

KIRKSTALL HARRIERS



... you might think we are all in our summer running gear because it's summer..... but...don't be fooled we are a Yorkshire club...

We dress this way all year round.....

Contents

- Waterworks parkrun
 - Vets News
- Vets Races Roundup
- Member Profiles
 - AOB

Waterworks parkrun, Belfast

By Neil Marshall

There is so much history around Waterworks and North Belfast that I wouldn't be able to do it justice in a run report. Waterworks was the first parkrun to start in Ireland, the location in North Belfast was chosen due to the sectarian history of the area.

Anyway, the run. Luckily I was there on a very sunny day which made it a lot more picturesque. There is a singing RD - something all parkruns should have as it makes the pre-run brief a lot more memorable, they video from the bollard near the start to stop peoplerunning/walking into it, there are coffees/teas/juice at the end, the biggest great dane I have ever seen (who was awesome) and the matter of 2 ½ laps around a couple of lakes.

It appears flat, and most of it is, except for a very cunning small, steep incline to the larger of the lakes, so if you do go there be glad for all the hill training around Leeds.



And more importantly, the cafe where people go to does an amazing veggie fry up which isn't even on the menu! Win win!

(I'm not going to mention my time, it's not a race, I was full of Guinness from the night before and my boss, who was pushing his nephew in a wheelchair only finished 1 minute behind me!).



That's some good parkrun tourism Neil, not sure even Mr Moger can claim he's been to that one! - ed

YORKSHIRE VETERANS ATHLETIC ASSOCIATION yvaa.org

By Peter Hey

The coach trip to Lythe seemed to go okay and hopefully swelled our numbers at the event. Unfortunately, the weather was typically Whitby'ish but at least it stayed dry and was good for running. Jonathan Young managed 3rd in the Mulgrave Castle 10k which preceded the Vets race by 10 minutes. If anyone has any suggestions for a repeat trip next year assuming both races are on again, whilst they are fresh in your mind – please let me know. The only difference I can see is making the start from Leeds about 15 minutes later (not being a morning person)

In the vets race, Marion Muir was 3rd in age, Adam Moger 2nd, with Carol Moran and Paul Glover both just missing out in 4th. As there were only 58 ladies and 112 men (about half the usual numbers) this gave each runner a better chance of picking up more points (I know I got about 100 extra – being a back of the fielder)

After the Lythe race Niamh is still first in age despite missing this race, Louise O'Brien 4th, Marion 6th, Sandra Warren 11th, Vikki Hipkiss 7th and Carol 2nd For the men Simon Hands is 7th, Adam Moger 3rd, Myself 10th, Patrick Nesden 12th and Paul Glover 5th

As a team the ladies move up one place in 2 events and are now 3rd, 3rd and 4th in the 3 competitions which has now increased to 30 clubs taking part. The men moved back up to being 8th 9th and 9th out of 41 clubs.

If you can make an appearance at one or more of the remaining races - please do – the club appreciates any points anyone can contribute, and they are nice routes to run – and still on £5.00 – but do please register at least 12 hours before the race if you have not done one this year so far.

The next race is July 24th and is held by Saltaire Striders, the remaining races are:

Wed 8th Aug – Halifax 7.30pm

Wed 22nd Aug – West Vale

Sun 11th Nov – Spenborough 11.02am

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

Members Profile(s)

As we crown the half way point of the year we catch up with some of KH's members to find out how their Harrier year has been going and what's in store for the coming months!

Anne Akers

How has your year of harriering gone so far?

I'd like to have Harriered more, there's been some personal stuff (my dad died) and a bit of injury, but things are looking better

What's been your favourite event if any?

The Ilkley Trail Race, even though I hobbled my way round after straining my calf!

What's been your toughest challenge / biggest struggle

Keeping focused and just getting out there to run

What's in the cards for the rest of the year

I've signed up for the Yorkshireman Half which is my favourite race. It'll be part of my training for the ultra I plan to do next year.....



Emma Lavelle-Wood

How has your year of harriering gone so far?

OK, but I've only made it down to training once 🙄

What's been your favourite event if any?

Punk Panther's A Bridge Too Far, 39 Miles of lovely countryside, lots of snacks and a beer at the end. My kind of race.

What's been your toughest challenge / biggest struggle?

Fitting everything in! Training for long distance races and juggling family life can be a challenge at times.

What's in the cards for the rest of the year?

More miles.....Hardmoors Rosedale Marathon, Hardmoors 60 as part of a relay and Ennerdale 50k 🙄

Matt Kasperek

How is your Harriering year so far?

Year so far started good when i started low heart rate/slow running. Got worse after about 3 months when i started with stress fractures from the increased footfall.

What's been your favourite event if any?

Best event has to be endure24 but will no doubt change to be L2P24 when it drops. Running 6 laps of 5 miles isn't too difficult but doing it consistently over 24 hours just fatigued me like never before. 5 laps were about 42-44 mins then i hit the wall and cramped up for a final lap of about 54 mins.

What's on the cards for the rest of the Year?

I look forward to London to paris in 24 hours and also winning the club championships at xmas, or at least smashing Kearns.



Matt Sykes-Hooban

How has your harriering year so far been?

For me 2018 is turning out to be the best year in quite a while, I am on a major health and fitness kick ahead of an impending big birthday and I have so far lost 4 stone and feel that I have got my running mojo well and truly back.

What has been your Favourite event?

My favourite event in fact only event was the Great Lincolnshire Half, my first race in several years after being sidelined with various injuries. Getting to the start line was a victory in itself but getting round in one piece and injury free was brilliant.

What has been your toughest challenge?

My toughest challenge thats technically still going is the 'Plank Challenge' Its been far worst than I imagined the toughest thing I done so far this year and is only marginally improved by being slightly drunk at the time. My best time so far is 3 mins and 45 sec (The challenge is to do a 5 min plank) Although the month is up on this I still hope to do a 5min plank by the end of the year.

What's on the cards for the rest of the year?

Looking forward to the rest of 2018, my goal is try and dip under 24 mins for parkrun and hopefully complete my 100th parkrun during the process. And maybe just maybe there might be time to run another Half before PECO season starts again!



Louise O'Brien

How has your harriering year so far gone?

I've loved this year so far, I feel so lucky to have been able to take part in the 3 Peaks Race in April with lots of other lovely harriers who provided support and advice and I completed my first (and last) road marathon in Edinburgh in May.

What has been our favourite event?

My favourite event without doubt was the 3 Peaks, I loved the race, the atmosphere, the views, and the support was absolutely amazing, especially from our purple crew at Hill Inn, I'll definitely be back.

What has been your biggest challenge?

My biggest struggle was to continue marathon training for Edinburgh the week after I'd done the 3 Peaks, my body really didn't want me to continue.

What has been your biggest challenge?

My next thing to aim for is the Yorkshireman off road marathon in September and lots of lovely fell runs for the rest of the year. Getting off road has definitely been my best decision.



Chris Hudson

How has your harriering year so far gone?

So far this year things have been going well. I have been trying different races mostly off-road and trying my best not to fall over too much.

What has been our favourite event?

By far my most favourite event has been the 3 peaks fell race. It's such an iconic event and one that I will be doing every year from now on.

What has been your biggest challenge?

My biggest struggle was trying to get my final qualifying race done for 3 peaks. Heptonstall was cancelled at the last minute because of the snow so rushing around trying to find another event to do only to have Heptonstall rescheduled a week later and not having done enough training for it.

What has been your biggest challenge?

As for the rest of the year I have a few trail marathons and hopefully some more ultra marathons to do.





Jonathan Young

How has your year of harriering gone so far?

The year has been going well, starting to run closer to the times I am currently aiming for and putting in better racing performances.

What's been your favourite event if any?

I enjoy all the team events, as it brings us together as a team more so than that of the focus of individual events.

What's been your toughest challenge / biggest struggle?

Breaking the one hour mark in the ten mile event, currently 3-0 down with that one.

What's in the cards for the rest of the year?

I have some short distance times to chase down, whilst also turning my attentions to running a sub 3 hour marathon on my first attempt at the distance.

Leann Young

How has your year of harriering gone so far?

Great - Actually get to training sometimes as I'm not on tour!

What's been your favourite event if any

Armley Parkrun number 1 - great atmosphere

I still find all events really tough. The turnout of the purple army to support at all events (even Middleton PECO) is astonishing.

What's been your toughest challenge / biggest struggle

Trying to learn to enjoy running.

What's in the cards for the rest of the year.

Get in more miles and mix it up a bit. An autumn half and an obstacle course?



Rowan Temple

How has your harriering year been so far?

Some ups and downs. And some flats.

Favourite event?

Otley 10

Biggest Challenge?

3 peaks - very close to a dnf. Loved the KH support though.

What's in store for the rest of the year?

L2P24 in August then looking forward to Vale of York half.



Cat James

How has your year of harriering gone so far?

It has honestly been the best decision I have ever made.

What's been your favourite event if any?

That's a toughy because so many of them are special to me. Bruges half has to be a favorite, as well as the PECO series.

What's been your toughest challenge / biggest struggle

Probably Hell on the Humber. I realised about three days before I was probably going to bed up running a marathon and that I was totally unprepared! It was very hard to say the least.

What's in the cards for the rest of the year?

A couple more triathlons, maybe a new 10k PB... then it'll be PECO before we know it!

Simon Smith

How has your year of harriering gone so far?

My year of being a Harrier has been one of pride that I continue to be Men's Club Captain tempered with grave disappointment that I rarely get down to the club to captain the men. Or say hello to the Ladies, for that matter.

What's been your favourite event if any?

Favourite event? Ravenscar Half. Reminded me of the kind of events I used to enjoy when I was a runner.

What's been your toughest challenge / biggest struggle

Biggest challenge/struggle?

Trying very hard not to lose my running mojo. Often feel like packing it in. Can't because running defines me. Times deteriorating. Body hurting. Still refuse to give in. I will come again.

What's on the cards for rest of the year?

Continued mediocrity. My running might be rubbish just now, but at least it's purple rubbish.



Member PBs for June (inc Eccup 10)			
Distance		Name	Time
10m	First Race	Jane Crossley	1:28:41
10m	First Race	Ashleigh Jones	1:27:44
10m	First Race	Joanne McGarey	1:37:38
10m	PB	Alistair O'Donnell	1:12:58
10m	First Race	Leanne Sykes-Hooban	1:39:56
10m	PB	Jonathan Young	1:02:34
5k	PB	Jonathan Young	0:17:28
Mile	First Race	James Corah	0:07:07
Mile	First Race	Jackie Elmer	0:07:40
Mile	First Race	Matt Kasperek	0:06:11
Mile	First Race	Joanne McGarey	0:07:48
Mile	PB	Hannah Newman	0:07:46
Mile	First Race	Jonathan Young	0:05:02

Member Birthdays in July

- Jill Buckley
- Lee Hardy
- Matt Kasperek
- Rachael Kearns
- Tom Keeber
- Kevin Longmate
- Marion Muir
- Clare Rhodes
- Hikari Yamaguchi

No new members in June.



HAPPY SUMMER HOLIDAYS!!!