



kirkstall harriers

Running Club



Alyson; 'So a recovery drink you say...'

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Welcome to October & November Edition

Where has the time gone?

Welcome to the latest club newsletter, the nights are well and truly here now the clocks have gone back (hope you all enjoyed that extra hour in bed!) and this can only mean 2 things... it definitely HI-VIZ season and its nearly PECO time!!! Best get those trail shoes or spikes out of the cupboard and beating back into vaguely feet sharp ready for the first race on the 25th of November in Middy Woods, more of that later! For now stick the kettle on, make a cuppa and relax with the newsletter!



*This month's
newsletter was edited
by Matt Sykes-Hooban*

Tis the Season to be rite Jolly... Well nearly!

Bonfire Run: Monday 5th November.

Meeting at the Kirkstall Leisure Centre as normal at 6.50pm then we plan to run over to the Bramley Bonfire and watch the fireworks.

Christmas meal : Thursday 6th December 7pm - the Sheesh

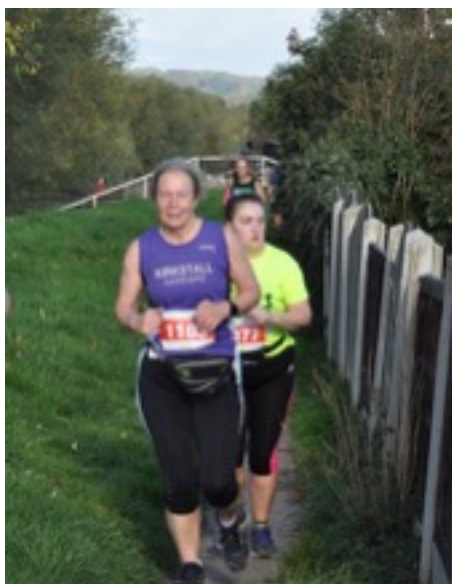
Some may have seen or heard but due to a fault in the kitchen Bar 166 have had to undergo their refurb a little sooner than expected. As a result the kitchen will not be fully operating for when we planned to have the Christmas meal. Therefore I have cancelled the booking and have booked us into the 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 14th 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.



St Aidan's Trail Half

The inaugural running of the St Aidan's Trail Half didn't attract a huge field (245 finishers) but is only likely to grow. Starting at St Aidan's nature reserve, it takes in some canal, towpath, river, Fairburn Ings, one decent hill, and back to St Aidan's, all of it reasonable underfoot. Very well marshalled, the only criticism was that it was a little long, c.13.5 miles, but that meant more for your money. A great performance from Niamh who finished first lady, and decent times from myself (1.36.15), Eleanor (1.47.48, 8th lady), Neil (1.55.14), Ben Clark (2.01.27), and Vicki H (2.25.11). One to watch for next year.

Adam Moger (*Pics Courtesy of Andrew Thrippleton*)



1st Winter (Late Summer) Time Trail– Wed Oct 18

On a good night weather wise – dry and not too cold, we saw 24 runners turn up for the first of the winter time trial. Hope they had all seen the training schedule and knew what was happening??? We had 5 new faces for the event, Connor Carlisle, Jane Crossley, and Alan O'Brien, all existing members and Daniel Dobson and Mark Antonio both new to the club training but hopefully they enjoyed it as much as everyone else.

First over the line, knocking 3 minutes off his 3 year pb was Matt Sykes-Hooban with a run time of 23.03, finishing a minute and a half in front of everyone else. Sorry Matt – you are getting too fast, you will have to get further back down the queue. Working his way from the back of the queue starting 19 minutes behind the first off was Ben Coldwell with the fastest run time off 17.57 to finish 2nd and record his own 3 year pb. 8 seconds behind Ben was Hannah Newman to finish 3rd with a run time of 26.50, not quite a pb over the last 3 years, but getting faster after her long injury absence. Just missing out in 4th place was another starter from the back Rowan Temple who also achieved a 3 year pb with a time of 19.06.

Sadly bringing up the rear on the night was Malcolm Taylor – seems like being a dad is tiring work. Fastest lady on the night was Jane Crossley on her first appearance with a run time of 24.39

Apologies to Simon Hands who I missed off the first posting of the results, but I am happy to report that he beat his pb of last year by 26 seconds with a run time of 20.20. Also achieving pb's for this course was Leanne Sykes-Hooban, with a run time of 27.56 knocking 9 seconds off, Karen Boardman, 26.57, 1 second better, Asta Bevainyte, 26.22, 4 seconds quicker, and Jonathan Young who had the pleasure of last away, getting a pb of 18.15, 8 seconds quicker.

For the mathematician's amongst you 6 minutes separated all 24 runners but taking out the 1st and last runner (one always has a good or a bad night, or the handicapper wants shooting) 2 minutes 43 seconds was the time difference between 2nd and 23rd – which made it a busy night all round for Jemma Roe who did an excellent job in getting all the runners off at the correct times and recording the finishers.

Peter Hey

Belated Member's October Birthday Wishes

*Kevin Blackhurst	*Conner Carlisle	*Paul Glover	*Andrew Goldman	*Ashley
Lightfoot	*Carol Moran	*Alan O'Brien	*Ann Pinches	
	*Collette Spencer	*Sarah Ward	*Sandra Warren	

Congratulations to you all - Ed

YORKSHIRE VETs ATHLETIC ASSOCIATION yvaa.org

The last race for this year will soon be upon us – 11th November at Spenborough running track. Despite not having such a good year due to injuries I am hoping the club can still get a good turnout for this very interesting course and maintain their position if not creep up another place or two. The course has everything, part running track, tarmac, footpaths, grass and disused railway line. Although it does rise to the highest point of the race in the first mile or two, it then descends back to a nice sprint finish back on the running track, and a splendid array of cakes and sandwiches.

For those who have not run this year, just turned that magic age of 35, or within a year of that age and would like to take part then you need to register on line before the day at www.yvaa.org

The ladies team are 4th, 3rd and 4th in all 3 competitions out of a pool of 33 clubs. The men have slipped down the table, and are now 9th 9th and 8th out of 42 clubs, hence the need for as many runners as possible. 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.

If you need any more details or are in need of a lift for the last race, please ask Peter Hey or Adam Moger who will be only too happy to assist.

Monthly Boasts (PBs)

Marathon: Jonathan Young 2:59:49(FR)

Half Marathon: Nick Child 1:56:02(FR) Andrew Goldman 1:52:29 Simon Hands 1:35:51
Simone Salgado 1:54:44 Therese Sheehan 1:43:13 Jonathan Young 1:20:58(FR)

10M: Therese Sheehan 1:16:48 Jonathan Young 1:00:49

10k: Andrew Goldman 0:50:52(FR) Alan O'Brien 0:41:07(FR)

5k: Simon Hands 0:19:58 Lee Hardy 0:18:31 Jemma McConville-Roe 0:24:34
Alan O'Brien 0:18:20 Collette Spencer 0:24:15 Jonathan Young 0:17:09

1M: Simon Hands 0:05:48(FR) Adam Moger 0:05:27 Jonathan Young 0:04:48

Well done everyone on your brilliant times! We have some super speedy harriers amongst us!

**FR: First Race*

Richard Kennedy-Joyce

This is a slightly unusual Member profile in the fact that Richard has featured in these pages before but way back in November 2012 and since then he has been a very busy runner so we thought it only fair he had another crack at the MP. Enjoy! - Ed

Age: 33

Occupation: Customer Service Consultant at Burberry

Originally from: Leeds

Time as a Harrier:

I joined in 2011, it will be 7 years in November.



When did you start running and why?

I have been running since a very young age. I was always a keen runner in high school, I won the 1500m at Sports Day twice and ran in the Leeds Championships for both Track and for Cross-Country in school and finished 4th in both.

For a few years after leaving sixth form, I stopped running but I took it up again in 2007 aged 22, when I ran my first ever road race. It was the Leeds Half Marathon and I absolutely loved it and have not looked back since.

What are your motivations for running?

I last did a Member Profile questionnaire in November 2012 and my running journey has changed a lot since six years ago. I don't have the same time to train like I did a few years ago and for me it's more about the milestones now rather than PB's.

My motivations for running is to simply enjoy the experiences and savour every moment and every race. The euphoria and positive energy that a race event creates is something you don't get in other sports.

A couple of years ago I fell out of love with running, which was sad, I was taking it far too seriously, putting too much pressure on myself to get a PB and I almost forgot why I love running.

Meeting new people, making friends and enjoying the whole experience of a race event. Kirkstall Harriers is an amazing running club and I love being a part of such a friendly local running club.

What are your greatest running achievements?

For me, the holy grail in amateur running is breaking the sub 3-hour barrier in the marathon, and I achieved this twice. My PB was 2:57:29 and that moment when I achieved that time in 2014 at 29 years old, I was both ecstatic and emotional. Running 5 Good For Age Qualification times and 6 Good For Age Places is also something I'm proud of.

Another achievement I am proud of is winning the heat 7 of Leeds Golden Mile in 2012, aged 27. I won with a time of 5:04. It was not my PB but I was at my physical peak at that time and winning was such an amazing experience. You can watch the full race on my You Tube Channel via my sports blog website: <http://www.joycinho.weebly.com>

Winning the Leeds Tree-Athlon 5K race on a tough trail off road course at Temple Newsam in 2007, aged 22 was also one of my proudest achievements. I was in the paper the morning after, brilliant times.

I am also especially proud to have ran the Leeds Half Marathon 12 years in a row and my ambition is to run it for 20 years in a row. Once I hit 20, I am going to keep going until my body doesn't allow it anymore. I would love to do it for 30 or 40 years.

What are your best running related memories?

Running the London Marathon, all six of them. The whole weekend is so addictive, the whole experience of the race and the event but most of all, the support and energy that the crowds give you on the race day is inspiring. We have raised a lot of money at the London Marathon for charities close to my heart and I will never forget those memories.

Another memory is the Kirkstall Harriers Club Day Trip in 2013 to the Yorkshire Wolds Festival. An army of purple went over in a rented mini bus and we all ran the notoriously tough hilly Bishop Wilton Half Marathon. Afterwards we all enjoyed the festival and had a tug of war against the locals... we lost though haha.

Running our home race, the Kirkstall Abbey 7 dressed as the 'Mad Monk' five times also has to be some of my best memories.

I also enjoyed a fun running trip to Bedford with Jonathan and his friend Florian a few weeks back, we ran the Bedford Running Grand Prix races on a motor racing track.

There have been many great memories and I'm sure there will be many more to come.



What are your worst running related memories?

If I am going to be honest, I've never really had any bad running memories as such but the initial gutted feeling I got after I missed out on a sub 3-hour at the London Marathon in 2013, that was such a disappointment, however, five minutes later I got over it as I couldn't have put any more effort in on that day and I ran my heart out.

If I was to really pick one out, I would say the Northern Cross-Country Championships in 2014 / 2015, I can't remember which year but I had the worst hangover ever and it was thick of snow and couldn't feel my feet or fingers for hours. I ended up slipping flat on my face. haha.

Do you have any words of wisdom for your fellow harriers?

Just enjoy and savour every race and every moment in running, whether that is out on a training run or a big race.

In regards to performing at your best on race day, do as much training as you can but don't over do it, you need to keep fresh and ready for race day. Also, no matter how much training and pacing you do, in my experience it is your inner belief, desire and self confidence that will give you the edge on race day to achieve your goal or beat your PB but that also comes from consistent training.

A few years ago when I was smashing all my PB's for fun, I found that spiritual meditation recordings help with inner belief, look up Glenn Harrold on Google Search or download his I Phone App, they are amazing.

Can you share an interesting fact about yourself?

I have a huge interest in the paranormal and have been on 6 investigations.



If at first you don't succeed, try a triathlon!

Writes Gemma... Sometimes, I find it hard to stop my brain from coming up with hare-brained schemes and my fingers from tapping away on my phone filling in entry forms before my sense has caught up - and in the summer of 2017, I entered a triathlon. (I also have the same problem with online shopping out of interest as the shoe rack, 3 coat pegs and two wardrobes devoted to my purchases as a result of my slow catching up sense can attest to).

I entered a triathlon because running wasn't going great for me, I hadn't been able to get anywhere near any of my PB's or even remotely towards PB form since I had Martha, various niggles kept exploding onto the scene and it was all getting me down to be quite honest. I wanted to focus on something I had absolutely zero expectation of, and I kinda like cycling (don't know if you knew that) so I thought, this is definitely something I could do, plus it'll all be cross training and my niggles will instantaneously fix themselves and I'll never need to see another physio EVER AGAIN (oh a runners optimism, it's a priceless commodity)

I couldn't swim..... well, I could do passable breast stroke of sorts..... I couldn't swim front crawl, I mean, I really couldn't, after 25 meters (that's a length at most pools if you weren't sure) I was dying, and that isn't even dramatic..... I had been taking myself along to various Leeds swimming establishments, and to some of Wakefield Triathlons swim sessions, and I wasn't getting any better, there are harriers that saw me swim at this time and you can ask them, it wasn't great. July turned to October, and October to that time of year when you start to consume so much food that you become less buoyant anyway and I started to have a bit

of a panic. I knew I could do the swim of my triathlon breaststroke, it was just 400m, I could, and it would be absolutely fine to do so. I just didn't want to. I'm just made that way I think determined (stubborn) driven (hot headed) and an overwhelming urge to succeed (raging desire to prove that I can do anything I put my mind to / overthrow the patriarchy). So in January I started a 12 week course of adult improvers' lessons, and 8 weeks in I really really was still struggling to do more than 100metres.....

I'm telling you this because I know that swimming puts a lot of people off doing a triathlon, and I have spoken to people in the club who say that they just can't swim. I was 8 weeks into my lessons and I still could not get it (bear with me there's a happy ending) Then one day, a week after my lessons had finished, (and about 2 before Driffeld Tri) I got in the pool and I swam for 1200meters non-stop – it just clicked! Phew! If you think that you can't swim, chances are you know yourself well and you can't – however you can, you really can learn, so don't let it put you off, at all, in the slightest – I was dreadful and now I am not....quite so dreadful.



Driffield Tri was to be my triathlon, it's early May, a pool based swim, country(ish) roads, and a 3 lap run, very friendly. On the day, it was boiling UGH. I was still worried about the swim, you are put into lanes with people who swim at the same kind of pace for the swim, so it was not intimidating at all, genuinely, someone even counts your lengths for you! Before I knew it, it was over, I was out and running for my bike, the best bit! To be honest it all went so quickly and each part was genuinely so fun I forgot I had been exercising for 1.5 hours and was by that time totally hooked. I should enter another! Yes! I'll look for another sprint triathlon, hmmm brain wanders, fingers engage.... sense? sense where are you?!?! Oh damn, I've entered an Olympic distance triathlon with an open water swim, and at the end of June, when it will be boiling.....

The swim distance for an Olympic distance jumps up from 400m in a lovely safe pool to 1500 metres, in a big reedy lake (with sharks) – ok not with sharks but, in my head in any open water there are sharks – also occasionally in swimming pools but I digress. Open water swimming adds a whole new fear factor (not talking about sharks now) Its cold, you don't have a shallow end, you can't see – wetsuits are great they really help, but you panic, it's natural, and try going back to doing breaststroke in a wetsuit when you need a breather, it's impossible. I'm saying this again, because I know that open water swimming... puts a lot of people off doing a triathlon. It shouldn't it is totally doable and I went from not swimming, do being at Blue Lagoon or St Aidans squeezing into a wetsuit every Wednesday and looking forward to it. You can do it too.

Ripon Tri was the last weekend of June. It was so hot, so hot in fact the water was too warm for a wetsuit. I will be honest, I almost didn't get in the water to start, because I hadn't swam that far in open water that far without one, but I was glad I did because it was actually just like being in a pool, with slightly more reeds. It was great, in fact the best swim, I was slow but genuinely loved it. The bike leg was so hot that the roads were melting and the run lacked shade, I survived and I cried at the end I'd loved it, what was next..... ooooooh a tri with a river swim, that sounds different (I guess you can guess where the brain and over excited entry fingers were going with that one)

By the time the "season" for triathlon ended this year I had done 4. All with full front crawl swims, despite being a total flounderer even up to 2 weeks before I gave it a go. I was even the second faster swimmer in our relay team! No-one was more surprised than me. I was genuinely proud of myself, which I very rarely admit. I think lots of runners toy with the idea of becoming triathletes because they can run, and maybe get put off by swimming, or cycling, or the extra training- but I wholeheartedly could not recommend giving it a go enough. This is where Chris Glover starts cursing me for telling all our runners to do triathlons, but I am going to redeem myself by now saying that at the point of starting them, really wasn't doing well with running, and to be honest the training that I did for the run part was barely enough to get me round distances I needed. I could count on two hands the amount of times I took myself out on a run because I had just fell out of love with it entirely. Since I've finished with tri's for a year, I've found my running has naturally come along a lot easier, culminating in me actually enjoying running every day of this month, getting a PB for the first time in 3 years and soon to be found cursing on a PECO field near you. (and dying at the end of a half iron distance tri....)

If you aren't enjoying running try a triathlon.... And if you are enjoying it, try one anyway you will probably be brilliant at it....Oh and if you want to know how to get over the whole shark fear / open water thing – I sang baby shark in my head every time I started to panic, and I soon stopped panicking because I literally could not bear to hear that song anymore

This was probably the most irrational childhood fear that I had



PECO, PECO, PECO TIME IS HERE AGAIN!

Online entry is open, via RaceBest:

<https://racebest.com/races/9uwst>

Dates:

Race 1 Nov 25 Middleton Park Race 2 Dec 16 Temple Newsam Race 3 Jan 6 West Park Race 4 Jan 20
TBC Race 5 Feb 3 Roundhay Park

You can reclaim the cost from the club at the end of the season, depending on how many races you ran, subject to a maximum of the Season Ticket price (£14 inc timing chip). There will be approx. 2 weeks after the final race to make a claim, & Neil will pay you via bank transfer. This avoids the need to chase people who asked for a number but didn't run, and lets individuals decide how many races they think they'll do.

So - & in all examples, marshalling at the race we'll be hosting counts as having run:

1. Buy a season ticket, run in 3 or more races - refunded £14
2. Buy a season ticket, fail to run (or marshal) in any race - £0
3. Buy a season ticket, run in 1 race - £7 (being the cost of a single race inc chip)
4. Buy a season ticket, run in 2 races - £11 (being £7 + £4)
5. Buy an individual race entry (£7), fail to run - £0
6. Buy an individual race entry & run - £7 refunded
7. Pay for 2 races individually & run in both - £11 refunded
8. Pay for 3 or more races (£15) & run in at least 3 - £14 refunded (being the season ticket equivalent cost).

The principle is that the season ticket cost is the max the club will refund to individuals, & that depends on running enough races. :)

Paying for races individually can be done up to 10 days before the race date - if you know you can't make Race 1, no need to sign up before it.

Any questions, let me know! Is no great rush to sign up - no limit to numbers, and have until Nov 15th to decide. **Adam Moger**

November Birthday Wishes

**Jill Camm *James Corah *Rose George *Alyson Glover *Simon Hands*
**Kelvin Horner *Niamh Jackson *Karen Longfellow*
**Joanne McGarey *Nathan Molyneaux *James Nundy *Nicola Smith*
**Matt Sykes-Hooban *Malcolm Taylor*

‘Fit for Forty’



So, my ‘Fit for Forty’ year is nearly up and I thought it would be a good point to look back how it’s gone.

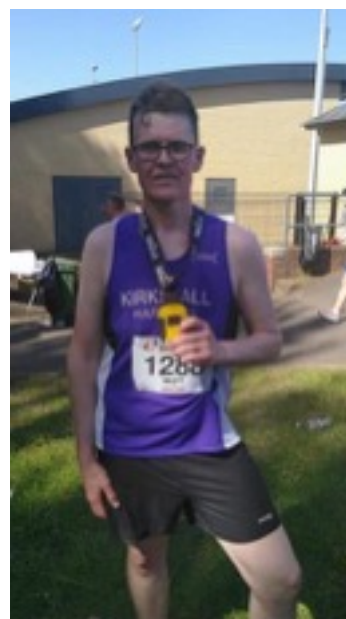
On the 20th of November 2017, I woke up aged 39 slightly hungover, unfit, over weight (16 and half stone to be precise), suffering with back pain and generally in the doldrums about the reality that this was the last year of my 30s.

However, there was plan, along with Leann we decided that we needed to change how we approached life, there had been too many boozy nights, too much over eating and not enough exercise. And that plan was the 5:2 fast diet, for 2 day weeks you restrict your calories to 600 calories (500 if you are a women... I know shocking!) and the rest of the week you eat as normal and that’s it, just don’t try not to over compensate for the fast days. Some friends had tried it and it had worked well for them so we thought why not... We need to take a bit of drastic action and this was the shock to the system we needed.

Along with losing weight to mainly help with my persistent back pain I decide to set myself a few other challenges to make the year a little more interesting. A seemingly easy challenge was to get to 100 parkruns by 40th but moving house and work commitments have slightly scuppered that plan and I will probably get to 100 a few weeks after my birthday, fingers crossed I will be a parkrun centurion by the end of the year which is good enough for me.

The second challenge was to run a parkrun in under 24mins, which I managed to achieve at the Armley parkrun (Excellent flat course organised by a flipping lovely bunch of folk, go run it, if you haven’t already!) over the summer. In fact, I blooming smashed it and have run 23.03 this year and that’s 12 seconds’ shy of my life time best 5k time set over 10 years ago. Which meant raising the bar slightly on this challenge and the new challenge is to try and set a new PB in one of my remaining parkruns before making my hundred.

Challenge three was to train and run a marathon, this however quickly turned into completing my first half marathon in a good few years - nothing than a reality check to put life goals into perspective. Leann and I chose to run the Great Lincolnshire Half which is a much grander name for the Scunthorpe Half marathon which it very much is! The race was in early May and fell about midway through the fit for forty year. Training for the half marathon really, put the missing mojo back into my running and I was darn pleased with myself when I crossed that finish line, Leann was too as it was a right scorcher. Building on the spring marathon we both took part in some of the summer relays with the club which were a lot of fun. There may be a sneaky marathon soon, but it’s not going to be London though surprise, surprise!





One of the dafter challenges we took on this year was the 5-minute plank challenge in 30 days. Basically, its simply learning to do a plank over 30 days starting with 20 secs and increasing the time and duration of the plank until you can do 5 mins... This is in frankly impossible! We managed to do a 4-min plank which is more than enough and properly engaged my core for the first time in ages! It was probably the hardest challenge of the year for me without doubt! But I have to say it has done my core the power of good and best of all a minute-long plank is now an enjoyable pass time rather than a minute of pure torture.

All in all, its been a fab year, my back is in better nick than it has been in years, certainly losing 4 and half stone has relieved the pressure on my lower back. So, has losing nearly 10 inches from around my waist... that's right 9.5 inches! It's sort of mental that I got myself into such a state but chronic pain can seriously mess with your head. My running mojo is back and I am feeling fitter and running faster than I possibly ever have done in the past.

Oh, and we are still fasting 1 day a week to keep things in check, we have learnt better portion control and feeling ok with being hungry but we are still human and still enjoy the finer things in life, which include wine, cheese and cake! There is always room for wine, cheese and cake!

I still don't want to turn forty though... that's rubbish I demand a recount surely I am still only 27!

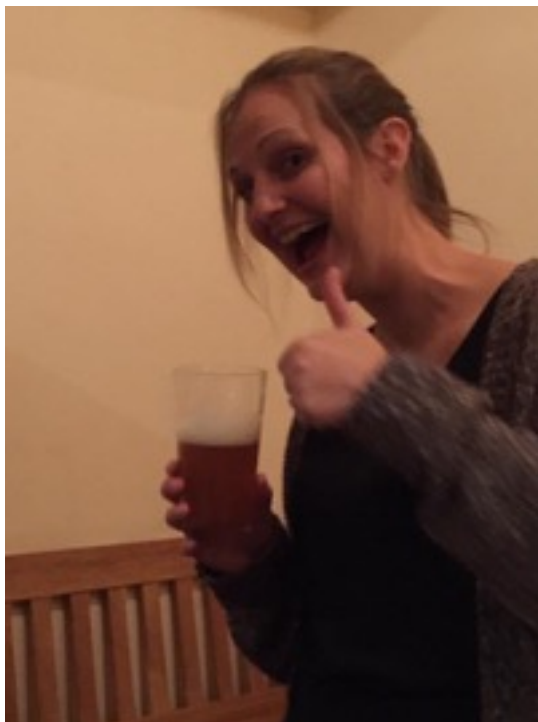


Thats it Folks... So how did I do? Can I get a thumbs up?

Chris?... erm.. Chris?



Gary?... Oh come on!



...Awh Thanks

Bethan!

Kirkstall Harriers meet every Monday and Wednesday at the Kirkstall Leisure Centre at 6.50pm. 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 details at kirkstallharriers.org.uk

