



Ben Cumming  
PHOTOGRAPHY



# The profile

Name: Vicki Hipkiss

Age: 29

Occupation: Renal Nurse Specialist- so I look after people who have kidney problems, who are likely in the future to need dialysis. It is my job to give these people all the information they need about dialysis and then get them ready.

Originally From: Born in Australia, but a forces brat, so have lived in a lot of different places - been in Leeds since started nurse training aged 19 years

Time as a Harrier? 3 Years

When did you start running and why? Did a bit of fell running at school (in the Lake District), but never really ran as an adult. Friend at work told me about parkrun about 4-5 years ago and really enjoyed it. Was looking for something to do to improve fitness.

What are your motivations for running? Multifaceted. As I said before- to keep fit. Also I like to eat. I really like food - so I need to do something to balance this. I like getting out and about, so I choose races which are interesting/in nice places - there is nothing else like running through places with really nice scenery.



What are greatest running achievements? Every increase in distance I consider an achievement. I came to the harriers running

5K. As the months and years have rolled by this has slowly



increased, usually by someone saying to me 'yes- go for it - you will be fine', and it was. So now this weekend (hopefully) I am running my first marathon. (ed: completed 02/09)

What are your best running related memories? In my first year with the harriers- I won the chairman's chase. It has to be said,

I had an incredibly generous handicap - but it still came as such a surprise- I was over the moon.

Worst running related memories? None really. I was a bit grumpy after Race the Train this year, when I knew my I was not going to beat last years time and I was really tired and could not run any faster – but if that is the worst thing to happen- I am happy.

Do you have any words of wisdom for your fellow harriers?. If you are wondering if you can do it - go for it. And enjoy yourself -it is supposed to be fun.

Can you share an interested fact about yourself? I was, until recently president of ANSA ( Anemia Nurse Specialist Association), an organisation run by nurses for nurses with an interest in anemia management.

# Race the Train

by Adam 'parkrun regionaire' Moqer

An ever-popular race with KH, 14 miles of XC against a small steam train on the mid-Wales coast. I had high hopes of beating it, knowing that Gary had done so twice, but when I heard only 10% of the field (and approx. 3 ladies) manage to beat it each year, I harboured doubts. More doubts came when I saw the competition - Inov-8 or Salomon clad whippets. Could I really beat enough of them?

No, despite finishing "4th lady". Only a single girl beat it (girl? The phenomenon that is Treena Johnson of Dewsbury, 18.30 parkrun, sub-3 hour marathon as an F55). I was nearly 5 minutes off the pace, having got held up by the train on the way out, at the only point we went over the track. Even allowing a minute or two for that, I wouldn't have made it, struggling through some deep mud on the return.

It's a beautiful corner of Wales and an iconic race, highly recommended. Support from my Anna & Laura Davies, and humungous finishers medals for me, Gary, Vicki, Hannah & Catherine. Next year!



## Purple Peeps annual cake days in September

Happy birthday to you, happy birthday to you, happy birthday dear.....

Eleanor Gallon, Paul Miller, Isaac Dell, Vikki Daniel, Alan Brydon, John Durkan, Bethan Thomas-Lloyd, Emma Lavelle-Wood, Adam Nodwell, Mark Young, Hannah Newman, Dawn Henderson, Alistair O'Donnell, Sean Scanlon, Martin Frazer, Rowan Temple, Stephen Burrell & Gary Risdon.....

Haaaaaappppppy birthday to you.

## August personal bests:

According to the powers that be, (Chris Glover, and you don't argue with Chris, unless your Mrs Glover....or Eric), there were no purple personal bests in August. Shame on you Harriers....put your trainers on and run fast, run like the wind, run like forest gump, run until strava shows a new personal record for that distance.

And remember folks, if it's not on strava....the run didn't really happen.

Stop Press, late addition: Emma Ballantyne HM PB 01:21:43

# The Flat Cap 5

by Anne Akers

A reet good race, sithee!

What better way to celebrate Yorkshire Day than running a race? In a flat cap? Ferret optional.

The Flat Cap Five, organised by the Dewsbury Road Runners as near to Yorkshire Day (1 August) as possible, is one of my favourite races of the year. It's friendly, it's not too crowded, though it was sold out this year, it's multi-terrain and there's pie and peas afterwards. What's not to like?

The start is on the [Spen Valley Greenway](#), even though at this point we're not in Spen Valley any more, rather the Heavy Woollen District, home of [shoddy](#), [mungo](#) and [jute](#). And I should know, this place is textile heritage is my old stomping ground, though I'm from the posher bit, just up the road in Mirfield. Not that I'm posh, never been accused of that.



Anyway, you've never seen such a collection of flat caps in your life, it's traditional at the start for us all to wave our caps in the air before setting off up the first of many hills. While I always run in a hat because my hair moves faster than I do, a woollen flat cap is the most efficient head heater to ever cover my tresses. It was little wonder that by mile one, which was up a tow of a hill, most of the caps were in folks' hands. Mine stayed in place, mainly because I'd borrowed it from my father-in-law and it was too big for me, so I'd done clever things with safety pins to make it smaller and it was stuck to my head. By gum, did I sweat!

The course is very well marshalled by Dewsbury Road Runners, heading through a long tunnel, where only the immature shout 'oggie oogie oogie' to hear the echoes. I didn't do that. Not me.

After the tunnel there are fields, which work their way uphill, then give a bit of downhill. The paths are narrow in places, so speedy runners may get a little irritated that they can't get past the ones in front, unless they want to wade, Teresa May-style, through corn. Not a problem I have, except on the downhills, I pass many people downhill, sometimes I'm even upright!

After a bit of meandering and a surprise path next to an industrial estate, it's a finish along the canal, egged on by the aroma of pie, peas and beer and a glorious finish, cheered on by the friendly locals.

It is a lovely race, where I claimed the crown not only of first Harrier female, but of first Harrier. OK, so I was the only one, but hey, you've got to be in it to win it! I'm wondering if it can retrospectively be added to the club championships.....just a thought.  
(ed: leave that to Mr Broome)

Let's get more Harriers there next year, less than a tanner, with food, bargain!

# Blackpool Airshow 10k

by Anne Akers

The best thing about doing the Blackpool Airshow 10k is that as well as getting the chance to run along the sea front at one of the country's Blue Flag beaches, there's a free airshow afterwards. All that for just £6. Bargain.

I'm not a fan of tarmac races, or fast and furious flatties, but I do like a good view when I'm running and preferably someone to chat to. The race is locally organised, with the base at Bispham Fire Station, north of the main town, where they have tea, coffee and cakes on offer, as well as modest changing facilities.

It's a small race, 250 limit, which is how I like them, I can't do with all the elbowing and stench of Deep Heat and last night's curry as I wait for the off. Though the downside is that being a slower runner, I'm always very near the back. Still, you know what they say, even the backmarker is faster than those liggig around on the sofa watching daytime TV!

The race is in some kind of championship for clubs in the north west, there are some VERY nippy runners, the winner did it in 33.11, the first female in 39.14. I was the first female Harrier, Martin Frazer was the first male Harrier and Noel the second. There's no medals or tee-shirts, just a bottle of water and a Rocky Road bar or packet of crisps, which is fine by me. Then the rest of the day is then ours.

We had a swim in the sea, which was pleasantly warm, and even saw the start of the airshow from the water. But the incoming tide waits for no man or woman and we had to get out before we were dashed against the sea wall.

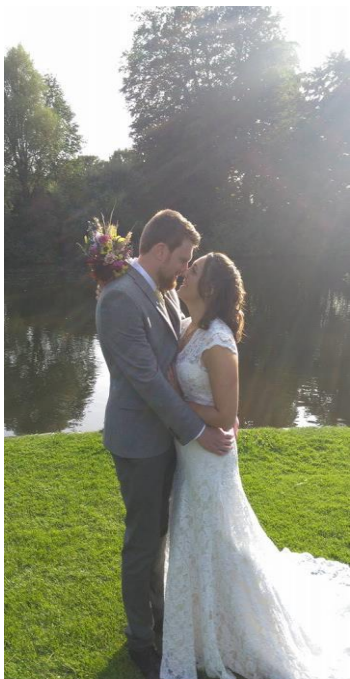
Blackpool itself was heaving as what seemed like the whole of Lancashire turned out for the airshow. We did what every visitor to the seaside should do and sat down to eat our fish and chips out of the paper, or rather polystyrene box. The airshow was fantastic, finishing with the Red Arrows who are fantastic (though I don't think Red Leader could do a 10k in 33 minutes).

How about a club trip there next year?



# #teamtaylor

24/Aug/2017



8 years ago, Sam was just a small town girl, living in a lonely world, she took the midnight train to Leeds.

Malcolm was a city boy, raised in Boston Spa, he took the midnight train to Leeds....and so it began.

Hi all, sorry to hijack this months newsletter but we wanted to use this opportunity to thank the purple army for their best wishes, support and care over the past few weeks.

On Thursday 24<sup>th</sup> August Malcolm and I got married at East Riddlesdon Hall, a National Trust house and gardens over in Keighley. We had a brilliant day filled with love, laughter, gin, dancing, (including broomsticks), and birds of prey.

Photos are now appearing on social media but one of our photographers, Ben Cumming, has a website where a blog and photos can be found, if you wish to take a nose. Also, alongside him, STAC member Neil Hodgson is also posting photos.

<https://bencummingphotography.wordpress.com/2017/08/30/it-was-a-taylor-broome-thing/>

We will be off on our honeymoon, (inter-railing around Europe), on Sunday so unfortunately won't be about for KA7 – but we hope it all goes well.

Once again thank you to everyone, it really does mean a lot to us.



Love,

Mr & Mrs Taylor

p.s. yes, I will still respond to Broome or Broomio (*ed: Sam wrote this, not Malcolm, in case people are confused*).



# Club Championship

Position	Name	Points	Total Races
1	Rachael Kearns	320	6
2	Alexandra Potts	303*	7
3	Lee Hardy	300*	8
4	Chris Hudson	299*	9
5	Rowan Temple	293*	6
6	Yekanth Venkiteela	291*	8
7	Louise O'Brien	290*	11
8	Martin Frazer	276*	7
9	Paul Grist	266	5
10	El Capitano Simon Smith	258	6

(\* denoted indicated best 6 scores makes up total)

So the current top 10 are as above, we're getting towards the end of the year so it's all getting a bit exciting.

Can Rachael keep top spot? (running a marathon would give her a few bonus points, I believe 5 more which could make all the difference).

Lee Hardy also hasn't run a marathon yet, but Potts has.

Chris in 4<sup>th</sup> place, can he win it or as per normal will he be the bridesmaid rather than the bride?

Last years winner Yekanth is in a decent position to go higher up the table....all about the marathon bonus points in October with the Yorkshire Marathon....crazy crazy running fool.

It's also good to see Louise in there, competed in 11 races, the most out of anyone in the club....and yet she will have been whinging everytime.

Anyhow's, 5 events left:

11/09 - half marathon weekend

17/10 – pudsey post hill (including snakes)

06/11 – guy fawkes 10

Tbc – peco in November

Dec – various races over the crimbo (getting closer) period to be announced.

(I would like to point out the real trophy look different to the visual representation to the right)

