



NEW YEAR NEWSLETTER

Issue 146 edited by Rose George

NEWS IN BRIEF

2016

Happy New Year to all Harriers! Last year was a great success for the club: we had many new members, our race was a sell-out, and our speedy Ladies team nearly won the PECO league. (Fingers crossed and spikes polished for this year, ladies.)

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Photo of the month: A rare sighting of a Shamiso smile in the vicinity of mud. Plus the ever-smiling Niamh.

CLUB CHAMPIONSHIP

So here we are, the 2015 Club Championship season has come to a close with the presentations of trophies at the Christmas Fuddle on the 21st December. The final results are now on the website for all to peruse. Yet again I had to return to the rules to find out how tie breaks were dealt with, thankfully no ambiguity ensued (marathonbonusgate anyone?), congratulations to the top 3:

1. Paul Newton – 313 points;
2. Helen Burgess – 308 points (283 excluding bonuses); and
3. Patrick Nesden – 308 points (273 excluding bonuses).

Thanks to Chairman Glover we managed to get a photo of all podium finishers after the fuddle. Photoshop Level = Expert.



Congratulations to everyone who took part & thank you for doing so. It was great to see the enthusiasm & it was a bit of a realisation for me as to how seriously the championship is taken if I'm honest! Without as many of you engaging with it would have been a bit of a chore, alas I was kept on point by a number of very astute & beady eyed members. Thanks for your patience, heads up when things went a little Pete Tong and also for your appreciation, never a week went by that it was a thankless task.

As a final roundup to the 2015 CC I decided to compile some completely useless statistics:

- 19,128 – the total number of points dished out across the season;
- 659 – the number of parkruns by members in the 2015 CC season;
- 408 – the total number of hours ran by point scoring members;
- 138 – the total distance in miles of all races in the season;
- 137 – the number of consecutive days the CC winner was resident at the top spot;
- 108 – the number of members who scored points took part;
- 44 – the number of marathons completed by members; in individual races;
- 32 – the number of different members finishing in 1st, 2nd or 3rd place
- 19 – the number of races on the calendar; and
- 1 – running club!

Now I've actually read & understand the rules from start to finish, I've decided the time is nigh to leave Leeds! For those that don't know I'm London-bound to take up a job with TfL (= lots more spreadsheets) and leaving Leeds on 15th January. If anyone cares to join me, there is a vague plan to organise something post-PECO on 3rd January. This is likely to involve food and too many pints somewhere in Horsforth, details to follow sometime this week on Facebook.

I'll be continuing to fly the purple flag down south & if you're ever that way & fancy a pint or a run (got my priorities right there....) then give me a shout. I'll also not be a stranger from Leeds & hope to make it up for a few weekends, & most likely @ Osmotherly.

Now, without further ado, please join me in welcoming your newest CC co-ordinator into the hotseat: Malcolm Taylor. I have no doubt he will do a splendid job and I hope you offer him as much support as you afforded me!

STEVE WEBB

Thanks Steve for all your hard work. Good luck in the new job and don't go soft down south, will you, lad?

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FROM OUR CHAIRMAN

Happy New Year

We wish a Happy, injury free and PB-packed New Year to all our members. The year is looking promising for the Ladies PECO XC team who have won the first 2 of the 5 race cross country series. Let's see if we can get as many of our ladies at the next three races in January and February. It would be a fantastic achievement if the ladies team can win the premiere division.

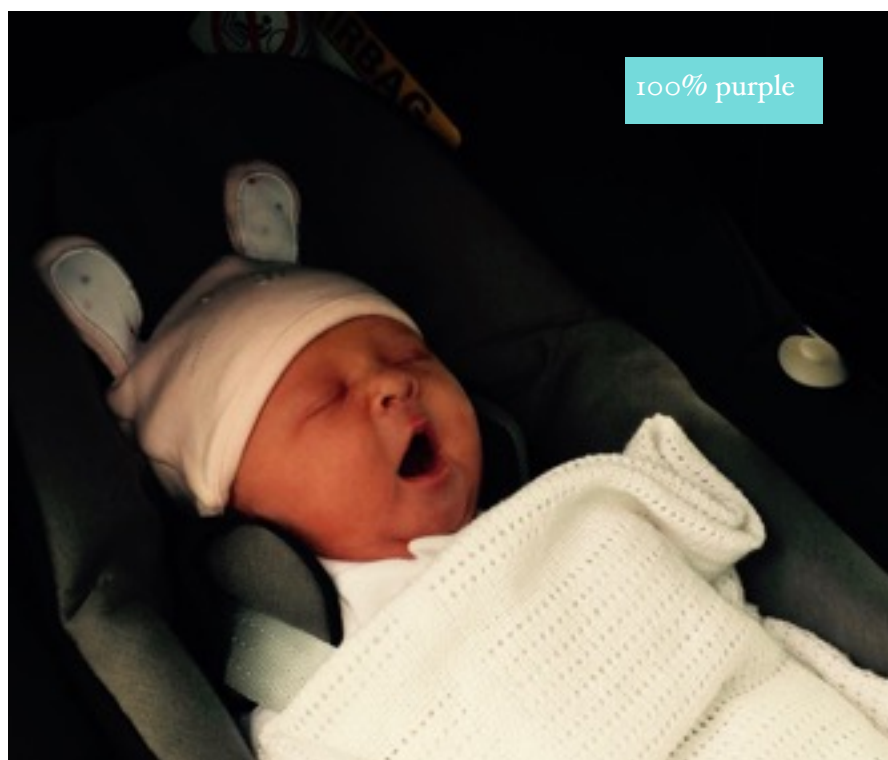
The 2016 AGM will be held at **8.30pm in the LPSA club on Monday 15th**

February. An agenda will be emailed out to all members in January. The main items for meeting are setting of 2016 subscriptions and election of officers, captains, vice captains and committee. The winners of the 2015 sportsman and sportswoman will also be announced and trophies presented. A free buffet will follow the meeting at about 9.30pm. Please come along and join in.

CHRIS GLOVER

KIRKSTALL HARRIERS REPRODUCTIVE NEWS

Tom and Kimberley Keeber have a new baby girl, Amelia Anne, born on 16th December. Tom and Kimberley met at the running club so Amelia is 100% Kirkstall Harriers. Congratulations! And congratulations to all the other new arrivals this year: Samson (or Sammy), born to Adam & Anna Moger, Sebastian to Paul & Clair Miller, and Ida to James & Nicky Nundy. Apologies if we have missed anyone.



PECO NEWS

26 KH ladies & 20 men tackled the mud at West Park in the season's 2nd PECO XC. Misdirection at the front of the field was resolved in the results, and 700+ runners cutting across a football pitch led to a Twitterstorm, but none of our five Kirkstall marshals were involved in either error. Those of us watching the ladies finish had a nervous wait to see the tables, with some fast Valley & Horsforth women in amongst our top five of Alice, Emma, Niamh, Shami & Hikari. Valley in fact got all five of their counters in the top 31, yet still finished 2nd to the KH ladies. This sets up a great opportunity in the last three races, notwithstanding that there are always injuries, absences & unforeseen events to contend with. Of particular note were Alice & Emma, 4th & 5th overall, with Alice setting out her stall as leading lady but Emma returning to form by improving 13 places from Race 1. Our ladies had the biggest turnout from any club and are currently 2nd in the "2nd teams" table.

James Woodman was an impressive 21st overall in the men's race, with Ben, Jack (first KH race), Paul M, myself, Adam N, Mike Roberts (first KH race) & Chris G making up the 8 counters, with Paul Hallam immediately after Chris. Plenty more behind bolstered the team score, with Simon Smith making it home despite a rolled ankle. The men were only four positions from matching Abbey at the top of the table, i.e. half a position each over the top 8, a big improvement from Race 1 and leaving us 3rd overall in the 2nd division with plenty to play for.

The next race is on 3rd January at Middleton.

ADAM MOGER



No sign of Alice, who must have stormed from behind, but the rest of our fast women make sure they know their place: at the front!

Club Trip to Osmotherley: April 2016

This a reminder that the next club weekend away is at the end of April 2016. We have booked Cote Ghyll Mill in Osmotherley for the Friday and Saturday nights (29th and 30th April 2016). Alyson and I are the organisers for this trip.

We will have the whole building to ourselves. The accommodation is bunk rooms and the food will be mass self catering as usual. 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 at cdglover@email.com or the club email address for bank account details.

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

CHRIS GLOVER



RACE REPORT: CHEVIN CHASE (1)

Who knew that the Chevin Chase had river crossings! Well it was more like one big river over the whole course.

On the drive to the race it had already been raining for about 36 hours non-stop and I did wonder if the race would go ahead. To the credit of Airecentre Pacers, it did, but I think another 2 or 3 hours later and it would probably been called off. We did not realise what flooding was to come over the coming days but already, we knew that Ilkley and Otley were suffering. I imagined how the course might look after all the rain but it was much worst than I thought.

The total field for the race was unsurprisingly down by about 200 on last year's attendance (750 rather than 950), but it still shocks me to see how many runners are willing to take on such bad conditions (even in fancy dress). We had some Harriers drop out but still had a decent representation with our 13 runners (inc. second claim members). Of course we were wet through before the race started, even though we had waited until the last minute to leave the shelter of the Sports Centre. At the start, the race director announced that the Brownlees were not taking part this year, so I knew that was 2 places further up the finishing list for me!

The rain continued throughout the race and the first sign of what was to come was on the first climb up a narrow tarmac lane. The right hand side of the lane was a river running back towards us. At the top of the climb, a wall on the left side had been pushed over onto the road by a torrent of water running off the fields above and forming a wide river across the road. From then on, we were running mainly in flowing water. The sight of East Chevin Road with a river running down either side was something I will not forget. It went through my mind that all that water is going to end up in the valley bottom and the river which had already burst its banks. [continued....]



The run up from Surprise View to the Royalty pub is normally lined with hundreds of supporters and although the numbers were far fewer this year, I was pleased to see that a fair number were waiting with umbrellas to cheer us on. In the end I have to say that I actually enjoyed the race. It was very entertaining and once you are wet then you can't get any wetter! There was so much water around that I was not muddy at all. My shoes were clean as were my hairy legs (which normally collect lots of mud). It was like I had been swimming rather than running, which I almost had I suppose.

Our journey home was delayed by closed bridges at Kirkstall and Apperley Bridge and we now know what was to follow just a few hours later in Leeds and all over West Yorkshire. It is hard to believe that I will ever run this race in wetter conditions than this. I do hope not, because that would mean disaster for areas again.

CHRIS GLOVER

Pos	Name	Gender Pos	Category	Cat Pos	Chip Time
14	Peter Branney (SC)	14	Vet 35	5/88	00:44:24
155	Christopher Glover	139	Vet 50	12/71	00:54:55
218	Adam Rhodes	198	Vet 35	50/88	00:57:55
306	Kieran Obrien	268	Vet 35	61/88	01:01:13
382	Jill Camm	55	Vet 35	14/43	01:03:35
423	Louise Obrien	68	Vet 40	12/46	01:05:03
427	Paul Glover	359	Vet 60+	12/37	01:05:53
594	Sean O Halloran (SC)	466	Vet 35	81/88	01:12:58
664	Laura Davies	170	Vet 35	30/43	01:16:55
721	Patrick Nesden	517	Vet 60+	32/37	01:22:14
754	Anne Akers (SC)	230	Vet 55	10/14	01:27:27
755	Karen Longfellow	231	Vet 50	38/41	01:27:27
756	Alyson Glover	232	Vet 50	39/41	01:27:27

RACE REPORT: CHEVIN CHASE (II)

(EDITOR'S NOTE: YOU WAIT AGES FOR ONE CHEVIN CHASE REPORT AND THEN TWO COME ALONG AT ONCE. SO HERE THEY ARE)

With flooded roads and torrential rain either preventing or putting people off, numbers for this year's Chevin Chase were down by a few hundred, there wasn't even a Brownlee to be seen! Still, the purple posse put up a good team, with some even braving fancy dress.

It rained every step of the way, there wasn't a part of the course that wasn't wet or muddy or both. The stoney path down from Surprise View was a river and the only way was through the water, which was ankle-deep in places and it was cold.

There were a few casualties on the way, many fallers and a few retirements, Noel Akers twisted his ankle on the way down and had to retire and Karen Longfellow took a tumble on the way back up to Surprise View, cut her arm and twisted her toe, possibly breaking it, but she carried on and finished!

Despite the conditions, it was a brilliant race and fantastic experience, not really a day for PBs, but there's always next year!

ANNE AKERS



FEATURE: CHILDREN OF THE RESOLUTION

Last month I shared with you my “seasonal seven” survival tips for running over the festive period. Well, by the time you read this, Christmas and the New Year festivities and excesses will have been and gone. Just like a visit from my Mother in Law, January can be a long, cold and dark experience, and it’s very easy to feel “flat” about things in general, not just running. A distinct “after the Lord Mayor’s Show” sense of anti-climax can easily pervade if we let it. Recognising that I can very easily feel this way myself, I thought I’d share some thoughts and goals about the running year ahead in the hope that I keep myself bucked up and excited about things to come. The list is obviously personal to myself, but I hope sharing the following resonates with fellow Harriers and starts you planning your year ahead (if you haven’t already). If this reads like it’s all about me, I will have failed in my task:

1. I want to get fitter. Don’t we all! For me, this is about shedding the midriff flab that was already growing before Christmas and getting down nearer to my fighting weight. This one is a battle for me, as I do enjoy a pint and find it difficult to avoid “bad” dietary choices. But I know I feel and run better when I am leaner – not to mention just feeling happier in my own skin. Will power is what I need to build. If the crisps and chocolate biccies are in the cupboard, I will eat them without compunction. If they aren’t there, I don’t miss them, so the secret to success here may have its root cause in the shopping trolley.

2. Build core strength. This is closely linked to 1 above. I want to make time during my day to spend 15-20 mins working my core muscles slowly but surely. I do read a little bit about the science of running, and understand that a fitter core will help my running form and gait, especially over longer distances where I know I

become less mechanically efficient (or “knackered”, as its also called). This will make running and racing that little bit easier I am sure. Claude Monet said “I would like to paint the way a bird sings”, and I think I know where he was coming from. I’d like my running to be similarly freer and less laboured. A self-reality check tells me I’m a 40 something bloke with a 40-hour-a-week desk job and another 10 hours a week sat in a car travelling to and from work, so this will be another tough one to accomplish. My best time for doing this is probably going to be immediately on getting home from work, so that will be my aim. There could be more chance of my Mum getting into gangsta rap.

3. Sample new running experiences and try different things. This should be an easier one to achieve. Running and racing with Harriers has taken me outside of my cosy little Harrogate bubble where I know all the highways and byways like the back of my hand. The routes we run through still feel new to me, and I bet you even the ones I’ve ran loads of times I’d still get lost if I wasn’t running as part of a group. This has given my running a freshness and excitement it had once lacked. I want to build on what I started last year, running races I don’t know well or haven’t done before that have West rather than North Yorkshire as their axis. I also want to build on what is a growing love for Cross Country running, something I never thought I’d hear myself say. I’m loving the PECO’s (honest, I really am) and am looking forward to the Yorkshire and Northerns coming up – both of which will be new to me. I also want to try some more relay running this year, as loved the evening many of us shared together in Golden Acre Park back in the Summer. Its nights like that which are the reason I’m in this cracking running club rather than trundling around on my own. (And I don’t

just mean the chance to sup Paul's Strongbow)

4. Set some PB's. 2007 was an annus mirabilis for my running, a golden year in my memory where I set PB's at all distances. Whilst it remains the high-water point of my running in terms of times, I do consider I am a much savvier runner now than I was back then, a mere boy in the strength and sinew of my 30's. I'm better at digging in mentally when things get tough during a race, and have an improved sense of general "race craft" as I like to call it. What I haven't lost (and have regained since running with Harriers) has been a really strong competitive instinct against myself. I'm never satisfied with my performance, and feel I can still make improvements. Achieving a Half PB at Leeds last year was something I derived a lot of pleasure from, as realised I can still set PB's in my mid 40's if I work hard enough and train correctly. Even if I don't, I want to enjoy the challenge of at least trying and not stressing about the end result.

5. Say "thank you" more often. Take more time to thank more marshals during races, even if all I can manage is a thumbs up. Say thank you to people who organise races. Let the people who work hard on behalf of Kirkstall Harriers to make it all happen know how much what they do means to me. Thank the person I've ran with for their company. Easy? How often do any of us do this? I'm going to make 2016 a year of thank yous. Not stilted or formulaic thank you's, but warm, sincere and spontaneous ones – ones that really mean something to the recipient.

6. Prune my running kit. It's becoming silly. I have 3 kit bags stuffed full of old gear, and have no idea why I insist on holding onto it. I resolve to find somewhere that will take it off my hands and put it to good use. Likewise, I need to come to training only with the kit I'm

actually going to run in that evening instead of dragging round a holdall that looks as if I'm going on holiday for a fortnight.

7. Last, but most important, simply enjoy it. No matter what goals or targets any of us might set in 2016, we should not forget what a blessing it is to simply be able to run. Set a goal that you won't have a goal if you want to. You are your own boss. Physically uplifting. Mentally liberating. A daily chance for us to fight the fight against lethargy and torpor. An opportunity to inspire yourself or be inspired by others. A chance to praise our ability to bounce back from challenge and adversity – don't look any further than Peter Hey if you doubt me. Run fast. Run slow. Does it really matter? And who is the arbiter of what is "fast" or "slow" anyway? I really like these words from the late running sage and author George Sheehan:

"There are as many reasons for running as there are days in the year, years in my life. But mostly I run because I am an animal and a child, an artist and a saint. So, too, are you. Find your own play, your own self-renewing compulsion, and you will become the person you are meant to be"

Do it because you can. Because you love it and couldn't live without it. Because you are a Kirkstall Harrier. Enjoy running in 2016.

BY SIMON SMITH

RACE REPORT: THE GOWER HALF MARATHON

I was slightly worried when the forecast gave a >95% chance of rain for the day. All day. I'm a hardened Yorkshire lass and I'm used to a bit of weather. But when the organisers said they were having a spot of trouble anchoring the marquee due to 50mph winds, I wondered whether a half-marathon-and-a-bit on the cliffs above the Gower coast was a good idea. Maybe they'd cancel it, I half hoped.

But, hey, this was my prize from *Women's Running*. I'd trained for three months with the help of a proper coach who made me do hard stuff. I had £500 worth of kit, including a watch the size of my hand and with more features than I could ever use, though it did confirm I have a heart and it beats rather slowly at rest.

I was one of three women chosen to do Project Trail, the magazine told our stories and took our photos. It entered us into the Gower Coastal Half Marathon which was described as 'strenuous'. I also entered Noel, whether he wanted to or not. He did. It's the only race where I've ever been asked if I can swim. Even though I can, I was slightly worried about the circumstances that would land me in the water below.

The event was organised by Endurance Life, and included an ultra, marathon and 10km. As we arrived in the waterlogged field to register, there was a queue of half marathoners changing to the 10km. Of course that wasn't an option for us!

They couldn't put any flags or fancy finish banners up, the winds were too strong, so we just ran from the shelter of the marquee to the start and up the huge hill to the trig point where I understand there was a view beyond the mist, I caught fleeting glimpses of it.

I can honestly say I have never run in such appalling conditions. It rained every squelch of the way, the wind howled and the mud sucked off shoes. I may have fallen. I may have sworn. The stretch on the beach was lovely, but challenging and the wet wood steps were treacherous. It was brilliant!

Of course it would have been nice to enjoy the scenery more, but that's running for you. I'd recommend the venue, though at £40 to enter, it's definitely over-priced.

ANNE AKERS



RACE REPORT: AULD LANG SYNE

It's that time of year again, when the hills above Haworth suddenly fill with running reindeer, a near-naked caveman, a cat in a hat, a Star Wars rebel fighter, complete with cardboard jet, an emu, Captain America, Freddie Mercury, a werewolf, a hare and a tortoise (Hal and Helen) and a brace of other oddities. Oh, and some fell runners. Yes, it was Auld Lang Syne again, possibly the most favourite race of those put on by Dave and Eileen Woodhead, also known as Woodentops.

Fancy dress isn't obligatory but at the world-famous prize-giving afterwards, it gives you a much better chance of getting some chocolates and a bottle of beer. I went as Dangermouse, by means of a white forensic suit, white face paint, mouse

ears and an eye patch. This seemed like a good idea until we assembled in the quarry which is the start for all Woodentops races, serenaded by a bagpiper in a kilt, and I realised I couldn't see with the patch on, and the ears fell over. Oh well. Dave Woodhead yelled at us as he normally does, and all I heard was, if you don't take care when you cross the road, that's your silly fault, and off we went. Up, up and up. Since when did fell races contain so much up? Oh. Always. It was hard, but it wasn't raining, and the biting cold at the start seemed to abate, though actually I was just getting hotter, having stepped out of the car in the car park and nearly frozen on the spot, so stuck on an extra warm layer. There were supporters out, including plenty of children, so it was lucky I'd stuck Dangermouse's name on the back of my not-remotely-looking-like-Dangermouse outfit, so that when I approached, they said, "well done...." and as I passed, "oh!

Dangermouse!" Still, as I have fancy dress anxiety, and as I actually bothered to make one, well done me. Not so much for my running ability though: I was exhausted after the first mile. Running through the beck was fun, then up more and more, to the part of the route that is a switchback, so for a while I was entertained by the seriously speedy dashing past, some in fancy dress, including that near naked caveman in his leopard-skin Speedos. Luckily he was going so fast my eyes didn't

have to hurt. Then

onwards to

Withins ruin, up a bit more, and then, thank goodness, some skyline then some blessed downhill. The reindeer in front of me stopped for a toilet break, which looked like it was would be tricky, but I carried on though I wouldn't



picture by Julie Guy

have minded a toilet break too: but no way was I going to stop and deal with a forensic suit tied tightly at the waist with a rubber belt that was wrapped in gold tinsel. On, and on, running straight through every puddle and bog I could see, because it's fun, then the steep field before the beck that was now a bit of a mudslide. I'd been looking forward to going down it on my backside but it didn't look muddy enough, so I pelted down it upright instead, a big splash through the beck again, and then a slow trudge up the steep field on the other side. The woman running in front of me, who wore a t-shirt on which was written Naughty Nurses Fell Rescue Team, and was wearing knickers, tights and suspenders, retrieved her dog from a passing supporter, and then was suddenly running faster as the dog pulled her along. That's not sporting! I want a dog too! Never mind: the end was near, up through the car park, and the final stretch until a much needed cup of

tea, glass of sherry and Christmas cake and cheese, provided by Alyson G (who, as she looked at the cheese I'd dropped, said, "what kind of a mouse are you?"). Then of course to the prize giving in the Old Sun pub, as famous as the race itself, where winners get loaded with so many prizes they can barely walk - along with a crown - and there are prizes for fancy dress too, and then in the

spirit of generosity, chocolates are flung into the crowd. Last year I got a Cadbury's Caramel in my eye. This year I survived unharmed by small chocolate bars. It's a wonderful race - now it's over, and I've had chips - and I'd highly recommend it as a beginner fell race, if you're thinking of stepping into the magnificent world of mud.

ROSE GEORGE



picture by Julie Guy

MEMBER PROFILE: HANNAH LEE

Name: Hannah Lee

Age: 29

Occupation: Mad Scientist

Originally From: Pontefract

Time as a Kirkstall Harrier: 2.5 years

When did you start running and why?

I attempted to be a “runner” several times from ages 13-22, as I truly believed that I was an athlete in an unfortunate birthday suit. At 13 I joined the Air

friend (notorious for chainsmoking behind the bike sheds) who had started running. After several fails at labelling myself a “runner” my friends’ posts were enough for me to don my over priced



Cadets, where I competed in the 1500m track event and came last every year for 4 years. At 22 I joined Warwick Women’s Rugby Union 1st team, at 14 stone and 5 ft 7” I ran with great difficulty and so was forced to play prop. At 23 I noticed several posts on Facebook from a childhood

trainers and Sports Direct tracky bottoms and push my “badonkadonk” up a big bloody hill over and over again until it became a way of life.

How did you end up joining Kirkstall?

I moved back to Leeds in 2013, where I desperately needed to find accommodation fast (sound familiar?). I hastily signed a 6-month contract for a house on the Normans (living with two old men with teeth you would see on the Jeremy Kyle Show) AKA those damn streets we do the hills on. This naturally meant I would find myself running with the Kirkstall Harriers.

**What are your motivations for running?**

I watched "What Women Want" over Christmas. There is a poignant part where Mel Gibson and Helen Hunt are mind-mapping a marketing idea for running on the road with Nike. They come up with the slogan "No Games. Just sports". With running you are not playing games with your corporate boss, your backstabbing work colleagues or your non-committal boyfriend. You are just doing a sport and it will always be there for you, whatever shit life puts in your way.

"You don't stand in front of the mirror before a run and wonder what the road will think of your outfit. You don't have to listen to its jokes and pretend they're funny in order to run on it. It would not be easier to run if you were dressed sexier. The road doesn't notice if you are not wearing lipstick, does not care how old you are. You do not feel uncomfortable because you make more money

than the road. And you can call on the road when you feel like it, whether it has been a long day or even a couple of hours since your last date. The only thing that the road cares about is that you pay it a visit once in a while. No Games, just sports."

What are your greatest running achievements?

Coming second in the 2014 club championship, 1:57 half marathon (this year), coming first in the Chairman's Chase (or Members Meander: I can't remember), coming first on one of the time trials 23:43 (last year) and completing my first marathon (this year) and finishing the 24-hour Thunder run.

What are your best running club related memories?

My top six favourite memories have to be:

1. Demonstrating that I can't jump over and over again
2. Going trampolining in Wales, pulling something in my back and then cooking dinner for 38 people while looking like a witch stirring a cauldron.
3. Showing everyone my tight hole and having beer licked from my elbow on a UCP. [editor's note: we have no idea what this means, nor do we want to know]
4. Dancing like maniacs for several hours after only two pints at the 30th anniversary.
5. Passionately singing "Lady in Red" to everyone while stood on a table
6. Our epic ability to devour food, especially cake and beige food.

What are your worst running related memories?

Until recently I have been quite self-critical of my running achievements. I have gone home after a race and had a little pity cry (Leeds half 2014 and Yorkshire Marathon) while stuffing my face with cake promising myself to do better next time and making many excuses for my recent efforts. After getting the shin splints early on in the year, I



*We congratulate Hannah on her first marathon,
but also on having the daintiest post-race shoes.
With sparkles.*

have found it difficult to fall back in love with running but I am eager to start the New Year with a positive outlook.

Any words of wisdom for your fellow harriers?

Life is too short to miss out on a Kirkstall Harriers weekend away!

FEATURE: BLOOD, SWEAT, TEARS

A couple of weeks ago, I freely gave away 13% of my blood. 470 millilitres. I watched it gush with vigour into the plastic bag that rocked steadily next to my chair, and it felt good. I like giving blood: it's soothing to see the rich and red fluid that keeps me alive and running, in both senses. I can rarely give it, though, because I travel to diseased countries. Last time I gave it, I had no idea what an impact it can have on running, either. This year, I knew better, but I gave blood anyway, in the week of a PECO race. And I've paid for it. It's been two weeks, and I've been sluggish, tired and feeling horribly depleted. Which is because I am.

This is what the National Blood and Transplant Service says about how your body replaces blood:

Millions of [cells] are being made and dying every second. When you give blood you lose red cells and the body needs to make more to replace them. Special cells in the kidneys, called peritubular cells, sense that the level of oxygen in the blood has decreased (due to the loss of red cells) and start secreting a protein called erythropoietin. This passes through the bloodstream until it reaches the bone marrow (the soft fatty tissue inside the bone cavities). The bone marrow produces stem cells, the building blocks that the body uses to make the different blood cells – red cells, white cells and platelets. The erythropoietin sends a message to the stem cells telling more of them to develop into red blood cells, rather than white cells or platelets.

Your body makes about two million new red cells every second, so it doesn't take long to

build up stores of them again. What about your white cells and platelets? A number of other messenger proteins also stimulate the production of these cells in the bone marrow, and over the next few days levels return to normal.

As usual, I was advised not to do any strenuous activity for the next 24 hours, and I didn't. So why am I still feeling knackered? Because although NHSBT tells you that it takes you six weeks for your iron levels to get back to normal, it doesn't tell you what impact that will have on sport or performance. The impact is this: you run a race at West Park at a couple of hundred feet above sea level, and it feels like you are racing in the Andes. With

depleted haemoglobin and iron (haemoglobin contains iron), my cells aren't as efficient at sending oxygen around my body. I'm altitude training, whether I like it or not. Performance after giving blood decreases - unless you are Lance Armstrong, and doing whole body

blood transfusions and adding some EPO - by about 10%. So am I regretting giving blood? No. When only 3% of the UK's adult population gives blood, we should all give as much as we can (if we can). But I'd only say: time it right. And afterwards, eat as much liver and onions (carnivores) or kale and beans (vegetarians) as you can, and wash it down with orange juice, which enables the body to absorb the iron better.

ROSE GEORGE



FEATURE: MARCOTHON

As runners, we like a bit of a challenge, though what possessed some of us to take up the Marcothon Challenge is anyone's guess. Running every day in December seems like a good idea on the 1st, 2nd or even 3rd but as the days got shorter and wetter and the Christmas parties more numerous, it became much more of a chore.

The Marcothon Challenge was started in December 2009 when Glasgow couple Marco and Debbie Consani decided it would be a good idea to run every day for no other reason than because they could. The idea caught on among friends, who persuaded them to spread the challenge around a bit. They did and now it's international. The rules are simple, just run a minimum of 25 minutes a day. It's not a competition, there are no winners, if you cheat, you're cheating yourself, and that's about it, really.

As far as I know three other Harriers, Rhona Cameron, Alyson Glover, Sam Broome and me (apologies if I've missed

you) took up the challenge, posting progress on the Marcothon Facebook page. Rhona definitely got the prize for the earliest run (5am anyone?) as it was the only way she could fit it in with work, I managed to do a few runs in my lunchtime from work and Alyson ran a lot of teatimes. Parkrun was ideal for the short run, though when Rhona was run director at Woodhouse Moor, she couldn't run with the rest of us and had to do it afterwards. That's dedication, eh?

Alyson and I had our Boxing Day Marcothon on the Chevin Chase, which given the conditions, should have counted as double (but didn't!) while Rhona did another parkrun. Some days were faster than others, and at one point I was running out of clean running clothes, though it was an excellent excuse to buy more. I'll miss it when it's done and will definitely do it again next December, though there are many adventures to have before them.

ANNE AKERS



© Can Stock Photo - csp24801070

ART CHALLENGE by JAMES NUNDY

As a user of Strava, I'm always impressed when people complete an activity and the route looks like an image of something. It doesn't happen often with the people I follow, but it does happen. I have a distant memory of Neil W running a dinosaur. Another chum biked a rooster and balls. I particularly like this New Forest pony by David Taylor:



My challenge, if you choose to accept it, is to run or cycle an image through your mapping app of choice, whether it be designed, or the result of a beautiful accident* and submit it to newsletter HQ during the year. If there are enough entries for a competition we might work something up later in the year, or maybe just enjoy your achievements in future editions. Either way, enjoy your running, biking, alpine skiing etc in 2016!

*not the 'getting damaged' variety!



YOUR RUNNING HIGHS & LOWS OF 2015 AND YOUR RESOLUTIONS FOR 2016

NEIL MARSHALL Worst: Crashing at the Leeds half and only just mustering energy to run past the fire station and purple peeps before crashing again. 2016: proper prep before runs and the year of the PB!!! Forgot my best: keeping my manliness by forcing myself not to cry with joy when finishing my 1st marathon!

PAUL CHAPMAN Best: running 2 marathons in a week and getting a PB at both, worst: I can't think of one I have had a good year and my resolution is to try set a new PB in all distances

STEVE WEBB Best: Marathon PB at Manchester.
Worst: Running London the week after and burning out massively with about 6 miles to go.
(November) Resolution has already started - gym work to set me up for a proper marathon training season & get a GFA time.

MATT SYKES-HOOBAN Best: finally getting back to running a decent distance, 10 miles for a LCW reccie with Noel Akers in the Summer (Although wasn't able to run the relay).
Worst: memory started as a good one which was running around Constantine in Cornwall in October then I slipped and rolled my ankle so badly I haven't be able to run since. My next years running resolution is to get back to running regularly with the club!

ALICE MURRAY-GOURLAY Best: PECO's. Both of them. Big fan. Oh and finally finishing a half after 3 years in and out of injury.
Worst: not joining Kirkstall Harriers sooner.

LIAM MEALEY Best: Discovering I wasn't entirely shit when attempting to run again after several months with my legs exclusively attached to pedals.
Worst: I'm not sure I've run enough to have a worst moment!

DOMINIKA MALINOWSKA Best: running the Yorkshire marathon and reaching my time goal.
Worst: missing out on a bunch of good races due to work and studying, for next year I'd like to improve my speed and get a marathon PB.

ADAM RHODES Best: completing my first ultra in Cape Town.
Worst: picking up a knee injury at mile 17 of my second ultra, knowing that I still had 45 miles to go.
Resolution: to try and stick to a routine of cross training/conditioning in the gym.

KEVIN KELLY Best: 5am run at Rainbow Beach and had the whole beach to myself Edinburgh marathon.
Worst: loss of running mojo afterwards. Got to get it back in 2016.

JEMMA ROE Best: surviving my first half marathon
Worst: having to completely walk the last hill at Danefield relay in absolute utter despair!!
Goals for 2016: everyone keeps telling me post-baby is a good time for better performance So a sub-50 10K by end of year and another half marathon (preferably sub 2 hours)

EMMA LAVELLE-WOOD Best: Thirsk 10mile road race: lovely route, lovely fresh spring morning, and getting a PB.
Worst: It has be Boddington PECO, running around a muddy field TWICE is not my idea of fun, but my worst running

experience of 2015 has to be falling on a run home from work and spraining my ankle.

Goal for 2016: Trying a marathon.

JILL BUCKLEY: Best: not many. It's been a pretty crap year for several reasons. But two that stick out. Ravenscar half in May: good company, beautiful scenery, great fish and chips. And Newcastle won that day. Or Bishop Wilton Half on my birthday in July: again good company, great scenery and a beer tent at the end. Worst: a toss-up between the last half mile of the Bridges of the Tyne five mile where a huge crowd had gathered to cheer on the runners, oblivious to the fact that this particular runner was in absolute terror and feared that she was about to sh*t herself in front of said gathered crowd. I've never been so pleased to see a Portaloo. Or the unexpected and sudden puking attack about 0.2 miles from the end of Leeds Country Way leg six. Goal for 2016: getting round London Marathon and never doing a marathon again. And a triathlon. Just a little one though.

LAURA DAVIES Best: I was pleased with 60km run at this year's Thunder Run, especially as the final lap felt comfortable enough that I would have done another if the time hadn't run out. Worst: Most disappointing run was the Yorkshireman half where I was a mere 89 seconds slower than 2014, despite injuring my calf at mile 10 and hobbling the last 5. Argh! Resolution for 2016: less chatting and doing some proper training.

VICKI HIPKISS Best-completely unexpectedly winning the 2015 Chairman's Chase. Worst: a recce (luckily) of LCW and so miserable that I could not run. Resolution: a sub-28min parkrun.

NIAMH JACKSON Best: the Northumberland Coastal Run (NCR). It's

certainly the most scenic race I've run so far and there's something about starting a race on a beach, which is hard to beat. This year's NCR topped last year's NCR by being cooler in temperature, which made for more pleasant running conditions and I stayed over in Alnmouth, which turned the weekend into a mini holiday.

Worst: Dewsbury 10k. I was trying to get a sub-40 minute time and I failed. The course was boring, my breathing was all wrong and it made me realise that I don't especially like 10k races.

ADAM NODWELL Best: Probably getting into running again, properly! Joining Kirkstall Harriers, PBing a 5K and 10K and 10 Mile for the first time since a major injury in 2013, doing my first fell race, my first trail race and half marathon. Worst: the adductor injury I got from over training (silly me) Resolution: Considering I have dabbled in so many types of running and enjoyed all of them I reckon I'll keep going!

ROSE GEORGE Best: Being able to run again after three months off with a posterior tibial tendon injury. Particular highlight: doing Widdop fell race on a gorgeous summer evening. Worst: The tendon injury, having to pull out of the Manchester marathon, and the moment when after a 14-mile training run along the canal I realised I was in such pain that I couldn't do the marathon, and then standing at the bus-stop feeling very sorry for myself. Resolution: more fell running, including the Three Peaks. To do more strength-training, more yoga, and my damn glute exercises.

SPORTSWOMAN & SPORTSMAN 2015

Voting closes on 31 January so please cast your vote online by clicking below and filling in the simple online voting form.

<http://kirkstallharriers.org.uk/new/club/sportsman-sportswoman/>

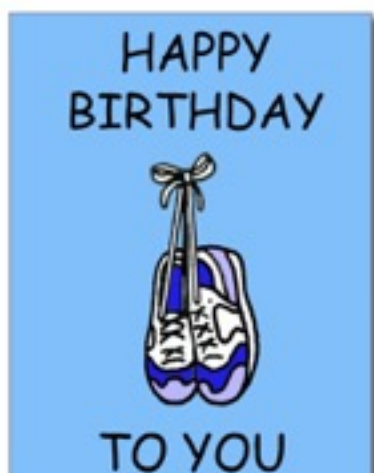
The Q & A on the web page should answer any queries about the ballot. Winners will be announced at the AGM in February.

Member PBs for December

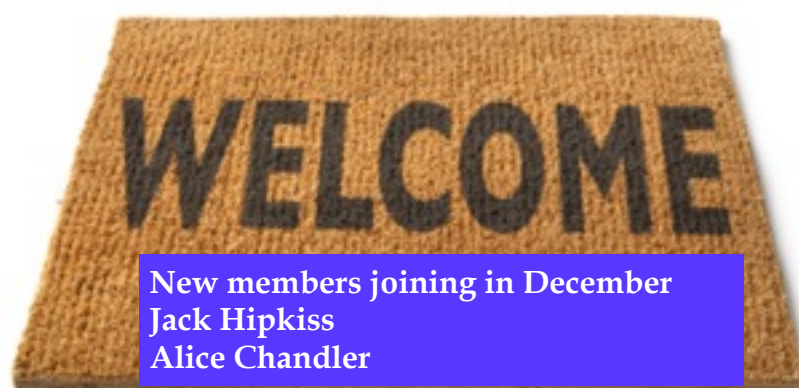
NAME	PB OR FIRST RECORD	DISTANCE	TIME
ADAM NODWELL	PB	HALF MARATHON	1:36:46
NOEL AKERS	PB	5K	0:21:34
VICKI HIPKISS	PB	5K	0:28:04
ADAM NODWELL	PB	5K	0:20:15

Member Birthdays in January

Anne Akers
Catherine Barrett
Samantha Broome
Ian Brown
Alice Chandler
Andrew Cooper
Matt Cox
Clare Doherty
Christopher
Glover
Jack Hipkiss
Chris Hudson



Anna Jaines
John Kelly
Daniella McGuigan
Liam Mealey
Sean O'Halloran
Adam Rhodes
Martin Roper
Martin Savage
Antony Shaw
Kate Speirs
Nick Sugden



New members joining in December
Jack Hipkiss
Alice Chandler

RACE CALENDAR FOR JANUARY 2016

ROAD & TRAIL

JANUARY 1:	CLEETHORPES 10K DOUBLE PARKRUN BRAMLEY/TEMPLE NEWSAM WOODHOUSE MOOR/TEMPLE NEWSAM
JANUARY 3:	PECO XC, MIDDLETON WOODS, 4-5 MILES
JANUARY 9:	YORKSHIRES XC, LIGHTWATER VALLEY
JANUARY 10:	TEMPLE NEWSAM 10
JANUARY 17:	BRASS MONKEY HALF MARATHON, YORK INSKIP HALF MARATHON, NEAR PRESTON
JANUARY 24:	PECO XC, GOLDEN ACRE PARK [CC] FERRIBY 10, NEAR HULL
JANUARY 30:	NORTHERNS: XC, BLACKBURN
JANUARY 31:	MELTHAM 10K, MELTHAM

FELL & LONG-DISTANCE WALKERS

JANUARY 1:	GIANT'S TOOTH, OGDEN RESERVOIR, 4.8 MILES, 120 FT NINE STANDARDS, KIRKBY STEPHENS, 12.9 MILES, 579 FT
JANUARY 9:	TRIGGER, MARSDEN, 32KM, 1650 FT
JANUARY 16:	STANBURY SPLASH, NEAR HAWORTH, 7 MILES, 400 FT
JANUARY 24:	TIGGOR TOR, SHEFFIELD, 9.6 MILES, 514 FT
JANUARY 30:	HOOFSONES, TODMORDEN, 12.9 KM, 425 FT



ENDING ON A BANG: Adam's 250th parkrun!

The first ever parkrun took place on 2nd October 2004 at Bushy Park, created by London-based South African Paul Sinton-Hewitt. (Bushy Park was later the first to have 1,000 runners, a far cry from 13 at the inaugural event). Leeds gained a parkrun in 2007, set up by Tom Williams of HPH & MarathonTalk fame (now MD of parkrun UK), with just 15 runners. It was the 6th parkrun and the first outside London. Compare that with 376 UK parkruns now - a different one each week would take over 7 years, by which time more would have appeared - with a new parkrunner registering every 42 seconds in 2015. One of the pleasures of parkrun is trying new places and discovering the same friendly welcome and enthusiastic

volunteers. I credit it for me having met loads of other runners, rivals and running enthusiasts. The volunteering as important as the running. Running, stats, rivalry and free: what's not to like? Admittedly you may never have another Friday night out but you do get that warm glow of having "done something" for the weekend by 10am Saturday!

My first - in 2010 shortly before joining KH - was an eyeballs-out 23.50, the rookie error of throwing everything at the first race and setting the PB bar high. Breaking 20 minutes became a huge barrier: I thought I'd made "the breakthrough" after jumping from a PB of 21.04 to 20.10,

only to spend half a year trying to get under 20, including a ghastly 20.00 & 20.02. I later got under 19 in December 2013 with a perfect 18.59, but it took another two years to PB again with 18.57. The long wait made that one particularly satisfying. My all-time PB is 18.50 at York, a lovely flat course, but for me it's all about Woodhouse Moor. My buggy PB is 20.18, with 20 minutes once again proving a tough barrier.

In case running 250 of them in 5 and a half years doesn't make it obvious, I love

parkrun & will be wearing my 250 shirt with pride. Getting a "Like" from Paul Sinton-Hewitt on the FB pic of my 250th was also rather special. My favourite course outside the "home" one is



tricky. York for PB potential (when it's not windy), Fountains Abbey for picturesque World Heritage Site beauty, Huddersfield for enthusiasm, Cross Flatts for the chance of a high finishing position. The 24 I've been to have all been good (I've some way to go to match the KH record, Helen Goldthorpe's 38 different parkruns). Future aims are to visit more of them, break PBs, take an overdue pilgrimage to Bushy, and after a couple of 2nd places at smaller events, oh how I'd love to win one! Or, in parkrun parlance, be a "first finisher". There are no winners because it's not a race. Try telling that to the front of the field...

ADAM MOGER

THE END

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. We usually run in at least three groups, and no-one is left behind. You are very welcome to turn up and run with us a couple of times to try us out. We are very friendly!

**Please visit our website for more information:
www.kirkstallharriers.org.uk**

We also have an active Facebook page for our members.

And anyone is free to follow us on Twitter: we are @kharriers and welcome all your thoughts, in 140 characters or fewer.

Please email kirkstallharriers@googlemail.com if you would like to contribute to the newsletter. Our editors' emails are also listed on our website. All articles are gratefully received.

