



# KIRKSTALL HARRIERS Running Club

## NEWSLETTER #144 November 2015

### Yorkshire Vets Athletic Association (yvaa.org)

The last race for 2015 is fast approaching. It is the one organised by Spenborough running club and starts and finishes at their running track just off the A638 in Cleckheaton. The distance is 5.2 miles and is a nice mix of on and off road running with a bit of "undulation" If you are new to the club and aged 35 or over, or very near approaching that magical veteran age, then these are nice and friendly races to take part in. Even if you have not done any this year, try this out for a starter for next year. You earn points for each race you finish and each individual's points are added to the team score so your contribution for this last race can still count. Cost per race is only £5 and there is food afterwards. Team wise the ladies are 4th in all 3 competitions out of 28 clubs, and the men 5th in all 3 out of 37 clubs. Individually, some of our

runners are doing very well and should pick up trophies at the end of the year. Because there are only 8 races this year you have to do a maximum of 6 to qualify for prizes. For the ladies Emma Lavelle-Wood is 1st overall and 1st in her age group having done 6 races. Niamh is 2nd in her age group but has only done 5 races. Collette Spencer is 8th but has only done 5 races, so needs to run the final race. Alyson Glover is 3rd having done all 7 to date, Karen Longfellow is 8th having done 6 races. Vicki Hipkiss is 5th having done 6 races and Carol Moran 7th having done 5 races.

For the men we have Adam Moger 5th overall and 1st in his age group having done all 7 races. Chris Glover is 3rd in his age group having done all 7 races and Richard Thomas 14th from 5 races and Patrick is 9th having done 6 races.

There is a presentation evening on Dec 12th at Elland Road if anyone is interested in going. See full details on the yvaa.org website.

Edited by Gemma Rathbone

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### Bramley parkrun gathering—Leeds Race Series

Please join us at Bramley parkrun on Saturday 14th November for an unofficial gathering of the Purple Posse. For those who are taking part in the Leeds Race Series this is a great opportunity to set your time on this course.

Our very own Gemma Rathbone will be Run Director that day, so no heckling please!

Event info:

[www.parkrun.org.uk/bramley/](http://www.parkrun.org.uk/bramley/)

### PHOTO OF THE MONTH



## Yorkshire Cross Country Championships

I am now taking names for the Yorkshire Cross Country championships which are to be held on the 9th of January 2016 at Lightwater Valley. Times to be confirmed but senior race usually starts after 12 midday. Please let me know that you are able to run or let me know down at training.

This is a club funded event so please only let me know if you are 100% able to commit to this. If you're unable to attend after confirming then the club will ask for the £6 back for entry.

**Closing date for entries will be the 10th of November.**

\*The rules state only 1st claim members can run and you have to be born in North/West/South Yorkshire or have lived in Yorkshire for at least 9 months prior to the 9/1/15\*

This is the first of the big 3 cross countries. 10.4km for men and 7.8km for women. Cross country spikes are recommended however if you don't own a pair, fell or heavy studded trail shoes should be fine.

I'll be doing some sessions up at Becketts Park in the coming weeks to get people used to cross country running.

Please email me directly at [abrydon86@hotmail.com](mailto:abrydon86@hotmail.com)

Thanks,

Alan Brydon  
Men's Captain

## PECO XC

You know the dates - 22nd Nov, 13th Dec, 3rd Jan, 24th Jan, 14th Feb.

[www.pecoxc.co.uk/](http://www.pecoxc.co.uk/)

If you want to run in this very popular winter XC series, please email so we can allocate you a number/chip.

Note that if you request a number but don't run in any race, you'll be asked to refund the £3 cost. BUT - you can first request a number up to a week before any of the races, so eg if you think you'll only run Race 4, but aren't sure yet, delay the request. As long as it's at least a week before the race, we can still allocate you one.

Once you receive your number, KEEP IT FOR ALL 5 RACES. Replacements charged at £1.50 by peco. We're still working on logistics of the club paying entry fees, but most likely we'll sign up per normal at the race, but not hand over money individually.

Email [kirkstallharriers@gmail.com](mailto:kirkstallharriers@gmail.com) or speak to Adam or Steve at training or events.

If you've already requested one but haven't already checked you are on the list, see the website under 'Events>PECO Cross Country Number Allocation 2015/16'.

## Round Ripon 35 by Adam Moger

**"Ultras are an eating competition with some running thrown in."**

**Ann Trason, multiple Western States & Comrades winner**

Perfect weather, cold & foggy, greeted the 131 runners, including myself, Tom, Patrick & Burj from Kirkstall. We set off up the road, turned a corner, and were confronted with a one-at-a-time gate! The course got better after that: occasional town/village and road, but mostly countryside. Navigation is key, to the extent they provide a compulsory map booklet. I was fortunate to spend many miles with a group of 9, of whom 8 of us didn't really know where we were going but the 9th had downloaded the map file to his clever Suunto watch.

Unfortunately we eventually dropped "Suunto man" and I got the map out, just beyond the point Patrick had warned me "don't go up to the viewpoint". There wasn't even much of a view! But that was about as wrong as I went, guiding a group of 5 for about 15 miles.

There were 4 well-stocked checkpoints over the 35 miles: jelly babies, fruit cake, water, and a choice of flavours of Gu gels. I ate a dozen jelly babies, 4 sticky gu gels, 2 Sis gels, 2 Hi-5 gels, a packet of fudge, half a Kendal Mint Cake, a bottle of sports drink and a banana. I was winning the eating competition.

If you're reading this review intending to run the race, my advice is do what Patrick and Burj did: recce. Plan B is a watch download of the route, if you've the technology. Plan C is follow someone who knows where they're going, & Plan D is to map read very carefully and get lucky. Plan E involves a lot more than 35 miles.. The best way to describe it is like running 3.5 legs of the LCW without a recce. It's a brilliant run - a bit lumpy after the first third but friendly, scenic and interesting. As I overheard someone say at the start - "the thing with ultras is, you reach a point where you're really hurting, but the hurt doesn't get any worse if you just keep going".

And it's a great excuse to eat.

Adam - 17th - 5:53.14

Tom Keeber - 25th - 6:15.39

Patrick & Burjor - 109th & 110th - 8:51.08



## My two marathons in a week by Paul Chapman

Well it all started back in January when I was laid up not been able to run after my latest knee operation when I thought it would be a good idea to book some races so I had something to train for, it wasn't until a couple of weeks later I realised I had booked the Yorkshire marathon and the Amsterdam a week apart from each other so I just thought if you training for 1 marathon you might as well do 2 in a week and that's not bad to say that after London last year I said I would never do another marathon.

Right fast forward to September and with only weeks to go until my marathons my training was going ok well if you call only running 13 miles as your longest run before a marathon ok and after following a strict training program for London which I found didn't help for some reason or another I just thought oh sod it I'll be ok come race I can get to 13 miles ok and just see how I feel for the next 13 miles.

Race day Yorkshire marathon I was feeling good and fresh well that would be down to the lack of training I went in to the race not having a time in mind but just to get round so 9:30 and I'm stood in my pen thinking why the hell am I doing this and before I know it we are off and I'm running past York Minster and the crowds were amazing and that give me a little boost so I settle down into a nice steady run and the miles start passing by and the next thing I know I'm at the 13 mile marker and I'm feeling good so steady away and the then you hear a little voice saying come on you can do this and no it wasn't in my head it was the Kirkstall Harriers chief supporter Shami well if you know Shami you will know it wasn't a little voice I heard and that give me an extra bit of encouragement and off I went, 16 miles down and still feeling good, 19 miles down and staring to feel it a bit then that not so little voice pops up again shouting at me to get going 20 miles and I have to slow down into a walk for the first time and it's like that for the next 6 miles walking and running till I get to the top of that killer hill and I set off knowing I'm nearly at the finish and when I cross the finishing line and I see my time I'm this how the hell did I do that a time of 4:32 not bad I nice new PB beating my last marathon by 10 minutes.

So am sat at home Sunday night thinking I have to do all that again next week but at least I have all week off work just to relax and eat everything in sight. The week goes by and after coming last at the time trials on Wednesday after a steady run just to stretch my legs its Saturday morning the bags are packed and it's off to Amsterdam and what a start to the weekend it was all the plans we had for the



weekend were up in smoke as we were delayed by 6 hours going and I still had to pick my race number up at the marathon expo, we finally get to a cold wet Amsterdam and go straight to the hotel and check in then set off on finding the Olympic stadium we finally get there pick my number up and by this time it's gone 6 and need food so the plans to go looking round the red light district would have to wait so it was back to the hotel and get an early night.

Race day and marathon number 2 up early bit of breakfast and off I go a nice steady walk to the start at the Olympic stadium, I get to the start and get into the stadium and the atmosphere is amazing even if it was raining heavily and it's time to start and I'm thinking I feel good my legs feel fresh and I can't believe I only did a marathon a week ago, and off we go doing a lap of the Olympic stadium to start with was amazing and out on to the streets of Amsterdam we go and the crowds were amazing shouting and cheering everyone, so I get into a steady rhythm and the miles start passing by and the next thing I know a fellow Harrier Jim Meta pops up by my side so we run together for a bit and have a chat then I tell him to get on his way as I don't want to hold him up, so the miles are passing by and some of the sights and scenery are beautiful, at one point can't remember what miles it was but you are running down one side of the river and you can see all the other runners on the other side and this seemed to go on for miles and miles, the next thing I

know I'm at mile 16 and feeling good so I just keep my steady pace and plodded on all the way to mile 24 before I had to have a little walk and to say I had done a marathon the week before I couldn't believe I had go so far without stopping and as I'm having little walk through the park a bloke on his bike stops and asks if I want a lift I was so tempted at this point but no it just made me get back running knowing I didn't have far to go, and I'm in to the last half a mile and the crowds are getting bigger and louder and you enter the Olympic stadium to finish with a lap of the track and you see all the people in the stands shouting and cheering you on gives you that extra bit and you go for a sprint finish and across the finish in a time of 4:30 that's another PB 2 minutes quicker than the week before so god knows how I did that.

So that was 2 marathons done in a week now time to hit the red light district and enjoy ourselves with a few beers and whatever else we could get our hands on and to sit back chill out reflect on what I have just done, not bad to say only 10 months before when I booked them I was fresh out of hospital and couldn't even walk never mind run and just to think I have to do it all again next year what with doing Manchester and London marathons.



## Wistow 10k by Adam Moger

Selby Striders used to host a decent 10 mile race at Wistow and I'd not run there since it got downgraded to 10k. There's so few flat, fast, chip-timed 10k's, and I soon found out why this one was a dirt-cheap £9 - it wasn't chip-timed! But with only 212 entrants (300 capacity) it wasn't a problem getting near the front.

The course could be windy, because it's genuinely flat, run on open but very quiet roads between Selby and Cawood (just a little further away than Vale of York Half). But today conditions were perfect, and I had no excuses for failing to PB other than going off too fast and not quite having the legs. 39.02 when aiming for sub-38.49 wasn't bad, but those 13 seconds may as well have been 13 miles!

Fast, flat, friendly, frugal, and far removed from mass participation events - well worth a visit.

## PBs

Congratulations to those who achieved new PBs.

Distance		Name	Time
Marathon	PB	Paul Chapman	4:30:00
Marathon	PB	Chris Hunt	4:06:13
Marathon	First race	Hannah Lee	5:14:11
Marathon	First race	Dominika Malinowska	4:32:44
Marathon	First race	Neil Marshall	5:09:19
Marathon	PB	Hal Roberts	3:07:12
Marathon	First race	Chris Scott	4:46:27
Marathon	PB	Nick Sugden	3:19:58
Marathon	First race	Elizabeth Walker	4:33:54
Half Marathon	PB	Joanne McGarey	2:15:06
Half Marathon	PB	Shamiso Sisimayi	1:29:01
10mi	PB	Adam Moger	1:06:17
10mi	First race	Justin Newall	1:18:42
5k	PB	Vicki Hipkiss	00:28:10

## New members

A big purple welcome to our newest members:

Emma Briggshaw  
Clare Rhodes



## Birthdays

Many happy returns to the following members who celebrate their birthdays in November:

Jill Camm  
Rose George  
Alyson Glover  
Philip Hewitt  
Niamh Jackson  
Simon Jaines  
Helen Kucharczyk  
Joanne McGarey  
Natahn Molyneaux  
James Nundy  
Matt Sykes-Hooban  
Malcolm Taylor



# Pungents & Dragons or 10 Things I Learned in Caldbeck

## by Simon Smith

1. If you ever find yourself a passenger in Chris Glover's car, simply keep feeding him chocolate eclairs and he will happily convey you to whatever destination your heart desires.
2. Never sit behind Alan Brydon in a dragon boat race. If you do, cut out the middle man and just dive into the lake – you won't end up any wetter.
3. Kite flying isn't just an activity confined to daylight hours.
4. Remember to look at the beauty of the night sky when you are in the countryside. Especially if you are flying a kite in the dark (see 3 above). It might compel you to contemplate the transience of your own tiny insignificance when set against the vastness of the cosmos. Or it might just make you think "can I get back indoors before my beer runs out and/or I need a pee?"
5. Avoid close proximity to Jason, Euan or Russell the morning after beers and curry. Or experience air quality so densely pungent you could sew a button on it.
6. Memo to Self: The next time I play charades, try harder to think of films or songs that are not connected either directly or indirectly to fire.
7. Pass Alan a copy of "Yellow Pages" with the "Barbers" page discretely dog-eared.
8. Can't locate your house keys? Misplaced your purse or wallet? TV remote disappeared down the back of the sofa? Call Andrew Kirby. If he can find kite poles on a couple of hundred acres of exposed moorland, such mundane searches must be child's play.
9. Bethan and Vicki can organise one helluva weekend away. Thanks girls.
10. When you go back to the stresses and strains of your daily grind after a weekend that was so hugely enjoyable, just remember that you are a Kirkstall Harrier. Then start looking forward to the next one!

## Speaking of the next one...

Organisation for the next club weekend away has passed to Chris & Alyson.

We have booked Cote Ghyll Mill in Osmotherley for the Friday and Saturday nights (29th and 30th April 2016) for the next club weekend away. We will have the whole building to ourselves. The accommodation is bunk rooms and the food will be self catering. The total cost per person will be £50 including food and some drinks.

The bar in the mill will not be open but you can bring your own drinks and there is a pub in the village 1/2 mile away.

Visit <http://www.coteghyll.com/cote-ghyll-mill-yha/> for more details.

The maximum number for the trip is 62. If you would like to secure your place please arrange to pay a £25 deposit to Chris Glover by cash, cheque or bank transfer. Email Chris on [cdglover@email.com](mailto:cdglover@email.com) or the club email address for bank account details.

We have set-up a Facebook group for the trip (<https://www.facebook.com/groups/914242285337321/>). Just visit the page and request to "join".



## Yorkshire Marathon by Rose George

I never sleep well before a race. I certainly didn't sleep well before this one. I was nervous. I was so nervous that I actually properly prepared, unlike my usual last-minute-haphazardness and constant oh-I've-forgotten-something trips that invariably make me late. Blimey, I even prepared a list. Why was I nervous? The usual pre-race nerves, plus the uncertainty about whether I could actually run a marathon, the doubts about whether I'd done enough training (I hadn't), my tendon, everything. Oh, and the fact that it was going to be terrifying.



I was a VIP. I had a media place thanks to the kindness of Run for All, the race organizers, who had offered me a place to run in any of their events. They'd sent me a number already several months ago, which was a season ticket for a few races including the Leeds Half, none of which I could do. Then Vicky, the PR, wrote to say that I would be getting a VIP number. I didn't expect it to have my name on it, nor be number 9. I've never been a single digit before. As far as I knew, this meant I would be starting with the elites. With the really really fast people. Oh god.

So, to race morning. I was awake in good time by the simple fact of not being asleep. We were

picking up Hannah from Leeds city centre at 6.45. That was pretty early but we weren't sure how much traffic would be clogged up around the university, the marathon HQ. There wasn't much traffic, in fact, and we flashed our VIP parking badge to get past the no access signs. Only no-one knew where the VIP parking was, so we had a merry drive around the campus, which was already busy, until Hannah went exploring for information, and we finally found out where we were going. I had two

wristbands for the VIP area, but I smiled sweetly at the man on the door, and as we were so early, he let Hannah in too. Thank you, man on the door, and sorry I was a bit rude about Plusnet, because they supply my office internet and they're, er, crap ("do you work for Plusnet?" "God, no").

The VIP area had tea, coffee, pastries, but I wasn't hungry, though I knew I should eat something. Most of the time I spent going back and forth to the toilet as usual.

I asked one of the race organizers if I would get trampled by all the fast runners behind me, as we were apparently going to start in front of them. She said, "oh no. You won't be the slowest celebrity runner." Obviously I'm not a celebrity. I just write a bit. The proper celebrities in the VIP area included Harry Gration from Look North (a very nice man), Mr Burton from Educating Yorkshire (no idea whether he's nice but he looks pleasant enough), a very large rugby player, the wheelchair athletes, and two quiet Kenyans who arrived with no fanfare and headed to the back of the room. I wish I'd spoken to them, but I was too busy getting in a tizz.

Final toilet visit, but the queue was huge. I knew I would regret all the liquid and coffee, but at 9am we set off, following a woman with a flag. She led us through the crowds. Hannah peeled off at one point to go to Zone 3, and I headed off to the start. Although when I say "the start," I'm not being





accurate. We were ahead of the start. I'm unlikely to get that view of a start line ever again: in FRONT of the Kenyans.

I did a bit of the warm-up then I heard someone yelling "ROSE ROSE ROSE" and turned to see Ben, who was in Zone 1, obviously. He said, "How did YOU get to be THERE?" (with exactly that emphasis). A very valid question.

I chatted to the country's most over-active pensioner, also a VIP, and a nice man who said, "oh, you're the author," which was a treat (he's a librarian who will run 5,000 miles in a year to raise money for a hospice). Then sort of suddenly, we were off. And for the next few hours, I was overtaken by about two thousand runners. It began immediately, and it never let up. I enjoyed being a VIP, but being constantly overtaken was demoralising.

I didn't ever get used to it. If I was given a VIP place again - for which I'm very grateful - I would slink back to Zone 3 where I belong.

Within 20 minutes, I'd been overtaken by a hundred people, and I knew one thing: I was desperate for the toilet. There were no toilets for about a mile, so I had to do my usual and pee while running, then dash to the toilet to wee, wash, dry. After that, I was fine.

York though. What a beautiful place. Last year had been so foggy we could just about see the Minister. This year, the weather was perfect. Cool but sunny. We reached the city walls after about a mile, and then shortly after that, there was York Minister, its bells ringing. At that point, even though I still felt like a snail amongst cheetahs, I grinned. How often do you get bells rung for the simple act of moving faster than walking pace (though for a very long way)? After that, it was down to business: strict hydration and nutrition (nothing for an hour, then a gel and some water every three miles). There were loads of supporters, who were lovely. There was a pipe band again, who stopped playing as I went past, and my favourite Yorkshire marathon feature after the Minster, the priest in Stockton-in-the-Forest who stands on the pavement in his white surplice and rainbow scarf saying things like "Bless you!" "Have faith!" He's lovely.



I have a terrible topographical memory, so I can only remember highlights: the minster, the priest, the bands, the Elvis impersonator who sang to runners. My neighbour Eve, with a big banner. I stopped to hug her and she said, don't stop! There were long miles with fewer supporters and more quiet. There were forests. Through one bit of woodland I was overtaken by a tall lad running barefoot. He was extremely serene and very nice, and supporters routinely said, "no shoes! Well done!" (I beat him though). My pace was slower than last year, but I was intent on staying comfortable. My aims were to get round and to get round uninjured. Last year my hip started to give away at mile 18. This year, all was fine. I felt strong, I felt properly hydrated and fed. I saw friends and supporters all the way round who took pictures, gave cheer and cheers, and offered flat coke and anti-chafing cream.

At mile 19 I was interviewed by a man on a motorbike. I tried to look as if I was running serenely, which was good for my form (and again, I didn't make the cut). Also it was nice to have someone to talk to. It's odd, but despite being surrounded by thousands of people, I was alone for most of the 26.2 miles. It would have been nice to have company. I kept my thoughts busy with the usual: wondering why so many women have terrible sports bras or shorts, wondering at godawful tattoos, admiring fancy dress costumes, gazing at fields, working out how far the next bottle bin was (helpfully, there were signs to tell me). I ran for a while with Jim, and we had a nice chat about railways and my brother's attempts to build a 60-foot model railway junction (thanks Jim: I enjoyed that). But he was faster and off he went. By then it felt like most people were faster than me. At 20 miles though it got a bit better. 20-23 were hard. I didn't hit the wall. I've never hit the wall yet, thankfully. But those miles just seemed empty of stimulation. I knew my family were waiting, I thought at mile 23, but in fact it was mile 24.5. So, just as I did last year, I ran through villages that all looked alike, asking spectators, "is this Osbaldwick?" until it was Osbaldwick. Even then, my family were waiting outside my step-brother's house, at the far end of the village. I made sure to look like I was in one piece. I was, in that I wasn't injured like last year, when I had to secretly stretch before I reached my mother, so she didn't see me wincing. This year I felt fine. They all insisted I run on, but no chance. I stopped for hugs. I suppose in hindsight getting a hug from someone who has run 24.5 miles on a warm day may not be desirable. Tough.

By now, finally, I was overtaking people. I knew there was a hill up to the finish, and I ran it all, overtaking people, and I ran and I ran and then I sprinted, and somehow after a year of injury and trouble, I ran a marathon. I ran it in 4 hours and 27 minutes, a personal worst of 28 minutes, and I didn't care. My tendon didn't hurt then or afterwards. I was running again 48 hours later (I rested for two weeks after London) and that's the most important thing. If you want to run a flat (ish), fast, friendly, marathon through a beautiful city and gorgeous countryside and villages, which is extremely well organized and with wonderful support, but not as head-busting as London, nowt better than Yorkshire.

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. Just turn up and say hello, we are very friendly!

Please visit our website for more info:

**[www.kirkstallharriers.org.uk](http://www.kirkstallharriers.org.uk)**

*Please email [kirkstallharriers@googlegmail.com](mailto:kirkstallharriers@googlegmail.com) if you would like to contribute to the newsletter.*

*All articles, member profiles etc gratefully received.*

## Member Profile—Malcolm Taylor



**Age:** 27 (when you read this)

**Occupation:** IT change coordinator

**Originally from:** Clifford nr Wetherby

**Kirkstall Harrier member for:** nearly 2 years

### Why and when did you start running?

I've always been a sporty person, never really been a runner though. More into the short sprint sports, like tennis and swimming as a youth, where you've got to move quick but you don't go far. I got into it because I got a bit jealous of Sam Broome and it got to the point where she could probably beat me. I had to take action. I remember doing my first parkrun in 33 minutes but I had dropped my barcode half way round, and that included some walking up Woodhouse Moor's "hill".

### How did you end up with Kirkstall Harriers?

That's an easy one. Once Sam joined, because of Lil Em, I became the official photographer as I turned up in cold PECO's stood in a muddy field, not complaining! I'm still

amazed at how quick some people run through the mud. I officially joined just before a PECO, as my thought process was how hard could it be? I ended up

running around west park with Sam having a race, the loser ends up cleaning the shoes. I of course won, virtue of default (a twisted ankle to the missus). Yet somehow I ended up cleaning them anyway!

### Motivation for running ?

One day, I might beat Lucy at something more than a mile (2-0). The obligatory cake and drink comes into it as well. I am a competitive person, I don't like losing.

### Greatest running moments?

Being able to fully run a 5k at Temple Newsam parkrun was my first personal achievement. Smashing out a quick John Carr run the same week as almost being defeated by Tadcaster Tri. But probably the best moment was beating Lucy at the mile when she was fit, I did threaten to retire if I did.

### Worst running moment?

Running Vale of York, my first and so far only half marathon. I was doing ok until mile 8 but by then I could barely left my leg. Shows how doing 13 miles when you've only done a max of 7 before can do to you. Luckily I had Sam running with me keeping me going and I now know I can get round. Onwards and upwards.

### Interesting fact?

Outside Kirkstall Harriers, yes I do do other things, I am the men's team captain of Armley Tennis Club, we are currently in division 2 in the Bradford and district tennis league. We pretty much play 21 Saturdays in a row through the summer with training every Wednesday, that's why you never see me down mid week

