



kirkstall harriers

Running Club

Newsletter issue 154 : Sept 2016



Edited by
Jim Nundy



**GREAT RACE HOSTED BY US:
VOLUNTEER IF YOU ARE ABLE!**

Kirkstall Abbey 7 - Sunday 18th Sept 2016

Our big day is coming up fast and is now less than three weeks away! This is our main fund raiser of the year and helps us keep subs low for all the members as well as allowing us to give to charity. Please note that Kirkstall Harriers are unfortunately **not** allowed to enter as if you are available, we would appreciate your help on the day.

An email has been sent out from the club account by Adam Moger requesting marshals and general volunteers to help to set up the event on the day. Please send an email reply to confirm you can help and you can also let Chris Glover or Adam know on a training night, or via the Facebook group.

Please remember that the race is on Sunday 18th Sept with the main race setting off at 10am. There are also two other events on the day: the 1 mile Mad Monk Meander starts at 9.00am and the U17 Junior Race starts at 9:25am. Set-up in the Abbey will start at 7.30am. Hosting this event and providing an enjoyable experience for 500+ runners is good fun. Why not give volunteering a go?

Details below. Spread the word! Entry is available via racebest.com (and postal)

A big thank you for all of the contributions to this month's edition, but what's in store?

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kirkstall harriers



in support of
Sue Ryder
Wheatfields Hospice

THE KIRKSTALL ABBEY 7

6.7 MILE TRAIL RACE • STARTS 10AM • £9 AFFILIATED / £11 UNAFFILIATED

The KA7 is a 6.7 mile multi terrain course starting and finishing within the Abbey grounds. A bottle of beer & goodie bag to all finishers. Only 400 places available. Registration: Abbey Visitor Centre, Abbey Rd, Kirkstall, LS5 3EH. Opens at 8:30am

- kirkstallharriers.org.uk -

KA7 JUNIOR RACE 2 MILE RUN AROUND THE ABBEY GROUNDS UNDER 17S • 9:25AM / £3.50	MAD MONK MEANDER 1 MILE RUN AROUND THE ABBEY GROUNDS ALL WELCOME • 9AM / £2.50
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THIS COULD GET MESSY



PECO NEWSFLASH

Just what you have all been waiting for – these are the PROVISIONAL DATES for this years cross country PECO league!

Please empty your diaries of everything else going on in the morning of these dates, as you will not want to miss any of these short 'fun runs in the sun' events.

These dates are only provisional and hopefully will be firmed up on or after 19th September, at the PECO AGM.

23rd OCT + Trophy presentations for last years series

27th NOV

18th DEC – Bugger the Christmas shopping

22nd JAN

26th FEB

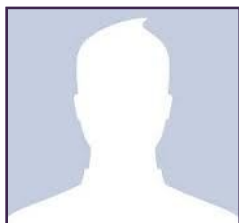
Bring it on!



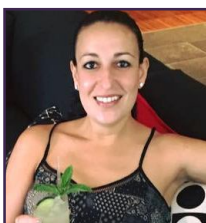
Our newest members, joining in August



Martin Frazer



Simon Hands



Simone Salgado



Rowan Temple



Catherine McIlroy

Welcome to the Purple Posse!

Personal bests

Distance		Name	Time
10k	First Race	Joanne McGarey	0:57:15
5k	PB	Ben Coldwell	0:18:25
5k	PB	James Nundy	0:22:10



Member birthdays for September

Alan Brydon

Vikki Daniel

Isacc Dell

John Durkan

Martin Frazer

Eleanor Gallon

Dawn Henderson

Emma Lavelle-Wood

James Manthorp

Catherine McIlroy

Paul Miller

Hannah Newman

Adam Nodwell

Alistair O'Donnell

Sean Scanlon

Rowan Temple

Bethan Thomas-Lloyd

Mark Young



RACE REPORT: Members Meander, 24 Aug 2016

by Peter Hey

Many thanks to everyone for turning up, either running or helping to make another successful night of this handicap race. We had 30 runners and four helpers, with another three cheerleaders turning up for the finish ...or the food.

As usual the more runners we have means there are more people who cannot win, but I think overall the handicapping, which is mainly based on your UK Athletics handicaps was fairly accurate. It cannot allow for those who have a good or bad run on the night and we all have one of them. This was probably the case with Patrick Nesden and Dave Wood who unfortunately brought up the rear on this occasion. If this was your bad night - hopefully better luck next time.

A special mention goes to John Durkin, coming back into racing form who magnanimously put himself further back on the start line by six minutes. Sorry to rub it in John but had you stayed the same, you would have finished 2nd!

Most people knew the way around but we did have a few new faces including Simone Salgado and Rowan Temple. Everyone got around okay - even if they needed a bit of generous help from some of the other runners. Not like the old days when we would probably call them back, but only after they went the wrong way for at least 100 yards and then had to catch up!!

First three over the line in winning order was Bal Sandhu with a run time of 63.52, followed by Randolph Haggerty 48.55, who picked up 15 places, and then Jacqueline Elmer with 67.12.

Commiserations to Gary Carlisle and Carol Moran who finished 4th and 5th respectively - almost there on the podium. The fastest man on the night was David Hodkin with 40.14 who picked up 21 places, and the fastest lady was Marion Muir with 54.27.

Many thanks to Sam and Malcolm Taylor-Broome who ensured all runners set off at their allotted times, whether the runners liked it or not, Paul Chapman and his daughter Lauren for making sure they all went the right way out - and more importantly back to the finish, and Catherine, Laura and Lucy for the cheer leading at the end.

NAME	ESTIMATED TIME	RUN TIME	FINISH POS
Baldish SANDHU	70.0	63.52	1
Randolph HAGGERTY	53.3	48.55	2
Jacqueline ELMER	71.0	67.12	3
Gary CARLISLE	52.0	49.07	4
Carol MORAN	61.0	58.33	5
Peter BRITTON	56.3	54.49	6
James NUNDY	52.3	51.05	7
Connor CARLISLE	64.0	62.57	8
David HODKIN	41.2	40.14	9
Vicki HIPKISS	64.0	63.08	10
Burjor LANGDANA	67.0	66.22	11
Adam RHODES	48.0	47.26	12
Jill HUDSON	74.0	73.35	13
Yekanth VENKITEELA	54.3	54.17	14
Paul GLOVER	54.3	54.18	15
Jack HIPKISS	41.2	41.09	16
Ben COLDWELL	42.3	43.24	17
Christopher GLOVER	45.3	46.25	18
Marion MUIR	53.3	54.27	19
Rowan TEMPLE	45.3	46.34	20
Jemma ROE	64.0	65.09	21
Adam MOGER	44.3	45.46	22
John DURKIN	52.0	53.22	23
Simone SALGADO	55.0	56.35	24
Matt SYKES-HOOBAN	61.3	63.23	25
Kieran O'BRIEN	50.0	51.59	26
Paul MILLER	42.5	45.00	27
Shevonne MCLARNON	59.3	62.11	28
Patrick NESDEN	65.0	71.33	29
David WOOD	56.3	65.58	30

On a good (or not so good) final note regarding handicapped races, the nights are drawing in - and therefore so are the winter time trials! If anyone has any queries regarding the times - please let me know.

Member Profile: Ewan Malone



Age: 32

Occupation: IT Skivvy

Originally from: Northallerton

Time as a Harrier: About 4 years

When did you start running and why?

I needed a new outlet for terrible language and what better way to do it than sweating, gasping and trudging around Leeds on a Monday and Wednesday evening?

What are your motivations for running?

Trying to stop the chub rub (it's not working)

What are your greatest running achievements?

Getting round the White Rose Ultra was pretty good, definitely a high point of my running endeavors when I got to stop running that day.

What are your best running related memories?

The first Harriers trip to Thunder Run. That was an amazing weekend which genuinely made me love every aspect of running and team relay events

What are your worst running related memories?

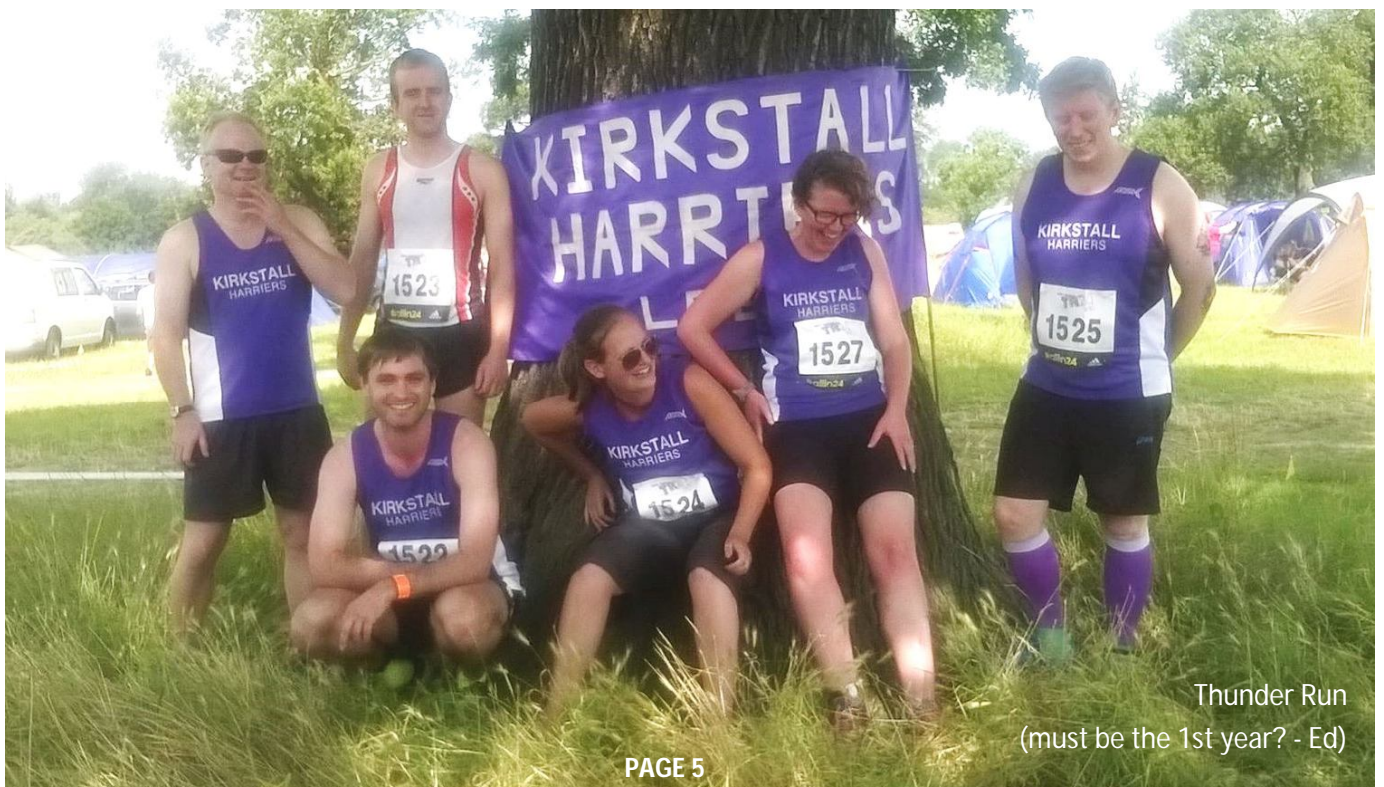
The second Harriers trip to Thunder Run, that was the ducking worst and genuinely made me hate every aspect of running and team relays :)

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

Thunder Run might seem like a good idea at the time but think twice. Look after your clucking ankles.

Can you share an interesting fact about yourself?

I was once the youngest person on the planet.



Thunder Run
(must be the 1st year? - Ed)

RACE REPORT: Northumberland Coastal Run, 24 July 2016

by James Nundy

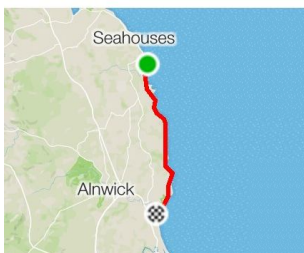
After hearing the rave reviews about this race for the last couple of years, I decided it was time I strike it from my bucket list. Packing my girls into the car we headed up north for a little relaxing family break to compliment the exertions of the race.

The 13.5 mile route takes you from Beadnall to Alnmouth on gloriously golden beaches (with occasional refreshing ankle-deep culverts) and coastal paths through villages and past castles. It was a far less hilly course than I imagined. Many of the beachy sections had sand-ripples which made running along the ridges slightly uncomfortable but they did at least provide decent traction unlike the final section to the finish line which was on deep soft sand. Stealth sunburn was also available.

It's quite a spectacle to see 1,200 runners galloping along the shore and the race had sold out in advance again. Overall, it was a cracking race with views just asking to be photographed. Even the long-sleeved finishers shirt was regarded as one of the best any of us had ever received. Do it next year - it's great!

14 Harriers took part, with several more just coming along to support - thanks guys! (And Eric will confirm, what happens on tour, stays on tour!)

Participant	Finish time
Ben Coldwell	01:38:34
Niamh Jackson	01:49:13
Christopher Glover	01:49:30
Joe Steele	01:49:36
Gary Carlisle	01:56:20
James Nundy	02:09:14
Alyson Glover	02:09:29
Sandra Warren	02:34:57
Victoria Daniel	02:34:57
Laura Davies	02:34:57
Bethan Lloyd	02:34:57
Vicki Hipkiss	02:36:13
Samantha Broome	02:58:00
Malcolm Taylor	02:58:00



Matt's mini challenge...

by Matt Sykes-Hooban

I had a bit of a wakeup call' moment after seeing a few unflattering photos of me running at Gemma's park run leaving do at Bramley a couple of weeks back, the penny dropped and I quite simple couldn't ignore my current weight and fitness levels any longer.

I have always had issues with weight and when I sheepishly stood on the bathroom scales after seeing the pictures there was no denying it I had taken my eye for the ball. 16 stone is not a good place to be ...it's been a lot, lot worse in the past but even worse it's been so much better!

First things first, I resolve not to panic and run out the door into a mega long run and the evitable longer injury layoff. I decide to reduce my alcohol intake from prodigious to sociable and resolve to do at least the recommended minimum of 30mins of exercise a day for a week and see how I feel.

No time like the present I say so pack my bag, dust off my PureGym pin number and head down the gym for a long overdue cardio session, bit of bike, rowing and treadmill work. I spend an hour sweating out the whiskey and rum (don't ask!) I had consumed the night before during the late night Olympic coverage.

On Monday in a fit of madness I opt to take on coach James's training session, which was surprising very enjoyable even if my quads didn't agree the day after!

Tuesday I walked to a friend's house for dinner, on arrival said friends produced some very tantalising Prosecco bought back from a holiday in Rome... oh go on a small glass if you please! Now this would normally

quickly lead to another, then another and descend into the bacchanalian norm but we ended the evening watching Finding Nemo whilst drinking tea. Lovely evening.

Wednesday was a 5 mile run with the club and a nice surprise visit from Matt Woodhouse visiting from the land down under.

Thursday I popped down the pool and weirdly realised I could still swim!

Friday saw me back in the gym, for another round of cardio, still a sweat fest but not half as bad as the Sunday before.

The final day of my mini challenge was Woodhouse Moor parkrun, which I hit hard, my usual tactic for parkrun is start, go hard til the finish and try not to cry at the end. Not very sophisticated granted but effective as I knocked 2mins off my time from the week before, although I did feel like throwing up in the hedge as I crossed the line, more work to do I guess.

Result I had drunk a lot less, been active everyday and managed to fit it all around my hectic work schedule, and I feel a little less jiggly around the middle. I might just keep this up!

On Monday I opted for another of coach James's training sessions, this time it was intervals around Beckett's Park. 2k laps with 3mins recovery! Man that was tough.

I also knock out a couple more gym sessions including a new experience for me on the Friday when I noticed that the dreaded step machine was free, which is a first, as it is normally occupied by two friends walking at

funeral pace whilst gossiping away like they are at a slumber party. I gingerly clamber aboard, I had no idea what I was doing, what the machine was doing but after 5 minutes I sweating so profusely that I was worried that I might electrocute myself! Is 330 steps in five minutes good? I have no idea!

The highlight of the week was the Members Meander and after the obligatory moaning over unrealistic handicaps I set off on what would be my longest run for quite a few months. It's a hot slog but I manage to run almost the whole course apart from the climb through the farmers fields after the kissing gate but to be fair only proper show offs run up that quad trembler! Then back to the club for a well earned buffet and accompanied by a pint of lime and soda.

I finish the week with Harrier parkrun takeover, my finish time was 2 seconds slower than the week before but my perceived effort was much easier and on crossing the line my breakfast was in no danger of decorating the hedge. Now that's a definite improvement.

From my mini challenge I have learnt that I can get out most days and fit a bit of exercise in even when I am busy if I really want to. Drinking less has obvious benefits, which we all know I am sure. But most importantly I realised being more active makes me happier and losing a few pounds along the way is nice reward too!

I think there are few old race t-shirts that might just get an airing in the not to distance future if the pounds continue to fall off.

Yorkshire Vets update

by Peter Hey

The latest race in this year's series was in the hilariously hilly area of Halifax, staged by Halifax Harriers in the evening. Surprise surprise as our Cilla would say. This was a factual fartleking flat as a Yorkshire man's flat cap route as ever could be, mainly along the canals. There was a very slight gradient at the very end of what seemed an endless 6 mile-ish course, which did make the runners have to work even that bit harder.

The club had 7 ladies out of 73, and 7 men out of 113, so the chances of gaining some extra points were quite good. For the ladies Niamh Jackson came 2nd overall and first in her age group and Alyson Glover managed to finish 3rd in her age group. Our only other winner on the night (including spot prizes) was Chris Glover who managed 2nd in his age group.

Overall the ladies team is still 4th, 4th and 5th in the three competitions out of 26 clubs, and the men still 5th, 6th and 5th out of 33 clubs.

Individually Emma Lavelle-Wood is first overall and 1st in her age group, by a margin of one point having scored 848! This is after completing six races. Niamh moves up to 5th having done four races. Shevonne McLarnon moves up to 8th after doing four races. Vikki Hipkiss up to 3rd from six races, Alyson Glover up to 5th from four races and Carol Moran up to 10th from four races.

For the men Adam Moger moves up to 2nd from five races. Gary moves up to 9th from five races, Chris Glover up to 7th from four races. Paul Glover who was injured after the Round Hill Fell race slips down to 4th from four races and Ian Brown remains 6th having done one race.

There is now a wait until the next race which is scheduled for Sunday 16th October at Pudsey, unless the race at Alwoodley is arranged. We will let you know as soon as we hear anything.

The final race will then be at the Spen running track on Sunday 13th November. The remaining races are:

- Alwoodley - Still tbc
- Pudsey - Sun 16th Oct
- Spen - Sun 13th Nov 11.02am



YORKSHIRE VETS ATHLETIC ASSOCIATION

See yvaa.org for latest details

Cold Porridge (or no cook porridge) by Matt Sykes-Hooban

This is a great alternative to hot porridge in the morning, it's super simple and is prepared the night before so it's a brilliant time saver first thing in the morning. Also it's not so heavy on the stomach but still keeps you full till lunchtime. It's not really a recipe more a method...

1. Add a portion of oats and a mixture of dried fruit and nuts to a bowl add milk and mix together. (You can use half milk and half water if you prefer)
2. Leave to stand in the fridge over night
3. In the morning add any fresh fruit you have to hand and serve.

It's as simple as that... and absolutely lovely!



PHOTO OF THE MONTH

The Purple Posse wish Gemma Rathbone all the best for her new challenge back on the 'wrong side' of the hills, but we're delighted to hear she'll still be flying the KH flag from afar.

This photo is from the lens of Simon Cullingworth at Gemma's last Bramley parkrun (as local resident!).

Kirkstall Harriers meet every Monday and Wednesday in the lounge at Kirkstall Leisure Centre,
Kirkstall Lane, LS5 3BE 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 and the monthly training schedule: kirkstallharriers.org.uk

Please email kirkstallharriers@googlemail.com with any questions about the club,
or if you would like to contribute to the newsletter. All articles are gratefully received.

Kirkstall Harriers



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