



Kirkstall Harriers

Running Club

WELCOME TO THE KIRKSTALL HARRIER SEPTEMBER NEWSLETTER



Well the September newsletter is running late but better late than never I say and so as the nights draw in and we look outside the window at the gloom and doom, we can look back on September packed with relay races over the Leeds Country Way, a couple of half

What's inside?

Adam Moger – Race the Train

Adam Moger - West Vale

Peter Hey – Peter's round up

Sam Taylor – Social o'clock

Neil Marshall – Black Sheep Challenge

Liz Walker – KA7

Member Profile – Jackie Elmer

And Finally.....

marathons: Great North and Vale of York and let's not forget another successful KA7 race to name but a few September happenings.

Lots of great stories to cover so get ready to feel inspired to get those trainers on and come to run in the wind, rain, cold and dark..... But before you don on the sweatband just remember:

Its high vis season....



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....



KIRKSTALL HARRIERS

Running Club

Adam Moger

Race the Train



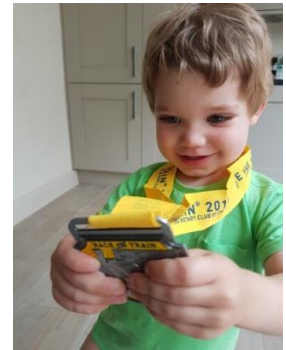
Now in its 35th year and said to bring over £1m to the small Welsh coastal town of Tywyn, this iconic race is 14 miles of cross country, organised by the local Rotary Club. It's a great day (several days?) out, with also a junior race, 3 mile, 5mile and 10k earlier in the day. The 2pm start for the 14 miler makes it driveable from Leeds, but best to stay over on the return unless you've someone to drive you back.

The shorter races involve a train ride out, to run back. The 14 mile "Rotary Challenge" out-&-back attracts the largest field, though only around a fifth beat the train. "They" say you need to be on sub-90 minute Half road form, but the conditions and how well you run XC are more important. The first half isn't too difficult - a few miles of fast road, then tracks and field. But the second half is where some serious adverse camber and mud slow you down. That fully 4/5ths of the field won't beat the train shows what a popular race it is regardless.

There's a stupendous medal, a t-shirt, and great crowd support in the town.

Having missed out by over 4 minutes last year in boggy conditions, I was delighted (and relieved) to be 4 mins faster than the train this year (1.43.45).

A race everyone should think about doing at least once.





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Adam Moger

West Vale

10 Harriers made the midweek trek to Halifax for the hilly West Vale race, the 8th in the series. Light rain, slippery stones & looming darkness made for an interesting course, not helped by several runners taking wrong turns. Lowlight for me was going wrong near the finish and losing 2 places; highlight was watching Louise & Marion come along different paths, Louise having been misdirected. Niamh (prizewinner), Louise, Marion, Collette, Carol (prizewinner) & Sandra made up the ladies, with myself, Tony Shaw, Peter, & Patrick competing for the men. A number of runners took falls on the treacherous course but all KH made it round safely, and this "new" West Vale course was actually really good, with a little of everything.



YORKSHIRE VETERANS ATHLETIC ASSOCIATION yvaa.org – Peter's Round Up

The last 2 races held were both in August, at Halifax and West Vale, and part of each route overlapped the other – but were very different in terrain.

The Halifax was a flat out and back along the canal & river, whilst the West Vale seemed to find the hilliest routes – almost matching the Bluebell Trail held out in that area in May. If you do not like running hills I suggest you never move out Halifax way – unless you like running up and down the canal all the time.

For the mathematicians amongst you, even the constipated ones who can work it out with a pencil, the ladies as a team are still doing quite well despite a lack of runners due to injuries. They are 4th, 3rd and 4th in all 3 competitions out of a pool of 33 clubs. The men are slipping badly down the table, again mainly through injured runners, and are now 9th, 9th and 8th out of 42 clubs.

The club badly needs a good turn-out of ladies and men at the last race if we want to maintain our current position – or even pick up a place or two.

We seem to be getting some success individually with Niamh back up to 1st overall and 1st in age, Louise O'Brien remains 4th, but Marion Muir is hot on her heels and moves up to 5th. Sandra Warren moves up one place to 10th and Carol stays 2nd.

For the men Simon Hands slips to 10th having missed a race due to holidays, Adam Moger stays 2nd. I've moved up 1 place to 8th but I know I have peaked now having done my quota of races, and Patrick Nesden moves up to 10th. Tony Shaw is now up to 7th from 4 races, and Paul Glover now injured slips to 9th.

The season has now almost finished with the last race as usual, being at Spen on Sunday 11th November – at 11.02



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Peter Hey – Peter's Round up

YORKSHIRE VETERANS ATHLETIC ASSOCIATION 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:

TRACK & FIELD – Sunday 23rd Sept – Spenborough

15 MILES – 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

MEMBERS MEANDER 2018

Despite a late change of the date of this event, due to the Horsforth Harriers summer run, allowing for the sunset times, and prior to the Leeds Country Way race along with it being a Bank Holiday week, we had 18 members raring to have a go, and 3 new faces on the night. At least the night was dry and fairly cool, ideal conditions for a fast blast from everyone? After some of the usual moans of not having a fair handicap and some last minute route descriptions (for those not sure of where they were going) all went accordingly to plan – as well as you can plan a handicap race, not knowing who would turn up. We also seemed to marry up the new faces who did not have a clue where they were going, to the ones who did know the route, and of similar speed. The handicaps are supplied by UK Athletics via a thanks to Malcolm Taylor – who ended up with a list of nearly 300 names of current and ex Harrier members, which are tweaked a little due to the current abilities of the runners. Some vastly improving, those having a bad time due to injury or those who do not run regularly in UK Athletic events.

As it worked out, less than 11 minutes separated all 21 runners and taking off the last two runners, this was reduced to less than 7 minutes, and only 2 minutes or less separated the first 8 finishers, Surprise surprise???

Alberto Riveros a non-member (hopefully for not long) was first over the line, but I think he was only being kind to Neil Marshal who had shown him round the route. Congratulations to Neil who was only one second behind him with a run time of 50.37 to claim the members winning trophy, despite starting 15 places behind everyone else. Just 13 seconds behind Neil came the ever improving Matt Sykes-Hooban, who started off in 12th place and had a run time of 51.50 to claim 2nd trophy. Starting off at the very back (with Lee Hardy), was Ben Coldwell who had a run time of 41.02 and finished 12 seconds behind Matt to win the 3rd trophy. Just missing out on the prizes but well done for being so close were Kieran O'Brien 11 seconds later with 51.13, Alan O'Brien 42.51 just pipping Peter Brittain 59.52 by one second, Lee Hardy was next 42.21 and first lady home was Sandra Warren 60.51. Fastest lady on the night was Collette Spencer with 57.38.

Many thanks to the usual helpers, Jemma McConville-Roe for doing the timings, Vickie Hipkiss (injured) for guiding the runners through the housing estate correctly, Anne Akers, (official photographer), Lucy Churm (who we may see back in action herself after a year off injured) and Sam Taylor expectantly waiting at the Rugby club to guide the runners home.



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Sam Taylor

Team Time, Social Time...

Christmas meal : Thursday 6 December 7pm - the Sheesh

Some may have seen or heard but due to a fault in the kitchen Bar 166 have had to undergo their refurb a little sooner than expected. As a result the kitchen will not be fully operating for when we planned to have the Christmas meal. Therefore I have cancelled the booking and have booked us into the Sheesh curry house. A place that has held our Christmas do before and is a popular venue for the Harriers.

We will be eating upstairs and the room holds 40 which based on previous numbers will be enough. The cost will be £15 per head and will be a set menu enough to cater for all. Obviously if you have any allergies or dietary requirements (other than veggie) then please let me know.

Final numbers won't be sent to the Sheesh until the end of November.

I am checking whether the guys want a deposit but based on how we have previously operated I am guessing they will be happy with payment on the day.

UCD : Friday 14 December

Due to the shortage of Fridays until Christmas Day, including the events of mad Friday, the clubs Christmas meal and PECO we have decided to opt for the UCD on 14 December.

Same format as previous years whereby we go out and let our hair down. For those who haven't been before it's an evening of social drinking and banter. The night may involve some of the following antics - drinking out of shoes, walk round with your toes sticking out of your shoes, arm wrestling, elbow eating, dancing on tables, the flashing of bums and potentially getting kicked out of venues because you have pulled paper bunting off the ceiling. More details of this will come out nearer the time.



Horsforth Summer Run

Thank you to all those that attended the summer run with Horsforth Harriers. I hope you all enjoyed the change in running groups/routes. A special thank you to Horsforth for feeding and looking after you all and to Peter for helping me organise it.

The next club run with Horsforth will be the Christmas lights run (date tbc) fancy dress is compulsory on this one btw! This run is always a popular one with the two clubs.



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Woodhouse Moor parkrun

Just wanted to say a belated thank you to everyone who turned up to volunteer and the last parkrun takeover of the year. The event was a success with the club providing a good number of pacers and volunteers. We also managed to do some good KA7 race promoting which I am sure has helped to the event now selling out. On the day we saw our chairman Chris finally get his 100 parkrun after about 6 months of being on 99 runs (that maybe a bit odd but I am sure he has the record for longest person sat at 99). I also entered the volunteer 25 club and will be wearing my purple t-shirt.

The next parkrun takeover will not be until next year now but hopefully will take place at Armley.

New member news!

On Monday 3rd September Sam and Malcolm Taylor welcomed to the world the latest Harrier member. Alistair Lloyd Taylor.

Weighing 7lb6oz Sam gave birth in a record time of 2hr 36mins (this we may add is quicker than what Ben can run Paris marathon in....if you didn't already know Ben

ran Paris marathon the other year 😊)

Alistair, mum and dad are doing well and just about getting use to the lack of sleep that comes along with a newborn.

Both mum and dad would like to thank all the Harriers for their well wishes, cards, gifts and visits involving food over the last couple of weeks. It means a lot to them to have the Harriers there for support and they hope to bring Alistair down to meet the club at KA7.





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Neil Marshall

Black Sheep Challenge

So then, for my father-in-law's 70th birthday I offered to take him to a race of his own choice. He chose a 3 hour challenge, (luckily not the 6 hour challenge that was also available). The premise is simple, you have 3 hours to do as many laps as possible - 3.4 miles in surface over what can be described as LCW like terrain.



His goal was to do the longest run he'd done to date. My goal was not to be beaten by a 70 year old...unlike with the Yorkshire Vets races, (when I occasionally turn up).

Set in Masham, near the brewery, (hence the name), and organised by good ol' It's Grim Up North Running, (so no matter what, there's gonna be a kick-ass medal - see photo - and great goodie bag), it turned out to be on the same day as the Masham Sheep Festival.

This meant parking was a lovely £8 - but it all went to Yorkshire Air Ambulance so, as Mr Moger will agree, a good cause - and it was a rather busy time.

Anyway, I learnt several things over the course of my 5 laps, (I could have gone for a 6th but a clicky hip persuaded me not too).

Lap 1 - when a herd/fleet/troop of horses (about 15) run along the course with you it is indeed chuffing scary - no one was hurt, don't know how but oh my goodness - if I'd been wearing white shorts....

Lap 2 - I already knew this but trail courses a brill for emergency wee's. Lots of cover. And Glucose Tablets appear to work for me.

Lap 3 - Running past groups of Morris Dancers doing their jigs with jangly bells etc is pretty surreal.

Lap 4 - Glucose Tablets may work, but flat Cola appears to induce vomit when running.

Lap 5 - Finish is good, especially when there's a bbq with sausages, (veggie style), cake and the goodie bag - it had Galaxy in it - that's a luxury.

So that's that, I would do it again as I'm a glutton for punishment & the hip pain has gone - presume I'm just unfit.

p.s. Didn't lose to the father-in-law, both did 5 laps but I finished earlier. #woopwoop



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Liz Walker

KA7 – running round up

Firstly on behalf of the KA7 committee a big hug of thanks for everyone who helped make this day awesome!



I really like our KA7 event – I usually I set myself up in the marshalling spot at the top of Rein Road and mentally prepare myself to commence wild cheering, lots of jumping up and down (as I believe a marshal jumping really helps a runner to focus on the task in hand) and trying to think on my feet for funny/inspirational one liners to encourage the masses to run towards me or run passed me as quick as they can.. But this time I had the absolute pleasure of running round the course with Hillary (for a little part of the course before she shot off) and Anna.

What I really like about my jog round with this pair are the stories and advice I get about running – London marathon successes, running tips, motivation for running races and recommendations of which ones to choose. I don't know whether you know but I like a good chat and this way I get to have much chatter - no part of the course is silent.

What I also really like about running round, is the immense support from you lot for our fellow runners - smiles all round, and motivational frantic clapping at every corner. It definitely makes the race. It is hard not to smile when you are being continually told "You've got this"... or in my case getting bantered for holding Anna back and feeling sorry for her for having to be in my company for so long (Leanne.... ☺).

A couple of runners have been compelled to email in to tell us how much they really enjoyed the race... I can only think they have either overdosed on protein maxi muscles bars (race pack goodness) or that they were inspired by your heckling – I mean supporting....

So here's to another successful year....



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Member Profile: Jackie Elmer

Where are you from?

Durban, South Africa.... Think sun, humidity, beach, palm trees, barbeques (Commonly known as a braai in SA), and home to the "Sharks" rugby team.

What is your occupation?

Finance Manager, I work for a supply chain company and it's our job to get product from the East into the UK and in to the shops as fast as possible.

How long have you been a harrier?

About two and a half years. It was the first thing I did when we arrived in Leeds, to find a club so I could run and not get lost. Little did I know you can still get lost on a club run. Fortunately I had Google maps get me home safe and sound just a few months ago

When did you start running and why on earth would you do this crazy thing?

It was December 2014, I was coerced in to it! Back then she was the Mom of my youngest son's friend and I bumped in to her at the grocery store. She told me she had started doing Parkrun and I had to join her. She even picked me up that first day to make sure I couldn't get out of it, even though she was so sick and ended up volunteering herself. My first lap was horrendous. I thought I was going to die! When I came towards the finish line (I had already made up my mind that I wasn't doing the second lap) Jen was clapping so hard and screaming for me I just couldn't disappoint her so I carried on and finished it. The second lap was easier which probably helped in getting me back there again a month later. I entered my first 8km trail race four months later and was completely hooked afterwards. The adventure of running and seeing new places, meeting new people and the feeling you get afterwards, never mind the weight loss, mental strength and confidence you gain. I don't think I could ever give it up

What motivates you to run?

Unless I have a race or event to focus on I am terrible. I hate training on the roads so I really have to focus on the joy I'm going to get when I attend my event, knowing that I will be fit enough to really enjoy and appreciate it.





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Run you'd rather forget?

I don't have any specific run I didn't like, probably because I find the first 5kms of every run hard work. I don't like lapse either. I go out of my way to avoid them at all costs. I've entered Bath Half next March and I can't believe I didn't check the route first. I've consoled myself with the chance to see Stonehenge so I'm all good with it for now, I think!

Best ever run?

Would have to be a trail run I did six months after I'd started running, in Umhlanga, South African. It was 12kms, 6:30am start in the dark, and we watched the sun come up over the sea as we ran. It started on the promenade, then probably 1.5kms up the ridge and through a residential estate until we popped out on to fields of sugarcane, then in to a tropical forest for quite some time. The highlight was the lagoon crossing back on to the beach. The water was neck high and we had to carry our kit above our heads, hoping and praying we didn't lose our balance as we walked the 100m in the water. Then a 2km run back along the shore to the finish line, just in time for breakfast on the beach.



Any words of wisdom for the fellow purple people?

You should consider what the power of ketosis can do for your running. I predominantly follow a HFLC eating plan. My breakfast before I run a marathon is a "bullet proof coffee". This is 2 cups of black coffee, 2 tsp butter and coconut oil mixed in a blender. On the run I take a banana and 2 almond butter sachets. I've managed to run for 10 ½ hours without hitting the dreaded wall.

Tell us something about yourself we might not know

I met my husband when we were both still at school and been together ever since. Even though we probably drive each other mad at times my family is the most important thing in my life, and being a good mother is my greatest challenge.





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And finally....



Member Birthdays in September

Vikki Daniel

John Durkan

Martin Frazer

Eleanor Gallon

Dawn Henderson

Emma Lavelle-Wood

Paul Miller

Hannah Newman

Adam Nodwell

Alistair O'Donnell

Gary Risdon

Sean Scanlon

Rowan Temple

Bethan Thomas-Lloyd

Mark Young



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.