

KIRKSTALL HARRIERS



Congratulations LEJOGers!!



Love the
LEJOGettes



Next challenge?

HELLO

June



(A lovely summer's day in Whitby)

What's in it?!

The Bluebell Trail
Members Remembered
Member Profile – Jonathan
Young
Joining the 250 Club
YVAA Roundup



Edited by me (Jemma) running here on a bridge - which wasn't flat because bridges aren't flat as it makes them subject to less tensile stress Just sayin'

The Bluebell Trail

By Marion Muir



Kirkstall's Belles ...and Chris



The Bluebell Trail is Stainland Lions' 10 mile multi-terrain race, set around Halifax. It's famed for its river crossing, Trooper Lane (a torturous cobbled hill) and bluebells. I ran it back in 2015 but the weather was dreich and had been for a while. As a result the river crossing was omitted as it was too deep, and the bluebells were in shade so not that memorable really. I remembered Trooper Lane though (or so I thought) but all this didn't put me off and I still held rather fond memories of this race. So I entered again.

Leeds half marathon was on the same day and when Liz walker and I set off from the LPSA early on Sunday morning we found ourselves barricaded at the Kirkstall Road junction. Unperturbed, Liz found a solution by simply driving around the traffic cone that was in place to stop us, and we were on our way.

After a journey of about 40 mins there was no mistaking we'd made it to our destination when we spotted a lady in high-vis at the side of the road, running on the spot and dramatically pointing in the direction of the car park. I liked her a lot. We arrived nice and early and at the same time as Louise O'Brien and Chris Hudson. The purple quartet was complete. Registration was at a rugby club and already there was a village fair atmosphere with a bouncy castle going up, bottle stalls and most importantly sunshine! We soon filled our time with going to the toilet, picking up our numbers, queuing for the baggage area and going to the toilet. One hour - gone.

The race starts on a grassy park but very soon it enters woodland and onto a narrow-ish trail. Because of the volume of runners this meant we immediately came to a standstill, followed by a slow walk. I felt slightly agitated by this as I wanted to be running really. However, everyone else was taking it in their stride, no tutting or barging, just chatting and going with it. Nice. I decided to be more like them and accepted this was what was happening. About a mile in we were moving but it was very slow going. I was trying to remain patient but at the same time I wanted to be running faster, so I made a move to overtake, tripped over a tree root and fell flat on my face. That'll teach me. I also realised at this stage I was wearing the wrong shoes. There is a clue in the title - trail race. I wore my road shoes and was sliding all over the place.

At about mile 4 comes Trooper Lane, which I thought I remembered from last time. Well, it seems I only remembered 50% of it as I do not recall it going on for this long! It is incredibly steep and long and impossible to run up. What does help is it's in a residential area so there's great local support along the way, and a sense of camaraderie amongst runners as we all slog this out together. Once you get to the top it's a bit like a mini Tour de France with lots of whooping and cheering. It's torture, but fun at the same time. That's the famous hill, but there were more to come, not quite as bad but still the un-runnable type (by my standards). There were sections of non-hilly bits too, a stretch on the canal, more woodland, fields and views over Halifax (I think). Lots of variety.



.....Yorkshire undulating

Quite near the end you enter Elland Woods, home of the main attraction. The sun was streaming through the trees and lit up the bluebells. It was beautiful. I loved this bit and had to stop for a few seconds just to look around. In contrast, the final mile along the canal felt like a loooong slog and I was wondering where on earth this river crossing was. At last - a steep muddy slope down into the river which came up to my knees. Once I'd made it to the other side it was only another 50m of squelching across the rugby field to the finish line.

The goody bag included a nicely designed t-shirt, a Lion bar (took me a while to get the connection) and a bottle of water. There was also live music at the end. All for £13.50, (that works out well on the Jill Buckley scale – ed) I'd say that's pretty great value.

MEMBERS REMEMBERED???

– by Peter Hey

Just to let you know that I have recently bumped into 3 ex members who have fond memories of the club and pass their regards onto the club and all those who remember them.

TONY DOWNHAM – was at the Playhouse and now is re-married and living in Knaresborough
SAM CARROLL & CHRIS STROWBRIDGE – both running at the Horsforth ABC (will be looking to see where they finished). As both moved away from Kirkstall and now have family commitments it is difficult for them to fit into a regular running routine, but were invited to come down to the club for a training run if they ever get the opportunity. Neither were wearing a club vest so looks as though they are not affiliated to any other club either.

Member Profile

Name: Jonathan Young

Age: 27

Occupation: Poet/Content writing and brand development (mostly), however I have also just started a year long project with Rising Dawn, which is helping to raise funds for Imagine Bradford. They are an organisation who are aiming to help transform children's mental health services in Bradford.

Time as a harrier: Almost 11 months



When did you start running?

I started running when I was in secondary school competing across distances up to 1,500m on track and cross country distances but I made a complete switch to football by the time I left school. I did not start running again properly until I joined the club last July.

What motivates you to run?

I have been asked this question a lot since deciding to get back into running and my throwaway answer has always been the enjoyment of it to those I do not really know. However running for me has always been a coping mechanism I use to help with mental health issues. When I run I feel unshackled, its me competing in mental warfare against myself and running helps me to come out victorious more often than not. That is my motivation to continue running.

Greatest Achievement?

My greatest achievement would be being a father to Jake, nothing else even comes close.

Best memory from running?

I have no specific memory from running that I would put above any other, however what I would say is that the encouragement and support I have been able to witness members of the club give to one another since joining has been inspiring.

Worst memory from running?

My worst memory from running would be my performance at the Vale of York 10 mile this year. I had not really been training properly leading up to the race yet I was still going for a sub one hour attempt. Everything was going well as I went through the five mile mark in thirty minutes and still felt strong, but then mile eight came along and I was very clearly not physically fit enough to maintain the pace I was trying to sustain. The final three miles became a battle of will as I was reduced to walking before dragging myself the rest of the way to finish a few minutes outside of my target time. It was a great learning curb and the setback has helped me to become more focused on my training.



Any words of wisdom for your fellow harriers?

If you are going to fail, do so moving forward. As the saying goes, "Forget the risk and take the fall, if it's what you want, then it is worth it all".

Jonathan in Purple at this years national XC Champs

Tell us an interesting fact about yourself:

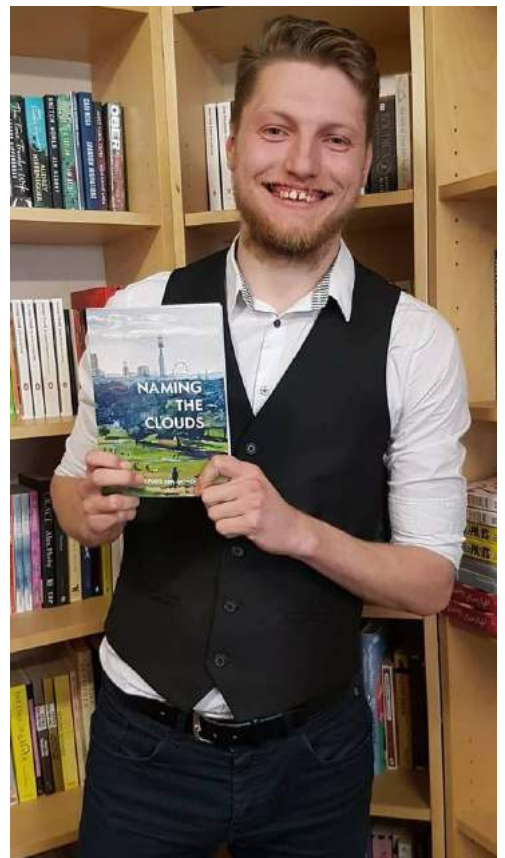
I am a member of the Highgate Poetry Society and had an anthology released with them in April 2017, with my own collection to be released soon followed by a 2019 publication with the society.

Inspired by Jonathan I wrote a poem about the thing that all Kirkstall Harriers have in common... a love of buffet
clears throat

Beige food is good,
Beige food is great,
You can never get enough beige food,
Piled on your plate

answers phone to Hallmark who now won't stop calling

(think I best leave the poetry to you Jonathan!
-ed)



Joining the 250 Club

By Anne Akers



I remember my first parkrun back in 2011. Someone at the climbing wall mentioned these free weekly 5km runs. They had me at 'free'.

At that point I didn't really consider myself a runner, I'd started running only a couple of years previously, done a few 10kms then lapsed as life took over, so this seemed like a great way to get back on form.

I started going along, then dragged Noel with me as I was overwhelmed by the camaraderie and support for everyone whether they zoom along, jog, trundle or walk. I was also rather taken with the post-run coffee, cake and putting the world to rights in the café.

parkrun was something of a catalyst, it was all very well running 5km then eating cake, I felt had to do something with my running so joining a club was the next step, Eccleshill Road Runners before becoming a purple peep, where I ran with many of my fellow parkrunners.

I carried on parkrunning and volunteering at Woodhouse Moor, becoming one of the run director team and have been the event director for the past 18 months.

Earlier this month I became only the second Kirkstall Harrier to join the parkrun 250 club and the right to claim my green tee-shirt. The first by a long chalk was Adam Moger, by the way, who has run more than 370 parkruns. I have volunteered nearly as many times as I've run, it's always a thrill to stand there at the finish funnel to cheer on everyone from the first to the last, hand out tokens or scan barcodes.

When I started parkrunning, there was only one in Leeds, now there are seven (Bramley, Roundhay, Temple Newsam, Cross Flatts, Rothwell and Middleton). Between us in the club, 156 runners have completed 3,349 parkruns. I love parkrunning as part of my regular (ok, irregular) training regime, but I love it more for introducing me to so many wonderful people!

Super Anne! I can't believe you are 250! Not looking a day over 25... (that's what this was about right? - ed)

Anne can be found most weekends rallying the troops at Woodhouse Moor parkrun - if you are a harrier who has never done a parkrun, or a visitor to our newsletter who hasn't either then we couldn't recommend them enough!

YVAA Round-up

By Peter Hey

FIRSTLY! A huge thank you to all of you who turned up at our Yorkshire Vets race on Tuesday 29th May either running or marshalling - and ensuring the event went smoothly, despite another record turnout of 353 runners. I would like to thank Chris Glover and Adam Moger for keeping a helpful watch over things as they progressed and their contributions to the event and a special extra thank you to Jemma for doing the very important job of rallying the support of all the marshals and allocating them to their rightful places despite the many changes of names and availability, even up to the evening itself - amidst all her wedding preparations too. (awww shucks it was nothing). A final special mention also to Sam Broome, Laura Davis and Cat James for doing a sterling job on getting all the numbers and times together. The provisional results were on the website early hours of the next morning and there appeared to be only one query out of the 353 to resolve. A fantastic result if you have ever been involved in the manual production of race results.

There was a very good turn out for the 2nd and new race at Roundhay Park with 103 ladies and 212 men, but this was beaten by our race on 29th May, with yet another record turnout for these races of 120 ladies and 230 men, plus 4 no scorers and one DNF, making a total of 355 starters. All this sadly reducing the number of points to be gained for us at the back end of the races, hence the need to go to races at Lythe where hopefully the turnout is lower.

Niamh was first overall at Roundhay and 3rd overall and in age group at Kirkstall but is still leading the ladies overall and in age group after 3 races. In their respective age groups, after 3 races Kimberley Keeber is 10th , Louise O'Brien 4th (after missing the 3 rd race) and Carol Moran 2 nd . For the men we have Adam Moger in 4th (from 2 races) Paul Glover 6th, (from 2) and John Hutchinson 10th from 1 race - who also collected the 3rd in age at Kirkstall.

As a team the ladies are 4th 3rd and 4th in the 3 competitions from a long and prestigious list of 28 clubs. The men are 10th , 14th and 9th from 40 clubs.

There is a quick succession of races coming up so if you can make an appearance at one or more - please do - the club appreciates any points anyone can contribute.

If you need any more details please ask Peter Hey or Adam Moger who will be only too glad to assist.

The remaining GRAND PRIX races listed at the moment are as follows

Sun 3 rd June - Lythe - 11.10

Wed 27 th June - South Leeds 7.30pm

Sat 7 th July - Keighley 10.00am

Tues 24 th July - Saltaire Striders

Wed 8 th Aug - Halifax 7.30pm

Wed 22 nd Aug - West Vale

Sun 11 th Nov - Spensborough 11.02am

They also arrange Championships events, which are usually a race within a race for people residing in Yorkshire and who are members of England Athletic affiliated clubs, or who are members of other clubs but live in Yorkshire. You may have to enter separately to be eligible for the YVAA part of the race. A list of these races is below but again please check details before entering

5 MILES - Thursday 7 th June - Haworth

10 MILES - Sunday 1 st July - Eccup

10K - Wed 4 th July - Helen Windsor (Halifax)

5K - Thursday 19 th July - Huddersfield

TRACK & FIELD - Sunday 23rd Sept - Spensborough

15 MILES - Sunday 21 st Oct - Holmfirth

FELL - November - Meltham

For more details or to check on the accuracy of the information and dates please visit their website yvaa.org

Members PB's for May

Name	Time	Distance	
Ben Clarke	2:03:25	Half Marathon	<i>First race!</i>
Joanne McGarey	2:02:33	Half Marathon	
Alistair O'Donnell	1:32:11	Half Marathon	

Member Birthdays in June

Emma Ballantyne
Simon Boardman
Emma Briggins
Jane Crossley
Richard Hancock
Peter Hey
Burjor Langdana
Hannah Lee
Peter Marshall
Emily Potts
Richard Thomas



New Member! Ashley Lightfoot
Welcome 😊