

Kirkstall Harriers Newsletter

No. 75 February 2010



25th Anniversary Presentation Evening

Tickets are now available for the 25th Anniversary Presentation Evening on **Friday March 5th** at 7pm at the LPSA Club priced at £10 including food and entertainment. Each ticket purchase must be accompanied by a nomination for sportsman and woman of the year 2009 and tickets can be purchased from Matt Hooban (main agent) or from Peter Hey or Jill Stocks.

The dress code is smart with no running gear, and it will be more than acceptable to come in formal wear, ie dinner jacket or formal dress. Partners, friends etc are very welcome to attend with any member. If anyone knows of any former members who would like to attend please let Jill, Peter or Richard know. If you cannot get down to training or the LPSA to purchase a ticket please email stoxy78@hotmail.com.

This should be a fantastic evening so we hope you can make it!

News in brief

* Food Money

Just a quick note to say that anyone who provided food for the PECO that we co-hosted with Horsforth back in December, it's your last chance to claim some money back so do let Peter Hey know asap if you are still owed some - thanks!

* Training Start Times

Just a reminder that we are now doing announcements actually at 6.50, and starting the runs at 7.00. This seems to be the preference of the majority. Anyone wanting to leave a change of clothing or anything, especially on Monday evenings when the LPSA may be closed, can leave them in the lockers at the Leisure Centre. All you will need is a £1.00 coin which is returnable.

* Long Training Runs

Most of the January long training runs were affected by the bad weather, but long runs for February include the following:

Wed 17th Feb - Calverley half marathon route – start 6.30pm Kirkstall Leisure Centre;

Sat 20th Feb - Kirkstall, Pool, Otley, Kirkstall – 20 miles – start 9.00am Leeds Postal Sports Association (LPSA);

Sun 28th Feb - Around Swinsty, Fewston & Thruscross reservoir – 20 miles – start 9.00am LPSA.

If you are interested please speak to Patrick and Diane who have provisionally put forward these dates.

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* Leeds Half Marathon

We have been informed that entries are filling up fast for the Leeds Half Marathon on **Sunday 9th May**. You can enter online at www.runnersworld.com or paper forms are available from the Leeds City Council website. Get your entry in asap to avoid disappointment! For those not running there are plenty of opportunities to volunteer and the club will get money for this! Let Jill know if you would like to volunteer by emailing stoxy78@hotmail.com.

Key Dates for your diary

Sun 14th February - Liversedge 1/2 Marathon (1st Championship Race of 2010)
Weds 24th February - Club AGM, 8.30pm LPSA
Sat 27th February - National XC, Roundhay Park, Leeds
Fri 5th March - 25th Anniversary Presentation Night, 7pm LPSA
Sun 7th March - PECO XC, Esholt (2nd Championship Race of 2010)
Sun 25th April - London Marathon
Sun 23rd May - Edinburgh Marathon / Half Marathon
Tue 1st June - Yorks Vets race hosted by Kirkstall Harriers, marshals required!

AGM - Weds 24th February 8.30pm, LPSA club

The AGM has been set for 8.30 in the LPSA club after a shorter than usual run. This is an important meeting for the club and can shape how the club is run for the next 12 months – and how much you want to pay for subs. Please attend if possible, even if you cannot do the run beforehand.

Anyone with any business to raise, or who wishes to stand on the committee as an official (Chairman, Treasurer or Secretary) or as a member – please try to mention this to the committee beforehand. As far as we know at present all the committee are available for re-selection, but will not stand in the way of any new people who would like to be involved in the “running” of the club. A small buffet will be available afterwards, and we'll put out a pot for voluntary donations towards the food.

3 Mile Winter Time Trial - Weds 20th January

Despite half a dozen runners catching up on their long runs, we still had 14 runners for the 2.9 mile time trial (we think '3 mile' sounds catchier though! - Ed). With some 'new faces' and some pb's, the actual run times achieved are as follows, but in the sequence of how they crossed the line – due to the handicapping – which does not favour everyone all the time unfortunately.

- | | |
|----------------------------|---------------------------|
| 1. Liam 19.19 (New face) | 8. Paul 19.11 |
| 2. Bent 19.59 (New face) | 9. Richard T 20.22 |
| 3. Kevin L 21.03 - pb | 10. Collette 23.34 - pb |
| 4. Amy 20.15 - pb | 11. Alex 21.43 (New face) |
| 5. Philip 19.29 - pb | 12. Richard H 25.07 |
| 6. Rachel 20.34 (New face) | 13. Stuart R 20.42 |
| 7. Martin 19.50 | 14. Tom 23.50 |

A full set of results and times are available on the website.

Changes afoot at Kirkstall Leisure Centre

I recently attended an open afternoon to look at the plans for Kirkstall Leisure Centre in 2010. They include a more accessible and modern entrance, so we don't have to wait in the wind and cold if there is a queue, increased car parking, and refurbishment of the wet side changing rooms, as well as repairing the leaky roof at long last!

Some of our members had requested a gym or at least a weights area but it would appear that not only is there no space for a decent sized gym which would accommodate the needs of the catchment area. Also, it would cause issues with parking space, as it would surely prove to be popular. This is an issue I can vouch for after a recent trip to the John Charles Centre for Sport where the gym was packed and cars parked anywhere they could!

The new man in charge is Steve Brampton, who seems very happy to be in charge of the project and also willing to help out with anything we may need as a club. So if you think of anything let me know! If you would like to comment on the changes to Kirkstall Leisure Centre or know more you can telephone 0113 2243184 or email newleaf@leeds.gov.uk.

Jill Stocks

National Cross Country - 27th February, Roundhay Park

This year the National cross country is at Roundhay Park on Sat 27th Feb and even though we may not win the team prize – we can say that we were there. We have entered the following runners –

LADIES Alex, Collette, Eleanor, Gemma, Marion and Rachel.

MEN Gary, Kevin B, Paul, Peter B, Rob, Sam O, Stuart, Randolph, Martin and Tim. Because we have left out Richard by mistake, he will be the first reserve if anyone drops out.

The ladies race starts about 1.00 with the men's race about 2.00, so let's give them some support.

Marshals for the National XC -

As a local club we are committed to providing some marshals for a small part of the course. We need as many volunteers as possible. It starts early – about 8.00 am— to mark out the course. It continues throughout the day whilst all the races are being held until about 3.00pm when the course is cleared. If you can make yourself available, even for a couple of hours during the day, or would like to marshal and run, the club needs you. Please let Jill Stocks or Peter Hey know if you are available and at what times. The theory is if we all do a small bit then the whole event will be a success.

Northern Cross Country - 23rd January, Blackburn

We eventually managed to scrape a ladies team together for the Northern Cross Country Championships 2010 in Blackburn, after some last minute moments, as usual. The team consisted of: Sheila King, Alex Saunders, Rachel Pilling and Collette Spencer. I think we all enjoyed the course which was a fast field and involved lots of mud, for a change, and a few hills to get those hearts beating. I'd like to thank you, girlyies, for entering the race; you all did fantastic and you did me proud, especially to Rachel who stood in at the last minute. Our final position was 18th out of 22, but not bad going considering the quality of the runners in the rival teams. Unfortunately the men didn't have a full team, but still travelled all the way to Blackburn to compete and were a great support to the ladies team. Well done to Paul, Phil and Tim for hanging in there.

Collette Spencer

PECO Cross Countries - 17th January, Ilkley & 31st January, John Smeaton

Well done to the 18 runners who turned up for the first opportunity for a race in 2010 at Ilkley after all the wintry weather. Despite a lack of quantity of runners from our club, at least we had some quality which meant a good result for the club. It was a bit muddy, surprisingly on top of the fields rather than the bottom, which made running up the hills slightly easier(?!), until you got to the top of one field where the water crossing was reputed to be 18 – 24" deep – and you only had to run through it 6 times! The ladies were led home again by Gemma being 1st lady overall, Alex 6th, Rachel 10th Sheila 26th, Collette 46th and backed up by Jill Stocks. Despite only having 6 runners the ladies came 2nd overall in the Premier league behind Ilkley, and beating Horsforth and Abbey. The men came 1st again in the First division – and 5th club overall, but only beating Virgin in the 1st division by a slender 31 points. Peter Branney leading the men home in 12th Sam 50th, Philip Hewitt (our newest member) 61st, Tim Foreman (back in fine form) 63rd Gary 78th, Bent 81st, Stuart 86th, and Richard T 87th, backed up by Martin, Randolph, Peter and Matt H.

The men now have 3 points in the First division with Virgin the next club on 8. We had no juniors running in this race.

At time of writing we are only just all home from the John Smeaton race so we do not have full results but both our men and ladies teams did very well. Gemma was first lady again, with Alex 6th again, Rachel 9th, Amy 11th and Eleanor 29th. The men scoring were Peter B 15th, Sam C 46th, Paul 60th, Stuart R 66th, Kevin B 68th, Gary 70th, Sam 72nd and Bent 73rd. Altogether we had 13 ladies out and 17 men which is brilliant so thank you to everyone who turned up to this event. Patrick, Diane and Bal had even reccied the Rombalds Stride the day before! The fact that the mud had frozen over seemed both a blessing and hindrance to some people but overall we had some great results and it was generally seen to be an enjoyable race.

The last race on **Sunday 7th March is now at Esholt**, and we will meet at the LPSA at 9.30am for those wanting lifts as usual.

The overall position of each club depends on the scores of all 5 races, so the club cannot be complacent at this stage.

We do really need as many of you as possible turning up to each race!! Thanks.



Photos (clockwise from top): Jill, Sheila, Stuart, Peter, Alex, Sam, Gemma, Team Kirkstall! (all from Ilkley race on 17/01/10)

Member Profile - Helen Thorpe



Name: Helen Thorpe
Age: 33
Occupation: Medical Statistician

Where are you from originally?

I'm originally from Melton Mowbray in Leicestershire (yep, the home of pork pies, can't stand them...) but moved up to Leeds about 10 years ago purely because of getting a new job up at the University (and I'm still in the same 'new' job albeit a few promotions!). My Dad and all his family are from around the area so I didn't feel like this wasn't going to be home but I don't think I'd really been to Leeds before I moved up. Though my Mum has told me we've camped at Roundhay before... it was a long time ago!

When did you start running, and why?

I've been running really since high school (or middle school or whatever it's called up here), partly because my (older) sister did and let's face it, I had no choice in doing anything other than what my sister did! So I ran cross-countries, jumping over the horrible dyke (the stream sense that is), ran 800 and 1500m and once even ran in (I think it was) the area sports event doing a 800m race. I posted a PB then but I swear the running tracks were smaller in those days!! I also loved sprint and was one of the best in my year at 100m, 200m and 400m. However, being a conscientious student (ummm) I didn't run much during the GCSE and A-level years and rarely did much whilst at uni either apart from just to keep fit. You see, I am half-Yorkshire, and as I'm a tight-a*se and would rather eat pork pies than pay a gym membership. I started properly running again about 5½ years ago as I did the Abbey Dash in 2004 (I still have the t-shirt!) and haven't stopped since (well apart from the odd injury!)

When / how did you end up joining Kirkstall Harriers?

I joined Kirkstall about this time 5 years ago, post Abbey Dash as me and a work mate (Liz Graham who has since retired from the Harriers, but that's not because she's old) decided to join a club to keep us motivated and committed to running as we had signed up (or were going to) to run the Great North Run that year. And really Liz did all the leg-work in looking into running clubs etc and I just went along! However since I've lived in Leeds, I've lived in the Headingley / Kirkstall / Meanwood area, so Kirkstall was a logical choice and Liz lived up the road in West Park. And what a superb choice, as I've never looked back!

What are your motivations for running?

Mostly to keep fit and keep the lard off me. I have a fetish for flapjacks, gingerbread men, stilton cheese and mostly pizza (I would eat pizza everyday if it were allowed. In fact when I went to Italy, I had pizza every day apart from one day, when I had it for lunch and also for tea!). I also have the motivation of needing to be better than my sister (something about being the youngest!) and so, although she doesn't run much anymore, I still feel I need to prove something! I also adore all the people at the Harriers so I wouldn't want to not come running! It's amazing how much gossip you can catch up on during a 6/7 mile run!

What are your greatest running achievements?

Hum, I've not done many races (as I tend to be over-competitive within myself and it becomes an obsession rather than enjoyment!) but passing the finish line, holding hands in the air with Liz, of the Great North Run back in 2005 was absolutely fabulous – it still gives me a watery eye. That was my first ½ marathon and I really thought I was more a 5/10k kind of runner so to reach that distance was a big achievement. I would also put last year's Leeds ½ marathon in there too as although I started to hate it half way round and wanted to die coming along Kirkstall Road (my Rob said I ran like an old man when he saw me around Sheesh Mahal!) to be only 13 seconds off my PB which I had done in January that year at the Brass Monkey was brilliant. And I was running on a really injured knee which our masseuse Ward didn't think was very wise, particularly as it was that bad that after training I couldn't walk on it for a few days after! But as mentioned, over-competitiveness wouldn't let me stop! I'd

also include getting my almost sub-1hr40m at the Brass Monkey last year with the fabulous help of John H. And there's also some little achievement of beating my sister at a Glasgow 10k back in 2005...

What are your best running related memories?

Beating my sister? ... Hum, I have many enjoyable memories, so it's hard to pick out 'best' ones. Can I include ones in the pub (with the Harriers of course!)?! I guess they basically reflect my greatest running achievements so I'll say no more (well apart from to say they certainly don't include the beginning of the cross countries in the cold and/or snow!).

What are your worst running related memories?

My worse running related memory is probably my injured knee, but still training on it for last year's Leeds ½. I've never been in that much agony but I refused to give up (and actually it seemed to hurt less whilst running!). And probably the last 2 or 3 miles of the Leeds ½ as I really felt like I was dying! In fact when I crossed the finish line (which I had assumed would be in front of the town hall, not another 300 metres or so at the millennium square!) I almost collapsed and a paramedic asked if I was 'alrite luv'. However once I got my energy drink down me, and my sense back, I did become 'alrite' again (well back to my baseline 'alrite' that is).

Any words of wisdom for your fellow harriers?

I'm probably the last person to give wisdom out, but I would say just enjoy it and that it's alright to give yourself a break (or even miss a race!) when the body has given up. Basically just have fun and the rest will follow!



Photos: Top - Helen enjoying a cuppa at the West End. Above - running the Leeds Half Marathon 2009

Yorkshire Vets

The first 9 of the 10 dates for the Yorkshire Vets have been announced. Please see below or visit YVAA.ORG

Sun March 7th Meltham – start 9.30am – with the AGM afterwards

This date clashes with the last run of the Peco Cross Country. If we have sufficient runners for the Peco race for the men to be promoted and the ladies to avoid relegation, then any Vets can make their own decision on which race they prefer to do.

These races are for any club member who is aged 35 or over. The routes are normally a mixture of off and on road, with lots of friendly competition between individuals and clubs. The more runners we have the more points the club scores so please try to enter some of these if you can. If you compete in 7 or more of the 10 races you also count as an individual for trophies at the end of the year.

Other races are

Tuesday April 20th Kippax – start 7.30pm

Tuesday June 1st Kirkstall – start 7.30pm

Wednesday June 16th Pudsey – start 7.45pm

Tuesday June 22nd Meanwood – start 7.30pm

Sunday July 11th Honley – start 11.00am

Wednesday July 28th Knavesmire – start 7.30pm

Sunday Oct 10th Skipton – start 11.00am

Sunday Nov 14th Spenborough – start 10.30am

TUESDAY 1st JUNE 2010

As one of the top ten clubs for both men and ladies, we have put our name forwards to organise a race that evening. Some of the other clubs, who stage races regularly for the YVAA, are wanting a break. Therefore we would require about 20 marshals and some catering on similar lines to the Peco race back in December. So if you can make a note in your diaries, we will keep you posted of the progress.

Leeds Endurance Athletic Forum Update

LEAF was formed after the cancellation, and subsequent reinstatement, of Leeds Half Marathon in 2008. Our club representative at these meetings is Secretary Jill Stocks. As a result of these meetings we have been given funding for coaching courses and at the most recent meeting we became part of the Leeds Athletic Development Group Leeds Athletic Network which will entitle us to more funds. If you would like more information or would like to be part of the forum please contact stox78@hotmail.com or take a look at the link on the Valley Striders website (courtesy of forum Chairman Bob Jackson).

Club Championship Reminder - Liversedge Half Marathon

The first race in the Club Championship is Liversedge Half Marathon on Sunday 14th February. The race is full now so just a reminder to all those running that if you are new to the championship and have run a half marathon before, please let Eleanor or Matt know your current PB, so that we can issue you some championship points after the race. If we do not have a PB for you, you will still gain 2 points just for running the race in your club vest.

The race starts at the very civilised time of midday, so if we meet at LPSA at 10.15am for lifts this should give us all enough time to pick our numbers up upon arrival.

New Members

Please welcome to the club **Philip Hewitt** from Kirkstall, another one to add to the fast group! We now have 103 members.

If you were members last year and have not paid your subs yet, then your name will soon be deleted when we start renewing memberships in March, and you will not be eligible for the £2.00 discount on race entries. Please send your cheques to Tony Downham at 17 Stainburn Avenue Leeds LS17 6PQ – Male subs £18, Female Subs £16 – cheques made payable to Kirkstall Harriers.

Para's 10 - 12th September, Catterick

Following good reports from some of our runners who did the race in 2009, entry forms are now out for this year's event. It is a 10 mile off road route used by the Parachute Regiment selecting new recruits. Entry fee is £25 and all finishers will get a medal and a T-shirt and proceeds are for the worthy cause of Help for Heroes.

Hell Up North / Another tough race?

The Hell up North race seems to have attracted some of our more masochistic runners, so if anyone fancies a change there is a Saab Solomon Turbo X Trail at Wharnccliffe near Sheffield on Saturday 17th October. The description includes: "Turbo X is pure filth. The maddest, muddiest run of the Saab Solomon series, and will not disappoint, with 10 miles of the gnarliest mix of mud, sweat and trail. Hidden within a natural assault course of water, sand, marsh and muck lurks the SAAB X ZONE..... a 1 – 2 mile section of the craziest trail terrain to push your stamina, agility and perseverance to the limit. You will wade through water wildness, clamber through mud, sand and bog, charging your way through the toughest off road trail you can imagine. Entries are on line at £25 and all finishers receive a Salomon technical running T-Shirt and a goody bag."

Further details can be found at <http://www.salomontrails.com/turbo-x.php>

Hell Up North will take place on Sunday 7th November and this year there are 2 main races, 10am and 1pm.

Upcoming Races for your diaries...

6th Feb - Rombalds Stride

7th Feb – Dewsbury 10K, St Wilfrids Muddy Boots 10k, Ripon

14th Feb - Liversedge Half Marathon (Club Championship race - RACE FULL)

21st Feb – Great North West Half Marathon, Blackpool

7th March - Final PECO race, Esholt (Club Championship race)

13th March – Dentdale Run, Cumbria

14th March – Spen 20, Cleckheaton

21st March – Bradford 10K, Lightwater Valley Challenge 10K

28th March – Wakefield City 10K, East Hull 20, Baildon Boundary Way Half Marathon, Wilmslow Half Marathon

4th April – Guiseley Gallop 10K (Club Championship race)

11th April – Blackpool Half and Full Marathon

25th April - Sheffield Half Marathon

3rd May – Rothwell 10K (Club Championship race)

9th May – Leeds Half Marathon (Club Championship race)

15th May – Meanwood Valley Trail Race

More details and online entry available at www.ukresults.net or runnersworld.co.uk.

Shoes and Energy Gels

Shoes For Sale:

Ladies Mizuno Waverider 10, size 5.5. Worn once. £15 ono (cost £50) and will chuck in a tshirt which is too small for me and I forgot to take back to the shop. Please email Jill at stoxy78@hotmail.com.

Energy Gels Giveaway:

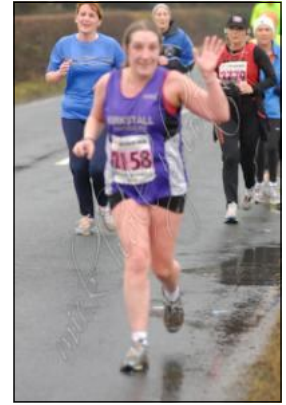
Eleanor has loads of orange flavour energy gels that she doesn't want because orange flavour anything makes her want to vomit. She will bring them to the AGM for anyone who would like some, especially those who are marathon training at the moment as they are very good for those long training runs you will need to get in!



I have done this race twice before and twice got a pb. But I find the course a bit too flat if I'm honest! Anyway a pb was unlikely this time due to a lack of training because of my fear of the ice. So basically this was a long run with very little training!

I decided (controversially!) to take my ipod to provide me with a distraction on the way round which helped. As did a bowl of frosties (other breakfast cereals are available) on the way there.

I did a decent time of 2:10 and a bit which I was very pleased with given the circumstances, though I do think I could have got a sub 2hr at last on such a flat course had the training allowed, and I was rewarded with a black Brass Monkey sweater. I enjoyed the race though it is very flat, and therefore good for a pb, but I do think the hype (it usually sells out within 48 hours) is a little bit overplayed. However the marshalling and organisation is excellent, including my good friend Viv who was a roving marshall on her bike. It was great to see her. A good race well organised and great for a pb if the winter weather doesn't interfere with your plans!



Jill Stocks

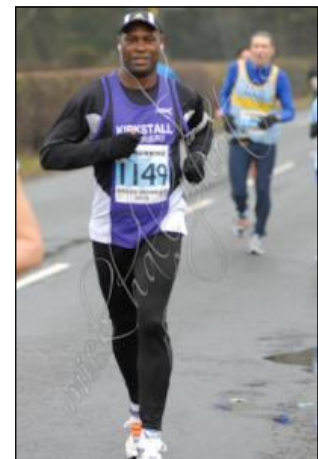
So there I was last November filling out my entry form for the Brass Monkey thinking to myself "this year, this Christmas things are going to be different, I will not be over indulging, I will be running on boxing day, I will lose some weight, get fit! And I am gonna train hard and get that hallowed PB that everyone who's run the BM in the past assures me is all but a fore gone conclusion." And why else would anyone enter this 'flat as a pancake half' in the middle of January?

So fast forward a couple of months and I find myself at the start line, in a car park next to the impressive York Racecourse Grandstand. It's chilly, there's a light drizzle in the air perfect running conditions for a quick blast round the countryside.. or is it? I quickly assess my situation before the off.. Did I over indulge over the festive period? Oh yeah, big time, and let's not forget that holiday of a life time in Kenya the month before which was my first taste of the 'all inclusive' holiday option (which I may have seen as more of a challenge). Did I run on Boxing Day? Heck no! Did I lose weight? No, I have in fact gained the best part of a stone in 'winter padding'. Did I get fit? Nope, I feel as about as energetic as an asthmatic donkey. And finally, did I train enough? Well with all the snow, enough said, I think that's all the excuses I need. PB today? No chance!

And then we were off. I had to admire at the speed that the front runners got away but I bet they didn't have three work Christmas do's I think to myself as I waddle over the starting mats.. it makes me feel better. I decided I was going to aim for about 2hrs and treat the whole thing as a good training run as part of my marathon preparation (more on that saga another time) so I steadied my pace to around nine minute miles and took stock of the race. The Brass Monkey Half Marathon certainly lives up to its 'flat as a pancake half' reputation - apart from a couple of motorway bridges in the first and last mile the course is seriously flat. I think the next highest point on the route was running over the discarded plastic cups at the drinks station. If you like looking at farms, fields and quaint red brick villages you'll love this race. Looking at some of times that some of our members posted I think Dave Spink, Sam O, Stuart and Sheila definitely had a good day out.

As for me, I crossed the line in 2hrs and 3mins but I did have to stop for a bit of roadside assistance from a member of the St Johns Ambulance as I had a bit of the runner's chafe which slowed me up. A word of warning - the SJA are no longer allowed to give out Vaseline on races that don't have the appropriate licence. Can you guess whether or not the organisers decided to op for this licence? Yep... OUCH!

Matt Hooban



Photos: Enjoying a well-deserved pint after the race, Matt Hooban, Isaac Dell

My parents live in Gran Canaria and I've been saying for years that if they had a marathon in winter they could make a real success of it. So when they announced that the first one would be on 24 January 2010, I couldn't not do it!

I enjoyed the half marathon last year, but the organisers had a lot of work to do to live up to their intention of competing with some of the bigger European marathons. On the evidence of this year's race they've learned a lot, and put on one of the best races I've ever run in.

For a €25 entry fee the goodie bags were bursting (two technical t-shirts, running shorts, sock, hat and the bag itself), and there was a free pasta party on the day of registration. On race day it was clear that this was a much bigger event than last year, with about 500 finishers in the marathon and closer to 1000 in each of the half marathon and 5k fun run.

The route was a two lap course, almost entirely flat and with plenty of support other than on a shortish section through the port near the start of each lap. It takes in the main sights of Las Palmas including Las Canteras beach and the area near the old town. This year the course was altered because of roadworks so we didn't run past the cathedral - a mixed blessing. It was less scenic but did cut out the cobbles and a road crossing I'd been worried about.

I thought that the second lap would feel fairly quiet once the half marathon runners finished, but the crowd support actually seemed to be better on the second lap than on the first as more people headed out onto the streets. In fact, coming through the finish at the end of the first lap the runners who carried on for a second lap got a bigger cheer than those who were finishing the half.

Gran Canaria has about 20 ayuntamientos (local districts) and each one had been given about a kilometre of the course to provide police and more importantly entertainment. This included carnival style dancers, bands, classical music and traditional canarian dancing. Each kilometre marker had a picture of the relevant local area, and there were also local produce stalls and activities for spectators.

My parents didn't get much chance to enjoy that though - because of the way the course is designed it was feasible for them to see me three times per lap (and then get to the finish before I did), so I gave them supplies water bottles and gels! I was glad I did, because even though it was a cloudy day it was still much, much warmer weather than I've been used to running in recently, and I could feel myself getting dehydrated in the second lap. The official water stations were 5k apart which can feel like a long time when you're wilting in the heat!

I'd definitely recommend the race to anyone, and it's a great time of year to combine it with a bit of winter sun. I'm sure the organisers will have learned a couple more lessons (such as improving the numbers which disintegrated!) and that next year will be even bigger and better. I'll be there!



Helen Goldthorpe

PBs and other worthy mentions

Congratulations to **Sam Ostermeyer** who knocked a whopping 10 minutes off his half marathon PB at Brass Monkey with a time of 1.35.50. **Sheila King** also knocked a good couple of minutes off her previous best time with 1.41.?? so very well done to her too.

If you know something worthy of a mention in the newsletter, please mention it to a committee member or drop us an email.

Partner(s) wanted for daytime training runs

We have a female with a small child who can only run during the days midweek whilst her child is at school. She did 63 minutes at the Harewood 10k but would like to run with someone else to try to improve her running and preferably join a running club. She does have transport so getting to a venue should be no problems. Please contact Peter Hey if you can assist with any preferred times or days, and he will put this person in touch with you.

Up and Running Offer

Up and Running have an offer on at all their shops up to the 14th February – so ideal for any Valentine Day presents! Anyone buying a pair of shoes before the 14th will receive a free £40 Nite Vision jacket. Please mention our club if you take advantage of this offer.

Messages from our agents at home and abroad

"Hi All

Yeah, lots of mileage here, but can't run on this rocky old place, I end up injured all the time, but if you look on Facebook at my 'photo's you will see that we walk the mountains and forests of Tenerife at least three times a week. Today we have walked from San Miguel (familiar eh ?) up to the Mirador de Sentinela, a restaurant high in the mountains from which you can see almost all the south east section of the Island. It was a fab walk, through some very small rural villages. A super New Year's Day walk and no mistake.

Sorry about your weather, but it looks wonderful on telly.

Best wishes for 2010, and please give our love to all at the Harriers. Love, Marlene and Dave"

"Hello, just wanted to say thank you very much for the mothercare voucher for Alexander. I have used it to get some swimming trunks for him (although he needs to grow a bit before they will fit) so that he can start his fitness regime early. I also bought an "impressions kit" which you can use to make clay moulds of their little hands and feet. I've attached a photo of him with us. Hoping you are all okay and enjoying the snow. Pushing a pram in the snow is quite interesting – and knackered. Hopefully see you all soon, Liz C-C"



"Hi Harriers!

You may remember me telling you all about my adventure to go away last September to an island in the Caribbean for 10 weeks to do lots of diving and become a Divemaster... well, you also may have noticed I didn't come back! I decided to take a chance on a career change and go beyond Divemaster and train to be an instructor. I quit my job at home and qualified at the end of November. I then was very lucky to get a job with a great dive centre and have been teaching people to dive since December. I absolutely love it, but do miss you all and miss running! I don't run out here... far too hot and humid. I still get plenty of exercise in the water, carrying heavy dive gear and walking about an hour to work every morning on the beach! I would love to hear from all of you so please keep in touch, my email address is kerry.wheldon@googlemail.com and definitely give me a shout if you would like to learn to dive!!

Kerry Wheldon"

Edinburgh Marathon / Half Marathon trip - 23rd May 2010

There are still places available for the Edinburgh trip on May 22nd/23rd. The marathon is full but there are still places for the half marathon and of course opportunities to volunteer at both events. For more information and to register visit www.edinburgh-marathon.com. Everyone is more than welcome, as runners, supporters or volunteers and we have made a group booking at the Edinburgh Central youth hostel. Please email stoxy78@hotmail.com for more information or to book a place.



February Birthdays

Happy Birthday to the following members this month:

* **George Chilcott** * **Clare Chapman** * **Sheila King** * **Rhian Millar** * **Laura Saunders**

Kirkstall Harriers meet every Monday and Wednesday at Kirkstall Leisure Centre 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:

www.kirkstallharriers.org.uk

Please email eleanor5446@hotmail.com if you would like to contribute to the newsletter, all articles, member profiles etc gratefully received.

