



NEWSLETTER No.134

edited by

NEWS IN BRIEF

Welcome to our first newsletter of 2015! A very Happy New Year to all our members. This is a special year, being our 30th birthday as a club (see next page). From being a way to get posties running, we have become one of the larger clubs in Leeds, and one with a reputation for being the friendliest. Go Harriers!

AGM

Our AGM will take place at 8.30pm (after training) on Monday 16th February. A buffet will be served. More details in the February newsletter.

MOSA

We've news from Mosa, who tragically lost his 7-year-old son Alin in a car accident in August. More inside.

NEWSLETTER NEWS

Due to an odd dearth of newsletter contributions this month (anyone would think you'd been busy with Christmas or something), there's a new interview section.

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Rose George



Photo of the month: Our men's vice-captain gives it his all at a PECO. Ho dribble ho!

Happy Birthday Kirkstall Harriers!

Yes the club is 30 years old this year, in fact this month!. The club was formed in January 1985 as the Leeds Postal Harriers and, as you might expect, the vest colour was red. The club changed its name to Kirkstall Harriers and the club colour to purple in 1996. There will be more to come during the year regarding the club's history and we will be



holding a 30th birthday party in the summer. We still have one of those founder members who joined on 01/01/1985, namely Richard Thomas. We also still have four members who joined in 1986. They are Peter Hey, Carol Moran, Tony Moran and Ian Brown. So that is why Peter remembers the training routes so well!

CHRIS GLOVER

NEWS FROM MOSA

Some of you know that Mosa, one of our members, lost his 7-year-old son Alin in an horrific car accident in August. Mosa's other two children, Ara and Arda, are out of critical condition. We collected money from members to support Mosa's family, and several Harriers have been to visit them in hospital. A report from Adam Moger & Eleanor Gallon, who went to visit (as did Andrew Kirby, Peter Britton and others). "Eleanor & I went to see them yesterday, & took the presents bought with the Kirkstall Trail Marathon money. Arda's much better & was getting discharged that day, so she can sleep at home rather than in hospital. Arm still in a sling but a long way towards being better. Ara also much improved but with some way still to go, mainly use of hands & legs.

And a message from Mosa to us on our Facebook page:

"To individual member of Kirkstall Harriers Running Club. Merry Christmas. Great thanks for keep visiting us, financial support and Christmas presents particularly for Elena, Clare, Peter Britton and Adam Moger. Your thought of us, it's really appreciated. You deserve to have a wonderful time, anytime, I am sure you are."



CLUB CHAMPIONSHIP

Well, it was a clear-cut thing this year, NOT. Our chairman sums up the trials and trails of this year's CC:

In the final CC race of the year at Nostell PECO XC, Peter Britton again took the maximum 50 championship points with a very strong performance, beating his handicap time by 17.67%. Lucy Churm and James Woodman followed up with 49 and 48 points. Great performances. In the league, Ben Coldwell held onto first place and wins the 2014 championship title. Hannah Lee finished second and Rose George third. Well done to the top three who will be presented with their trophies at the AGM in February. Ben will receive a trophy and the championship shield to keep for one year (that is if we manage to persuade last year's winner, Vikki Daniel to let us have it back!) Thanks to the 108 members who took part in the CC during 2014. It was our most popular yet and it seemed to create a lot of interest and keen competition (*Really? You mean like Ben arriving at PECO with a spreadsheet calculating how likely his competitors were to beat their handicaps, IN PERCENTAGES? –Ed*). The format of the CC will be kept the same for next year and the 20 races have been decided upon for 2015 as listed overleaf.



Our Club Championship winner Ben Coldwell, 2nd place Hannah Lee and 3rd place Rose George. With helpful hand gestures.

CLUB CHAMPIONSHIP RACES FOR 2015

Some are open for entry already, so what are you waiting for? (Dates included when known.)

February

8th February: PECO Boddington Fields
15th February: Liversedge HM (entries open)

March

1st March: PECO Roundhay Park

April

18th April: Meanwood Valley Trail Race
5th April: Guiseley Gallop (entries open)

May

John Carr 5K (best time of 3 races)
10th May: Leeds HM (entries open)
25th May: Ilkley Trail Race (entries open)

June

Otley 10
Pudsey 10k

July

Post Hill Challenge
Eccup 10

August

HPH Summer Mile
Vets Race

September

13th September: Vale of York HM
Golden Mile
Horsforth 10K

October

Withins Skyline

November

Guy Fawkes 10
Yorkshire Vets, Spensborough

RACE REPORT

5K TIME TRIAL WED 17TH DEC

This month we only had half the number of runners as the previous two, but 16 is still a good turnout. Quite a few were suffering the coughs and colds which seem to be doing their annual rounds, or were saving the night out for the Christmas meal the next day. First over the line was James Woodman, but as he had cut across the Queenswood playing fields and had done less than 2k, this did not count (and he thus joins the inadvertent Time Trial tricksters Rose and Niamh). Apparently James had borrowed some shoes off Alan Brydon and therein lies an interesting story about Alan and his shoes despite him being such a fast runner. (*Yes, but what is it? —Ed*) The runners who had completed the full course then arrived thick and fast. The first 13 runners all finished within 1 minute of each other. First over the line – just – by one second, was Hal Roberts. Hal is a new face at the time trial so we may have been a bit lenient with his start time on this occasion. 2nd was Simon Smith who recorded his fastest time on this course. Third, coming from last position with a time handicap of 10 minutes 45 seconds, was Andrew Cross, who missed his best time by only 4 seconds. Bringing up the rear, nursing a cold and a bright flashing nose, was Adam Moger. Others getting a PB on this course were Laura Davies, Burger, Matt Kasperek, and Mark McKone. The fastest lady on the night was our latest new member Daniella McCuirgan, with a run time of 23.05. The fastest man was Andrew Cross with 17.40. We only have four runners now who have done all three races, but there is an overall competition for those who do at least four races, and we still have three more to go. Many thanks to the helpers who made it a success again, Alan Brydon, Ewan Malone, as well as Paul Chapman who is having his knee operation soon and is eager to get back to running.

PETER HEY

RACE REPORT: PECO

Mud, mud, glorious mud, nothing quite like it to cool the blood. I think that's how the song goes, but it is an old song, like me. Two races are done and the third is almost on us now (*if the editor can get the newsletter out in time – Ed*). They have come very close together. It looks like the third race could be muddy too, unless the weather changes soon.

The ladies and men's team have fared quite differently to date, but then the ladies races must be easier, as only 20 or so ladies have finished in front of me this season so far!!! (*Hmmmm–Ed*) The two separate race starts do not seem to be as bad as I first imagined. I along with a few others thought we would be billy-no-mates at the back of the pack.

After two races the ladies are now in 2nd position overall, 4 points behind Valley Striders and 2 points ahead of Saltaire. In the first race at Barnbow the ladies finished 3rd team with Jen Berg first home in 14th place out of 278 runners, with Emma Lavelle-Wood 26th, Hikari 39th, Marion 51st and Sharon Cook 66th. They were the scorers.

The men finished 7th in the first race with Paul Miller being the first man home for the club in 38th place out of 420 runners. Also scoring was James Woodman 44th, Ben Coldwell 69th, Andrew Cross 105th, Adam Moger 116th Chris Glover 132nd, Andrew Carter 156th and Steve Groves 183rd. In the 2nd race the men managed

to finish 6th team and the scorers were Alan Brydon 38th out of 345, Paul Miller 50th, Andrew Cross 60th, James Woodman 61st, Ben Coldwell 67th Adam Moger 102nd, Hal Roberts 106th and Liam Mealey 113th. Note the difference between the last two scorers in these races, 183 compared to 113th, that makes a big difference to the team position.

Overall though after 2 races the team is still in 7th place with 13 points, holding up the Premier league. Abbey have 2 points less, and then 3 teams all on 8 points, 5 points ahead and currently outside the relegation zone.

Don't forget though that even if you

do not score for the team, if you push a member of another team behind you, then that team will score more points, and that could make a big difference to the finish positions of the teams. So if you can pass someone before the finish line, that feeling of wanting to throw up may be well worth it.

PETER HEY

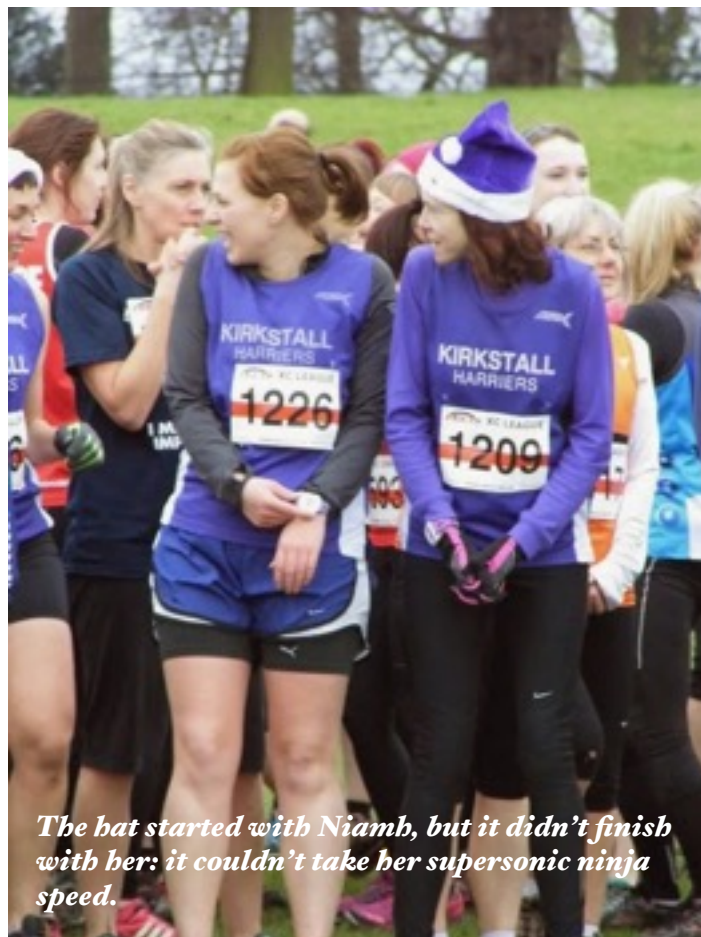


RACE REPORT: PECO

NOSTELL PRIORY, SUNDAY 14th DECEMBER

The second race of the season was at a new venue, Nostell Priory, a National Trust property near Wakefield. There were some complaints about a shortage of food afterwards, but none about a fantastic cross country course. It was undulating, very muddy, with fields, paths & woodland: everything a PECO should be. First KH man home was Alan Brydon, 38th overall, followed by Paul Miller, Andrew Cross, James Woodman, Ben Coldwell, me, new member Hal Roberts, & old member Liam Mealey. The top 8 weren't the whole story, the men finally finishing off the bottom thanks to Abbey Runners having their 7th & 8th in 183rd & 190th, pushed lower by Chris Glover, Andy Carter, Joe Steele & Simon Smith.

A similar story for the ladies. First home - 11th overall - was the returning Emma Ballantyne, followed in a very impressive 14th by Niamh Jackson, then Hikari, Lucy & Rose, all running well. A total of 14 ladies finished ahead of Horsforth's 4th & 5th counters, and 13 finished ahead of Wetherby's 5th, so special mentions to: Helen Burgess in her first race for the club, Marion Muir, Laura Hogg, Sandra Warren, Hannah Lee, Collette Spencer, Helen Goldthorpe, Carol Moran & Alyson Glover.



These were just the club first team results. There's also a B team table, individual competition, & a chance for a free gift at the end of the season for running all five races. If you marshal at our race on 4th Jan but run the other four races, you'll still qualify). At PECO, everybody counts, including the very last finisher should a club fail to turn out the minimum.

RACE NEWS: parkrun

On 6 October 2007 Leeds parkrun had its inaugural event at Woodhouse Moor. This was the first Parkrun (as it became) outside London, with just 15 runners and one volunteer. Fast forward to 27 December 2014 where I (along with Shami and 138 other participants) ventured out for the final Leeds Parkrun. After 380 events

patches of black ice on some of the regular paths. Despite the conditions I was pleased to knock 55 seconds off my time from the week before, though that wasn't at a blistering pace either!

As our most local event, I'm sure Woodhouse



and attracting 11,662 runners, from January 2015 it will be known as Woodhouse Moor parkrun, because of the three other parkrun venues now established in Leeds (Temple Newsam, Roundhay and Cross Flatts, with rumours of one in Gotts Park not yet reality).

The final run on a chilly morning was diverted to become a cross-country course due to

Moor parkrun will continue to be a firm favourite for the Harriers in years to come, whether running or volunteering. Thanks to all the race directors, volunteers and runners who continue to make it such a friendly, welcoming free, timed and marshalled run, every Saturday at 9am on the dot (more or less).

JAMES NUNDY

More parkrun news

As we know, in order to gain an extra 25 points in the club championship then four parkruns must be completed between the 1st Jan and the last club championship race. I will again be organising at least four parkruns in the 2015 to help people achieve these extra points (you can do them whenever and wherever, I just know going as a group can sometimes make getting out of bed on a Saturday a little bit more bearable). The parkruns will be date-driven around the Leeds Athletic Series events, so if you enter this as well you can in theory kill two birds with one stone. I will confirm the dates when the 2015 Leeds Athletic Series races are confirmed, but they will consist of one trip each to Roundhay, Temple Newsam, Woodhouse Moor and Cross Flatts. I will also be looking to organise a few other trips, so get in touch if you have a parkrun suggestion.

SAM BROOME

LEEDS ATHLETICS NETWORK 2014

We have a few trophy winners again this year who won by completing a minimum of eight of the Leeds Athletics Network series of races and out-scoring the competition. Great representation for the club. Well done!

For the Ladies:

Alyson Glover: 7960 points. First F45-49.

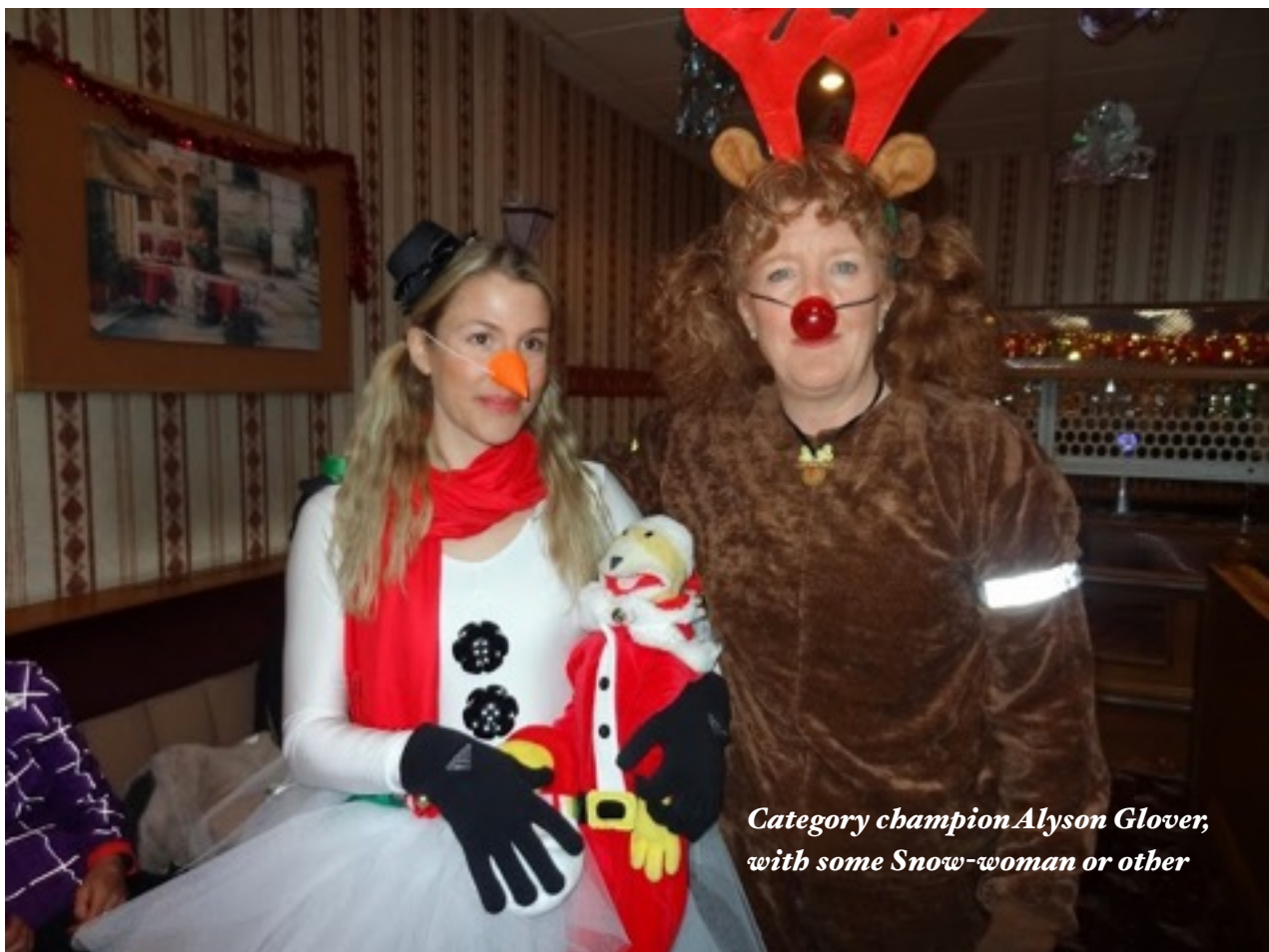
Sam Broome: 7896 points. First F25-29

For the Men:

Paul Miller: 7996 points. **First Overall!**. First M30-34.

Chris Glover : 7971 points. Third Overall & First M50-54

Trophies will be presented after the Meanwood Valley Trail race on Saturday 18th April 2015.



*Category champion Alyson Glover,
with some Snow-woman or other*

MEMBER PROFILE: LUCY CHURM

Name: Lucy Churm

Age: [optional!] 36

Occupation: Swimming coach

Originally From: Portsmouth, then Swindon, then Somerset, then Southampton, then London and now Leeds! Phew.

Time as a Kirkstall Harrier: Just over a year

When did you start running and why?

I have always run, but historically no further than 100m, although we all used to be forced to do cross country at school which I detested, (how ironic that I now happily run PECO's). On moving to Leeds and finding the canal on my doorstep I started pootling up and down it a bit.

How did you end up joining Kirkstall?

I was going to join Horsforth but they only met once a week, (thank god I didn't: apparently they barely speak during training runs, how would I survive?!). Kirkstall was the next one along.



Knees up, my child (said Vice-Captain "Speed Session" Brydon of his star pupil)

What are your motivations for running?

I started running again because it was something I wasn't good at, so there was no pressure to achieve anything and I could run solely for fun. I continue to run because it makes me feel good, during and afterwards, and enables me to continue to eat in a gluttonous fashion, although having been to Sunday lunch with some other Harriers I realise I seriously need to up my game!

What are your greatest running achievements?

Hmmmm I thought hard about this one and realised that I rate achievement as how much I enjoy a run, not necessarily how well I do/how fast I go. So although I got a PB in the Leeds 10K I really didn't enjoy it, but conversely loved getting lost for 10 miles at Swinsty with some other Harriers a couple of weeks ago. I do feel quite a sense of achievement at the end of a

speed/hill session though and they hurt like hell!

What are your best running related memories?

I have lots of brief moments that have made me stupidly happy at the time. I love running off road-being outside in all weather can be really beautiful, plus I've seen tons of wildlife, including an entire herd of deer that crossed a road in front of me at dusk, I absolutely s**t myself but it was amazing. I also have a

penchant for running down hills FAST! I remember pegging it down Tinshill Lane on training runs and absolutely loving it.

What are your worst running related memories?

I am a cold weather runner, so any hot run is a disaster for me; recently in Ghana I attempted a run in the midday heat, under the influence of some pretty strong anti-malarial medication and with a professional footballer, (it turns out they're fitter than I thought). It did not end well.

I also remember getting hopelessly lost in fields in Oxfordshire. I started out finding it funny, but hours later and with darkness approaching it didn't seem so amusing anymore and I honestly thought I was going to have to sleep in a field, (I have quite an overactive imagination). Fortunately a search party had been sent to find me and I heard my mother-in-law shouting "Lucy!" from a car in the distance. I have never been so glad to see her.



How to rock fur and mud, Churm-style

Any words of wisdom for your fellow harriers?

Always go for a run. You will never regret it and then you can lie on the sofa smugly eating donuts afterwards.

Can you share an interesting fact about yourself?

I have an uncanny ability to remember song lyrics. So far I've not found any practical application for this talent, but it does mean I can sing along in the car a lot-passengers love this.

INTERVIEW: TOM HUGHES, TRI-MECHANICS

Editor's note: This is a new section, born of the desperation of an editor who was sent barely any newsletter contributions this month. Anyone would think it was Christmas and New Year and you lot had other things to do. So, many thanks to Tom of Tri-mechanics for agreeing to be interviewed at short notice. For those who didn't attend, Tom came to talk to us a couple of months ago and has since visited several other Leeds clubs.

How and why did you make the switch from medicine to Tri-mechanics?

I left medicine just over two years ago and started research into barefoot running at Loughborough University. Ever since the first time I ran barefoot about three years before, the subject had fascinated me. I think it was due to the sudden realisation that my shoes weren't doing me any favours and I felt much happier (and faster) running barefoot on soft grass. My research taught me a great amount about how the foot moves as we land, which backed up my thoughts regarding currently available footwear, that it doesn't compliment the movement of the foot.

I also felt like there was something missing in our understanding of what made a runner fast, as there seemed to be nothing obvious to explain why two runners who looked almost identical could run at such differing speeds. This led me to look at subjects such as what the athlete did in the rest of his/her life, such as sitting while at work, that could lead to differences in performance. Eventually I decided I wanted to apply what I had learned to a wider population, so I moved back to Leeds permanently and set up Tri-mechanics.

How much did you understand about biomechanics when you were a doctor?

Very little, I gained some knowledge regarding anatomy from medical school and added a little to this when I worked in sports medicine and orthopaedics, but most of my knowledge came from my own learning and testing.

How well do you think it's understood by GPs and physios?

Unless they are athletes themselves most GPs have very little understanding of sports medicine and running biomechanics. But I wouldn't expect them to. I would much rather my GP had the skills to diagnose the early signs of a heart attack or symptoms of cancer than be proficient at sports medicine. What I think is lacking with most GPs is understanding the importance of sport/running

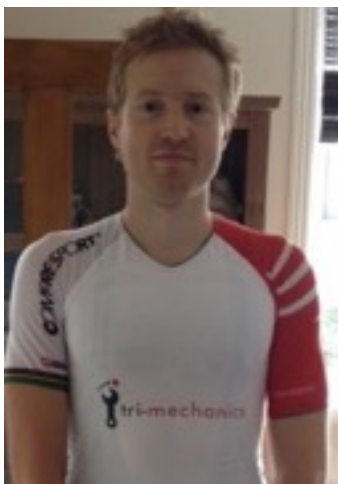
to the psychology and well-being of athletes. This is why many athletes do not respond well to being fobbed off by their GP. I think most GPs need to be happy to accept their limitations on this subject and refer the patient on to sports medicine.

With physios it's a very different situation. I think the majority of physios have fantastic knowledge of the musculoskeletal system. However they often lack the ability to SEE how the body moves, preferably in slow motion, when we

run. This is often not possible in a standard physiotherapy room, but it is critical to understand what is actually happening when we run and what could be leading to injury. We may have good enough muscle strength when we are standing or moving, but running introduces much higher forces, so suddenly certain muscles aren't working hard enough/activating at the right time. You cannot see this when static. This is a massive limitation on what a physiotherapist can see.

How has your first year of Tri-mechanics been?

It has been brilliant! I have enjoyed every session with every athlete who has come to see me, and I have learned so much myself. Starting a new business is never easy and I've had setbacks, but



I've not let it get me down as I enjoy what I am doing and more than that I enjoy the impact I see it have on athletes, particularly those who have struggled with injury or have lost their running mojo.

How have you been received by Leeds running clubs?

It started with Kirkstall and this gave me the confidence that people did actually want to hear what I had to say. I always leave each of the talks with a buzz, I feel like I have opened a few eyes or at least made some think about running in a different light. This is enough for me.

What is the most common question that runners ask you when you give your talks?

There is a set of questions that tend to come up, related to the choice of shoes, in terms of support, pronation etc. etc. This often leads to orthotics which is another hot topic. I also tend to get questions regarding common injuries such as the ITB and what we can do to reduce our risk in getting them.



Is there ever a question that you can't answer?

I often get asked questions that I have an answer for, but prefer to hand over the question to another resource, such as an article or a book. As a scientist I think the original author should always get credit, but also it allows the athlete to read the original information and make up their own mind. It puts them in control which when it comes to injury and performance is critical for improvement. I can never answer the question I often get, which is why they should come to see me. If you want change you need to seek it, therefore you need to ask yourself what you would want to get out of a session before you come and see me.

What do you think is the biggest or most frequent error that runners make?

The biggest error would be the belief that if you do not look after your body (i.e. sitting job, driving frequency, eat a poor diet) then all you need to do is run to become a better, injury-free

runner. If we cannot change the above, such as a sitting job, we need to first address the negative impact it has, such as inactivation of key hip muscles, before we can think about running.

What is the easiest adjustment a runner can make to get better (without impinging on the analysis you offer, obviously!)

Head up and look at the horizon! Learn to glance down with your eyes, not your head, having your head up encourages better posture, better pelvis position and a better landing point. Reducing braking forces as we come into land.

What are your personal running/tri goals?

I have a few personal goals that I don't mind saying out loud. Triathlon-wise I am racing Challenge Roth iron-distance this year, I am aiming for below 9 hours although I secretly hope for around the 8.30 mark. Running-wise I would love to get back to my running of old, if so I have a longer term goal of back below 15 minutes for 5k and the sub 30 10k that never happened!

What do you see happening in the future for Tri-mechanics?

At the moment I am really enjoying how things are going at the studio. However there is a plan to add performance testing in the new year, using a system called the moxy which measures oxygen saturation, combining this with the BSX system for measuring lactate. This should give us a really clear picture of how physiology functions, combined with biomechanical information. I.e. would we be able to find out information such as, "At X speed your hip starts to drop, indicating glute medius weakness, this is associated with a sharp increase in lactate production'. By linking these we can see the full impact of faulty biomechanics so we can better improve performance by changing when they impact, such as delaying onset to a greater speed. I'll also be working with a few football clubs in the area with their youth development squads in an effort to counteract the negative impact of sitting and playing on playstations!

www.trimechanics.co.uk

RECIPE CORNER

Slow-roasted sticky gammon

I made this on Christmas Eve and it went down a treat. The next-day leftovers taste even better.

Ingredients

3kg gammon or ham joint
Coca Cola
2 star anise
1 tsp cinnamon
1tsp ground ginger
1 tbsp soy sauce
1tbsp mustard (I used wholegrain)
2 tbsp demerara sugar
4 tbsp runny honey.

Method

- * Place joint in a large pan of water and boil for 5 minutes to remove all the salt
- * Put joint into a slow cooker or casserole dish and just about cover the meat with Coca Cola, add the star anise as well. - Slow cooker on low for 5 hours or high for 3 hours. Casserole dish on a cooker then simmer on a low heat for 3 hours.
- * Once cooked remove meat and discard the liquid and leave meat to cool slightly.



- * to make the glaze : mix together all the other ingredients until they have combined well. It should be a runny liquid (i added a but more mustard to mine)
- * Score the meat and then brush the glaze over the meat, cook for 25 mins at around 300 'c. The top should start to crisp up and look sticky, you can cook for longer if need be.
- * Once cooked, shred the meat and then serve with some veggies, coldslaw and some potatoes.

Sorry I don't have a photo because we ate it too quick! You can find similar recipes by Jamie Oliver and Nigella Lawson, if you are after a different glaze. (Photo above nicked from Gordon Ramsey–Ed).

SAM BROOME

(Vegetarians, it's your turn on the next page.)

INTERVIEW: VEGGIE RUNNERS

Local Leeds lass Jayne Rodgers is half of the popular blog Veggie Runners (the other half is her daughter Bibi). Mother and daughter have been vegetarian and runners for years. Last year Veggie Runners won the Running blog of the year. Jayne also runs a local Leeds running group every Monday from Wharf Chambers, Art Runs, and the annual Light Night Run. Check them out at www.veggierunners.com, on Facebook as VeggierunnersUK, and on Twitter at @veggierunnersUK

Tell us a bit about Veggie Runners, i.e. how you started and why?

I ran the West Highland Way in 2012 and realised that I'd need to be really careful about fuelling and refuelling while I was doing my long, long training runs. With my daughter, Bibi, I looked for interesting blogs that would provide interesting recipes with the right nutrients. We want to eat like Nigella and, as all we could find for runners were boring sites with dreary recipes, we decided to start something more interesting.

How has the blog changed since you started?

We've realised over time that we're what the marketers call a "lifestyle" blog, in that we see running and eating well as a way of life. We rarely talk about just one or the other, even when we're writing race reports or about training traumas. Exercise and eating well go hand in hand for us.

What have you learned about running and nutrition that most struck/shocked you?

The number of people who barely pay any attention to what they eat! Often people will train hard without thinking about what they should eat to fuel their workouts and what will help them recover afterwards. It's not difficult and can make a world of difference to energy levels and injury prevention.



What's your favourite recipe at the moment?

Our Best Roasted Butternut Squash Ever is called that for a reason. (See following pages—Ed) It's a recipe that we come back to over and over again. It's great for carb-loading and works well on its own with rice or with a range of curries if you're having friends over. The Creamy Paneer and Tomato Curry on the blog is a winner too when you're looking for a quick but delicious dinner.

What's the one piece of advice you would give to runners (veggie or not) about running nutrition?

Protein smoothies are your best friend. They're a doddle to make and can hit all the right nutritional buttons in one quick fix after a workout. Try the Vegan Apricot and Chia Seed Smoothie or maybe the power-packed Beet

Greens and Ginger Smoothie (on our site). They're both unbelievably good for you and can be made in a matter of minutes.

Tell us what you think about detox bollox! and any other nutritional "advice" that gets your goat.

Any kind of faddy diet drives me crackers! That includes detox bollox, 5:2 or whatever it's called, paleo and the rest of them. Food is a natural part of your life so approach it in a natural way. Eat a healthy amount for the amount you move around. It's pretty simple. True, some people have a complex relationship with food but most of us don't. We don't need eating plans, we need to consider what's right for our own bodies at any given time. I think our bodies are very good at telling us what we need - and that's hardly ever an entire box of chocolates, for example - and running is a very good way of putting us in tune with that. As long as we learn to listen.

Have you ever got your nutrition/hydration wrong for a big race and if so how?

I learned my lesson about hydrating on race day the hard way. Drinking too much, too late then being desperate for a pee five minutes into a big local 10k race, which shall remain nameless, I had to stop for a wee in a car park. The ignominy, the glare of the security cameras, the three minutes lost off my time...

All good reasons to STOP drinking an hour before the race starts and then have a quick drink just before the gun goes off. That's what works for me, anyway.

Do you have a secret nutritional running weapon?

Chia seeds - food of the gods! I always have a chocolate protein shake with chia seeds after long runs and can guarantee no DOMS, even after a marathon.

Why did you start your Monday running group and how do you think it's going?

The Monday running group (6.30pm from Wharf Chambers) is the loveliest running posse. I started it to encourage people to keep running through the lonely winter nights. It's a really friendly group and we do some great urban running, including loads of places we probably wouldn't dream of going on our own. We're always happy for new people to come along. We mix it up with drills, hills, distance and speed work but we chat a lot too!

[Continues overleaf]



[Interview continued]

Plans for the future? Art runs etc?

I've just started doing Roga classes from the Sweaty Betty store in the Victoria Quarter. It's fab: I lead a run then Holly from Yoga Hero does post-run stretches in the shop's studio. It's free, it's fun and you feel amazing afterwards. Tuesdays at 6pm if anyone would like to join us: all you need to do is call the store on 01132438740 to book a place. Art Runs are a brilliant way to connect with the world around us in a unique way and we're planning lots this year. We'll be doing Light Night Art Runs again, plus other festivals and we're talking to the city council about doing runs for the British Art Show that opens in Leeds in October 2015. Watch this space.

You're a member of HPH: what do you think the advantages of club running are?

I'll be honest, I don't run with the club much. I do love it but the timing often doesn't work for me. I enjoy the camaraderie though and if I'm ever feeling demotivated I make an effort to pitch up to club nights. One thing I've learned is that I always feel better after a run, no matter how reluctant I might be to get out of the door in the first place. Club running gives me the impetus to get out there sometimes: if I say I'm going then I wouldn't dream of backing out!

Road or mud?

I love running anywhere. I don't understand people who diss road running: there's loads to see and urban running can be really interesting. I love hills, trails and mud too though. They all have their own appeal, though it's easier to clean your shoes after some than others.

RECIPE

Best ever Roasted Butternut Squash by VeggieRunners

That Indian spices go well with squash is no secret. Some cumin in a butternut squash soup takes it to the next level. Here, I rounded off those flavours with something sweet, in the sticky caramelised onions, some crunch with seeds and a bit of heat with a red chilli. To make this dish into a full meal straight from the oven, chop a block of polenta into roughly the same sized pieces as your squash, toss along with everything else, and roast in the oven all together. I had that on a bed of spinach for my dinner just 4 short days after having made the first one. It's that good.

Serves 3-4, depending on the size of your squash. (It's nice on top of leaves for a salad the next day if you make a bit much)

Ingredients

1 butternut squash, cut into bite sized pieces.
Unpeeled.
1/2 tsp chilli powder
1 1/2 tsp cumin
1 tsp ground coriander
1 medium sized red chilli
2 tsp garam masala
4-6 tbsp pumpkin seeds
2 tbsp sesame seeds
1 tbsp agave nectar or maple syrup

1 medium onion sliced
4 tbsp olive oil

Preheat oven to gas mark 5 / 375 F / 190C

1. Mix all of the ingredients in a big bowl, tossing with your hands to get everything covered in that spicy, earthy oil.
2. Layer on a baking tray in a single layer.
3. Roast until the squash can be easily speared by a knife, approx 25-35 minutes.

ESSAY: TO THE FELLS

I've been saying it for so long, I began to bore myself: I'm going to start fell-running. I'm going to start fell-running. Why? Because the fells are there, and they are magnificent, and I love mud. But it's not just that. I love all sorts about fell-running, or what I'd heard about it. I liked the fact you can turn up and pay £4 and get infinite tea and biscuits when you've finished. I like that sometimes the registration takes place in someone's car. I like the camaraderie. I like the mud. I like Inov8s. But mostly I like the scenery. I love road-racing, and I'm proud that this year I've done many firsts,

including my first marathon (which I followed with another one), and my first sprint triathlon. And, finally, my first fell race. The Burley Moor Run is part of Burley's summer festival, but in November, obviously. I didn't sign up, because another great thing about fell races (though not the big important ones) is how many you can enter on the day, but I wrote the date in my calendar, and then got more and more nervous. This is what I

do with new things: the London marathon terrified me, as did the triathlon, which gave me nightmares the night before of endless bloody swimming pools (yes, Lucy, I WILL come to your swimming lessons soon). But it was also because I'd been reading Richard Askwith's *Feet in the Clouds*, about fell-running, and my reaction was 1) my mild-mannered editor Richard at the

Independent was a proper fell runner and he'd never even given a hint of it and 2) oh God. It's steep and terrifying and I'll be last. I'll definitely be last.

So I looked for advice on the Fell Runners Association website. Former Harrier, now Pudsey & Bramley member and keen fell-runner Graham Pilling is also a fount of wisdom. His best advice? Train for fells. "Even the entry-level races require a base level of fitness that is very different from normal 'social' running. If you

want to be a fell runner, you have to train properly. Go out and run hills. Not short sprints, but something that will take you 1-2 mins of hard effort. Run 5-8 of them, recovering in between. It will feel absolutely horrendous but that feeling should be embraced because it is you improving and becoming a fell runner!"

So of course I didn't do any of that. Or at least, I didn't do any special hill training beyond the ones that you have to do living and running in Leeds (and especially on the lovely

Broad Lane route that our

training schedule director Kieran O'Brien has, oddly, yet to be seen doing). I did have a good level of fitness, but still: these were fells. Or at least, Burley Moor, and 10K to run around it.

Then there was the question of kit. I had fell-shoes. I had my stripey socks. But what of all the compasses, whistles, taped seams and stuff



Not FRA required but essential

that are listed on the FRA site? Luckily Burley isn't an official FRA race, and a kit check was unlikely, so I packed my waterproof (with taped seams) into a waist-pack and set off. The race was in Burley, somewhere, but I hadn't written down the post-code, so I just followed my usual race orientation of following people I saw walking along in high-vis (not the ones who are running; they're just out running). The weather was cold but not awful. No-one else seemed to be running with waist packs, but I kept mine anyway because I was going up onto the moor, and you never know whether the heights will turn wuthering. The route was kind at first; a fairly flat track, and then we started to climb.

And here was my first surprise: nearly everyone around me was walking. It was a very narrow track, and it was a steep climb, but if I hadn't been stuck behind so many walkers, I'd have tried to run it. I'd made the error of starting too far back, out of nervousness.

But at the top we could run again, and it was glorious. Wind, scenery, moor: it's a visual and sensory treat. It's like cross-country on drugs: you have all the awesome scenery, but you're having to concentrate on your feet because the terrain is so varied. I learned that "technical" means "watch your feet even more closely." I learned that fellow fell-runners, if you ask them if that's the last hill, will lie to you. I learned that on that not-the-last-hill, to run with smaller steps and to think about breathing, and at the top to try to a) take in oxygen by breathing through my nose and b) take in the view. That's what we're there for, surely? But it's surprising how many fell-runners, even if they've stopped to catch breath, didn't have a quick gawp at the gorgeousness of the moors.

I loved it all. And as I was hurtling down the final descent back into Burley, I remembered the woman I ran near in one PECO or Vets race, who hesitated at every patch of mud and tried to run around it. Finally, as I nearly ran into her again, I said, "embrace the mud! Pretend you're 7 again." She didn't but on Burley Moor, I did. I wasn't a 45-year-old with an aching hip, but a kid on a hill, going down at top speed, careless of everything but the thrill of the descent.

There was no chip timing, no crowds, no bands, no water stations. But it was great. I'm still going to do road races, but this is the year I'm getting up the fells, with bells (or Inov8s) on.

ROSE GEORGE



Three tips for fell-running

1. If you see a photographer, i.e. the ones with zoom lenses, then look at the ground, not at the camera: He or she is probably at a spot where runners are likely to fall, as it makes a better picture.
2. On a vile day where the registration is in someone's car, remember you can print out a blank entry form for FRA races and fill it in beforehand, so you're not standing around outside someone's car door for ages in howling rain and gales.
3. Surround yourself with people who encourage you to train and push you outside your comfort zone. Avoid people who constantly refer to the fells/fellrunners as mental, nutters, crazy, "you must be mad" etc. You're not!

CLUB NEWS

Birthdays in January: HAPPY BIRTHDAY!!!

Catherine Barrett
 Samantha Broome
 Ian Brown
 Andrew Cooper
 Clare Doherty
 Christopher Glover
 Chris Hudson
 Anna Jaines
 John Kelly
 Daniella McGuigan
 Liam Mealey
 Adam Rhodes
 Martin Roper
 Martin Savage
 Antony Shaw
 Kate Speirs
 Claire Warner
 Karl White

PBs in December: Well run, all!

Marathon	Ben Coldwell	2:58:19
10K	Claire Bromley	0:53:53
10K	Samantha Broome	1:00:23
10K	Alan Brydon	0:35:04
10K	Andy Carter	0:40:40
10K	Lucy Churm	0:49:56
10K	Sharon Cook	0:48:36
10K	Timothé Dazin	0:42:41
10K	Rose George	0:48:11
10K	Emma Hall	0:59:32 (FIRST RACE)
10K	Katherine Hill	0:50:30 (FIRST RACE)
10K	Vicki Hipkiss	1:05:20 (FIRST RACE)
10K	Niamh Jackson	0:40:02
10K	Matt Kasperek	0:50:49
10K	Kevin Kelly	0:50:25
10K	Emma Lavelle-Wood	0:44:09
10K	Joe Steele	0:40:25
10K	Bethan Thomas-Lloyd	0:52:31
10K	James Woodman	0:42:42 (FIRST RACE)
5K	Kevin Kelly	0:25:06
5K	Emma Lavelle-Wood	0:21:30
5K	Malcolm Taylor	0:25:48

New members

Welcome to our new members in December:

Scott Manning
Martin Roper
Karl White
Daniella McGuigan

And, for no reason, a goodbye to this newsletter from one of our older (in membership terms) members, Santa Peter Hey:



Not forgetting:

Sports Shoes January Discount Code: NY15J. Just in time for the big January sale!

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 less.

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

