

Kirkstall Harriers Running Club

Newsletter issue 150 : May 2016



Edited by
Jim Nundy

**KA7
RETURNS**

TT AWARDS

**LITTLE EM
LEAPS**



**SHEFFIELD
DUCKS**

**SHEVONNE'S
LITTLE BRO**

**MARATHON
TALK**

& MORE!

**CLUB COMMITMENT:
WHO BLEEDS PURPLE?**

A big thank you for all contributions to this month's edition, but what's in store..?

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One of Adam Moger's former T7s.

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A date for your diaries

Our much loved trail race is back again for another year! The Kirkstall Abbey 7 (KA7) race will take place on Sunday 18 September 2016 - please put this in your diaries for a spot of volunteering. Please note that Kirkstall Harriers are unfortunately **not** allowed to enter as if you are available, we would appreciate your help on the day. Please register your interest / availability with Adam Moger.

Details below. Spread the word! Entry is available via racebest.com (and postal)

KIRKSTALL HARRIERS



in support of

Sue Ryder

Wheatfields
Hospice

THE KIRKSTALL ABBEY 7

6.7 MILE TRAIL RACE • STARTS 10AM • £9 AFFILIATED / £11 UNAFFILIATED

The KA7 is a 6.7 mile multi terrain course starting and finishing within the Abbey grounds. A bottle of beer & goodie bag to all finishers. Only 400 places available. Registration: Abbey Visitor Centre, Abbey Rd, Kirkstall, LS5 3EH. Opens at 8:30am

- kirkstallharriers.org.uk -

<h3>KA7 JUNIOR RACE</h3> <p>2 MILE RUN AROUND THE ABBEY GROUNDS UNDER 17S • 9:25AM / £3.50</p>	<h3>MAD MONK MEANDER</h3> <p>1 MILE RUN AROUND THE ABBEY GROUNDS ALL WELCOME • 9AM / £2.50</p>
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Race report:

Chairman's Chase (Weds 27 April)
by Chris Glover

We had 24 brave souls running this year despite the arctic conditions - and all the waiting around prior to their individual starts. There was a good turnout of about 10 spectators to cheer and guide them around the route - or had they just come for some of Alyson's delightful chili?!

As with all handicap races, getting it just right is virtually impossible with all the different reasons of injury, recent results and of course the marathon and Yorkshire Vets weekend that had just passed. At least everyone found their way back

to the finish and all in a reasonably good time - and without getting hypothermia. Good job some of the supporters had a nice warm car available - or had the excuse to get the food heated up.

First three home were three relatively new faces. In reverse order, we had Sean Scanlon with a run time of 46.40 finishing in 3rd place in 1.08.46. Second was James Finnigan with a run time of 46.40, finishing in 1.08.40, and first home was Mark Young with a run time of 43.57 finishing in 1.03.57.

Fastest lady on the night was Louise O'Brien with a run time of 44.43. Fastest man and picking up 18 places was Fred Maier with a run time of 35.24

Unfortunately Andrew Cross was the last man over the line with a run time of 46.05, about 16 minutes behind Mark Young, but with a very good excuse of not having run for four weeks and being dragged down to the club on the night, not knowing it was a handicap race.

Many thanks to all of the supporters especially Malcolm Taylor who helped to ensure they all got off in the right order and on time, our injured runner Catherine Barrett who made sure they did not disappear into the dusk heading towards Stanningley/Pudsey, and Marion Muir for making sure we got them all in the right order with the right times at the finish.

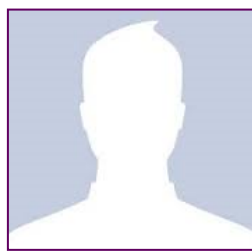
Our newest members, joining in April



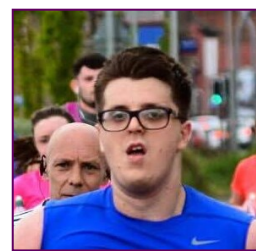
Karen Boardman



Jackie Elmer



Alistair O'Donnell



Matthew Stephenson

Welcome to the Purple Posse!



Personal bests

Distance		Name	Time
Marathon	First Race	Emma Ballantyne	2:57:40
Marathon	First Race	Sam Broome	5:54:15
Marathon	First Race	Jill Buckley	5:11:34
Marathon	PB	Paul Chapman	4:19:17
Marathon	First Race	Justin Heath	4:45:14
Marathon	PB	David Hodkin	3:01:13
Marathon	First Race	Marion Muir	3:55:38
Marathon	PB	Louise O'Brien	0:00:00
Half Marathon	PB	Neil Marshall	1:52:11
Half Marathon	PB	Alice Murray-Gourlay	1:26:27
Half Marathon	PB	Louise O'Brien	1:50:54
Half Marathon	PB	Nick Sugden	1:30:14
Half Marathon	PB	Yekanth Venkiteela	2:00:05

Member birthdays for May

Robert Blemings
Claire Bromley
Andy Carter
Lucy Churm
Ben Coldwell
James Finnigan
Helen Goldthorpe
Rachel Hardy
Emma Hustwit
Andrew Kirby
Matthew Kirkham
Steven Knight
Dominika Malinowska
Louise O'Brien

Ryan Owens
Baldish Sandhu
Emma Southon
Elizabeth Walker
Stuart Whitehouse
David Wood
James Woodman



Winter 5K Time Trials

by Chris Glover

Presented on 27 April after the Chairman's Chase (once everyone had warmed up) were the winners of the 2015 Winter Time Trial series, with Catherine Barrett third with 46 points, Laura Davies 2nd with 41 points and on the podium was Malcolm Taylor with 30 points.



Competition time!

by Sam Broome

Last month I asked you all the following :

Q. Core Stability can help strengthen a number of abdominal, pelvic and back muscles, but which one of the below is the deepest innermost abdominal muscle?

- A) Vastus Medialis
- B) Inferior Rectus
- C) Transversus Abdominis

The correct answer was of course, C.

Thanks to those who sent in the correct answer, the lucky winner drawn at random was..... Vicki Daniels. Well done!

Now I know what us Kirkstall/Yorkshire lot are like so I thought that doing a competition offering people something to win for FREE would be really good especially as they are running related, but I haven't received the positive response I was hoping for. Therefore I will put the remaining prizes towards to the summer party raffle.

Thank you to those who did take part in the competitions.

Potential social outing - York Racecourse

By Sam Broome

Just an idea – would anyone be interested in spending a Saturday in July (9th or 23rd) at York Races?

We could look at two options for tickets:

- Course Enclosure, from £10 each - can take our own picnic and drink and suitable for families
- Grandstand and Paddock – I believe we can take our own food and drink but would need to check – tickets from £19

If you are interested then please let me know, I'll also put a post-up on t'internet in case people don't read the newsletter.

[Don't read it?
It's the highlight
of the month,
I'm sure! - Ed]



Member Profile



Name: Emma Ballantyne (aka Little Em)

Age: 27

Occupation: Health & Wellbeing Practitioner

Originally from: York

Time as a harrier: Nearly 3 years (I think!)

When did you start running and why?

I started when I was about 14. I did a schools cross country race and qualified to run for York schools at the schools county championships. I was more keen on football and hockey at the time but Dave Paver from the North Yorkshire Schools athletics kept phoning me to encourage me to go training and do races! So I have Dave to thank for getting me into it 😊

What are your motivations for running?

I do enjoy it especially when I run well and I have met lots of great friends. It also keeps me fit and allows me to eat cake!

What are your greatest running achievements?

I'd probably have to say running the London marathon this year in 2:57:40. As it was my first marathon I didn't really know what to expect but I surprised myself even though the last three miles were hard work.

What are your best running related memories?

I have lots of great memories from running but two weeks altitude training in France whilst at university was great fun and is something I'll always remember.

Worst running related memories?

Injuries and illnesses that have prevented me running well for quite a few years it's been frustrating and at times I've felt like giving in but I'm still here and loving it.

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

You are all awesome as you are and make up such a lovely club, so no words of wisdom!

Can you share an interesting fact about yourself?

Hmmm, tough one.... someone once told me if I was three inches smaller I'd be classified as a dwarf! Ooo and I don't like cheese - some people think that's a bit strange!

Race Report:

Strength in Steel – Sheffield Half Marathon

by Simon Smith

Sheffield. They once called it “the workshop of the world” because it was the city that made the steel and quarried the coal that powered the Industrial Revolution and helped forge an empire. Even in my lifetime, I can remember canteens of Sheffield steel cutlery that were prized family possessions. Receiving one as a wedding gift would see the happy couple dining with those utensils from honeymoon to dotage. I like Sheffield. Its post-industrial transition has not always been an easy one, and it has had its fair share of problems. But there’s a confidence and pride about the city and a friendliness in its people that I’ve always found endearing. It’s most definitely Yorkshire, but when everybody calls each other “duck”, you realise just how much of the area has been annexed from neighbouring Derbyshire over the years. I love green spaces in our great cities, so it came as a pleasant surprise to learn that, with an estimated 2 million trees, Sheffield has the highest “trees to people” ratio of any city in Europe.

I think I saw most of those trees during the Sheffield Half Marathon, a race I competed in for the first time on Sunday 9th April. Had you suggested on Weds 6th April that I’d make it to the start line; I would not have believed you. Laid low with a flu type virus and dizzy spells, I’d been consigned to bed feeling sorry for myself instead of feeling like an athlete. I could barely focus to read anything, so had been reduced to daytime TV for entertainment” (only fractionally ahead of sticking pins into one’s eyes as a worthwhile way of passing the time, in my view). Not even Rachel Riley could cheer me up on Countdown, though I did manage an 8 letter word. (“Minerals”, if you are interested).

Staging a recovery almost as miraculous as the one Newcastle United need to avoid relegation (a fate no doubt confirmed by the time you read this), I felt well enough after a jog round Harrogate parkrun on the Saturday morning to take the course on, though with some trepidation. I’d barely ran at all in the previous three weeks, and nowhere near 13.1 miles since completing the Loch Ness Marathon last September. But I’d paid for my place and like the good little Yorkie I am wanted value for my brass. More importantly, it was going to be another event that fitted my “try races you haven’t run before” 2016 resolution. So an early morning departure from Harrogate with Michelle and two of her clubmates from Nidd Valley saw me hurtling down the M1 to see what would unfold.

Organisation at the start of the race was pretty decent. Baggage drop off was quite smooth, and there was a pleasant enough event village in and around the impressive Peace Gardens, warming gently under an April sun. I struggled a little to find my start zone, but having briefly bumped into Neil and Liz long enough to say “hello” and “good luck”, somehow found myself almost at the front of the elite pack. Don’t ask me how that happened! I felt like an utter fraud, but using more front than Blackpool, (not for the first time in my young life); think I managed to brazen it out. Until the running bit started. As the gun went off, I felt as if I was going backwards rather than forwards given the surge of runners passing me. Crowd support was tremendous, and I actually found it quite uplifting that so many Sheffield residents had come out to cheer us on. When the locals embrace the race, you warm to it much more in my experience. Knowing that the route was essentially a steady climb and then a descent, I hadn’t anticipated just how enervating that

“steady climb” would be. My lack of fitness certainly told as I found it a genuine struggle climbing away from the city up Ecclesall Road and then out to Ringinglow and the start of the “King of the Hill” section of the event. This is essentially a “race within a race” to see who covers that testing section the fastest, and there is also a “Queen of the Hill” title as well. Crowd support fell away somewhat as we head on up to the rural sections of the route. The clear sunny day certainly helped me appreciate the spectacular views back down to the city and out across the stunning Peak District, and I forced myself to take the time to enjoy them. We are truly blessed to have so many beautiful places on what are such a small set of islands.

The race started to flatten out around the 5/6 mile mark. Whilst I was relieved that the continuous uphill pull had ended, this was actually the part of the race where psychologically I began to really struggle. My mind started questioning my fitness and ability to run. I didn’t feel terribly well. I had a bizarre but thankfully brief spell of numbness in my right arm. I can remember thinking to myself “you are in bother here, Smithy”. The finish line felt an awfully long way off, and I had black thoughts that I couldn’t or wouldn’t make it. Oddly, it was passing a pub on this section that gave me a lift. It must have been the famous Norfolk Arms they’d mentioned in the race literature. I thought about beer and how much I liked the flavour of a well-kept pint of bitter. I remembered good pub times with friends. I imagined sun drenched beer gardens. It gave me a real boost..... slightly strange, but hey, whatever gets you through gets you through! Something seemed to click, I got my “game face” back on and started to enjoy the freedom of moving downhill.

continued...

...from the previous page...

As we headed back towards the city, spectator participation picked up again. Being something of a single minded curmudgeon when I'm racing (or "most of the other times as well" according to Michelle), I don't usually go in for high fiving the crowd and taking sweets from strangers. But something made me do it. There were 100's of kids out, and I can remember one lad dressed as Spiderman who ran along with me for a few yards shouting "go on Simon, Super Hero power!!" whilst simultaneously squirting me with a water pistol. That made me smile. I ran passed a group banging drums. Again, I'm usually in my own little bubble, but they were very good so I gave them a little round of applause. "Cheers Simon. Keep going duck" was what I got back in reply. You don't expect a man of West Indian extraction banging a steel drum to call you "duck". Again, quite strange, but just that moment of interaction gave me a real impetus. It felt good to be a runner. Even better, it felt good to be me; good to be part of the human race.

We were now heading back down Ecclesall Road - far easier to run down than it had been going up. Between miles 9-11, I felt like I was flying. It felt fantastic. I have a little mantra that I use throughout races that I often articulate out loud: "Yeah, you can mate. Yeah, you can". I knew I could. I'd come through my bad patch and I was heading for the finish. The last mile proved to be a bit of a sting in the tail however. It was on a slight rise and seemed to go on forever. What is it about the last mile in most distance races? It has been accurately measured, you know it is no shorter or longer than all the others, and yet it feels interminable. I managed to dig in, helped once again by tumultuous crowd support, and was pleased to finish just under 1:47. That is far from being a PB, but

I wasn't in PB shape, nothing like. I simply felt proud and elated to have finished. I had experienced black thoughts earlier in this race, but I'd come through. The Norfolk Arms, the steel band and junior Spidey had all played a helping hand. Just in that moment of post-race reflection, I took a few seconds not to beat myself up about the time, but simply to think "you know what mate, bloody well done, actually". I knew that faster times lay ahead of me, but I also knew that very few races in 2016 would make quite the same impression on me that Sheffield had.

Results (5948 finishers)

- Nick Sugden 01:29:43 PB, position 218th
- Simon Smith 01:46:52 1309th
- Neil Marshall 01:52:11 PB 2411th
- Yekanth Venkiteela 02:00:05 PB, 3090th
- Liz Walker 02:06:43 3919th



My London Marathon Experience

(7 years in the making)

by Marion Muir

My training plan for London Marathon 2016 had gone relatively well. I knew it was on the modest side with three runs a week, but its ultimate aim was to get me to the start line injury free and it had at least achieved that. What else it would bring was still a nerve wracking unknown.

Normally I am a very measured and organised person, however something I cannot explain happened to my brain during the final few days leading up to Marathon day that I can only put down to excitement and nerves. I went a bit crazy. This was a nice feeling most of the time but it also led me to do silly things such as not pack the registration form required to collect my number from the Expo. Somewhat inconveniently I only discovered this error once I'd arrived in London on Friday afternoon, and had to immediately jump on a train back to Leeds to get it, then back to London. I could probably write a nine page reflection on the cycle of emotions I went through during this time but by the time I got back to London, six hours later than planned but still in time for dinner, I was over it and back to my slightly crazy, excited self.

My only worry now was having to face the Expo on Saturday which I'd heard would be really busy with big queues. However it was fine. I got straight to the desk to collect my number, didn't listen to a word the pointing, talking man said, and was ready to go skipping off, happy I finally had my pack. Luckily my partner Adam did listen to the man and guided me to the next bank of desks where I collected my timing chip. The Expo was lively and fun and I could have spent ages shopping, gathering free stuff and getting novelty pictures taken, but my next

mission was to find the massage area to see my saviour: Chris Corcoran. By happy coincidence as soon as I arrived the next massage therapist available was Chris. My luck was looking up! 15 minutes later my body and mind were ready.

On Saturday evening I attempted to set a new world record for the most amount of time spent faffing with running kit pre-race. I could have gone on for longer if it wasn't for bedtime creeping up on me, plus I sensed Adam was ready to throw me in the Thames. That night I slept as well as could be expected. Sam described the feeling as being a kid on Xmas eve and she was exactly right. I don't remember ever crying on Xmas day though, but here I was with my bottom lip quivering as we took the DLR to Lewisham, where Adam saw me safely onto the train to Blackheath. I met some nice ladies and walked with them to the blue start area. Time to switch on my Garmin. Nothing. Press on button again, firmly, hold for a long time. Still nothing. I would have expected this to send me into meltdown but I felt really calm. Nothing was going to spoil my day and freestyle it was going to have to be. My only concern was setting off too fast. When I arrived at my pen I spotted a solution: the 4-hour pace makers. Perfect. I weaved my way through the crowds to get as close to them as possible, wanting to explain my Garmin issues to everyone so they didn't think I was just being rude.

Then off we went, with the pacemakers in my sights, the crowd's cheers in my ears and a huge smile on my face. I actually could not stop smiling. I had a chat with a few people along the way, including a girl from Abbey Runners and a jockey riding his horse. That was pretty much me until mile 13 when I hit a spot of bother. This was Adam's cheering point and I searched and searched, but couldn't see him.

This seemed to disorientate me a bit and put me off my stride. At the same time I felt my socks move and I suddenly felt blisters. I thought of Adam Moger. Then my calves set alight. Time to remember my mental strength (thank you Simon Smith), ignore the pain and push on. I started to relax again at mile 18 when it didn't feel too long to count down to mile 22, my second chance to see Adam and hopefully some other Kirkstall Harriers. Spotted him this time, and Emma Jane too, hooray!

The cheers from the crowds from that point onwards were just unbelievable, uplifting and mind-blowing. My name was being called out constantly. Luckily I turned to look when I heard a shout from the distance - Steve Webb! I nearly dislocated my shoulder waving I was so delighted to see him. Onto the home straight, completely missing Buckingham Palace, with eyes firmly on the finish. I did it, in 3 hours 55 minutes and 38 seconds, exhausted but still smiling.

If you were not already converted I hope my story sells the London Marathon to you, or at least offers some words of wisdom: don't forget important documents, or try running without your Garmin and just enjoy the moment instead. I really cannot recommend this race enough. It must be one of the greatest legal highs there is.



Race report:

Vale of York 10 - a great mid-distance flat Yorkshire race

By Shevonne McLarnon

In the organiser's words: 'a little brother to the Vale of York half marathon'. For me - a chance to get some longer miles in that were longer than our usual training runs, with the boost of race conditions, three weeks prior to the Leeds half marathon. I had thought that other Kirkstall Harriers might have had the same idea, but it turned out that I was the sole KH entrant, so didn't see anyone I knew anywhere. The weather was a lovely fresh spring morning, one of the first we have had this year - though I know we've clearly gone backwards since!

Good things about this race:

- It was well organised by Race Best, with good instructions, marshalling and route.
- It was chipped.
- The parking, race HQ, loos and start/finish were all very close together. So close in fact that despite arriving at 9.15am for a 9.30am start I had plenty of time to park, collect my number, go to the loo and still hang about at the start (which I think was slightly delayed by struggles with their PA system).
- It is flat and on closed country roads.
- As its an airfield there are a couple of gliders out for you to examine and imagine yourself squeezing into the cramped insides of!

Bad things about this race

- It's not on our Club Championship list! Possibly why there were no Harriers there... An idea for next year, as there is only one other April CC race for this year which is the Chairman's Chase.

For me I started off slowly and feeling quite unconfident about my fitness levels in general and readiness for the looking Leeds half. I decided just to get the miles in, and not to judge myself too much on performance. However by the end of the race I had measurably perked up, and despite it being the farthest I have run in six months, I had a much better second half than first half, and ran my fastest mile on my final mile! This was a huge confidence boost and overall I'm very pleased I entered - proof of the rewards of 'just getting on and doing it', and why of course we all enjoy running. A respectable 1:33 time, with my sights now on breaking my 90min PB for 10 mile distance at the (slightly hillier) Eccup 10 in July.

Then I drove up the A1, stopped for a sandwich, and met the family for a day out at Forbidden Corner in the lovely Dales.

Selfie-only and no running pics as no one else there! Note the glider on the T-shirt!



Yorkshire Vets update

by Peter Hey



We have two very local races this month so less excuses for supporting your club:

- Tue 24th at West Park
- Tue 31st at Kirkstall

Please register prior to race day (yvaa.org) if you've not registered already. At the last race, I finished 4th from last and still scored 113 points for the club. If you cannot run or are a youngster under 35 then we need as many volunteers as possible to ensure the Kirkstall race is a success. Please pass on your names to me or Adam Moger and any preference of what you want to do, or where to marshal.

Social update:

Summer Party

by Sam Broome

Just to remind everyone that we are again hosting another summer party!

It will take place on **Friday 17 June** at Pudsey Congs Cricket Ground. Tickets will go on sale as soon as we have had our committee meeting and agreed a price. The tickets prices will not set you back a weeks' worth of pay so don't worry about that. We will also be hosting a raffle at the party with all money and ticket sales going to Action Duchenne, a charity that KH member Martin Savage has been fundraising for:

<https://www.justgiving.com/Martin-Savage1>

If you know someone or work for a company that might be able to donate a prize then please get in touch with me, Racheal Kearns or any committee member. It might be that you have a spare bottle of wine (if that's possible?) or a pair of socks that you won at a race (not worn of course!) lying around the house that you can donate?

Once again we will be providing you all with the soulful sounds of DJ Groves and fun and frolics of Brydon/Kirby Games Limited.

Race blog:

London Marathon 2016

by Richard Kennedy-Joyce

Keeping it short and sweet here, with the full story at available the end of this link!

<http://tinyurl.com/j5pedls>



Race report:
Manchester Marathon
10 April 2016
by Adam Moger

Not a great year for Manchester Marathon, in organisation or for removal of results 2013-15 for a short course. Poor traffic management created a three mile queue to the official car parks, and I missed the start by seven minutes after ditching the car nearly two miles away. Not doing long runs in too-new Brooks T7s entirely my own mistake: blisters after 10 miles, blood by 15, and I "ran" the last four miles in socks, trying to only step on the white lines where the surface was smooth, a shoe in each hand. "Go Zola!" the best shout from the crowd.

Manchester isn't flat (not to me!), support wasn't as good as prior years (though marshals were excellent, and thanks to Jim and Gemma at Mile 22), and I wish I'd known how many gel stations there'd be. But no isotonic drinks (only water), several mile markers way out, and the finish at Old Trafford Cricket Ground different to the start, with no signs to exit and no indication how to get back to MUFC. Not that most needed the exit for several hours, that being how long the baggage queue took - echoes of the first running from four years ago (they say it's the 40th - it isn't really).

I'd sensibly noted where I'd dumped the car, easy enough since I'd followed the only open road in. Unfortunately by 1pm all the roads leading from the start were open again: after three more miles in socks on the streets of Manchester avoiding broken glass, bottle tops, discarded needles (hey, it's Manchester), I was greatly relieved to find the car.

Definitely a learning experience, one I shouldn't be having on marathon no.8 - no, hang on, no.7: goodbye Manchester 2015. I'll join Jim Meta in the 100 club, aged approx 110.

Still - the weather was nice, I finished in a not unreasonable 3.35, and got to hear possibly the worst motivational attempt by a lady trying to get another, exhausted and in floods of tears at Mile 10, to keep running - "Come on, don't walk, don't give up, there's only 16 miles to go". I felt her pain.

The freshly-laundered T7s were on Ebay after the race for £10.50

GO ZOLAS!



Race report:
London Marathon

By Sam Broome

WE ALL DID IT!

I have come to the conclusion that I believe running a marathon is like having kids. Although the dates are not correct this is how I see things:

April to September – Nervous wait to find out if you have got in aka baby making process.

September to March – Training in all weathers aka pregnancy.

March to April - Long run time! Experiencing pain in places you never knew could hurt after you have completed a long run aka pre Labour build up, swollen ankles and sore back.

Day of the marathon, long stretch of 26.2 miles aka labour.

Finish the marathon – Joy, tears and sore nipples aka birth

So in conclusion I didn't give birth and I am not a new mum but I did run 26.2 miles around the streets of London and finished. I enjoyed every minute of it and actually

enjoyed the training. Now I am the owner of a big shiny medal and an XLarge t-shirt (though thanks to Chris I now have a medium one that I can actually wear) I even felt good enough to come down and take part in the Chairman's Chase!

Again special thanks to the KH Committee for giving me this opportunity. I have raised nearly £600 for Parkinson's and with my work matching that, it means I will have raised around £1,200.

Now, what to do next...

How do you access our newsletters?

by James Nundy

A poll was recently conducted in our Facebook group with the question: how do you read the newsletter? Here are the results from the 51 of you who responded (thank you for that):

- 67% read it on a phone / tablet
- 27% read it on a computer
- 4% said they didn't know we had a newsletter (pretty sure they were joking though)
- 2% print it out

(The eagle-eyed of you out there will notice there hasn't been any change to layouts or colour in this edition!)

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: **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