



kirkstall harriers

Running Club



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Welcome to issue 2 of the new Kirkstall Harriers newsletter.

This summer has felt really busy with lots of races and getting a bit hotter and sweatier than usual on the routine runs. On top of that we as a club have had a lot happen.

We had the very sad news of the loss of our member and dear friend Carol Moran.

We also celebrated our 40th anniversary.

In this issue I'll try to capture a little of everything that's been happening and showcase more of your running stories.

As ever, if you'd like to contribute to a future newsletter, please let me know – will prob bite your hand off 😊

Susie

Some photos from training



The sun...it burns...🥵



Ah rain, that's more like it



~Out of caption ideas~



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A tribute to Carol Moran - Written by Jill Stocks for West Leeds Dispatch, 1st August 2025

Kirkstall Harriers past and present gathered to pay tribute to long-time member and club legend Carol Moran yesterday as friends and family attended her funeral service at Rawdon Crematorium.

And in true Carol style the congregation left the chapel listening to the song "Fire" by The Crazy World of Arthur Brown.

Carol was a long-standing member of the club, which this year celebrates its 40th anniversary, having been a member as well as an active committee member for 39 of those 40 years.

Current Chairman Chris Glover shared the sad news via the club's Facebook page several weeks ago.

"I have to share the extremely sad news that our dear friend Carol Moran has passed away following a long battle with cancer.

"Carol was a dedicated member of the club for 39 years and a long term committee member. She was a dear friend to many of our members and will be sorely missed.

"Her kind, gentle and unselfish nature was an example to us all. Rest in peace Carol."

Carol was born in Leeds and spent much of her adult life working as a dental receptionist. She had a great love of animals, particularly German Shepherds, being an active part of that community.

She married her husband and soul mate Tony in 1988 and they enjoyed many club trips together, home and abroad.

Variously known as “camera dodging Carol”, for her expert ability to avoid a photo opportunity, or “Carol the bag lady”, for always having a very healthy supply of club kit for members in a bag in the back of her fabulous yellow Skoda, Carol was a much-loved member of the club, particularly supporting newer and slower members at training sessions, something which led many to be surprised when she showed a great turn of speed when required.

Current and former members spoke of how much they would miss her company and her passion for running, as well as how she welcomed new members.

Sam Ostermeyer said: “Carol welcomed me all those years ago when I signed up and was the go to kit lady – I still have my hoodie in the car. She was a lovely lady and a great club rep.”

Adam Moger, long-time member and committee member of the Harriers also spoke of how she welcomed people to the club as well as her sense of humour.

He said: “I wonder how many members she handed vests to over the years – 1,000? – and how many nervous first starters she stayed with on their first run.

“I’ll greatly miss her sense of humour, which was much more cheeky than that quiet demeanor suggested.”

Marion Muir spoke of Carol’s kindness. “My memory of Carol will be of a straight talking Yorkshire woman with a great sense of humour, driving a little yellow car, but above all – a really kind lady.”

Baldish Sandhu has been a Harrier for many years and was good friends with Carol throughout that time, competing in many team events together over the years.

“RIP Carol, you will be missed by everyone, especially me.”

Jill Stocks, former member and Secretary at Kirkstall Harriers, spoke of her sadness at hearing of her friend’s passing.

“Carol and I spent a lot of time together over the years. Mainly as she patiently waited for me limping along at the back of the pack. She was of course a lot faster than people thought. Just had a patience I’ve never come across before and never will again.

“Had some great chats on those runs and many other times. She was fabulous company. And a great support. Very funny. Very honest.

“Remember how she would tell me about her purchases from TK Maxx where she’d spend hours raking through the shelves. A patience I definitely don’t possess. Thank you Carol. You were fabulous.”



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Running Club

Meet our members

*Welcome to our new
members*

Adam Waud

Joe Zanzottera

Member Profile
Neil Haggas

Occupation:
Paramedic

Time as a Harrier:
10 months



Tell us a bit about you

I'm Neil and aged 54. I work as a Paramedic in Leeds and have done this for the past 15 years. I have 2 children who are nearly grown up and have been a Harrier for the past 10 months. I have previously been members of Kippax Harriers and Ackworth Road Runners.

How did you get into running?

I started running in the early 1990's inspired by watching the London Marathon on TV. Running was very different then, no social media, no Strava no GPS watches! I got a place in the 1994 London Marathon which I ran and hated, it put me off running for a while. I didn't prepare well, just thought that I was 23 and could do anything. Had a break from it and then a couple of years later started to train more effectively and started to enjoy it.

I really started to take running seriously following a divorce. It was my Forrest Gump moment as I decided to go for a run and felt so unfit but it made me feel good. Unlike Forrest I came back home though and didn't run across America.



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Running Club



Greatest running moments so far?

My greatest achievement is running the London Marathon in 2 hrs 47 which will forever be my PB. I managed this time twice and although at the time I was disappointed as I wanted 2.45 it is a very good time. I have met many friends on my running adventure and still continue to be inspired and hopefully inspire others to achieve their goals.

Goals for the year ahead?

I have entered the Valencia Marathon in December and currently training for that. After that I'm hoping for a GFA place at London 2026 and then a half ironman in May.

Running is good for my head and good for my heart and hopefully my joints too!!





Club Champs update

- Malcolm Taylor, 24 July

Pos	Name	Points	Total Races	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Mara	PR	Vol
1	Lloyd ALLEN	306	6	49	0	0	0	50	48	50	46	49	0	0	0	0	0	0	0	50	.	10
2	Jack MASEY	265	5	50	0	46	0	49	0	45	50	0	0	0	0	0	0	0	0	.	25	.
3	Shevonne MCLARNON	260	5	48	0	0	0	48	43	42	44	0	0	0	0	0	0	0	0	.	25	10
4	Susie ROBERTSON	224	4	0	0	36	48	0	0	43	48	0	0	0	0	0	0	0	0	50	25	10
5	Ryan LLEWELLYN	170	3	0	0	37	0	0	45	0	40	0	0	0	0	0	0	0	0	50	25	10



Club Championship Race 8 & 9 update!

Nearly halfway through the season – 7 races now completed.

Another installment of the Club Championship update!

9 races in, over half way. Great to see some new names in the results! Welcome!

Race 8 saw Hyde Park Summer Mile go by in a matter of minutes! Some super quick times with **Ryan Llewellyn** finishing 10th in a 4:47 clocking! 10 other Harriers ran this race, supporting our Hyde Park Harrier friends. Great to have numbers at this as there is also a club prize up for grabs! Shame we missed out on the **Susie Robertson** and **Lloyd Allen** sprint off (photo finish in times but in different heats)!

Race 9 saw the return of Eccup 10, run by Abbey Harriers with some new faces and some returning ones too. Great running on a beautiful and undulating course.

Lloyd Allen wins the race to complete 6 races, what people need to get the maximum points available (your top 6 results count) with a tidy score!

Jack Masey and **Shevonne McLarnon** are one race behind and make up the podium, it couldn't be tighter! Bonuses could make or break the podium!

Vale of York Half Marathon and 10k and Morley 10k next up (and don't forget the Even Splits 5k series every month too!)

Full results and the list of races in the 2025 series can be found on our website kirkstallharriers.org.uk



🕒 Endure24 🕒 - 28th & 29th June, Susie

This year we didn't get any teams out for Endure24, but those of us who ran it as solo runners still had a lot of fun. If you've not heard of it, it's a festival-style race set in Bramham Park where you have 24 hours from midday on Saturday until midday on Sunday to run as many or as few laps of the 5-mile course as you like.

As a team it's really fun as you take it in turns out on the course – so when you're not running, you can grab some food (barbecues or stalls), take a much-needed nap, look out for and support your teammates, or my personal favourite, stand at the start line and watch the team names appear on the big screen as their members pass the finish line (some of my personal favourites from this year include *No Farah*, *Rapid Thigh Movement* and *Eat, Sleep, Race with Pete*).

This year taking part solo from the club were Rachel Symons and me. We both took part last year too, Rachel completing 17 laps and me 15. We both had our sights on the goal of 20 laps – the famous 100 miles in 24 hours that earns you a special T-shirt and of course bragging rights. As it turned out, my commitment wavered into the evening and Rachel's didn't; she smashed her goal completing 18 laps (90 miles) in a chip time of 22:36, finishing 8th lady and still looking strong at the finish. I managed 10 laps (50 miles) in a chip time of 12:19 and a more modest position of 91st. Overall I was pleased with this and have decided I just prefer ultra runs where you can still finish in time for a hot beverage, probably a Domino's and 9 hours in bed.

If you'd like to join in the fun at Endure24 next year, a few of us are keen to get a team together. Let me know if you'd be interested and we'll look into booking probably in the New Year. We've entered

club teams before and had lots of fun. Here are some photos of past years.





Here's for the crazy ones
The mavericks. The rebels.
The troublemakers. The
round pegs in the
square holes.
The ones who see
differently. The ones
who find joy in the

Hyde Park Summer Mile – 25th June, Susie

I didn't really experience post-race nerves until I did my first Hyde Park Harriers Summer mile - stood in the start pen with about 20 other fidgety participants not really sure if they're excited for the race to begin or just the post-race Mars bar.

The race is a regular on the calendar for our club championship and for good reason – through its organisation into 14 heats of increasing pace, it's a great chance to cheer on your clubmates and watch them dig deep to climb up the rankings. I would also give the food truck pizza a 9/10!

This year we had 11 harriers participating, spread across heats 2, 6, 8, 9, 11 and 14. It was a nice day for running, not too hot, and this was reflected in the performances. Notable ones included Mohamed Shoman coming 1st in his heat of 25 runners, Jack Masey coming 3rd in a field of 23 in a time of 5:35; and Lee Hardy, Joel Fellick and Ryan Llewelyn all completing in a time of 5:21 or less.

We were all nursing burning lungs or legs, or both, afterwards. Well done all!

Photo Credit: Anne Akers

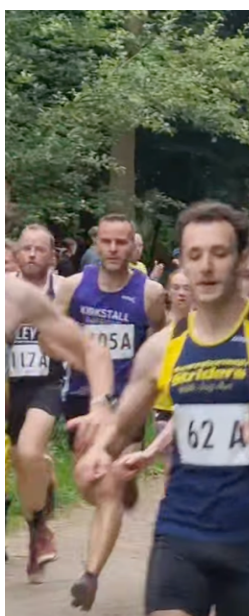




Kirkstall Harriers

Running Club

Run Report



Danefield Relay – 1st July, Shevonne

We all love the summer evening relays, of which there are a few in July - for their social event feel, beautiful routes and short distance legs, all undertaken in the setting sun. The others are Golden Acre, Post Hill and Washburn - we had teams at the latter two this year and Washburn was a welcome return after many years, albeit with a smaller field than before of 40 teams.

Anyway back to Danefield. I've run the Danefield Relay for the club 3 years in a row now - building a happy habit! It's local to me, in the Chevin, and given it is run by a fell-running club - Horsforth Fellandale - it's not surprising that it's got some fell running features.... i.e some very tough hills, technical running and rough terrain. The format is 3 identical legs of about 3 miles around the Chevin trails to about as low as you can go.... and back up again, with a killer finish hill. Don't be put off by this description.... It's tough but great fun and with a column of cheerers on that final ascent!

A whopping 128 teams of 3 took part - including 2 from Kirkstall Harriers - making for a busy race HQ at the only flat, open, grassy area in the Chevin Forest park.

KH Chaps, in the Male Open category, were made up of Lee Hardy, Lloyd Allen and Jack Masey - they came 40th overall and 24/35 in their category. KH Mixed were Xander Harrison, Shevonne McLarnon and Lucy van Uem - coming 17/26 category and 96th overall.

It's a team event - but some super individual efforts in there with Lee's 20:53 being the fastest KH leg of the night.

It was a first outing for an event like this for both Xander and Lucy.... who I hope are persuaded that trail running is well worth it and worthy of buying some trail shoes for!

What I love about this relay is that you'll either take part in or cheer off a mass start for leg 1, and at some point see some very fast finishers come through in some seriously impressive running, but it's a super-inclusive all abilities event. Next year - I'll be scouting for a Ladies team and a Male Vets team.

Photo credit: Martin Gebbett



Kirkstall Harriers

Running Club

Run Report



Post Hill Relay – 22nd July, Daoud

Little did I know, when standing at the bottom of Post Hill, that there were greater horrors at the start line.

Organised by Pudsey Pacers, Post Hill Relay is run in teams of three, with each runner taking on the same 2.5 mile loop around Post Hill Wood. Unlike its sibling, the cruel and unusual Post Hill challenge, the route doesn't take you up the steepest path to the top, instead working your way up the long way.

Knowing the climb would be tough, I set off at a good pace to try get some distance between myself and the other racers. And that's when I noticed something... odd.

Someone was juggling. Juggling as he ran. I didn't dwell on it. Figuring I'd be comfortably faster trail running uphill I ran past him and started the ascent. Before long I could feel the energy sapping from my legs, but tried to maintain a strong, steady approach to the summit.

Then, out of the corner of my ear, I could hear something. Something rhythmic. And it was getting closer. I checked behind me. It was the juggler.

He was gaining on me, all while keeping all three of his balls in the air. I tried to push ahead but Post Hill had got me and all I could manage was a feeble feeling trudge. He overtook me, and then he was gone. Him and his balls.

Despite this humiliation I finished my lap, and learned that the juggler hadn't come alone, that somehow he had come as part of a team of three pacey trail racing jugglers called Catch em If you can.

So please, if you take anything from this report, take this.

Beware the jugglers 🤹



Spot the difference mini-game





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Running Club

Run

Report



Round Hill Fell Race – 3rd August, Adam Moger

A long-standing local race, in aid of charity, only £5 to enter. An 8.5 mile tour of Blubberhouses Moor, not far from the Washburn relays, club-hosted by Otley AC.

Having done it when boggy as well as bone dry, the weekend's rain and gales threatened to make for interesting conditions. Some rain for the first half, mainly dry underfoot, and sunshine to finish.

Having finished 19th in a small field of 58, I got bumped up 2 places by some runners missing a checkpoint. Notable performances from two former KH - Niamh narrowly missing out on the win with 2nd lady, and a jubilant Louise sneaking 3rd after the Otley lady ahead of her had to stop for a wee. A small field it may have been, but you've got to be in it to win it, & well done to both of them.

Photo credit: Woodentops





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40th Anniversary Party 🎉🌐🎊

We celebrated 40 years of Kirkstall Harriers on Friday 25th July at Pudsey Congs Cricket Club, Pudsey this summer.

There was a hot buffet, games outside on the playing field and dance music in the clubhouse.

The weather stayed fine with a high of 21 degrees allowing for plenty to get involved in outside games including long jump, limbo, jenga, swingball and the highly competitive welly throwing. Despite several apparent attempts, luckily no-one got a faceful of welly.

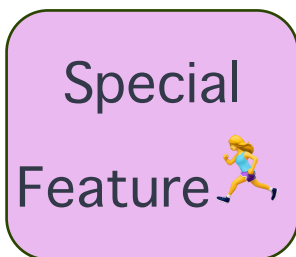
Winner of the welly throwing was Jack Hipkiss for the men and Shevonne for the women.

Inside Chris was quiz master with a non-just-running-related logos quiz and celebrity naming quiz.

Everyone gathered round to watch the slideshow of the many photos from past races, social occasions and trips showcasing harriers past and present.

Thanks everyone for attending, here's to the next milestone!





Leeds and Liverpool Canal Race – 23rd August, Eleanor



I had been wanting to run a 100 mile+ point to point race for a couple of years now, and after last year's disastrous Thames race I decided one of the canal races would be a much safer option. It was a no-brainer to go for the Leeds Liverpool Canal seeing as it's on my doorstep and the thought of starting in Liverpool and "running home" was great. During the Rasselbock Backyard Ultra in March this year I mentioned this thought to my friend Julie Bethune and she immediately said she'd be up for running it with me if I wanted (she has run many very long ultras and nearly always wins them, and is great company, so I could hardly refuse her offer!). Before I knew it, her amazing husband Iain had agreed to crew us both and we had signed up.

Iain has also coached me over the summer which has been brilliant. The only irritation has been my ongoing injury / niggles meaning I could barely follow any of the carefully planned training schedule he put together for me, and I'm sure I haven't been the easiest client over the last few months. His advice and support on when to run and when to rest has been utterly invaluable though, and it was a huge relief to be able to get just a few weeks of decent running (mostly on holiday) and then go into the race injury free.

Saturday morning the alarm went off at 4:15am (!) after one of the worst night's sleep I've ever had (pre-race nerves) and we were at the start nice and early, around 5:15am. We signed our waivers and caught up with a few other runners who Julie and/or Iain knew from previous races. The race began with very little fanfare, a short briefing from Dick who held up his kitchen clock to check it was 6am and simply said "3, 2, 1, off you fuck then!"

From the beginning Julie and I run-walked, with the general idea to start nice and steady and then just carry on, simple. This worked absolutely beautifully, with Iain meeting us at every checkpoint (or slightly before / after at the 2 that crew were not able to access) meaning the longest we ever had without refuelling was approx 14 miles. Towards the end Iain met us even more often as we (maybe just me!) became more of a diva demanding things like ice lollies and extra t-shirt changes.

Iain was excellent at getting everything we needed, and more, ready. At one point early on, I was mildly surprised to find that he hadn't got me a sandwich, mango or clean socks ready as requested, but didn't think any more of it until an hour or so later when I realised I had somehow sent my voicenote to Iain informing him that "the toilet issue is not as urgent now as I found a bush" as well as asking for the various items, to my unsuspecting friends Erica and Gayle!

Their replies made Julie and I chuckle. As this was only 4 hours into the race and I couldn't even blame sleep deprivation, I decided to leave the sending of requests to Iain to Julie after that!



I listened back through all the team voicenotes this afternoon and it's noticeable how quickly I stop wanting any particular food (Julie in comparison knew exactly what she wanted at every point in the race), and in one Julie says "Eleanor would like caffeine gum, sudocrem, paracetamol and her headphones" – no food or drink requests at all, haha.

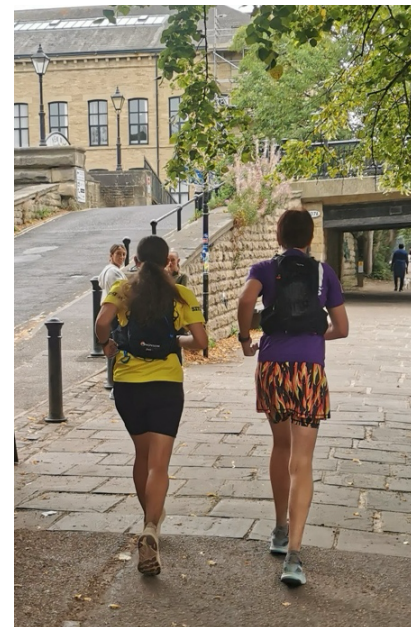
Running through Wigan in the stifling heat mid afternoon around miles 35 – 40 was when my stomach first started really bothering me and the lack of toilets or even decent bushes/trees along the canal was definitely one of the biggest challenges.

Early evening Iain blew up an airbed for me to have a lie down on for 5 minutes to see if that would help settle things. It was lovely to be horizontal for a few minutes but other than that I don't know that it helped my stomach to be any happier unfortunately.

We were both excited for the night, mostly because it would be cooler but also I love the different wildlife you see / hear at night and the fact there are less obstacles (bikes, people, dogs etc). We both agreed that we love it when it gets to beyond midnight and you know that everyone in the houses we were running by would probably be in bed, and more or less the only people wide awake, out in the open and not planning to sleep were the silly ultra runners like ourselves.

As it goes I was disappointed to only hear ONE owl all night (I still haven't learned to identify the different hoots and the Merlin app failed me at the time but is now telling me it was a tawny owl) but we did see loads of frogs which I loved, apart from being worried I'd step on one. I started trying to shoo them off the towpath but quickly realised that all I had to do was shine my headtorch at them and they would get the message and scarp. The funniest wildlife moment would have to be Julie's scream as a rat ran out of nowhere right in front of her feet, then jumped into the canal and swam away. I thought it was incredibly cute but Julie did not agree!

During the night, somewhere around 90 miles Julie suggested we walk for a whole hour to try and settle my stomach. I compromised at 30 minutes as an hour sounded too long without running, and even that felt like a painfully long time, and didn't seem to make much difference. I started pondering whether listening to music might help. It knew it can work miracles in distracting from pain and giving me a boost through tough times in races, but could it actually help my stomach too?! Logically I didn't see how it could, but Julie (or maybe it was Iain?) also suggested it just as I was considering picking up my headphones too. Sure enough, it was absolutely magic and made running feel easy again and stopped my stomach complaining. I don't understand how, I just know this is what happened! Happy days. It did get to the point where the only things I could stand to put in my mouth were water, coke, skittles and gels. Oh and ice lollies, they were dreamy too. At the finish line another runner who finished a little after us said "Did I see you both with ice lollies yesterday? Did the stranger in the woods give them to you too? I don't know if I was hallucinating" – we quickly informed him that the strange man in the woods was Iain and he was just being kind and giving away the rest of the box.



The 100 mile mark came and went without ceremony. We did attempt to take a selfie with the marker (which was probably 101 miles into the race as you run approx 1 mile before you reach the canal in Liverpool) but couldn't get the angles right. I was about to give up but another runner then appeared and kindly took the photo for us. I think it was shortly after this point that we overtook two ladies which we knew meant we then were in joint 2nd place. We could tell one of them was very competitive and Iain overheard her at the next checkpoint enquiring how far ahead we were (the answer was 10 minutes but we eventually finished the race over an hour ahead, sorry-not-sorry Cathy!)

I think it was early on Sunday morning that one of the many canal users who asked what the race was caused me to burst into emotional tears. After Julie explained we had run from Liverpool and they had both enthusiastically exclaimed "wow, you are amazing!" something inside me just went. I started blubbing and it took several minutes to compose myself again. I was just so ridiculously excited about being able to say I had done the whole thing and it was becoming more and more of a reality.

Somewhere around Bingley two runners overtook us at speed (nothing new) but it only took us a split second to realise it was our backyard ultra pals Allan and George. After quickly shouting at them to get behind us (you are allowed to use 'buddy runners' in the second half of the race but they strictly need to run beside or behind you, not in front as this could be seen as pacing) we had a lovely chat with them both and were extremely grateful of their company. Somewhere before this point, I think at Apperley Bridge but again I'm not entirely sure, another backyard ultra buddy Martin popped up to say hello and run with us a little which was wonderful. We were super touched that so many people travelled to meet us either to cheer us on or run with us (or both).

When we got to Kirkstall seeing more of our ultra running friends made me cry for a second time – well I just about managed to hold it in but it was close. Less than a mile later my gorgeous family decided to surprise me too! Apparently the kids had wanted to hide behind the bridge and jump out but Russell was concerned that the shock might cause one/both of us to fall into the canal and that wasn't a risk worth taking. That was amazing and again I managed to hold the tears back but I think it nearly set Julie off this time!

We only had 4 miles to go at this point and it's all very familiar territory to me, which I knew would not really help as we were moving much slower than I usually would be running, so it felt like it was taking twice as long to get anywhere. But finally, finally, the candlestick tower appeared in front of us which I knew signalled we were about to see the finish line.

Russell, the kids and our friends in the race were all there cheering us in and I honestly felt like we'd just won gold at the Olympics. The feeling was amazing. With running so many backyard ultras where you get many 'mini' finish lines after each yard but no big 'ta da!' finish unless you win (which I don't!), I've missed the glory of crossing a finish line after running a really, really long way. It's wonderful.

This was my longest point to point ultra by quite some way and I absolutely loved the journey, the adventure, the sense of achievement and the sense of being in the most awesome team possible with Iain and Julie by my side the whole way.

