

# KIRKSTALL HARRIERS NEWSLETTER

*Edited by Rose George*

## NEWS!

It is the season of hi-viz. The clocks have gone back, the darkness is drawing in, soon you'll be having lunch in a head torch. So please, if you want to run with the club, observe the following: always wear a top that is visible. That means bright but also reflective, neon, or all the above. A white t-shirt doesn't really cut it. In the event you forget, Carol may have a spare hi-vis bib, but don't rely on her being there. Top tip: keep a hi-vis top in your car (it's the law in France so if you ever go over the Channel you'll be prepared).

## SAFETY!

Sadly, another aggressive idiot has attacked and attempted to attack women using the canal. A teenager has been arrested but even so, please be safe. Jill Buckley gives you tips on how to do that, inside. Above all, though, don't stop running.

## THANK YOU!

Lots of people do lots of stuff behind the scenes for the club: thank you to you all. And special thanks to Catherine & Hannah for organising the successful High Peak weekend away. Sithee on the next one!

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## YORKSHIRE VETS REPORT

The penultimate race for this year was hosted by Pudsey Pacers who had a new course lined up for us this year. Rumour has it that the changed was due to the horsey women (*horsewomen?* –Ed) who lived on or near the old route complaining. Most runners seemed to appreciate the new course (*but not the freezing soggy weather* – Ed) even though it seemed to have more hills than the old one. It covered parts of the Pudsey 10k, the old vets route and some of the Leeds Country Way. And if you went wrong, you'd have got more of the Leeds Country Way than you bargained on. There were times when I was completely disorientated as to where we were on the course and pleasantly surprised to find another hill or two on the way back.

We had 9 ladies and 6 men out on the day. Niamh was 2<sup>nd</sup> lady overall and 1<sup>st</sup> in her age group. Emma Lavelle-Wood 9<sup>th</sup> overall and 3<sup>rd</sup> in age group. For the men Paul Glover was 3<sup>rd</sup> in his age group. To finish off with the prizes Peter Britton managed a spot prize.

The ladies are still 4<sup>th</sup>, 4<sup>th</sup> and 5<sup>th</sup> in the 3 team competitions, slightly narrowing the gap on Saltaire to 255 points in All to Count, and to only 2 points in 1<sup>st</sup> 4 to count.

The men moved up to 5<sup>th</sup> in 1<sup>st</sup> 4 to count so are 5<sup>th</sup> in all 3 competitions, and will need a good turn out at the last one at Spen to avoid Holmfirth overtaking, who are 21 points behind in 1<sup>st</sup> 4 to count.

Individually Emma Lavelle-Wood is 4<sup>th</sup> overall and 1<sup>st</sup> in her age group. Other highly placed ladies in their respective age groups are Niamh who has moved up to 5<sup>th</sup>, **but has a very good chance of being overall ladies champion if she can do well in the final race.** [NO PRESSURE NIAMH!]. Shevonne has moved up to 6<sup>th</sup> and Collette is now 11<sup>th</sup>. Rose George is now up

2 places to 12<sup>th</sup>. Vikki Hipkiss slips one place to 4<sup>th</sup> where she is hotly contested by Alyson Glover at 5<sup>th</sup> and then Carol Moran who moves up to 7<sup>th</sup>, and Sheila King who is now 8<sup>th</sup> after only 4 races. Carol's promotion was despite finishing in the tent rather than across the finishing line at the Pudsey race. For the men Adam sadly drops to 4<sup>th</sup> having had to sit this one out. Andy Carter takes Gary's 9<sup>th</sup> place, and Gary slips down to 11<sup>th</sup> also missing this race. Chris Glover moves up 1 place to 6<sup>th</sup> and Paul Glover remains in 4<sup>th</sup>. Ian Brown is still 6<sup>th</sup> in his group

**CAN ALL 35'S AND OVER MAKE THE LAST RACE BELOW AND FINISH THE YEAR WITH A FEW MORE PRIZES?**

The last race is at Spen on Sunday 13th November, starting at 11.02am. Note it in your diaries!

PETER HEY

## WINTER TIME TRIAL

We had 28 runners on our first winter time trial of this season: not too bad a turnout, and the weather was dry and not too cold. Amongst those 28 we had 9 new names to the time trial and 1 new face on the night - Emma Scanlon - who hopefully will come back again as we did bribe her with a bag of sweets. She did finish last but must not be a proper runner yet as she was too optimistic with her run time. She was a Rothwell Harriers runner but is now living over this way. West is best they say. Any problems with the spelling of names please let me know for next time (*and pronouncing?! –Ed*). We also had a few casualties returning from injury so we tried to be as helpful as possible with the start times which seemed to work out reasonably well. We had a couple of the new names coming in the first few, especially Simone, so I am afraid some times will have to be tweaked before the next one. Simone incidentally is a 2<sup>nd</sup> claim member, her first club being Vegan Runners. Matt Sykes-Hooban, being a gentleman, offered to do a later start and finished with a run time of 26.32 which was even quicker than his predicted time, so he seems to be on the comeback trail.

First over the line was Adam with a run time of 23.55, but he did ask for a generous start time, partly due to coming back from his bike crash, and also to help at the finish. But he did waive his prize. The next three finishers were Simone Solgado 26.41, Hannah Newman 26.34, Vikki Hipkiss 27.05 and Karen Boardman 27.15. Bringing up the rear was Patrick Neasden (after a 12 mile run in the morning, and all the marathons he has been doing lately) with 32.40, and Emma Scanlon 27.41

Fastest man on the day with his own PB for this course was Ben Coldwell with a time of 18.31. Coming from the back, he passed 17 runners. Second fastest male was Rowan Temple with 19.38, just beating Tim Dixon our Norwegian International Svalbard runner, 19.43. Maybe Svalbard could be a future club trip?

Fastest lady was Isobel Webster with a run time of 22.17, followed by Louise O'Brian with 23.29, another coming back from injury. For the mathematical gurus the time lapse from 1st to last was 8 minutes 46 seconds but allowing for errors on the 1st and last runner, (and all the others) the other 26 runners were separated by just under 6 minutes. Just proving that the timings are not perfect, but hey ho, it's only a fun run after all! (*Tell that to Ben "someone is faking a Strava segment" Coldwell – Ed*) If you spot any errors in the results, please let me know.

Many thanks to Lucy for helping to start runners off in the right order, even if the runners did not think it was right, and ensuring they finished on the correct route. Also for Adam for sacrificing his run time so he could help with the times and names. (*And a huge thank you to you, Peter, for all your efforts – Ed*)

PETER HEY

## RACE REPORT: SEE YOU IN A WHILE, CROCODILE

I've arrived in Darwin during the "The Build Up," the staging period where the dry season comes to an end and the heat and humidity intensifies before the blessed relief of the wet season. It's oppressively hot and the air is as thick as soup due to humidity levels of 80 and 90 percent. To give a measure of how hot it is: to be able to sleep at night you have to have the air

So began the sage advice of my de facto father-in-law, a man born and raised in the Outback. Initially this sounded like the beginning of one of his regular wind-ups on how the wildlife of Australia were plotting my downfall. However, the advice was for once earnest and Andrew explained that crocodiles were heading into the mating



### RUNNING IN DARWIN: OR, THE SURVIVAL OF THE FITTEST BY KEVIN KELLY

conditioning set at a cooling 18 degrees Celsius, and a ceiling fan whirrs all night to keep the air moving. All in all perfect running conditions for a born-and-bred Yorkshireman whose Irish genes shudder at the thought of strong sunlight. On arrival my in-laws revealed with glee that they had been running a book on whether I'd carry out my plan to run regularly while staying in Darwin. A typical exchange:

*"Watch out for crocs on your run."*

*"Will do. What do I need to look out for?"*

*"Oh you won't see them, but they'll see you."*

season and were spreading out from their normal haunts to look for new territory. As a result they were occasionally known to sit just below the breaking surf on Casuarina beach, and running in or close to the shoreline on a regular basis could make me a target.

*"When you come off the beach and into the forest trail, make sure you make a decent amount of noise."*

*"Why's that?"*

*"It'll give any snakes in the vicinity fair warning, and they can get out of the way."*

*They aren't interested in you but if you surprise them they will defend themselves."*

**[CONTINUED]**

At this point my running shoes nearly went back in the suitcase.

*"One final thing."*

*"Yes?"*

*"Before you put on your running shoes ensure you check them to ensure no bugs, spiders or snakes have crawled in."*

Now advised of the running risks around the outskirts of Darwin I decided to start with a safe route along the Rapid Creek esplanade where there is a dedicated cycle and running track along the coast. The added bonus of this route is the (non-vandalised) drinking fountains at regular intervals along the track. Running in Darwin generally takes place between 6-8am, and in early evening. Running at 6am is within the just manageable range of 20-25 degrees; once the sun comes up and the humidity builds then it's game over for any serious runner. My first run was a steady affair to get acclimatised and blow the jet lag out of my system. Running along the running/cycle route was a pleasant experience given the lush and manicured parkland of palms and banyan trees on one side, and stunning coastal views of the Timor sea on the other. It's an incredibly friendly experience running in Darwin due to the large number of runners and cyclists who freely acknowledge and nod to one another as they huff and puff in the heat. I did a steady four miles, with the half way point being the end of the Nightcliff jetty where I turned round and headed back. Looking at my splits on Strava I could see a decrease in pace as the heat and humidity built. After calling it a day at the end of the run I looked longingly at the invitingly cool surf on one of the popular beaches.

*"Busy beach. Is it safe to go in the water there?"*

*"Just coming into the height of jellyfish season."*

*"How dangerous?"*



*"Box and Irukanji. Potentially fatal."*

*"I'll avoid the sea then"*

*"Good idea, that way I won't need to warn you about the sea snakes."*

The next day I decided I needed to be braver and head out into less manicured territory. Setting off at 6am I headed for the Casuarina Coastal Reserve. Crossing over the Rapid Creek bridge I set off down a pristine and empty beach to slog it through the soft sand for two miles, all the time staying safely up the beach but scanning for crocodiles (and secretly hoping to spot one at a safe distance) all the way. The pain of running in soft sand was offset by the joy of having a beach all to myself, with the only sounds being the gentle crashing of waves on the shore, and the cries of various seabirds and gulls. With burning legs after two miles I decided to leave the beach and head onto one of the many trails that criss-cross the Reserve. Fortunately the trails were clear of leaves and brush so visibility was good and the chance of encountering a snake was low. The next couple of miles were a gentle plod through the forest taking in the birdlife and enjoying the eucalyptus-scented air, before arriving back home. So far all the wildlife warnings seemed to be scaremongering. After looking at Strava I noticed I had run through part of a nudist beach, fortunately not encountering anyone en route.

*"You didn't mention the nudists Andrew."*

*"No need. As far as I'm aware they don't bite."*

After a couple of hot morning runs I thought I would try a cooler evening run along the Rapid Creek esplanade following the route of my first run. The route was much busier in the evening with more runners and cyclists, along with walkers enjoying the bustling but relaxing route. One of the joys of the evening run is that in

**[CONTINUED]**



this part of outer Darwin there are large numbers of Magpie geese and bats so during the run you get to see large flocks of geese and bats flying through the area against the darkening and reddening sky. Hitting the halfway point at the jetty is a time to take a short break, take on some water, and watch the sun setting over the Timor Sea before turning round and heading for home.

A mile from home, and in the gathering darkness, I had tuned out and was enjoying the run.

On the path ahead I saw the shape of a squiggle and instantly thought some practical joker had put a rubber snake out as a joke.

As I got closer I rapidly pulled up after realising it was the real thing. As I walked closer to get a better look at it I wondered what type it was, and if it was venomous. It was the second part

of the question that brought me to my senses. I had no idea if it was venomous, and it wasn't a clever idea to find out. Carefully skirting round the snake I set off for home at a quicker pace desperate to Google and identify the snake. It was either a Whip snake, which is mildly venomous but not life threatening, or a young Eastern Brown snake which is a much more serious prospect and would have triggered Usain Bolt-like reactions if I'd known at the time.

My final run in Darwin was through East Point Reserve. If you ever get the chance to visit Darwin then this is the Reserve to run through. There's a five mile circuit that takes you through the woodland on a mix of

tarmac trails and well worn dirt trails, all with stunning views across the bay to the centre of Darwin. The highlight of this run is hitting the large area of grassland where the wallabies graze in the distance in groups of 5-10.

They're shy animals so getting close is not an option but watching them effortlessly bound across the the grassland shows where the next leap forward in running technique needs

to come from.

Finishing the run at the entrance of the Reserve I am suffering with the heat and looking decidedly unlike a local. Fortunately, free outdoor showers are located next to the beach and lukewarm water has never felt so cool or refreshing.



While I've enjoyed my time running in Darwin it's a tough business, and I'm looking forward to some cooler/chillier runs during the winter months.

*"Are you sure there are crocs on the routes I ran?"*

*"Definitely"*

*"I didn't see any in two weeks."*

*"Oh don't worry, they saw you."*

KEVIN KELLY

## RUNNING FREE, RUNNING SAFE

A number of [sexual assaults](#) have taken place in Leeds recently, most recently on the Leeds Liverpool canal near to the steps leading to and from the A6120 at Rodley. Two women, one out running and one walking her dog, were assaulted and another was approached at about the same time. There were also a series of attacks in the Burmantofts and Harehills areas of the city last month though police have stressed that these attacks are not related.

In light of these attacks and the upcoming dark winter months, what can we do to best protect our personal safety? Statistically women are more likely to be the victims of a sexual assault such as those which occurred on Saturday but men are also affected; nearly half a million adults are sexually assaulted in England and Wales each year according to the charity Rapecrisis.

So, here are some safety conscious tips we could all make use of whilst out and about running and walking:

**1** The golden rule of running in the dark? Wear hi-vis and make sure you can be seen! You can buy a hi-vis vest in poundland (for a pound of course). Shops such as Aldi frequently do offers on running gear and at this time of year that includes items such as running gilets or jackets, even armbands with flashing lights on. Keep an eye on their

website for offers – there's no need to spend a lot of money!

**2.** Make sure you let someone know where you are going, your anticipated route if you are running or walking, how long you anticipate you will be gone. Send a text, leave a note, but don't post on social media before you go – potential perpetrators use social media to track victims, and, make sure you yourself know where you are going! I have been guilty in the past of finding myself lost and in difficulty and this can make you vulnerable.



**3** Take your phone and make sure it is charged. Even if you don't have a fancy smartphone, a standard pay as you go device to keep in a small bag or pocket or strapped to your arm will suffice. In an emergency you can contact emergency services, family and friends. Perhaps also put some money in with your phone

or if you have one a bus pass so that you could get home more easily if you feel threatened or find yourself in difficulty.

**4.** If you want to listen to music keep the volume on low or only use one headphone. Being able to hear someone approaching could give you vital seconds to prevent an attack. There are also a lot of cyclists on the canal and being able to hear them approach will prevent collision accidents.

**5.** Mix things up a bit and use different routes when running or walking. If it's

## RUNNING FREE, RUNNING SAFE [CONTINUED]

possible, run or walk at different times. Not all attacks are random; many are premeditated.

**6.** If you feel threatened in any way take appropriate action, make lots of noise and attract the attention of passers-by. Whether you are right or wrong about your fears, don't feel bad about taking action – your instincts are a strong indicator!

There are also self-defence classes in the area which can give you more confidence in protecting your own safety – Stephen

Patterson runs classes in Armley. As he says, "I teach a self-defence program based on a Kung fu system developed by a woman about 350 years ago. Self Defence is important because people who choose you as a victim usually do so because they think you are weaker or a justifiable target." Classes are held at Interplay Theatre on Armley Ridge Road on Sundays from 7pm. For more information, email Stephen on [stephenjohnpatterson@gmail.com](mailto:stephenjohnpatterson@gmail.com)

JILL BUCKLEY

## BE SAFE, BUT DON'T LET FEAR STOP YOU RUNNING!





## RACE REPORT: WOMEN'S RUNNING 10K

Don't get me wrong, I like men, hey, I've been married to Noel for 16 years. But sometimes it's nice to do a bit of racing that's just for the girls. We got a taste of that last year when the popular Peco cross country series had a staggered start, first the men, then the women one time, then it was the women's turn to go first. I can't compete against the men, I am barely competitive against the women if truth be told, but it was great fun and a different kind of competition. So when the Women's Running magazine decided to venture north and bring its popular 10K series to Temple Newsam, I was definitely up for it. Just me and the girls, around about 400 of us, and a lot of pink. Seriously, there was a lot of pink.

As well as the 10k, there was a 5k option, to encourage wide participation and inclusivity, it also kept the field buzzing, with some running their first ever 5km and even more attempting their first ever 10k - and good on

all of 'em! A number of pacers had been recruited, including our very own Shami, who carried a backpack with a flag that was bigger than her, but it didn't stop her bringing quite a few runners home in less than 55 minutes. The course was a two-lapper which I'm never

enamoured with, definitely something to do with having to pass the finish line and not finish. But still, it meant I knew what was in store, all those hills, twice.

Before we set off, there was the little matter of the motivational call-outs and welcomes to runners who came from as far afield as - ooooo - Sowerby Bridge, it was a very Yorkshire race. And of course the warm-up, the bit where a lycra-clad lovely with a loud

voice encourages

us to jiggle around in time to the music. Being an exclusively female crowd brought up on step, spin and aerobics, we responded like a flashmob, perfectly in time, everyone taking part, poetry in motion.

**[CONTINUED]**



I've run Temple Newsam a few times, parkrun Race for Life, Temple Newsam Ten, but this was the first time the route has brought me down the steep avenue to face the magnificent mansion house and it was a wonderful view. I even stopped to take photos, well, rude not to. The race was well-organised and very well marshalled, there were a few familiar faces from local running clubs cheering us on and handing out water. It's one of the few races I've run where there was a tee-shirt left to fit me, usually all the smalls have gone. Here the small was too small, women's fit, you see.

The goodie bag was a bit of a disappointment, no beer or chocolate, didn't they know they were in Yorkshire? All we got was poncy tea and a powdered energy drink in a pink plastic wrapper, I told you there was a lot of pink! I did enjoy the race, but at £25 the cost was a lot steeper than the hills I ran. I mean, for that I could have run five fell races and still have

change to buy a pint and a pie. Still, it was a very enjoyable girlie experience.

ANNE AKERS



## LET'S PUT ON A RACE

I thought: "This trail is nice, I'd love to do a race here." So I decided to start race organising, born out of the wish to put on some fun races on some of my personal favourite trails I have discovered whilst living and exploring Leeds and surrounding areas. For as long as I can remember I have been "putting things on", from video game clubs at school, to a university dodgeball team, to 150+ DIY gigs in Leeds's pubs, bars and social clubs, so maybe this is a natural progression?

I have the upmost respect for any (big or small) race organisers and their efforts to entertain our legs for a morning or afternoon. Over the last few years I have entered more races than I can count, from the London Marathon to the Guiseley Gallop, from the Abbey Dash to the Three Peaks Race, from fast and flat to the fells and the hills, from 5k to 50k, from ParkRun to PECO, from the technical T and finishers medal to a cup of tea and a trip to St John's Ambulance.

When it came to organising a race I did a bit of experimentation, I went out and discovered new places that I thought might make good races. Some places turned out not to be ideal for a rookie race director and more things needed to be considered such as car parking, whether the course was an out and back, a loop or a point to point. I ended up choosing a loop based course as it was the easiest course to mark out and would mean



runners starting and finishing in the same place. I went for coffee with a few people who know a lot more than me about that sort of thing. I'm sure it was verging on annoying. After a few chinwags I joined the Trail Running Association, contacted the council and found a venue for a race HQ. I informed the police. I found the whole process exciting even if I did do pretty much everything the wrong way round, and even though it was so daunting, it would be like riding a bike if I were to do it again! What it came down to is that I'd like to keep things simple, and reasonably priced. The Holly Hustle will be an

inclusive race from anyone who maybe wants to try trail running for the first time, to a seasoned veteran who knows the course like the back of their hand. And providing The Holly Hustle doesn't cause either too much stress or financial strain there should be a few more in

the pipeline. I have a few ideas, watch this space!

The Holly Hustle takes place on Sunday 13th November. HQ is the Myrtle Tavern in Meanwood. We are also looking for marshals so please get in touch if you would like to be involved in any way.

[www.greatowl.org](http://www.greatowl.org)

ADAM NODWELL



## MEMBER PROFILE: JAMES MANTHORP

**Name:** James Manthorp

**Age:** 27

**Occupation:** Health Informatics Officer - NHS

**Originally From:** Bristol

**Time as a Kirkstall Harrier:** 12 months

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

I started running when I went to university. I wanted to be more healthy and I'd put on weight in college. The university track team at Plymouth consisted of about 10 athletes. At the end of the academic year the entire club travelled to Sheffield to compete in the national university championships. As each university is allowed two athletes, I volunteered to run the 800m. After being lapped and finishing in two minutes forty seconds I decided to take training seriously the following year. The following summer a very close friend of mine passed away and my friends and I decided to cycle to Paris in his memory. I didn't want to be embarrassed like I had been in the 800m again, nor like I had been on cycling trips during my teenage years where I gave up and took the train home. I had made good friends and developed a good routine. So I focused on getting fit through running ran cross country throughout the year. Throughout the following years in Plymouth I trained as an assistant coach and later as a full qualified athletics coach. I moved away from cross country and back towards sprinting because the knowledge I gained as a coach taught me

that it was important to be a well-rounded athlete. I've competed in everything from the jumps, throws and 60m up to the half marathon, except for the 800m, which I haven't looked back on.

### *How did you end up joining Kirkstall?*

My running tapered out again after leaving university, it completely flatlined when I decided to go back to university. I never

stopped coaching because I enjoyed helping the local kids' athletics club. When I graduated and we moved to Leeds I promised that I'd join a club. I chose Kirkstall because Alice enjoyed it so much.

### *What are your motivations for running?*

I have two major sources of motivation, first the running community keeps me going. And second there is a great selection of motivational videos on youtube. These include Dereck Redmond's father carrying him over the line at the Barcelona

Olympics, Steve Jones at the

Brussels 10,000m track race, Dave Wottle at the 1972 olympics, and my favourite is Kriss Akabusi being interviewed about John Akii Bua. A two minute clip of the documentary become a catch-phrase at training, I later actually met Kriss and whilst asking for autograph I told him how legendary we all thought he was because of his phrase 'hold on hold on, I'm not finished, he's going to put on a 25lb weighted jacket.... Absolute monster sessions'.



## MEMBER PROFILE: JAMES MANTHORP

### ***What are your greatest running achievements?***

There was a monthly race held in central park in Plymouth. Over 2 years I managed to take my road 3k time from 14:03 to 10:52. When I broke 11 minutes I couldn't believe it. I even ran across the line holding onto my sides from the stitches from running.

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

In 2012 I was battling hard against an athlete from Reading. With 2 laps left to go he just shot off and left me for dust. I was holding out for the final lap to drop my 'kick' and put the hammer down. I was gutted, I thought I had so much more left in the tank than I did. As I passed the line and heard the bell ring for my final lap I noticed that the athlete from Reading had stopped running. I

look back and held up 1 finger with an inquisitive face [he'd stopped before the final lap]. He ran after me and never caught up.



### ***What are your worst running related memories?***

During a cross country race I twisted my ankle going through a bush. Ever since then strengthening the ankles has been the first thing I do during drills.

### ***Any words of wisdom for your fellow Harriers?***

Change takes time, if you train smart your body will be capable of great things.

### ***Can you share an interesting fact about yourself?***

I used to host a radio show!



## RACE REPORT: CUSWORTH 10K

### **Or, "It's not flat James, but thanks for the donut." BY JEMMA ROE**

I don't mind a good 10K road race. I like the distance, it doesn't take too long, and it's a good way to judge whereabouts I am pace-wise at the moment. Before being with baby bump I had done a fair few 10K's and was working towards getting my PB down. So when Mr Nundy posted on our lovely Harriers Facebook group that he was thinking about attending the Cusworth 10K, and if anyone else was interested, I put my pale little hand up! Cusworth is near Doncaster, so it was a quick jaunt up the M62/A1. I like this journey, you have to swing right by Ferrybridge Power Station, it pleases me greatly (come on, we would be boring if we all loved the same things). The race starts at Cusworth Hall, which to me was one of those hidden stately homes I never knew existed and it's organised by Doncaster AC. It is run partially on closed roads and on some open country roads, though it did make a brief loop into a housing estate. There were around 450 entrants so not masses, and you could use the facilities at the hall, so no nasty portaloos! It was also chip timed. I find it easier to run your own race when you have a chip, I'm somehow not constantly thinking MUSTOVERTAKEPERSONINFRONT. There are definitely more constructive mantras.

It was a bright sunny morning, and not too cold. The start was on a country lane just next to the estate. Everybody lined up, found where in the throng they felt they wanted to start from (me nearer the back of course) and began to wait the race announcements and

the start. As a nearer-the-back starter, I'm used to catching announcements as a muffled megaphone monotone, and then hearing a loud horn that says we're off. After a period of maybe 2-3 minutes waiting quietly, hearing what sounded like one single party popper go off, I was quite surprised, as were most around me, to see everybody suddenly surging forward.

What originally sold me on this race was James saying, "it's pretty much flat, I'm going for a PB." So imagine my surprise, when the first 2.5 miles were entirely uphill. Even so I had several looking-at-my Garmin-in-disbelief moments because I was running faster than I thought I currently could. I hadn't done a sub-60 10K since coming back to

running. There was a nice period of downhill to come, (and more up), and the race was marshalled by very supportive and friendly marshals. The finish was nice as you turned the corner back into the Hall estate and ran down the drive. My time was an unexpected and very respectable for me 57:11. And Mr Nundy got his PB. We then ate a jam donut and had a wander round the gardens in the sun. My only real gripe at the end came with the finishers bag. It was a very nice long sleeved top for both men and women. But the women's was pink and the men's was black [*groan -Ed*]. It just bugged me a bit but all in all a good Sunday morning, and plenty of time left in the day for other things!



## PBS, BIRTHDAYS ETC

### Member PBs for October

Distance		Name	Time
Marathon	PB	Ben Coldwell	2:56:45
Marathon	First Race	Paul Grist	4:09:52
Marathon	PB	Chris Hudson	3:58:01
Marathon	PB	Neil Marshall	4:26:28
Marathon	First Race	Yekanth Venkiteela	4:32:59
10m	PB	Hannah Newman	1:30:40
10k	PB	James Nundy	0:46:04
5k	First Race	Karen Boardman	0:27:15
5k	PB	Martin Frazer	0:21:01
5k	PB	Lee Hardy	0:21:02
5k	PB	Vicki Hipkiss	0:27:05
5k	PB	Matt Kasperek	0:22:34
5k	PB	Hannah Newman	0:26:34
5k	PB	James Nundy	0:21:58
5k	PB	Louise O'Brien	0:22:38
5k	First Race	Simone Salgado	0:26:41
5k	PB	Antony Shaw	0:22:35
5k	PB	Leanne Sykes-Hooban	0:28:54
5k	PB	Rowan Temple	0:19:38



### New members joining in October

WEBSTER	Isobell
ARBURY	Rachel
BURRELL	Stephen
ROBERTS	Mike
MOSA	Abdulwahid

## UPDATES FROM OUR SOCIAL SECRETARY

### CURRY NIGHT!

Earlier this month a number of members put their pots and pans to one side and spent an evening at Bengals Brasserie. As they were the new sponsors of KA7 this year it was nice to go and thank them for their support. They served us a range of mixed dishes which everyone tucked into. As usual no food was left with people like Malcolm and Kieran licking the plates.

### CHRISTMAS PARTY!

This year's Christmas Party will take place at Bar 166 & Bistro, Horsforth on Tuesday 13th December at 7pm. If you would like to attend please let me know by Facebook, email -

[samanthabroome@googlemail.com](mailto:samanthabroome@googlemail.com), via a committee member or at any Harrier meet up. To confirm your place a deposit of £15 is required by Sunday 27th November (first PECO) - you can pay in cash or alternatively let me know

and I will send you over my bank details.

As there will be a lot of us pre-order of food will be required by Friday 2<sup>nd</sup> December. You can opt for 2 (£21.50) or 3 (£25.50) courses - the menu can be seen on their site or on the last

then let me know and I will contact the venue.

### UCD: UNOFFICIAL CHRISTMAS DO!

Over the past few years we have organised an Unofficial Christmas Do aka a chance for everyone to go out drink gin, sing to Mariah Carey and dance in a big circle. OK, that's just me but you get the idea! The date has been confirmed as Friday 16 December - so put it in the diaries. More information will come out nearer the time.

### CHRISTMAS LIGHTS RUN WITH HORSFORTH HARRIERS!

Every year we get together with Horsforth Harriers to host a Christmas Run. This year it will take place on Monday 5th

December. Don't forget it's fancy dress and buffet will be available afterwards. I will be gathering a rough estimate of numbers nearer the time.

SAM BROOME



page of the newsletter - <http://www.bar166.co.uk/christmas-at-bar-166/> Final payment required by Friday 9th December. I have a list of vegan, gluten and dairy free options, but if you require anything else

## BIRTHDAYS & EXCITING CLUB GEAR

### HAPPY BIRTHDAY TO OUR NOVEMBER BIRTHDAY HARRIERS!

Jill Camm  
James Corah  
Rose George  
Alyson Glover  
Simon Hands  
Kelvin Horner  
Niamh Jackson

Helen Kucharczyk  
Fred Maier  
Joanne McGarey  
Nathan Molyneaux  
James Nundy  
Matt Sykes-Hooban  
Malcolm Taylor



### NEW CLUB GEAR!

With winter on on the door step, the first PECO XC on the horizon and Christmas approaching, why not have a look at the range of club gear we have available? New for this year is a fleece top. You can have your name embroidered onto the hoodies or the fleece tops for an additional £3. Click the link below to visit the web page which has the full range and prices. Other colours are available. Just email the club with your order or speak with Carol Moran at training. If you wish to try the tops for size, again speak with Carol as she keeps a stock and may have your size.  
<http://kirkstallharriers.org.uk/new/club/merchandise/>





## THE SUBS BENCH

*Some of you are injured. Some of you have new babies or family issues and have withdrawn from running. Some of you have lost your mojo. For whatever reason you're not running or training, you're still a Harrier and we'd like to hear about it and how you're doing. A call for updates from Harriers on the Subs Bench only got this contribution from Jill, but please do send in your news; how you're coping with your injury, what's taking up your time instead of pounding along dark streets in hi-vis and asking for the Sportshoes code every month for yet another pair of shoes you don't need. As ever, all newsletter editor emails are listed on [www.kirkstallharriers.org.uk](http://www.kirkstallharriers.org.uk)*



I've been injured since the end of April. Basically a combination of issues with my back and sciatica which have essentially left me immobile and unable to do any exercise or work. I've recently been given the all-clear by the physio to run again but I'm a bit apprehensive as I don't want to end up stuck on the sofa again watching the West Wing (though I can recommend the West Wing). And I do have a tendency to go into things like a bull in a china shop which wouldn't be wise given the circumstances. This has been one of the very few times where I have really had to realise my limitations and be honest that I was restricted physically, rather than running round like a stubborn fool. So basically I'd like to get back to doing halves at the beginning of next year. No more marathons for me I don't think! The plan? Well I'm aiming to get up to being fit enough for a parkrun on October 22nd, and hopefully fit enough to complete all of the PECO's, and the New Years Day double parkrun. Nothing more than 10k before the end of the year I don't think to err on the side of caution. And then see what the new year brings? Perhaps even the sadistic Liversedge half in February? We will see...

JILL BUCKLEY



## RACE REPORT: WEST YORKSHIRE XC

Cross country has to be my favourite time of the year. Yes, I am mad but there is some kind of sadistic pleasure in doing cross-country and it's definitely the marmite discipline of running. [*Translation: you either love it or there's something wrong with you—Ed*].

Kirkstall Harriers decided to enter the West Yorkshire Cross Country League this year and I decided to become a first claim member of the club.

The West Yorkshire Cross Country League invites all clubs from the West of Yorkshire to compete over four races with individual and team prizes up for grabs. The league attracts

2016/17 cross country season. The ladies' course was one short and two long laps, each with a couple of climbs and one steepish descent. Unfortunately there was no female representation from Kirkstall Harriers. Come on ladies embrace the cross country, it will make you stronger.

The final race of the day was the men's race: one short and four long laps. The going underfoot was firm and made for a very fast paced race. I was accompanied in this first race by Paul Grist and Adam Nodwell who both put in fantastic performances. I hope they enjoyed the race, I sure did. First home



a selection of the best runners in the area so the racing is very fast, but don't let that put you off. The races are run on local parks and fields with very little trail or hard path making the courses suitable for XC spikes. These definitely help in ankle deep mud. The junior races were up first and not dissimilar to the PECO races. The ladies' races are always approximately 5K while the men's races are approximately 10K.

A very dry Thornes Park in Wakefield hosted the first race of the West Yorkshire Cross Country League (WYCC) and the race in the

for KH was Adam in 00:43:29 (116<sup>th</sup>), Paul was next in 00:44:40 (126<sup>th</sup>) and I came a bit further back in 01:02:52 (168<sup>th</sup>) but 4 minutes quicker than last year. The next race - at Nunroyd Park in Guiseley - is on Sunday 30<sup>th</sup> October. Fingers crossed for the mud to make an appearance.

SEAN O'HALLORAN

## RACE REPORT: MIDDLETON PARK DUATHLON

For the past year I kept hearing about other Harriers having a go at extra-curricular activities, enjoying them and doing well. Inspired, I headed over to south Leeds on 8th October for one of Leeds City Council's GoTri events. Now being a runner, cyclist and full time brick, I naturally chose a duathlon over a triathlon.

Compared to the Roundhay Park multi-discipline races I have marshalled at, this was clearly a low-key event, no doubt the LCC budget squeezing played a part, but there was still everything we needed : enthusiastic staff and

The course consisted of a 2.5K run, 5K bike and then another 2.5K run. The run was one lap and the bike was two laps. The run and bike were on different routes. After a quick verbal course description and details of what to do in transition, we were under starters orders and off, down one of the many tarmac paths for our adventure in Miggy Woods.

Having been unable to do a recce, I quickly took the lead and soon realised why. Middleton Woods aren't known for their flat parts ,are they? I battled on and up (and up)



volunteers, a race HQ in the bandstand, a café pumping delicious smells into the arena. And kids on mini motorbikes.

We dropped our bikes on cones on the grass and had our hands inked up with our numbers. There were 50 places and 28 of us remembered to turn up (Jemma!). The largest group of entrants was clearly from Bramley Breezers, however, there was a wide variety of participants, which is exactly what the event was all about.

to reach the Town Street entrance/car park and a joyous descent back to transition, still ahead. Grabbing my bike I was off again, hurtling down another greasy path at 36mph without any real pedalling effort.

**[CONTINUED]**

## RACE REPORT: MIDDLETON PARK DUATHLON

Though it was a different route, it was a similar story of descent then climb, climb, climb. I reappeared in the clearing to see some bikes were still to be claimed so pushed on for another lap, this time enjoying the odd overtake.

Coming back into transition I was still in the lead (this has **never** happened before), I ditched the bike and headed out for the final run but this time found I had jelly legs. The initial descent was OK, but I knew the long drag of the climb was going to be my downfall. Slowing as I climbed, it was difficult to hear any approaching runners as the park had several families and dogs running



around, so I had to keep checking. I was nearly at the top of the climb when the inevitable happened. I could see a Breezer was gaining on me. He caught and passed me, so I fought back and passed him. He caught me again, and I passed him again, he passed me a third time, and I had nothing left. Luckily I was now at the crest of the final descent with about 500m left, but I had to let him go and settle for a comfortable silver. Hats off to Carl Hearn: he played it well and finished strongly in 33:18 with me crossing the line 16 seconds later, with Paul Bennett taking bronze in 34:05. Biscuits, bottled water, certificates and a sense of achievement were the reward.

I'd definitely recommend these events to anyone who fancies giving them a try. This one even claimed a perfect score on the Buckley Pound / Mile scale as it was totally free of charge! I'd do another, and maybe even chance my arm at a full-size event at some point. And those of you who keep up to date with my cycling antics will be delighted to hear I didn't have any incidents on my bike during the race!

JAMES NUNDY



## THE END



***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](http://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](mailto: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.***