512606/>

MORE BITS, MORE BOBS

Monthly Competition

Each month I will be running a competition for one lucky Kirkstall Harrier member to win a prize. A question will be put in the newsletter each month and on the last day of the month one lucky entrant will be randomly selected. So let's kick it off: This month one lucky winner could win a High5 Marathon race pack. The pack contains:

1x IsoGel Plus, 2x IsoGel, 4x EnergyGel Plus, 8x EnergyGel, 1x Protein Recovery, 1x EnergySource, 1x EnergyBar, 1x 10 tube ZERO, 1x Run Bottle and a Marathon Nutrition Guide.

Question

In what year did the Olympic Marathon distance become standardized?

- a) 1921**
- b) 1926**
- c) 1930**

Please email me your answer to samanthabroome@googlemail.com, send me a message or comment on Facebook or even hand me the answer on a piece of paper by 28th March

*Note: this is a bit of fun and the prizes are funded by the club. So be nice and play along.

FOR YOUR SOCIAL CALENDAR:

CLUB TRIP!

There are still places available on the Club weekend away to Osmotherley on the edge of the North Yorkshire Moors on 29/30 April. Please let Chris Glover know if you are interested in joining us.

For details click this link:

http://kirkstallharriers.org.uk/new/event/club-weekend-away-to-osmotherley/?instance_id=10026

After the success of the 30th anniversary party, we have decided to do it again (but without t-shirts)! So on June 17th we will be holding a fundraising evening with all proceeds going to Action Duchenne, a charity that long-standing member Martin Savage is currently fundraising for.

We are hoping to raffle off some gifts and maybe do an auction or prize draw. So do you have a friend or family member who is a hairdresser, beautician or masseur who could offer a free treatment? Does your workplace have any links with restaurants or hotels where they free dinner or a night's stay or perhaps you have some left over Christmas presents that maybe you haven't got round to using and someone else might be excited to win? If so please get in touch with me, Racheal Kearns or any member of the committee.

SUMMER PARTY!

To donate or read more about Martin's cycle challenge then visit please his justgiving page – www.justgiving.com/Martin-Savage1

(p.s. Brydon/Kirby Games Limited and DJ Groves are confirmed bookings.)

ABSENT FRIENDS PAGE

For whatever reason, Harriers come and go: because they have babies and disappear into New Parenthood, or because they move house or job, or because they are injured or have lost interest in running. Whatever your reason for disappearing, you are always welcome back, and please do keep in touch on FB or wherever. Sightings of Harriers missing in the wild, such as Andrew Kirby, should be sent to our chairman.

Here, for example, is news and a recipe from new mum Kimberley Anne Keeber.

"It's been a while since I've been at the club but thought I could still contribute to the newsletter. [editor's note: YES! We want to hear from distant, injured or parenting Harriers as much as possible.] I am loving being a mum and so glad to be up and exercising again! Wheelie fit, small amounts of running and lots of walking. I thought I could contribute with a recipe. It's healthy and super tasty!"

Sweet potato and halloumi curry.

METHOD & INGREDIENTS

Fry onions and garlic.

Chop 4/5 (size dependent) sweet potatoes into large chunks (too small and they turn to mush when cooking). Add them to the pan.

Cook onion, garlic and sweet potato for 2 minutes,

Add grated ginger and mix together.

Add 1/4 teaspoon of chill powder

1 teaspoon of garam masala (I add much more as I like it spicy)

Add 500 ml of vegetable stock (less for a thicker sauce).

Stir in 1 tin of chopped tomatoes and 2 large tablespoons of tomato purée.

Cook above simmering for about 45 minutes or until the sweet potato is cooked. Add chopped halloumi and spinach and mix together. Neither really need cooking. Serve with naan bread or wrap and natural yoghurt. We add broccoli as a side to make it extra healthy.



AND FINALLY

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, in 140 characters or fewer.

Please email kirkstallharriers@googlemail.com if you would like to contribute to the newsletter. All articles are gratefully received.

