



NEWSLETTER

Issue 138 *edited by Rose George*

NEWS IN BRIEF

MUD!

Spring has sprung. The era of hi-viz is drawing to an end, hurrah! But the era of having clean shoes is always on us: now we are going more off-road, please remember to take off muddy shoes before entering KLC. Staff have often already cleaned up, and we don't want to make their jobs harder by giving them more mud to deal with. Check your shoes please.

PARTY!

Our 30th birthday celebrations will take place on 26th June. Details on p.14.

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Photo of the month: The Meanwood Valley Trail Buckley Beer Handover
Mr. Buckley: "I'm getting out of here before she notices it's shandy."
*Mrs. Buckley: "#***!!!££##"*



CLUB CHAMPIONSHIP

Some may have noticed the Club Championship gap in last month's newsletter - this was solely due to me completely forgetting to do it. Here's hoping I remember from now on in!

Race 3 was the final PECO of the season at Roundhay Park. 36 harriers turned out for a blustery run around Roundhay Park for what turned out to be more of a trail run than XC as the weather had been relatively dry. Lucy Churm took top spot, followed by XC first timer Shevonne McLarnon and Carol Moran in third. The Guiseley Gallop (Race 4) turned out to be muddier than the PECO! 26 harriers competed and Paul Newton took the top spot on the podium, with Lucy Churm in second place & John Hutchinson in third.

Race 5 was the Meanwood Valley Trail Race and I thoroughly enjoyed this one as I was sitting on the side-lines & cheering you all on! A hilly course, but it was a bright & sunny Saturday and (from the side-lines looking on) perfect running conditions. Helen Burgess took first place in the CC followed by Emma Lavelle-Wood and Laura Hogg.

The current top 10 in the league after two races is shown below. Everything is up for grabs at this stage with it being so early in the season. Remember it is your best 6 races to count, and with only 3 members competing in all five races to date (Peter Hey, Andrew Carter & Ben Coldwell) I'd expect the podium will continue to shuffle around over the coming races.

POSITION	NAME	POINTS
1	PETER HEY	200
2	ANDREW CARTER	194
3	SIMON SMITH	172
5	LUCY CHURM	143
6	SHEVONNE MCLARNON	142
7	RICHARD THOMAS	139
8	PAUL GLOVER	134
9	BURJOR LANGDANA	131
10	SANDRA WARREN	123

May is a busy month for the CC with a total of five races in the calendar. First up is the John Carr 5k series, a very flat & fast 5k near the original Woolpack pub (personal highlight...). This series runs on 3 consecutive Wednesday evenings (6th, 13th & 20th). In order to be eligible for the CC points you need only enter a minimum of one race, however if you want three bites at the cherry, like I do, then you can enter all three at once and your best time will count. Entries are currently open & will close the Sunday prior to each race day; there are no entries on the night. The Leeds Half will be Race 7 of the championship on the 10th May, entries are still open and you may be able to enter on the day (although I can't guarantee this will remain the case).

Race 8 is the Ilkley Trail Race on 25th May, entries will be accepted on the night however there is a pre-entry discount up until the 21st. Note - There are only two Kirkstall Harriers entries so to date, one of which is reigning champion Ben Coldwell. Having not missed a race to date I guess his intentions have been made clear at attempting to retain the trophy!

Finally in this month's bumper CC update, BONUS POINTS! Marathon season is well and truly underway and many of you have already pounded out 26.2 miles or totted up the required number of parkruns to be eligible for a bonus. I will hold out until after the Edinburgh Marathon before incorporating these into the CC league table. Obviously if you run a marathon after this point then it will still count in the CC but don't worry if you don't see your bonus appearing for a few weeks.

Any glaring errors/omissions or general interest in the CC please give me a shout. If you don't see me at training email me on s.w.webb1@gmail.com or find me on Facebook. **STEVE WEBB**

CLUB CHAMPIONSHIP RACES FOR 2015: REMINDER

Some are open for entry already, so what are you waiting for? Note the change of date for the Vale of York, so it doesn't clash with the Kirkstall Abbey 7.

May

John Carr 5K (best time of 3 races): 6th, 13th, 20th

May

10th May: Leeds HM (entries open)

25th May: Ilkley Trail Race (entries open)

June

10th June Otley 10

21st June Pudsey 10k

July

5th July Eccup 10

11th July Post Hill Challenge

August

HPH Summer Mile

5th August Yorkshire Vets, Knavesmire

September

20th September: Vale of York HM

Golden Mile

Harewood 10

October

11th October Withins Skyline

November

1st November Guy Fawkes 10

8th November Yorkshire Vets, Spenborough

Not at all relevant, but just wanted to show that we have a double-jointed chairman.



YORKSHIRE VETS UPDATE

The second race of the series is fast approaching and it is the race we are hosting. It is on Tuesday night at 7.30pm on 26th May and starts and finishes in the grounds of Kirkstall Abbey. **If you are 35 or over on the day, we want you to run.** This is an individual and team competition and all finishers count for their club regardless of ability. The route is about six miles and is an interesting multi-terrain route, as are most of the YVAA races. We would like as many youngsters as possible, and you other vets who are not running for whatever reason to help set up the course and marshal. We will be setting up the course from about 5pm, with one group meeting at the Bramley side of Pollard Lane to do Bramley Fall Woods, and the other group to do the start and finish area in the Abbey grounds. We need at least 25 marshals to ensure the



safety of the runners, and to make sure they follow the correct route. Your assistance and encouragement will be greatly appreciated by the runners and the organisers. Marshals should arrive no later than 7.00pm at the race headquarters, which is the Burley Rugby Union clubhouse adjacent to the Abbey and opposite the Vesper Gate pub. If you are available to help please give your name to Peter Hey or e-mail jap.no26@ntlworld.com

We will be doing two recce's of the race route in May so that as many of you as possible, runners and marshals, know the route and so that we can look out for any obstacles.

The other races to date are as follows. Please note the Pudsey race has been cancelled and the date for the West Vale run has been changed.

PETER HEY

Tuesday May 26th Kirkstall Abbey.

Sunday November 8th Spenborough

Sunday June 7th Loftus/Whitby

Tuesday June 23rd Meanwood

Tuesday July 7th Cross Gates

Tuesday July 21st West Vale (near Halifax)

Wednesday August 5th Knavesmire (York)

RACE REPORT: MEANWOOD VALLEY TRAIL, 18th APRIL

This race was the third in the Airedale Triple Trail series, the first two races being the Guiseley Gallop and the Baildon Boundary Way. All three races are worth a try if you have not done them before. It was also a club championship race, so the purple vests and shirts made up a good proportion of the starting line-up. The weather

same path. The route is undulating but there are no big climbs.

We had 27 finishers in the total of 385. Niamh Jackson and Emma Lavelle-Wood both won prizes as they were 3rd and 4th F35 respectively. Alan Brydon finished in 18th place. All finishers received a bottle of beer and a good time was had



OK, you have him, Aly G, you're bigger than me.

was perfect for the race. Sunny but cool and the ground was firm after a few days of dry weather. The total numbers running had jumped from 230 last year to nearly 400 this year. I hope that this indicates that the majority of runners have now seen the light and realise that trail runs organised by local running clubs are in fact for more enjoyable and much less expensive than large road races. If so, that will bode well for our KA7 and trail marathon & half marathon later in the year.

During the first part of the course, Ryan Owens had to pull out as the terrain was aggravating an existing injury. The course will be familiar to our members who train with the club. We regularly include the Meanwood Valley in the summer "off road" schedule. It is rocky and there are tree routes to watch out for, but the payback is pleasant mostly off road route which follows the stream down the valley for a loop around Meanwood Park and then the return back up the valley on the

by all. After the race, Jill Buckley and Bob Jackson of Valley Striders presented the trophies for the 2014 Leeds Race Series winners. Kirkstall were well represented with Sam "Broomio" Broome winning the F25-29 trophy, Alyson Glover won the F45-50 and I collected the M50-55 trophy. During the presentation, a little girl nearly ran off with Eric but Alyson quickly rescued him.

This race is an annual event for me and I look forward to next year.

CHRIS GLOVER

THE PICTURES OF OUR AWESOME NINJA WOMEN PAGE

NIAMH: THIRD LADY U₃₅



EMMA: FOURTH LADY U₃₅



(Time difference: Eleven seconds)

RACE REPORT: THREE PEAKS

You can never go back. Great restaurants, great holidays, great races, even great exes. You'll always be comparing, and the odds are on disappointment. Or in the case of previous race performances: you'll go off too fast and blow up horribly.

Having frequently made this mistake, and after a decent run in the 3 Peaks 2013 (4.15), I'd resolved only to return if I could put in more training. But then I had an epiphany: I had six days after Manchester marathon this time, unlike before. I'd made the previous cut-offs by 9, 14 and 29 minutes respectively. The pressure was off. I could take it steady and still hope to make it round.

I needed to avoid my race rival Rachel Pilling, formerly of Kirkstall but now P&B, so I started far enough back to think she'd be ahead. But halfway up Pen-Y-Gent she overtook, the first of 8 or 9 times we swapped position in the next 20 miles. It isn't important who won in the end (oh go on! It was me).

Pen-Y-Gent was sweaty up, bitterly cold on top where Rose was marshalling, and a joy to descend: 40 minutes to slog up but seemingly 4 minutes back down.

Whernside was the 10th circle of Hell. Don't be fooled by the easier (longer) flagstone walkers route. The runners cross a knee-deep and freezing river (a runner ahead fell forwards into it), cross a bog (my turn: in thigh-deep), then

moraines that undulate before heading at crazy angles for a mist-shrouded top. To stop is to invite hypothermia, to keep going feels too hard and never-ending, to turn back inconceivable. They say the leaders run up Whernside but everyone ahead and behind me was struggling to walk.

The descent is tricky, made worse by jelly legs and a glass ankle, though relieved by Jemma's

smiling face at the checkpoint at Hill Inn. The switchback ascent of Ingleborough is horrid, accompanied by snow and -4 wind chill. Coming away from the checkpoint, on the flat summit, I somehow took a heavy fall. This is to be expected on the 3 Peaks. Generally you just get straight back up and carry on, assuming teeth and bones intact (I heard of one broken jaw after the race).

Fell purists may say the Three Peaks is barely fell: there's too too much road and flagstone, too little mountaineering with such a busy route. But to me it's THE fell race. It's called "the marathon with mountains" but at 23.5 miles, it's both shorter and harder. This was the 61st event, 702 finishers, the slowest in 5hr 56 and the fastest a scarcely believable

2hr 53, with one chap running a 41st consecutive year, longer than I've been alive. I finished in 4.23, freezing, battered, bruised and resolving never to go back.

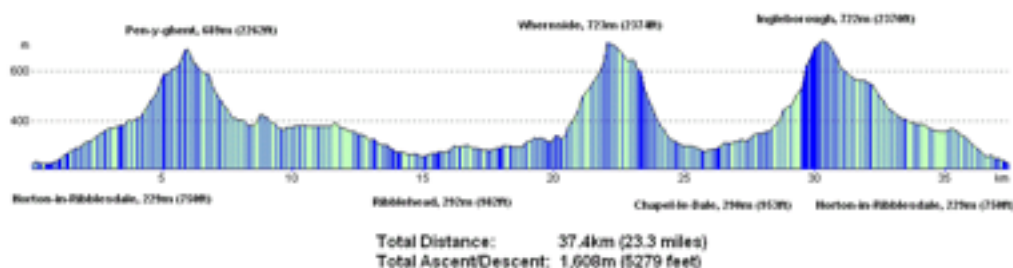
Well, not for a year or two anyway. If you're thinking of doing the Three Peaks: do it. Next ambition for me: the LCW in a day. Talk is cheap.

ADAM MOGER



A rare moment of visibility

Three Peaks Race - Course Profile



RACE REPORT: TWO OCEANS ULTRA, CAPE TOWN

Back in 2004 my father passed away at a hospice in Pontefract. He'd spent a number of weeks there and received a fantastic level of care until his eventual passing. In the years since I dabbled with a bit of fundraising for the hospice and this actually helped contribute to me taking up running in 2012, as I attempted to raise funds by doing the Great North Run and Brighton Marathon. Fast forward to 2015 and I felt it was time to try and do something for the hospice once again. A simple half or even full marathon wasn't going to cut the mustard and inspire people to part with their hard-earned and so I came up with a trio of challenges:

1. The Two Oceans Ultra (56km, Cape Town)

2. The Race to the Stones (62 mile race over 2 days, Oxfordshire)

3. Equinox 24 (24 hour 10k relay – same concept as the Thunder Run, somewhere south of Leeds)

So, on the 2nd April I drove to Heathrow, flew to Cape Town overnight and with a bit of a delay arrived at 11am on Friday 3rd. Race pack collection was in central Cape Town that day and closed at 4pm. Not a problem as I had 5 hours left. And then we reached the hire car area at the airport, only to find a ridiculously long queue. 90 minutes later and we're still not at the front of that queue. My stress levels were now off the scale as I was looking at my

watch and contemplating having flown thousands of miles only to miss out on a race that started in just 18 hours. Thankfully we reached the front of the queue and ten minutes later we were on our way. The expo was huge but by now most people had collected their packs and so I was able to waltz up to the front, register and I was done. At this point we decided that it would be a good idea to drive the course so I knew what to expect. 18 miles into that drive and senior management was giggling away in the passenger seat next to me when she saw the size of the mountain that I will have to run over.

[OVER....]



 **OLD MUTUAL TWO OCEANS MARATHON**
the world's most beautiful marathon | Cape Town

 **Action Photo**
leaders in sports photography

congratulations
ULTRA MARATHON 2015

Back to the hotel with some trepidation, filled up with pasta, kids to bed, **pin number to Harriers vest** and in bed by 10pm.

My alarm sounded at 4:30am, so I had a bowl of the requisite pre-race porridge and jumped on the complimentary hotel shuttle to the race start. I wandered around for an hour taking in the pre-race buzz, meet up with my friend John who was also doing the ultra and on the stroke of 6:30am we were off.

I'd set myself a target of just surviving this one and not really being bothered about time. That said I was hopeful of finishing in under six hours and would be delighted with sub 5.30. My plan therefore was to set off nice and slowly and not get carried along too quickly at the start. Of course, I completely failed to do this and for the first 16 miles I averaged 8:30 miles, not the 9:00 miles I had planned. However, I felt quite fresh still and the course had been pretty flat up to this point. The sun had come up now and whilst overcast there were some stunning views as I run along the coast. The on-course support was fantastic and there were much needed water/feed stations every two kilometres. I'd been unsure what to expect from the feed stations and so I'd brought a load of nutrigain bars, which turned out to be a godsend as I don't get on with gels and really felt the benefit of having some tangible fuel inside me. At mile 16 I threw a second of these down my neck as I heard the locals around me chatting about the impending climb up "Ou Kaapse Weg". This is the mountain and it climbs up and up for four miles. I ran up the

first half of it OK to where it plateaus before climbing again. At that point I realised there was no way I was going to run up the whole thing and so I came up with a plan of running for four minutes and walking for one. I did this three times before I reached the summit. At the top the southern ocean opened up before me. The strapline of the event is "the world's most beautiful marathon" and on a sunnier day I can see why they would say that. However, I was happy with the overcast and therefore

cooler conditions though **the view was still not too shabby compared with the views you get on the Leeds Half.**

Once over the summit there was a three mile steep descent and I just let gravity take over and rolled down the hill for three near-effortless, joyous miles (my Garmin later showed that I was doing 7 minute miles). A couple of steady miles later and I'd completed the standard marathon distance in just under four hours. I'm now into uncharted territory, never having run any further. The on-course support picked up again now and there were cheering points and live bands playing for the next couple of miles, no doubt strategically placed to motivate those who have never gone beyond marathon distance before. A very welcome distraction. As I reached the 28 mile mark there was another hill ahead of me and this one went on for a mile. My legs were completely broken from the mountain climb of earlier and this part of the course was by far the hardest. There was

some walking at this point and everyone around me was doing the same, so I didn't feel too bad about it. I was over the hill now and there was a nice descent for another couple of miles. I was just a parkrun away from the finish, or so I kept telling myself, and I couldn't help but clock-watch as I counted down the last few miles.

Finally, the finish at the University came into sight and I managed what felt like a sprint but to anyone watching I probably looked like a new born deer taking its first steps. I crossed the line in

5 hours and 25 minutes.

I grabbed my medal and a banana, collapsed against the fence in the finishing area and tried desperately not to emulate Coach Buckley with a post-race chunder. The nausea passed quickly and I was delighted to have not only got around but to have got around in under 5.30. Ninety minutes later I was sitting down at the Cape Town waterfront with my family, necking a cold beer just as the sun had finally decided to come out. Thirteen more days to go until I flew home. Now where is that Cape vineyard?

If anyone is inclined my sponsorship page for these three events is <http://uk.virginmoneygiving.com/AdamJRhodes>. Any donation, no matter how small, is much appreciated.

ADAM RHODES

MEMBER PROFILE: STEVE WEBB

Name: Steve Webb

Age: 26

Occupation: Civil Engineer/Transport Planner

Originally From: Omagh, Northern Ireland

Time as a Kirkstall Harrier: Two years

When did you start running and why?

I never would have considered myself a runner when I was younger, but that was always my choice at school sports days. Me and running had a very sporadic relationship before moving to Leeds and the only race I ever ran was the GNR, and that was only as I was living in Newcastle for university at the time. My main sport was (and hopefully will be again) dinghy racing and it kept me fit enough not to worry about needing to do anything else, once I moved to Leeds I virtually stopped sailing so decided I needed to do something to avoid getting fat!

How did you end up joining Kirkstall?

When I moved to Leeds in 2012 I realised very quickly that I actually knew nobody in the area and I was getting pretty lost on every run I went on. The lure of a club to meet some people and hopefully learn my way around Leeds was just too much! I decided that I would give Kirkstall a look on a Monday and then HPH a try on the Tuesday. As

they say, the rest is history, and I never bothered running out with HPH after the Monday session.

The Great Shami Defeat, also known as the East Hull 20



What are your motivations for running?

Originally it was purely as a means of staying fit and not wanting to become lazy, but as time has went on I've discovered its more about my competitive streak, with a handy byproduct that I stay fit. I never realised I was so competitive until it was pointed out to me. I now realise that I'm competitive at virtually everything I do (even if I'm a total failure at it), so running and racing regularly helps me to scratch that itch.

I find it a nice way to get some headspace. I used to sail single handed boats and so would spend hours afloat with only myself for

company. Running allows something similar in a sense and I find its a nice way to clear my head and forget about things.

[OVER....]

MEMBER PROFILE: STEVE WEBB

What are your greatest running achievements?

Tricky to think of but I suppose doing Manchester and London on consecutive Sundays last week must be up there. In hindsight I really wasn't ready for London and I'm currently paying the price for that. I suppose it was an achievement that I used to find my way home when I started running in Leeds! Living beside a well signposted stadium helps but it took me a while to use that fact.

What are your best running related memories?

First sub 20 5k. It took me about 2 years to get it and I think it was some sort of mental block. As soon as I did it once it was so much easier the second time and my pb seemed to just keep tumbling for about the next 6 weeks.

What are your worst running related memories?

Manchester marathon 2013. I felt horrible from less than a mile in and was contemplating my first ever DNF. Somehow I stuck it out to the finish, but it

broke me both physically and mentally for quite a while after that. It was a long time before I did a long run again...

(Still never had a DNF though)

Any words of wisdom for your fellow Harriers?

If you're not enjoying it, what's the point in doing it?

Enjoyment doesn't have to be mid race though, it can always come after and if you're really struggling for enjoyment it can often be found in a pint glass. The taste of a PB pint is pure glory!

Can you share an interesting fact about yourself?

I think I was a fish in a former life, have a look at some of the horrid race photos of me and you will understand what I mean.

A fish out of water, or a road-runner on the (h)edge?



REPORT: CHAIRMAN'S CHASE 2015

The Chairman's Chase handicap race was held on 29th April around a slightly shortened version of the old Kirkstall 10k route (5.9m). 27 runners and many helpers made the event a success. A very well done to the first three over the line:

1st: Vicky Hipkiss

2nd: Liz Walker

3rd: Chris Hutson



They were presented with trophies by Chris Glover. Thanks to Peter again for organising the event and to Shami, Alan, Russell, Carol, Paul C, & Jemma Roe for helping. Also, Peter announced the top three in the winter time trial and presented the trophies.

The full results for the 2014/15 time trial series can be downloaded from our website. The top three and trophy winners were:

1st - Joint between Sean Cook and Simon Smith

3rd - Lucy Churm

Well done to you all for running fast times on those cold winter evenings.

RACE REPORT: ACKWORTH HALF MARATHON

On Sunday 12th April Chris Hudson and I headed south of Pontefract for the Ackworth Half Marathon, which returned from a seven-year absence for the 30th anniversary of the Ackworth Road Runners (1985 was clearly a popular year for starting running clubs!).

The blustery wind made for a perishing winter-like morning as we all gathered by the water tower after collecting our numbers. However, the organisation of the site was first rate, and the PA was blasting out instructions and positive vibes. This was a last race before London for both of us and we had the same idea of taking it pretty steady. The klaxon sounded and we were off, out of the field and down into the first of several small but pretty villages.

As the race progressed I concluded the course was comparable to Bishop Wilton or North Lincs half marathons, with an undulating profile somewhere in-between the two. We were blessed with sun from about half way in, to the point where I had to take a layer off, so respect to the guy I passed wearing a fleece!

The going was pretty tough in the second half as there was a strong wind (BBC weather suggested that 48mph gusts were expected) and the lovely downhills I enjoyed on the way out were slow drags on the way back.

The water tower began to get larger and within the last half mile or so we were treated to a host of motivational signs on the last climb: 'Pain now, beer later!'; 'It's a hill – get over it!'; 'Who needs

toenails!' etc. I was greeted by Chris and his bling who coaxed me into sprinting to the line (cheers bud!)

Having kept ahead of him for the first six miles, he had inevitably caught and passed me, cruising home in 2:02:58 (202nd) whilst I busted my butt

for 2:05:52 (219th). 347 runners ran and 1 flasher flashed! (That's right. A flasher! By all accounts a woman towards the back had the unfortunate experience of being passed by a car and one of the occupants decided to air his unnecessary.)

A goodie bag with two different medals (?), two chocolate

bars (Picnic, Cadbury's Caramel), bottle of water, Gluco tabs, pen, and false eyelashes (??) was pushed into our sweaty mitts and then on through the funnel to print your own finishing stats, get a dirty burger/coffee and claim a free massage, if you desired.

This race gets thumbs up from me. A nice morning out for £18 and great support from the marshals.

JAMES NUNDY

We can't tell whether our runners are already wearing the false eyelashes, though we have tried very hard.



FROM OUR SOCIAL SECRETARY

To celebrate 30 years of Kirkstall Harriers [on Friday 26 June](#) we will be hosting an anniversary do. The event will take place at Pudsey Congs Cricket Club from [7pm](#) till late and will be priced at £5 per person. The night will include hot food, **outdoor games**, a disco by DJ Steve Groves and a bar. The dress code is smart casual: this means for one night only as a club we don't have to witness Alan in his short shorts but in trousers that cover up his legs (this surely is something everyone is happy about). The event is open to all members and their partners/family. In addition to the anniversary mugs (for which orders can be put in with Jill) we have organised an extra treat for ALL paid up members - **a free limited edition**

anniversary technical race t-shirt! The t-shirts are of course purple and the design will be revealed on the night of the anniversary do. Women's (fitted) t-shirts will be available in extra-small, small, medium and large while men's come in small, medium and large sizes. Carol will have plain samples of the t-shirts at training nights if you wish to check sizing before ordering yours. A form will appear on the club website shortly which will allow you to order your t-shirt and select your required size as well as book tickets for the do. Printed forms will also be available. The collection of money and distribution of tickets will be done on training nights and at races by members of the committee.

Please note : The first batch of t-shirts will be distributed at the anniversary party, but if you are unable to attend then they can be collected at training nights after 26th June. The final date for required sizes will be Wednesday 3rd June, but you can buy tickets up to 23rd June.

Link here: <http://kirkstallharriers.org.uk/new/t-shirt-30th-party/>

Parkrun update:

To help promote our annual Kirkstall Abbey 7 race, two **Parkrun take-overs** have been arranged.

1st August: Temple Newsam

5th September: Woodhouse Moor

We have always had a good turn-out of members volunteering on these days so we would like to continue that. I will put up some information regarding roles nearer the time but for now could everyone please save the dates" We want to make KA7 even more popular this year [Ed: **more popular than sold-out? This will be interesting...**] and a Parkrun wouldn't be the same without a lot of purple and cheering. '

SAM BROOME

ESSAY

"April is the cruellest month" wrote TS Eliot in his epic poem "The Wasteland". Published in 1922, the poem is widely acknowledged as one of the most important works in the canon of 20th century verse. Be that as it may, **Eliot was clearly no runner**. If he was, I'm sure he would have had a far more favourable opinion of this time of year. Which of us has not enjoyed the lighter evenings and the warmer weather? Who has not been mildly surprised to re-discover that they have legs, no matter how milky white they look after a winter cocooned in tracksters and tights? Show me the Harrier whose pulse has not quickened as they gladly waved good bye to their high-viz bib [*Ed: we haven't had the official all-clear yet, Simon*], happily banishing it to the murkiest depths of their kit bag. Until late October at least. I rest my case.

Wednesday 8th April was a stark reminder to me about how life affirming Spring can be for the runner. After an otherwise unremarkable day, I came down to training on "auto pilot", expecting to run, chat a little bit, get showered, go home (with an ongoing mental note that I should never mix up the order of that sequence). Yes, I did all of those things. But I also got something I hadn't bargained for; a gratifying realisation that you can find the extraordinary in the ordinary if you really want to.

The route we took that evening carried us through Becketts Park, The Hollies, part of the Meanwood

Trail and then back through Meanwood Park. Just listed like that, the route may sound prosaic to the uninitiated, but it was a joy just to be there. Running in the daylight for the first time in an age, returning as dusk fell. Seeing green and growth as the landscape burst with promise. Feeling like a kid again, out playing in the woods before teatime pulled me back home like a magnet. Being in the company of other runners, and sensing without necessarily needing to say anything that we were all kindred spirits sharing the same moment together in time and space. Just remembering why I love to run as much as I do. And how sad I've become that, if running behind someone of the contradictory gender, I'm calculating the degree to which she is over pronating rather than admiring her legs.

I never realised until I joined Harriers just how nice it can be to run around Leeds. It may have a body that is shrouded in steel and concrete, but you don't have to

look too far to understand that the lungs this city breathes through are green. This run reminded me of that, and how much I was pleased to see the back of winter. Fickle soul that I am, I'll no doubt soon be moaning that "it's too hot to run". The work that goes into planning our runs is often unsung. This one was a beauty because it meant something to me and made me think – so thank you for that.

TS Eliot clearly had a way with words, but this runner thinks he got April all wrong.

Is April really "the cruellest month"? By Simon Smith



CLUB NEWS

Birthdays in MAY: HAPPY BIRTHDAY!

Zoe Bennett
Robert Blemings
Claire Bromley
Andy Carter
Lucy Churm
Ben Coldwell
Helen Goldthorpe
Emma Hall
Rachel Hardy
Emma Hustwit
Andrew Kirby
Matthew Kirkham

Steven Knight
Dominika Malinowska
Ryan Owens
Robert Pratt
Baldish Sandhu
Emma Southon
Rachel Vojvodic
Elizabeth Walker
Stuart Whitehouse
David Wood
James Woodman

PBs in APRIL

Well run, all!:

DISTANCE	PB/FIRST RACE	NAME	TIME
MARATHON	PB	BEN COLDWELL	2:57:37
MARATHON	PB	CHRIS HUDSON	4:29:52
MARATHON	PB	TOM KEEBER	3:19:56
MARATHON	PB	MARK MCKONE	3:49:29
MARATHON	FIRST RACE	PAUL NEWTON	3:22:21
MARATHON	FIRST RACE	JAMES NUNDY	5:15:08
MARATHON	PB	KIERAN O'BRIEN	3:34:19
MARATHON	PB	SHAMISO SISIMAYI	3:10:33
MARATHON	PB	STEPHEN WEBB	3:12:21
10 MILES	FIRST RACE	EMMA LAVELLE-WOOD	1:13:01
5K	PB	VICKI HIPKISS	0:29:04
5K	PB	EMMA LAVELLE-WOOD	0:21:09

New members:

NOBODY! (*Ed's note: Damn, I wanted to nick Jim's photos-of-new-members idea*)

And finally:

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. All articles are gratefully received.

