



Kirkstall Harriers

Running Club

WELCOME TO THE KIRKSTALL HARRIER MAY NEWSLETTER



Well here it is, my newsletter debut and of course the May edition of the Kirkstall Harrier Newsletter. As Brucie F used to say “didn’t they do well”.... This newsletter is packed with running treats to show off how awesome we all are...

- What’s inside?**
- Neil Marshall - Ackworth Half Marathon
 - Joanne Taylor – Vale of York 10 mile
 - Marian Muir – London Marathon
 - Peter Hey – Kirkstall Here and There
 - Adam Moger – Honley YVAA
 - Simone Salgado - Burnsall Half Marathon
 - Joanne McGarey – London Marathon



Some big distances this month so I thought we would warm ourselves up with a half, complete our warm up stretches and speed work with tales of a 10 miler and then take on the marathons thereafter... We’ll need a recovery energy stop along the way, and what is better than a pit stop with Peter to go through announcements. After our little break, revived and raring to go we shall cruise down the newsletter home straight with tales of marathons and half marathons – completing the newsletter with victory and celebrations of birthdays and new members... phew!

Thank you to all who contributed to make me look good.

So sit back, relax, get yourself a brew and get ready to feel really tired but hopefully inspired reading all of your fellow Purples achievements....



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Neil Marshall

Ackworth Half Marathon

So, I signed up for this because a friend said it would be good to do on Easter Monday after a weekend of eating chocolate. I agreed. I thought it would be good. I was wrong on so many levels.

This negativity is in no way aimed at the course, the marshals, the organisation - that was all very very good. I even enjoyed the really big hill after about 4 miles, although did swear a bit at the cunningly disguised evil hill after 12.5 miles.

No, it was the fact I woke up, looked out the window and then checked my email hoping that it had been cancelled. It was wet, it was cold, it was wet & cold.

The basic summing up is that it was snowing when I started, it turned to rain after about 2 miles, the sleet kicked in after about 6 miles before deciding for the last 2 miles to go back to rain. All the time the wind was bitter and cold. Upon completion I got a lovely running shirt, but no medal, of all the times I thought the participants deserved a medal this was it.

After it was completed and I'd collected my shirt and lack of medal I believe I stopped shivering when I'd got home, the cramp set in and I realised that I'd already done more miles in my final tapering week before Manchester Marathon in 6 days' time than I had in the last couple of weeks training. #organised

On the plus side I was 1st Kirkstall Harrier home, I did go faster than I anticipated due to tapering & low fitness levels and the bag of chocolate peanuts was a winner.





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Joanne Taylor

Vale of York 10, 15.4.18

I love running, but I honestly don't have a clue what I'm doing most of the time. Ok, all of the time. So I had a good laugh when Liz if I'd like to review The Vale of York 10 for the newsletter. Bear with me as I offer you the least technical race review that you'll likely ever read.

I've done half marathon distances, but having never run a distance of 10 miles before I really had no expectations or goals going into it. I just wanted to enjoy the route and hopefully be pleased with whatever time I came through in. It was just disappointing that we didn't get timing chip shoe tags like the race information said we would. My plan to give mine to Jonathan was foiled.

The course profile describes the run as fast and flat. My ideal surface. (The bit about it being flat, not about it being fast). It was more undulating than I was expecting, but then again anything that doesn't sit perfectly on a spirit level counts as a hill to me. In terms of the scenery; it was lovely. Rolling fields, no traffic, and a couple of pleasant villages to pass through. The atmosphere was great and the course was friendly and sociable. The rain held off and I'd say the conditions were near perfect. The surfaces were safe and well maintained. I appreciated how they used tractors to close the roads. Nice touch Yorkshire.

The race starts with an out and back along the gliding centre runway. A great opportunity to see the fast runners flying by. After that you're out onto the roads, finishing back at the airfield, but (thank goodness) not repeating the runway stretch. I like tarmac, but not that much. I enjoyed this course, even though I found it tough. I think perhaps my mentality was affected by the use of mile markers when I'm used to tracking my distance in km. Who knew a mile was so long. I convinced myself that I'd missed the mile 6 marker. Of course I hadn't, I was just wishing the distance away. Being joined by Shevonne around mile 8 was a real lift. (You made that part look so easy despite having a sore hip). Also credit to the mile 9 marshal who offered a much appreciated pep talk on how to breathe for that last effort.

As always it was great seeing other Harriers out for the race. Thank you to Hannah for being ridiculously helpful and basically dragging me round. The Vale of York 10 highlights include: t-shirt weather, the kitkat at the finish, and sharing 10 miles with wonderful and supportive people.

Suggestions for next year: perhaps a mars bar.





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Marian Muir

London Marathon 2018

“Life’s not fair”. A phrase most people have heard at some stage in their lives, probably whilst sobbing at the injustice of it all. It’s true, because this was the second time I’d got a ballot place for the London Marathon, out of 3 times entering. I ran in 2016 and it was one of the best experiences of my life. I even wrote a newsletter article about it.

Having run London before, I felt a bit of a pro. I didn’t have the nervous thoughts of the unknown this time and could relax in the knowledge that as long as you remember your registration form to collect your number from the Expo, everything runs like clockwork.

In the week leading up to race day an email was sent by the organisers to warn of the heatwave about to hit London. The advice was to slow your pace and to drink enough water, but not too much. Their concern was obvious when they sent another text on the morning of race day to remind everyone to take care. I break into a sweat at temperatures above 16°C so this was not great for me, but it also eased the pressure. I was being encouraged not to PB!

It was a beautiful morning. I arrived at the blue start area at Greenwich Park along with thousands of others, many of whom were trying to fit themselves into patches of shade on the grass. Amongst the thousands, I bumped into Hannah and then Jo. What are the chances? It was good to see them. I went in search of a toilet and could only find two lots of female urinals. I remembered this from last year. Having said I’m a VLM pro, I’m still not accustomed to this way of weeing and I clearly wasn’t alone. Perhaps the organisers should consider sending out practice shewees next year. So much can go wrong.

After a lot of waiting around (they introduced a staggered start this year) finally we were off. I decided I’d go with the 4 hour pacers and see how I got on. Before the first mile was up I felt a bead of sweat trickle down the side of my face. I eased myself into a comfortable pace and it wasn’t long before my pacers disappeared. That was okay though, slowing down felt right.

Boy it was busy. With runners and with cheering crowds. After a mile or so we were joined by runners from the red and green starts. It got even busier. I felt very hemmed in. But it was good, the crowds were going crazy and I was having a good time! Along the way I was delighted to see wee Sheila King pop out from somewhere. Then I knew to look out for Lucy and Catherine at about mile 13. Spotting them gave me a much needed boost as I was starting to feel tired. Too tired for only being half way. Oh dear. I didn’t think I felt that hot, I just felt drained.





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Tonnes of bottled water was being handed out, at least every mile. I was never without the stuff. As advised I drank some then poured the rest over my head. Was I drinking too much? No, attempting to eat a jelly baby made me realise how dry my mouth was. Already I was starting to see casualties of the sun, but thankfully everyone was being cared for. There must have been a huge number of medics out on the course.

I think it's at around mile 15 you enter a long tunnel. Shade from the sun and a rest from the cheering crowds. I feel ungrateful saying that as the crowds were brilliant, but when you're not feeling tip top you sometimes need to take a moment. This is where I treated myself to my first walk. I came across a row of portaloos and stopped. I didn't need the toilet, I just wanted to lock myself in a dark cubicle and have a little sit down. I took the time to have a word with myself, then got myself going again.

Soon after I spotted Adam and his son Joe. I was pleased to see them. I needed a hug. It turns out my secret tunnel break wasn't so secret as Adam had noticed on the tracker that I'd ground to a halt and had been worried. I didn't want people to be concerned, so I asked him to take a picture of me looking alive and post it on Facebook. Off I ran again.

But I was knackered. Running for a long time at a pace slower than you're used to is surprisingly exhausting. My poor quads had a flashback to that skiing holiday when I snow ploughed for a week. I ran but felt wonky so kept stopping to walk to try to sort myself out. It then struck me if I didn't get a shift on I'd be out there for one hell of a long time, slowly baking to death. This is where the cheering crowds, music, singers, steel bands etc stepped up and gave me the lift I needed to run for as long as I could. At last the Mall. I've never been so happy to see a finish banner. I managed to raise my arms for the camera as I crossed the line and then nearly collapsed into the lady who adorned me with my medal.

The organisation of the whole event is brilliant, the volunteers are wonderful, the crowds are unbelievable. I have one grumble: this year's t-shirt. Firstly, its unisex shape will only fit those without hips i.e men. Secondly, its meaningless "finisher" slogan. Finisher of what? A book? Why not make more of the fact it's for the iconic LONDON MARATHON?

Overall, what an experience. By far the toughest race I have ever run and I feel proud I won the battle. Will I enter the ballot again? May as well, I'll never get in anyway....





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Peter Hey

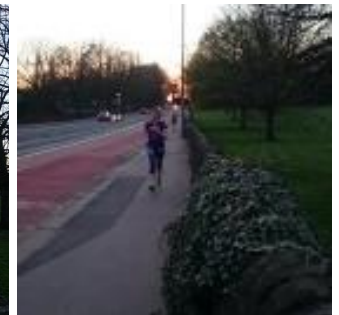
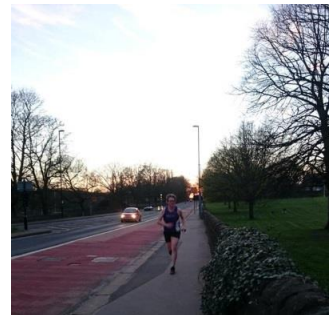
Chairmans Chase

What ever happened to Spring. After a long cold winter we seemed to go straight into summer with the temperature about 20 degrees at the start of the race. We had 29 runners on the start line, one more than last year. This was the 30th running of this event. It first started in 1987 and we have only missed 2 years, 1994 & 1995. This must have been the time the club was called Leeds Postal Harriers and was very short on members.



We had a few members as usual giving good excuses why their handicap times were not realistic on the night. We try to use the UK Athletic handicapping system as much as possible, even if members have not run an official race for many years, or their name is down twice with 2 different spellings, each with a different handicap. It is usually those who have never ran a 10k race before for the club that do not have an official handicap. We also had to set up a different finish as the Burley Rugby Club were having their pitch completely dug up and a new one laid. We also had the "listed" wall around the Kirkstall Forge still being strengthened due to weakness and listing problems. The measured distance being calculated at about 5.78 miles.

The first 3 over the line were Andy Goldman who did a run time of 52.15. This was despite a long lay off due to injury, which was aggravated (or improved) by a hamstring problem on his first night back at training on the hills, a week or two ago. 2nd was Shevonne McLarnon 37 seconds later in a run time of 54.52 who seems to be steadily improving. 3rd was a slimmer looking Matt Sykes-Hooban who is also getting faster on his latest return to running, with a run time of 51.04. Just missing out and finishing fourth was new member Ashleigh Jones, 25 seconds behind Matt with a run time of 52.29. 5th was Anna Jaines with a run time of 47.56. Another name to mention is Kelvin Horner, despite a slight disagreement about his handicap, he did set off in 26th place and finished 6th with a run time of 42.22, 8 seconds faster than his handicap. For those who buy expensive running shoes – he was only wearing sandals – but I assume they are not the usual off the shelf ones from T K MAX. For those thinking of changing footwear you may need to speak to Kelvin first.



The fastest runner on the night was Jonathan Young with a run time of 36.27 and finishing 9th after setting off at the very back, 22 minutes after the first runner. Time for a pint in the Bridge pub. Fastest female was Leah Williams with a run time of 44.54 and overtaking 12 runners to finish 7th. Needless to say there were plenty of runners and helpers afterwards in the LPSA indulging in the fine spread laid on. Many thanks to Gary Carlisle, Neil Marshall, Sam Taylor and especially Jemmy Roe for ensuring that amidst all the fun and frolics of the night, everyone got off on the right time, no runners were lost en route, and the correct order of names and times listed at the end – unless someone knows different?



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TIME TRIAL

The overall winners of the winter time trials were also presented with their trophies back at the LPSA after the Chairmans Chase. The best 4 scores out of the 6 races are used to decide the overall winners. Altogether we had 44 runners who had knowingly or not, turned up for 1 or more races. I would like to think had the weather been kinder over winter there could have been more, but regardless of this, it was a close finish for most of the 8 that qualified. Below is a list of their names and points scored. This suggests that even on the last race most runners were close to getting in the top 3 subject to the position they finished or the number of runners who finished in front or behind them.

Patrick Nesden – 22 points
Giedrius Geisleris – 28
Malcolm Taylor – 30
Sean Scanlon – 38

Adam Moger – 27
Vikki Hipkiss – 29
Dawn Henderson – 34
Carol Moran – 42

YORKSHIRE VETERANS ATHLETIC ASSOCIATION yvaa.org

If you are not already aware of these races, they are for runners aged 35 and above and are very good value for money runs - £5.00 per race, and are mostly off-road runs, with lots of scenic views to behold. There are prizes for the top 3 finishers in every 5 year age group. There are also 3 club competitions so everybody's score goes towards one or more of the team scores. After the first race the ladies are 5th in ALL TO COUNT, 6th in FIRST 4 TO COUNT and 4th in REST TO COUNT, this is out of 20 clubs taking part. For the men, we are 7th, 8th and 9th respectively, from the 36 clubs involved. Lets hope this continues and maybe improves over the coming races and months.

Adam Moger

Honley YVAA

The traditional season opener for the over-35s saw a decent KH turnout of 6 men, 6 ladies make the trip out to Halifax. The race has a good mixture of path, gradient, open fields and alpacas. First home for the ladies was Niamh, 3rd overall, with Louise 23rd, Alyson 42nd, Carol 54th, Vicki 62nd, and Sandra 66th.

For the men, I finished 26th, Paul G 42nd, Simon Hands continuing his return from injury 72nd, Chris G 82nd, Richard T 106th, Peter 156th. Overall turnout 242, and the Vets series looks set to be popular this year, with 10 races scheduled & "best 7" in the individual competition.



If you need any more details please ask Peter Hey or Adam Moger who will be only too glad to assist.



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The GRAND PRIX races listed at the moment are as follows:

- Tue 8th May – Roundhay -7.30 pm**
- Tue 29th May – Kirkstall - 7.30pm**
- Sun 3rd June – Lythe – near Whitby – 11.10am**
- Wed 27th June – South Leeds 7.30pm**
- Sat 7th July – Keighley 10.00am**
- Tues 24th July – Saltaire Striders**
- Wed 8th Aug – Halifax 7.30pm**
- Wed 22nd Aug – West Vale**
- Sun 11th Nov – Spensborough 11.02am**

They also arrange Championships events, which are usually a race within a race for people residing in Yorkshire and who are members of England Athletic affiliated clubs, or who are members of other clubs but live in Yorkshire. You may have to enter separately to be eligible for the YVAA part of the race. A list of these races is below but again please check details before entering

- 5 MILE – Thursday 7th June – Haworth
- 10 MILE – Sunday 1st July – Eccup
- 10K – Wed 4th July – Helen Windsor (Halifax)
- 5K – Thursday 19th July – Huddersfield
- TRACK & FIELD – Sunday 23rd Sept – Spensborough
- 15 MILE – Sunday 21st Oct – Holmfirth
- FELL – November – Meltham

For more details or to check on the accuracy of the information and dates please visit their website yvaa.org

MARSHALS NEEDED FOR OUR YVAA RACE TUESDAY 29th MAY

If you cannot run this race for whatever reason – too young or injured, then we would like as many volunteers as possible to ensure the race is its usual success. The race starts at 7.30pm within the grounds of Kirkstall Abbey, runs up the A65, down Rein Road to the river, over Pollard Lane bridge and up to Bramley Fall Woods. After a loop around the woods the runners run back the same way they arrived. We will need some early starters – say 5.00pm to help mark out the course and then marshals around the course at strategic places to encourage or boo the runners around. The last runner should finish about 8.30 and the race HQ will be the Burley Rugby Union club. If you can give your name to Adam Moger, Jemma Roe or Peter Hey with any preferences and we will be very pleased to see you on the night.





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CLUB TRIP TO LYTHE SUNDAY 3RD JUNE

If you want to do one of two races at Lythe – either the Mulgrave Castle 10k which starts at 11.00am, or the Yorks Vets race which starts 10 minutes afterwards and follows the same route – apart from the finish, then we are liaising with Horsforth Harriers to organise a joint club coach trip. Even if you do not want to run but would like a lazy day out and watch the others “suffer” then feel free to join in the fun. If we can get 33 names between us, the cost will be £12 per person. The basic details at present are 1st pick up at Horsforth at

7.15am, 2nd pick up at Kirkstall and head for Lythe just north of Whitby/Sandsend. About 1.00pm after the races, presentations aided by some tea and cakes we will then head into Whitby for fish n chips or whatever takes your fancy. The coach will leave Whitby about 4.00pm. If you can give your name and £10.00 deposit to Peter Hey, starting after Easter – we will keep you informed of the progress. At the moment we have about 28 people signed up so there are still a few seats available.





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Simone Salgado

Burnsall Half Marathon – 21st April 2018

Saw this race on FB, and just on the words and why not ... like selling candy to a child with words such as set at beautiful riverside location of Burnsall. Taking in several sections of the Dales Way footpath, ok so maybe the words “with almost 800m of ascent” which I clearly chose to ignore and back to climbs of rewarded with 360-degree views of the Yorkshire Dales. Riverside paths, stone tracks and open fields provide a great mix of terrain suitable for those new to trail running but also plenty of challenges ... (and boom I was sold on doing this race) so you can understand why now... I mean who wouldn't want to run this amazing sounding race... unbeknown to me what I was really in for... should've known when Simon Smith mentioned about the fell race which is the most terrifying thing he's ever done (I quickly forgot that) because he then went on to say the scenery is mint and another one from Jemma Roe – it is beautiful around there... see with words like scenery is mint and beautiful how bad could it really be... well let's just say I wasn't even half prepared for the hills that were coming my way... remember that 800m ascent I mentioned, which I chose to ignore... well the words quickly came flooding back in what the first 2 miles... but what goes up and up and up must come down! My goodness though the scenery was mint and beautiful and just absolutely breath taking (not just from being out of breath) but it was a gloriously sunny and stunning day. At mile 7 just over half way at Appletreewick I was hit with a massive incline of a hill and darn did it feel like it went on forever... and then at about mile 9 when I was still thinking to myself why did I sign up to do this race again...??? I was hit with an even bigger incline and longer uphill... (please note neither of the hills were runnable for me, in any way, shape or form – ha) 10 miles done, about 25 stiles later ... come on just a park run left, that's all. My feet were shouting at me so badly and I had definitely run out of water... I somehow managed to



complete this race with a sprint finish, goodness knows how or where but maybe from the sheer fact that the finish was so close and I could smell it, just like that sweet taste of a cold pint... my poor feet were so happy to be gone of the socks and trainers and be touching the warm grass. I was just happy that I had actually completed it... when I think about it now, I was glad to have done this race and encourage all you trail enthusiasts to give it a go next year...

and yes, I cursed and called it hellish but clearly not hellish enough for me that I even looked at doing the other 2 races in the series believe it or not... but I'm busy on the days – shucks!!



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Joanne McGarey

London Marathon 2018 Race Report

If you had told me a year ago that on 22nd April 2018 I would be standing on the start line of the London Marathon, my first ever marathon, I wouldn't have believed you. Back then I was crippled with IT band and piriformis injuries, trying anything – yoga, physio, swimming to try and take away the pain and get me back running again. It was a very pleasant surprise in October when I found out I had my ballot place, although I was praying that with all the training I had to do, my dreaded injuries wouldn't resurface and kill the dream.



Preparation for me was the key to tackling the marathon – I downloaded a training plan and despite a couple of setbacks due to the 'beast from the east', I pretty much managed to stick to it. This involved going out in all weathers – snow, hail and pouring rain. My longest run of 20 miles took place on Easter Saturday in and around a beautiful coastal town in the North East, complete with bitter rain and gale force sea winds. You can't afford to be a fair weather runner when marathon training, you just have to lace up the trainers (and rain jacket, woolly hat, 3 pairs of gloves etc) and get on with it. I started my official training plan on 2nd January and had ran 340 miles before I even hit the start line.

We arrived in London on the Saturday afternoon. Luckily my brother lives down there and had agreed to pick my number up for me as I didn't want to take any chances with late or cancelled trains. This left me with plenty of time to grab a nice big plate of pasta before an early night. Well that was the idea. In reality, due to the extreme heat and pre-race nerves I probably got about 3 hours sleep. The next morning I left the hotel at 7am after being frightened by stories of packed trains and runners missing the start, only to find that the journey was perfectly smooth and I arrived with hours to spare! After sorting my kit, slaving on the factor 50 (celtic skin!) and dropping off my bag I spent my time drinking water, eating the breakfast I'd been too nervous to try at the hotel, and going to the toilet... multiple times!

The first half of the race was frustrating but enjoyable. It was only frustrating because Virgin had decided to lump anybody expecting to run over 4:30 into the last of 8 groups, meaning that firstly I didn't even cross the start line for 45 minutes and secondly I was stuck at the back with the slower runners and charity costumes. No judgement on them because running is for everyone and one of the reasons I love it so much is that absolutely anybody can take part but there is a huge difference between a 4:30 marathon and a 6:00 marathon and the organisers should have taken that into account when finalising the start line groups. I started out running around 10 min miles (slower than my target marathon pace of 9:30 due to the heat) but soon got caught up into the slower pace of my group and just had to adjust my pace to accord with them as the streets were so narrow I just couldn't get past. I was running not far behind the runners dressed as rhinos, which was great as it meant my family knew when to spot me!



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The first half of the race was great, I felt strong and I looked great according to my family who spotted me at mile 11. There were some emotional moments, I cried as I passed the Cutty Sark at mile 7 and also when running over Tower Bridge at mile 12. I generally felt pretty strong during the first half of the race and had ran all the way without needing to stop.

The second half of the race was where it started to get tough. After mile 14 I had started to slow and had to have a quick stop during mile 15 while I was taking my energy gel. Once I got to mile 19 I was thinking "only 7 miles to go, I can do this!" But by mile 20 I was shattered. While I was running I didn't think I had actually hit the wall, it was only afterwards when I realised that I had. Miles 20-22 were just horrible. My lower back was aching and I had to switch to power walking a lot, while keeping my back upright to try and ease the pain. I was fantasising about sitting down, scanning the sides of the roads for a raised piece of pavement to collapse on to. The only thing that stopped me was thinking that the marshals would descend on me and not let me get back up! I managed to push through this and continue. I realise now that this was the dreaded wall, hitting me oh so subtly. Not so much like running into a brick wall but trying to climb over a little fence. Clearly I was well prepared for this (gels every 3 miles throughout the race) as I was able to keep going for those final 4 miles.



Turning right on to Birdcage Walk got me very emotional. This was the moment I had been waiting for for six months, finishing my first marathon with the iconic view of Buckingham Palace in the background. I was just beginning to cry when I heard shouts of "JO!! JO!!" to my left. It was my family! They had surprised me by managing to find a spot at Westminster. My face broke into a massive grin and I gave them a huge wave. I was in terrible pain in my back and feet by that point and they gave me the push I needed to make it to the finish. I saw the 1km to go sign and somehow found it in me to speed up, pelting down birdcage walk overtaking left right and centre. I knew Buck Palace was just ahead and then all of a sudden I turned right and it was there. Well I couldn't help it, the waterworks turned on and I was audibly sobbing. Being an avid royalist as well as a runner it was a very powerful moment. Then I saw I only had 200m to go and sprinted at full pelt down the mall to the finish line!



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I applied for the London Marathon as my goal was to run a marathon before I am 30. I'm not 30 until November so I'm well within my goal. Was it an amazing experience: yes! For the first 12 miles at least I felt and looked strong and was enjoying every minute. So the big question is, would I do it again? Ask me at mile 10, I would have said "absolutely! I'm entering the ballot for next year!" Ask me at mile 19, I would have said "I'll get back to you on that one." Ask me at mile 22 I would have yelled some four letter words at you. And ask me at mile 25 and I probably wouldn't have been able to speak for sobbing. The thing is, even though my time of 05:23:12 wasn't too bad, it was almost an hour over what I was hoping (04:30). This was partly due to having to slow down in the heat (controversial opinion: I don't think the heat was as bad as everyone was making out but this could be because I'm used to practicing Bikram yoga in 40c heat). I feel like due to the shoddy organisation at the start line I was robbed of really giving it my best shot. My lingering feeling, despite it being an amazing experience, is one of unfinished business. So London, we will meet again. I don't know how or when just yet, I only know that sometime in the future I want to be standing back on that start line, this time without a rhino in sight. Until then London.





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And finally....



Member PBs for April			
Distance		Name	Time
Marathon	PB	Emma Ballantyne	2:51:39
Marathon	First Race	Andy Carter	3:21:22
Marathon	PB	Paul Grist	3:15:45
Marathon	PB	Jack Hipkiss	3:13:14
Marathon	PB	Hannah Lee	4:44:56
Marathon	PB	Hal Roberts	3:05:12
Marathon	PB	Isobel Webster	3:37:40
Half Marathon	First Race	Lee Hardy	1:31:17
Half Marathon	PB	Malcolm Taylor	2:04:17
Half Marathon	PB	Elizabeth Walker	2:02:44
10m	PB	Nick Child	1:19:44
10m	PB	Eleanor Gallon	1:16:53
10m	PB	Matt Kasperek	1:19:32
10m	PB	Simone Salgado	1:27:46
10m	First Race	Joanne Taylor	1:36:41
10m	PB	Elizabeth Walker	1:33:36
10m	PB	Jonathan Young	1:02:50
10k	PB	Joanne McGarey	0:53:52
10k	PB	Malcolm Taylor	0:50:33
5k	PB	Alistair O'Donnell	0:18:49



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Member Birthdays in May

Claire Bromley	Steven Knight
Andy Carter	Louise O'Brien
Lucy Churm	Baldish Sandhu
Ben Coldwell	Therese Sheehan
James Finnigan	Elizabeth Walker
Emma Hustwit	David Wood
Andrew Kirby	

Welcome to our new joiners: Ashleigh Jones and Paul Lyons!

Final words:

So that's it endurance newsletter athletes – go get yourself a snickers – you deserve it!



PS: Remember our race coming up on the 23rd September

Kirkstall Harriers is not just a running club but a social club as well. We are active in road, cross country and fell running. Training is on Monday & Wednesday nights at 6.50pm from Kirkstall Leisure Centre.

You don't need to be a member to come and join in with our training sessions for a couple of trial sessions to see if it is for you.