



Kirkstall Harriers

Newsletter

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Picture of the Month

A little divide intervention at the Kirkstall Abbey 7 provided by the angelic Claire Doherty & Alice Murray-Gourlay!

Club Curry Night

Curry night will take place 7:30pm on Tuesday 4th October at Bengals Brasserie. Some may know that they were a new KA7 sponsor this year and they kindly donated the money needed for the trophies. If you would like to attend please let me know no later than Friday 30 September.

For those who cannot make it we will be looking at doing a few more curry nights in the next few months.

Sheesh Mahal

We are hoping to do a trip to the Sheesh once it is back up and running. Keep an eye on the facebook page, newsletter or training nights for more info.

Christmas Lights Run

With Horsforth Harriers will this year be on Tuesday 6th of December with buffet at the LPSA club afterwards, fancy dress is encouraged

Unofficial Christmas Do (UCD)

I know it is only October so sorry in advance for this but I am going to now mention the C word... **Christmas.**

Over the past few years we have organised an Unofficial Christmas Do aka a chance for everyone to go out get drunk, sing to Mariah Carey and dance in a big circle. This year the date is confirmed as the 16th of December. So stick it in the diary now so you don't double book!!! More details will come out nearer the time.

Member Birthdays in October

Many happy returns to members celebrating their this October;

**Kevin Blackhurst*

**Helen Burgess*

**Colin Chapman*

**Paul Glover*

**Carol Moran*

**Paul Newton*

**Anna Pinches*

**Collette Spencer*

**Shanice Swales*

**Sandra Warren*



birthdays

Svalbard Space Run, The World's Most Northerly Race



Tim is not a number... oh wait he is actually 37!

Svalbard is an archipelago of Norwegian islands within the Arctic circle lying directly north of Norway. The largest town, Longyearbyen sits at 78 degrees North, and I was fortunate to go there this month as part of my PhD research studying glacial meltwater.

Soon after arriving I learnt of a trail race being held in Longyearbyen. It was the inaugural 'Svalbard Spacerun', an 8.5km uphill course beginning in Longyearbyen and heading up onto the hill top overlooking the vast inlet of Isfjorden. Pretty much every business in Longyearbyen claims to be the northernmost of its type in the world and the race organisers took no exception. The route extends slightly further north than the Spitsbergen marathon, which I believe was previously the most northerly race. Most of the competitors were students at the university centre where I was based, so there was a mix of nationalities although I'd say most competitors were Norwegian.

The race entry included timing, refreshments and most unusually, an armed convoy of quad bikes to protect runners from Polar Bears! The polar bear population of Svalbard exceeds the human population and at this time of year with a lack of sea ice, polar bears struggle to hunt so they scavenge the islands for whatever food they can find. I didn't see any bears in my 3 weeks there but there were numerous sightings in the area.

There was a brisk oncoming wind for most of the linear route so my aim was to stick behind other runners for as long as possible. As races go, the attendance was pretty small: only 39 competitors. As a result I stuck with the front 8 runners who quickly strung out into pairs of runners. I stuck with another British guy for most of the route maintaining 4th position until I eventually couldn't match his pace at about 5km when the course gradient steepened further.

For such a short race, the 2 feed stations seemed rather unnecessary. I passed the first station but out of curiosity more than anything grabbed a drink from the second. As I took a quick swig I realised it was hot! Given the ambient temperature of 2 degrees this was quite nice but I was not going to stop to sip a hot drink so I politely handed it back!

Having been dropped by my British compatriot, I faced the headwind alone on a 2km uphill section to the finish with an average 12% gradient. It was only a matter of time before a pair of runners caught me and feeling exhausted from the climb, I could not match their pace. Fortunately there was a comfortable gap between me and the next runner so I felt confident in not dropping any further



Let the climbing begin!

Svalbard Space Run, continued...

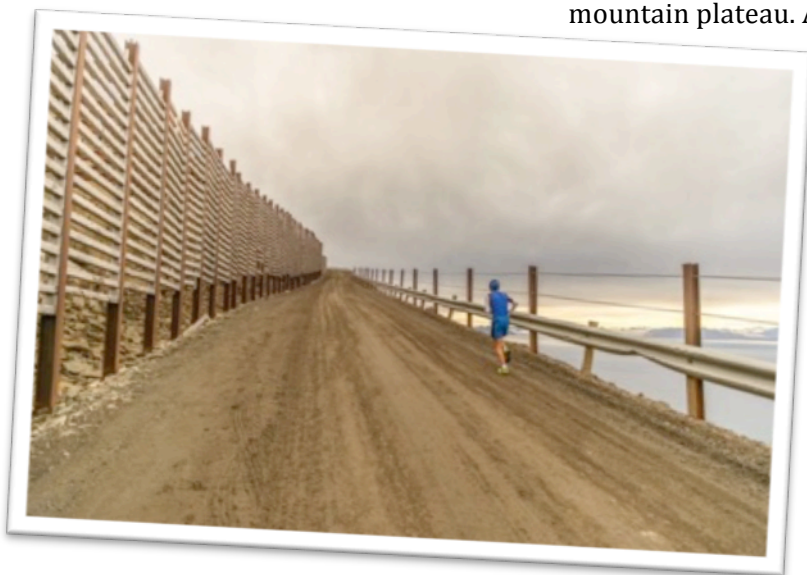
places.

Despite the tough uphill course, I forced myself to look up from my feet as this was probably the most scenic race I have entered. Views stretched out across the fjord with a brilliant sunset illuminating the clear sky and the distant tidewater glaciers.

The route finished at a satellite station atop the mountain plateau. As the giant golf ball structures housing the satellites appeared, I dug in deep and finished in 6th place. As I crossed the line I was wrapped in a thick blanket and handed a warming cup of hot squash (this time very welcome). As the rest of the runners finished we all huddled inside one of the giant golf balls where a giant satellite rotated above our heads.

After the results were announced, we boarded a coach back to Longyearbyen. Fortunately the armed patrol of polar bear guards did not have to take any action on this occasion. I felt really fortunate to not only visit Svalbard but also to be able to participate in the first

mountain plateau. As



Yorkshire VETs (yvaa.Org)

With no vets races in Sept there was no changes in the individual and team places from last month's newsletter. The Alwoodly race has been cancelled so there are only 2 races left. Pudsey on 16th Oct – and as yet no race details. Just assume it will be the same glorious and scenic route as previous years, with a slight incline just before the sprint finish at the top. The last race after that is the one that starts and finishes on the running track at Spenborough on 13th Nov. The rules for individual prizes at the end of the series are now your best 6 results out of 8 races, and you must have done at least 5 races to qualify.

On the team front the club is still doing very well considering the size of our club relative to some of the others, but we could do with as many “vets” as possible turning out, either to pick up that odd place, or avoid dropping another. Even if you have not done many this year – please make an effort to support your club to gain as many points as possible. If you are relatively new to the club and do not know what a “vet” is – you have to be 35 years young or more to qualify. Anyone 33 to 35 can run as a guest – just to get a feel of these nice friendly and interesting, mostly off road races. Cost of entry is only £5.00 per race with plenty of prizes and usually a little refreshment afterwards. Prizes are handed out to the first 3 in every 5 year age group and gender, and usually a couple of spot prizes at the presentation.

The ladies are 4th, 4th and 5th in the 3 team competitions, but only 263 points in front of Pudsey Pacers in All to count, 14 points behind Saltaire in 1st 4 to count. In the Rest to count, they are 292 points behind Pudsey and 451 points behind Saltaire.

The men are 5th, 6th and 5th in their 3 competitions, and only 531 points in front of Holmfirth in All to count. We are 128 points behind Holmfirth in 1st 4 to count, but only 144 points in front of Queensbury in the same competition. In the Rest to count we are only 659 points in front of Holmfirth. Come on everybody – if you can make these last two races please come and join us.

The remaining races are: **Pudsey Sun 16th Oct. Spen Sun 13th Nov 11.02am**

Niamh Jackson

Age: (Optional)

36 until November 18th (same birthday as Rose George).

Occupation:

Occupational Therapist

Originally from:

I was born in Norfolk, but I moved around the country as a child as my Dad was in the RAF (moving from there to Yorkshire, Wiltshire, Norfolk, Lincolnshire, Leicestershire) so I don't really consider myself from anywhere specifically.

Time as a Harrier:

Sometime back in 2012, I was talking to a friend of a friend (Helen Fearn, she's not a member any more) who mentioned that she ran with Kirkstall Harriers and recommended it as a friendly club to join. I started coming down to training with my sister Orla, but we only attended sporadically and never actually signed up for races. When other club members mentioned upcoming races, I used to feel astonished that people ran races so regularly, and then spent so much time discussing them afterwards. I used to think, there's no way I can race at the weekend, I haven't trained properly! Finally, Peter Hey did suggest that I join the club, since my attendance was becoming more regular. My first race with the Harriers was the Leeds Country Way with Eleanor Gallon (2013?). With each race since then, I've grown in confidence and learnt that the more you put into something, the more you get out of it.

When did you start running and why?

At my school, being good at sport equated to popularity and up until the age of 13, I took sports very seriously, playing hockey, rounders and netball. I was never especially fast but I used to be picked to run the 1,500m at Sports Day. Since school, running's been a sport, which I've returned to time and time again. When I was travelling around the world in New Zealand (2004), running was an easy way to explore both islands. Once I returned, I briefly joined a running club in Lincoln, because I was considering joining the RAF and it looked good to have a sport club on my application. Around this time, I ran my first organised race (Lincoln 10km) in 45 minutes and I was delighted with my achievement.



Member Profile continued...

What are your motivations for running?

Catching up with other running friends, being outside, shaking off the day and challenging myself.

What are greatest running achievements?

Running my first 10km in Lincoln in 45 minutes and more recently, running the Vale of York half marathon and getting my PB. The course was mentally tiring, so all the more satisfying when I managed to get a sub 90 minutes time.

What are your best running related memories?

Each Northumberland Coastal Run (all 3 of them). I like how you start in one place and finish somewhere else, giving it a satisfying journey feel. And of course the beauty of the landscape helps too!

What are your worst running related memories?

I was chasing a sub 40 minute 10 km at Dewsbury and ran it in 40:20 (ish). I didn't enjoy a single moment of it. My breathing felt terrible. I didn't like the course. It taught me that chasing PBs can (sometimes) be overrated and enjoyment in a race counts for a lot.

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

Firstly, you'll always feel better after a park run. Secondly, getting older isn't necessarily a bad thing, it could mean being placed in an age category where you'll perform really well.

Can you share an interested fact about yourself?

I was on a family holiday in the south of India in 2006. We were sitting in Leopald's Cafe in Mumbai on our penultimate last day when we were all approached to be in a Bollywood film. We spent our last night filming a hospital scene where my sister and I were dressed up as nurses and my brother and Dad were doctors. The film was called 'Don't Forget Your Parents', about an Indian boy who travels to England but then he has a fatal accident and he needs a blood transfusion, which only his family can provide. I even had a speaking role, saying: 'this blood should do the trick' in the pivotal hospital scene, which was tricky to shoot as we had to communicate through the main actor as the Director didn't speak any English and we didn't speak his language either. I earned £5 for a full night's shoot and I was shattered the next day, but it was worth it, if only to see how vain the male Bollywood actors are, and how much time they spend looking at their appearance in between takes.

Member PBs in September

Distance		Name	Time
Half Marathon	First Race	Jackie Elmer	2:15:37
Half Marathon	PB	Niamh Jackson	1:29:41
Half Marathon	PB	Neil Marshall	1:49:27
Half Marathon	PB	Yekanth Venkiteela	1:47:00
Mile	First Race	David Hodkin	0:05:04
Mile	First Race	Alice Murray-Gourlay	0:05:39
Mile	PB	James Nundy	0:06:08

It is PECO time!

The PECO cross-country dates have initially been set – and some of them are different to the provisional dates suggested in last month's newsletter. Please ignore them and pencil in the following.

27th NOV – Possibly Temple Newsam

18th DEC – TBC

22nd JAN – West Park – hosted by Kirkstall and Horsforth

19th FEB – Cross Gates (Barnbow)

5th MAR – Roundhay Park

12th MAR – Team in about the relays on March 12th too, venue tbc.

As usual we would like as many of you as possible to take part. The ladies have their reputation to keep. They won each race and the Premier Division last year. For the men it is a bigger challenge. They came second in the First Division and are now to battle it out in the Premier Division. For those of you new to the club, this is a cross country league with up to 22 local clubs taking part. They are designed to cater for ALL club members irrespective of their ability and age. Even if you do not score for the club (top 5 ladies, and top 8 men) your position could put runners from other clubs further back – so every man (and lady) counts.

The courses are not too challenging and are about 4 to 5 miles long. With them being in winter, if conditions are wet, they could be a bit of mud en route (but this is good for the skin – so I have been told) In addition the cost to enter is much less than the Major series or Tough Mudders. In dry conditions road shoes should suffice, but if you fancy doing these for the first time, it may be prudent to invest in some trail shoes. As quite a few races these days are off road – they could be a good investment. Further details and information will be made available as and when we know.

The club will pay for timing chip & race entry for PECO's this season. If you would like a number for the PECO's please contact Adam Moger via Facebook or speak to a committee member at a training night.

Please remember if you request a chip and number but don't run at least one race (or marshal the one we're hosting) there will be a £3 charge payable to the club to cover the cost of the chip.

Peter Hey

*Reference pic only the
PECO organisers cannot
guarantee this level of
mud... only dream!*



The Yorkshireman

They call it YORM, but I knew it only as the Yorkshireman, a fearsome and fierce off-road, trail, fell and god knows what else race that people who are gnarlier than road runners do. I don't remember when I decided I wanted to do it; probably about five minutes after I'd managed to get round the Three Peaks, and my confidence was as high as Pen-y-Ghent (though with better weather). Anyway, I signed up, and that was my autumn challenge, until I decided that as I had the chance of a free place at the Yorkshire marathon, I'd best take that, even if it was a month after YORM. Oh, and why not do Tour of Pendle a few weeks later, too? But first, YORM. I was told that you could run the full marathon as a pair, and that sounded like a lark. I've enjoyed running country way legs with Marion and Lucy (however terrible Lucy's memories are of our, er, adventurous leg); I've had long canal runs with mates where the chattiness definitely helped the dullness of the Long Run. So I asked Sara Demaine of Pudsey Pacers to run with me. We've run together at fell races and elsewhere; we were much of a muchness on pace at the time, I thought, and I knew she'd be excellent company. Off our application went, though the entry system couldn't provide for a mixed club entry (luckily the results did), so Sara was running as a Kirkstall Harrier. In reality, though a few Harriers were running the half, I was the only Harrier doing the full, which meant there wasn't much purple to be seen when I turned up at Haworth school on the morning of the race, as the half started half an hour after the full.



Best Legs forward before the off!

Was I ready? In a way, yes. I'm very bad at navigating, so I'd made sure to do four recces, and I was pretty sure of the route. That was lucky, as I realised afterwards that I'd picked up narrative instructions for Rombald Stride by mistake. Luckily, I did have the right map, and anyway Sara had agreed to be responsible for the narrative, as I'd done more recces and had confidently said I knew the way. Gulp.

As usual, the changing area the school hallway - was a heady mixture of Deep Heat and sweat and coffee. I got changed: lucky striped socks, funny Injinji toe socks (after slathering my toes and feet with anti-chafing cream. My race vest, sadly, was still somewhere over on the Dark Side, as I'd left it behind at Turnslack fell race and it hadn't made its way home yet. I had my 30th anniversary t-shirt instead, which I hadn't done a long run in - oops - but hoped would do. (It did, mostly, though its tendency to ride up made for some unflattering belly shots before I realised I should tuck it in.)

The full marathon runners gathered up on the cobbled streets of Haworth. I hadn't recced the first couple of miles, as I reckoned there would be enough people to follow, and that was the case. Charlie Marshall, the race director, gave instructions. The first one was, has everyone got their dibber? There were two audible exclamations and two blokes ran off back to the school, a good five minutes away, to collect theirs. In fact they were timed from the school, which was generous.

And off we went. Up, up, and more up. God, it hurt. I knew the first couple of miles was going to be hilly, but by 'eck. The Yorkshireman is a CL in Fell Running Association rules, which means it's long and the flattest of all categories, but what climb it was mostly been chucked into the first section. Sara and I agreed: steady. Save the legs. And so we did, up to Lees Reservoir, up another hill, and then onto the long long conduit. We were

YORM continued...



In perfect harmony on run!

passed at this point by a bloke in a green kilt. I asked him what tartan it was. Obviously that's the kind of chat you have on a long off-road marathon. "It's not mine," he said, and I thought he meant the kilt. But he meant the tartan. Off they ran, and we didn't see them again. As the miles went past, the field got thinner and thinner. But they also passed amazingly quickly, as Sara and I were chatting about families, Bake-off, running, everything. I looked at my watch and saw we'd done nearly six miles. I won't bore you with the minutiae of the race route: there were checkpoints here and there, we didn't get lost once, (though a few runners who'd run with us for a while apparently took a wrong turn at Ogden Water and weren't seen again, at least by us). I managed to avoid the thigh-deep bogs on Warley Moor and at Denholme Velvets, fifteen miles

in, we were greeted by the man at the checkpoint with "Dinner for two, ladies?" He was lovely, and so were his jam sandwiches.

I'd prepared a daft amount of food and fuel to carry, including a bag full of chopped up veggie sausages, as I usually get a savoury craving after too many gels and sweets. But in fact, I hardly ate any of it, surviving on checkpoint goodies. The day was beautiful, and in fact got too hot. But we plodded on. Sara had a troublesome ankle, so we took our time over the technical bits. One of the best bits of running as a pair is that you can encourage each other when it gets dark and difficult (also known as mile 18). I really appreciated Sara's company, and I'd recommend running a marathon as a pair, if only for the experience.

I've run three marathons now, and for two of them I spent several hours on my own in the middle of crowds of people and often wished for someone to help the miles pass. Running companionship is great. And so is the Yorkshireman: there were red stickers pretty much everywhere you could have gone wrong (except at the turn-off after Ogden Water where people did go wrong). The scenery is magnificent, it's all runnable, there's not much climb after the first few miles - oh, except for the horrible cliff-face that is Butt Lane, in the last mile up to the school and the finish - and it's generally a wonderful race, and they give you stew and a t-shirt afterwards. I wish we'd done it a bit quicker - we were a few seconds over six hours - but I would, wouldn't I? And that's what next year's race is for.

Rose George



And Relax!

Kirkstall Abbey 7

We had another fantastic day on Sunday 18th September hosting our annual Kirkstall Abbey 7 events. The weather was perfect.



And they're off!!

Here are some stats from this year's events:

KA7

Number of entrants : 400 (sell out)
Date that the senior race sold out 13 Sept
Monk : Adam Nodwell
Nun: Alice Murray-Gourlay
Male winner: James Boxell - Pudsey Pacers (35:37)
Female winner: Sarah Graham - Morpeth Harriers (46:17)
Male Team Winners: Pudsey Pacers
Female Team Winners: Abbey Runners
Stephen Blades Trophy Winner: Martin Groome

Mad Monk Meander

Number of entrants = 47

Number of finishers = 39
Monk: Clare Doherty
Nun: Alice Murray-Gourlay



*Nothing make's Chris happier than a
loudspeaker!*

Kirkstall Abbey 7...

Junior Race

Number of entrants = 44

Number of finishers = 41

Male winner: Kyle Richardson - Scarborough AC (12:19)

Female winner: Issy Nichols - Scarborough AC (12:38)

Firsts for



I am not the monk you are looking

this year:

Female Monk (in the fun run)

Portaloos

Bottled water at the half way point

Trophy presentations in the Abbey grounds (previously in LPSA club)

Road junction crossing at the new Kirkstall Forge Station entrance

New baggage gazebo

New long range megaphone

£10 Sportshoes vouchers for team and vets prizes

On the day we had 2 injuries requiring medical treatment.

Feedback from runners has been all positive but we do recognize that we can improve every year, so if you were there and have a suggestion about something which you think we can improve on next year, please let us know by emailing the club.

I would like to thank everyone who helped out in the planning of the events and on the day and made it such a big success. We made nearly £3000 on the day, which will be split between the club and various charities (including Wheatfields).

Photos (thanks to Shevonne) from the three events are on our web site. Link here:

<http://kirkstallharriers.org.uk/new/2016/09/kirkstall-abbey-7-photos/>

The results of the three races are on racebest at:

<https://racebest.com/results>

The race committee this year were: Rachael Kearns, Liz Walker, Catherine Barrett, Hal Roberts, Kevin Longmate, Adam Nodwell, Jill Buckley, Jason Buckley and myself.

Chris Glover

Leeds Triathlon

On Sunday 11 September myself, Jack Hipkiss, Sheila King and Jill Camm took part in the Leeds Triathlon with Kimberley Keeber taking part in the Go Tri event.

A Standard distance triathlon consisted of a 1500m swim, a 26 mile bike and then a 10k run.

Due to a music event happening at Roundhay the following week there were a number of fences put up around the park making the set up slightly different to last year.

The swim was a two-lap course in Roundhay Lake; to say it was a chilly morning the lake was surprisingly warm and pleasant. The Swim exit was a bit detoured due to the unexpected fences and for me personally I found it difficult running in a (new) wetsuit on a graveled path, as a result it increased my swim time by about 5mins. That aside the swim was pleasant and once in transition the process went smoothly. On to the bike, luckily there was no holding a transition bag whilst holding a bike or wet hill starts on this course instead the bike exit was down hill and quick. The bike route was tough and is possibly one of the hillier ones I have done, but it also had some pretty good down hill, flat fast sections. Upon exit of the Park you make your way up Wetherby Road where of course Liam Mealey was stood at the top with a cowbell waiting to cheer you on. The route then follows a mixture of up and downs through Shadwell, Scarcroft, Bardsey and Collingham. No race would be complete without a 'dog leg' and with this one it comes in the shape of the A168 which is a bypass road that is not well surfaced, consists of about 6 roundabouts and always has headwind. That aside the road was quiet and did allow for a good amount of over taking. Following the road back to collingham you the head towards Wike and East Keswick which though has a brilliant descent also has a lot of hills. Malcolm and I reccyed the route the Friday before the race and though I wanted to cry at the end it did help me plan ahead and climb the hills better – must have worked I got 50 Strava PRS on the course!

After a pretty hilly bike, a swift transition and change of shoes a 3 lap run of Roundhay Park came next. Slightly shorter than the standard 10k, the route took triathletes up Hill 60 three times, around soldiers field and then back into the park.

There were lots of support along the route with Hal and Helen directing the bikers to the end, Adam and Kieran perfectly positioned on the top of hill 60 and finally a group of loud cheerers positioned on the grass by the finish - Gary, Vikki, Malcolm, Andrew, Maria, Helen, Tom and Kimberley.

Massive well done to Sheila and Jill who came first in their age category, Jack for 2nd in his and me for 3rd.

If anyone wants to give triathlons, aquathons or duathlons a go, then visit <https://www.gotri.org/>. The site provides a list of free and discounted events around the country that are put on to help encourage **Sam Broom**



Kimberley enjoying the bike leg!

In The Long Run

The alarm doesn't wake me but it forces me out of bed. Marathon training - and today is the day of the "long run". Down to the kitchen to fix porridge and a huge pot of tea. Into the lounge for breakfast news. At this stage of proceedings, it is still just possible to kid myself this is a normal Sunday morning. But it isn't. Breakfast has been eaten; it's been given some time to settle, so it is kit on and getting ready to run. Where's my favorite shorts? Why isn't the shirt I want to wear in my kit bag? Do I need to go to the loo again? Have I rubbed the old anti chafing balm on, over and around the bits I really don't want to be chafed? Do I need to go to the loo *again*? All these questions, and others, assume monumental significance.

Fuel belt check - more complex than the ignition sequence for your average Space Shuttle launch. Belt. Check. Drink bottle. Check. Is there actually drink in drink bottle? Check. Energy gels. Check. Energy chews. Check. Coin change for if I need to catch a bus or cross the palm of a Romany with silver who might otherwise make my run even more cursed than it's starting to feel? Check. Front door key. Check. Right, I can do this; let's get out of the house and into the street.

I'm on my way. I live on a busy main road, but at 09:00 on a Sunday morning it is much quieter than on a weekday. I take a turn down Bilton Lane, thinking for the millionth time how much I'd like to live there. Suburban streets are now disappearing quickly behind me; I'm soon out in the rural strip between Harrogate and Knaresborough. 5 minutes ago I was running past houses, kids out on their bikes, blokes washing their cars and elderly couples walking to church. Now I'm Mr. Bucolic and its cows, sheep and watch the horseshit. Down I run along Beryl Burton cycle way, named after a gutsy Yorkie lass who once showed the world. Knaresborough waterside now opens up to me, and I'm running along the beautiful banks of the Nidd - so hard not to take this grand view for granted, as I've ran it hundreds if not thousands of times. That viaduct - how many calendars has it appeared in? People are reading the Sunday papers and drinking tea in the riverside cafes. Some of them look at me with a mild amusement that is perfectly understandable. I think what I'm doing is faintly potty as well, and yes, I would sooner swap places with them. If I doubled back now, it would be a lovely run, but there is so much distance left to run. The caravan park. The woods. How long will I stand waiting to cross the main A59? Not long at all this morning.

An hour has passed. Time for a slurp of drink and a gel. I'm now skirting round the edge of farm fields on a marked, though broken, bridleway path. Nothing and nobody for company here except a few baleful looking sheep bleating mournfully. Odd, as that's exactly what I feel like doing. It amuses me that the look on their little sheep faces is remarkably similar to the people who stared at me back in Knaresborough. Must be woolly thinking. Hang on, I'm now at Plumpton Rocks, care and attention needed here for a moment to cross the Harrogate to Wetherby road. Done it, I'm heading up to Follifoot. The gravel heap sits undisturbed as it has seemingly for years. Not for the first time, I wonder if the ghosts of long dead workmen dig into it in the dead of night, only for their shades to disappear as dawn breaks and the fruit of their labours be lost. Follifoot is lovely. I run by the chapel that is no longer a place of worship to the Almighty, but somebody's house. I don't really know why, but that always makes me sad. I'm not sure if it is God or a god I feel I'm communing with at this point, but as some elemental force is pushing me along I feel like a celestial artist has painted me into the landscape. Just me and the road now as I run beyond the pub and the cricket ground. Feeling good at this point, and staying focused on the next milestone goal on the route - Pannal. This stretch always feels like a long, hard and lonely pull. Unbelievably, I make it through by thinking about painting my garden fence. Long, repetitive brush strokes up and down. Utterly random, pointlessly daft, but it helps me switch off to the ache in my legs.....whatever gets me through this run, gets me through this run. Pannal Golf Club. Middle aged men stealing hours from their wives, all

The long run continues...

Jags and BMW's and Lyle&Scott.

I love Pannal. Just like Bilton Lane, I'd live there if I could afford to. So handy for the drive to work in Leeds. Yep, more silly daydream thoughts, but they help me lose myself in the run. I need to cocoon my head because I know Church Lane is coming up and trust me that is a long, long climb back towards town. Dig in now mate. Use your little mantra, say it out loud, nobody is around to hear you. "Yeah you can. Yeah you can, mate. Yeah you can". It's not easy but I'm getting there and leveling out as I skirt round Harrogate. More lovely houses standing alone in pockets of green. Cows. Burn Bridge and it's the second mother of all hill pulls - this ain't easy, but if I can keep tackling hills like this on a training run, York really should feel easy. Shouldn't it? That law says "what goes up must come down", but not if you are a runner in Harrogate. I once thought I'd find even hillier places to run, so joined Kirkstall Harriers. Am I really sane enough to hold down a responsible job, help raise kids and run a house and be trusted with the Vote? I'm not sure I am, because this running caper is a form of madness. Silly, painful, glorious, liberating madness.

Suddenly, I realise I've broken the back of this run. I'm on Otley Road and heading down to Harlow Carr Gardens. What a vision I must look to the visiting day-trippers and keen horticulturalists, all snot and sweat. My body is hurting, but I stopped running with my body a while back, this is now running from memory where the mind is all that counts. I *can* do this and, best and blessed feeling of them all, I *will* do this. Monday to Friday I do pretty much what *they* tell me this morning is my time. I am in sole charge and I am calling all the shots now, thank you very much. Duchy Road arrives on my right, which would disappoint Musical Youth I'm sure who always reckoned you should pass the Dutchie on the left hand side (google that one, kids). This is it, I'm heading home. Duchy Road is where I sprint, doesn't matter how I feel, my head says I'm sprinting. Passing pedestrians might beg to differ.....but how many of them have just ran 20 odd miles? I am not Simon. I am neither man nor human. I am not husband or dad. I am not your boss or your colleague. I am runner.

I've made it back. Don't know how, but I've made it back. There's the front door. All I need to do is open it and my chocolate protein shake awaits. Nectar of the gods on Olympus surely never tasted better. I crawl up the stairs; the only thing left to run now is a bath.

And 7 days hence, I get to do this again. Lucky? Blessed? Bonkers? All of the above. **Simon Smith**



A Thumbs up from Simon... All is well! Ignore the pained expression on his face..

The Yorkshireman Half-and-a-bit

While thousands and tens of thousands were running shoulder-to-shoulder in the Great North Run and Vale of York Half, there were, dozens of us lining up at the bottom of Haworth's main cobbles street for the start of the Yorkshireman Half.

Technically, at 24km, it's the Yorkshireman Half-and-a-Bit, but we're from Yorkshire, us, and we like to get value for money. At £20 it's a bit dearer than your usual fell race, but you do get a fine tee-shirt and as much stew and you can eat. Sadly, you don't get to keep your race number, they're made from heavy-duty plastic and re-used each year. They also add to the weight to carry, what with the FRA (Fell Runners Association) race kit, which includes a map and compass. I ask you, what am I supposed to do with those?

It is a race to take very seriously, with 650m of uppy-downy, a lot of it on the high fells, across peaty bogs and, horror of horrors, a couple of kilometres on dreaded tarmac. There are no marshals and very little in the way of signposting, so recces are an absolute must, there is always someone who goes wrong. This year it was the leaders of the pack, each assuming the other knew where they were going. Well, they didn't, so there were no records broken.

I love this race, it's the fourth year running (or walking) I've entered, but with a couple of weeks to go, I got shingles, as the GP prescribed a pile of painkillers (not really needed) the only thing I wanted to know was, would I be able to run my favourite run. You should be OK, he said. I took that as a yes, that was good enough for me.

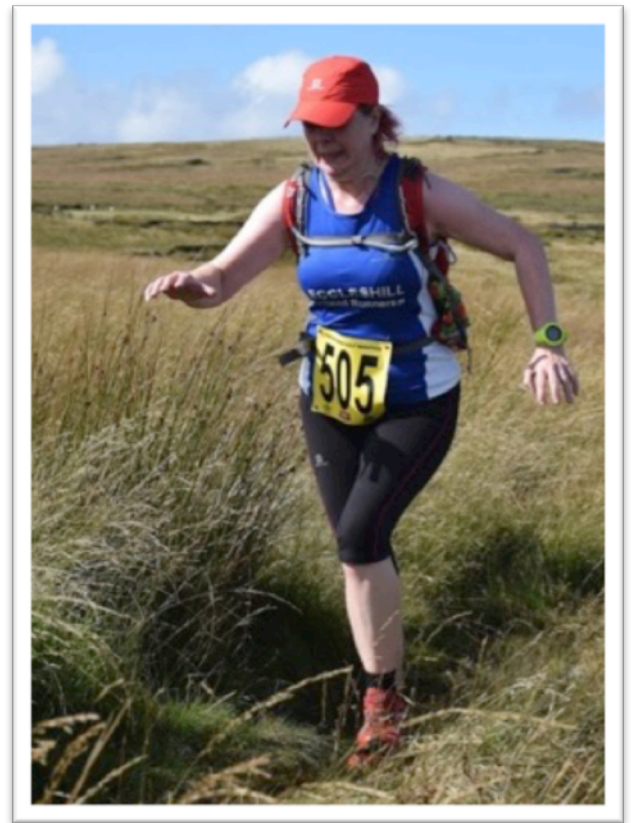
As Laura Davies and I did our pre-Yorkshireman Half stretchy-stretchy yoga session on the Friday, she confessed she wasn't 100 per cent, a small matter of a dental abscess, but she was up for it too, though we agreed it probably wouldn't be a day for PBs.

The race has a cruel uphill start, through a car park, then towards Penistone Hill, starting point for some of the shorter fell races, including the New Year's Eve Auld Lang Syne. Then over towards the Withens pub, which is no longer a pub, dammit, though they do serve water and biscuits from a table, which go down very nicely at the 13km stage. A little turn around the moor and it's back downhill towards Oxenhope, running parallel with the railway.

I confess I did a bit of walking, though it gave me chance to admire the view. I even stopped to talk to a couple who wondered what the heck was going on and why all these muddy folk were running around the moors. And of course there were the friendly faces of Andrew Thrippleton, and the Woodentops, Eileen and Dave Woodhead, who captured the pleasure and the pain on camera. Laura had been going great guns, but even antibiotics can't counter the impact of running and jarring on the jaw and Laura had to pull out at the Withens

checkpoint.

We both have unfinished business with the Yorkshireman Half, Laura and I. We'll be back next year, who'll join us?



Anne Akers at one with Nature

Club Championship

We're reaching the climax of the Club Championship with only 3 races to go!

To start off with slightly bad news, Harewood 10 has been cancelled so we've replaced it with race 2 of Peco, which means the first two will be both CC races. Get your cross country shoes at the ready!

On more recent news we've have had several races since my last update, results of which can be found on the Harriers website. What the results have meant is that we seem to have a runaway leader in Yekanth, fully deserved I might add with the performances he has put in. He is currently 3 points off the maximum, magical 325 points with a marathon bonus to come, so can he get one final 50 to get there? Up for grabs!

We've had some excellent competition this year so don't let Yekanth put you off, there's still upwards of 10 people who could come 2nd or 3rd (and receive said trophy). There are still a lot of points on offer from the final 3 races: Guy Fawkes 10 and the 2 Pecos (rumour has it will be free again this year, so no excuse!!).

I'm currently working on the 2017 calendar, which hopefully will include even more variety and even more chances to get a 50 on the board. For example it seemed a shame that we had so many harriers completing different half marathons the other week but only the Vale of York runners counting. Why should we penalise you for doing GNR or Half Yorkshireman instead?

I'll be looking closely at the race calendar next year to get similar ideas so if you have any popular and interesting local races that could accommodate 50 of us (don't tell them what that actually means) then it can be put up for consideration!

Thanks Malcolm, your friendly Championship coordinator.

Position	Name	Points	Total Races
1	Yekanth VENKITEELA	322	6
2	Elizabeth WALKER	312 *	7
3	Rose GEORGE	306	6
4	Chris HUDSON	302 *	7
5	Adam NODWELL	294 *	9
6	Neil MARSHALL	286 *	7
7	Shevonne MCLARNON	283 *	7
8	Patrick NESDEN	282 *	8
9	Alyson GLOVER	277 *	7
10	Vicki HIPKISS	264 *	8



Our Championship leader Yekanth powering away at the top of the league table and on the road as well!

Welcome New Members



Joining the club in
September are;

Isobel Webster

Lee Hardy

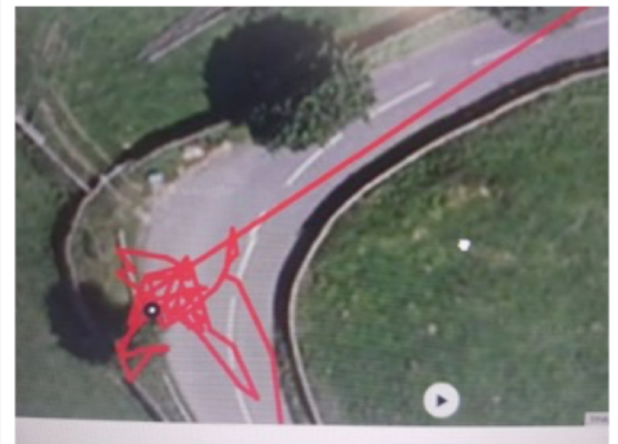


And Finally...

Adam Moger last month proved rather dramatically that running is better than cycling. After a high speed misunderstanding with a crash barrier in the dales, Adam needed to be airlifted to hospital to be check over. Luckily he was given the all clear and went home the same day, sadly his bike didn't come off quite so lightly.

Adam is doing well and will be back running again soon. Adam and the club would like to praise the Yorkshire Air Ambulance - a charity that needs to raise £12,000 a day to keep two helicopters over the skies of God's Own,. If you have a few quid going spare please donate to;

<http://www.yorkshireairambulance.org.uk/info/about-us>



The Air Ambulance at the scene and Adam's garmin track of the accident!

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

Please email kirkstallharriers@googlemail.com if you would like to contribute to the newsletter.

All articles, member profiles etc gratefully received.

