

# Kirkstall Harriers Newsletter

No. 76 March 2010



## News in brief

### \* 25th Anniversary Presentation Evening - Fri 7th March 7pm, LPSA

Tickets have been selling really well for this but there are still a few left if you have not got yours yet. Please see Peter, Jill or Matt or email Jill at [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com) to reserve them and pay on the night.

### \* 10k Predictor Run, 10th Feb

There were 20 starters for the predictor run, some of whom may not have known that it was down on the training schedule. Especially the 4 new faces who had only come down for the first time that night. These were David (who had been down on the Monday too) Claire, Danielle and Jessica.

Surprisingly to say they did not know the route or probably what they were doing, Danielle and Jessica were the closest to their predicted time by 50 seconds. The next closest runner was Matt Hooban missing out by 56 seconds. For the record Gemma (who else!) was the fastest getting round in 42.13, closely followed in by Amy in 43.06.

### \* Long Training Runs

Patrick and Diane have put together another month of provisional long training runs for anyone who wants to join them:

- Sat 6th Ilkley to Barden Bridge and back 20 miles - 9.00am LPSA
- Sat 13th Dentedale Run (race) 14.3miles
- Wed 17th Calverley 1/2M - 12.5 miles 9.30am MORNING RUN
- Sat 20th Kirkstall Rd to Otley 20 miles - 9.00am LPSA
- Sun 28th East Hull 20 (race) 20 miles

If you are interested please speak to Patrick and Diane in case there are any changes. These runs are great to do whether you are training for a marathon or not. For those that are, we hope your training is going well!

### \* 3 Peaks Run

In case the above isn't enough to satisfy your long-distance urges, keen fell-runner Liam has asked if anyone fancies doing a long off-road (up to 20miles and 3000ft) training run around the 3 Peaks area in late March/early April. If you are interested please contact Liam at [liammealey@hotmail.com](mailto:liammealey@hotmail.com).

### \* Leeds Half Marathon - Sun 9th May

The latest news is that the race is about 75% full so get your entries in asap to avoid disappointment as it is bound to fill up very quickly now. You can enter online at [www.runnersworld.com](http://www.runnersworld.com) or paper forms are available from the Leeds City Council website. Please contact Jill at [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com) if you are able to volunteer on the day.

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### \* Run For All Junior Run & Mini Fun Run - Sun 9th May

This is a brand new event being held on the same day and in conjunction with the Leeds Half. It is a 2.5km Junior run for ages 9-14 years and a separate 1.5km Mini Run for all ages between 3-8 years, accompanied by an adult. And, it is FREE! See <http://www.runforall.co.uk/junior-run-and-mini-fun-run/>

## Key Dates for your diary

- Fri 5th March - 25th Anniversary Presentation Night, 7pm LPSA
- Sun 7th March - PECO XC, Esholt (2nd Championship Race)
- Sun 4th April - Guiseley Gallop (3rd Championship Race)
- Sun 25th April - London Marathon
- Mon 3rd May - Rothwell 10k (4th Championship Race)
- Sun 9th May - Leeds Half Marathon (5th Championship Race) / Junior Run
- Sun 23rd May - Edinburgh Marathon / Half Marathon
- Tue 1st June - Yorks Vets race hosted by Kirkstall Harriers, marshals required!

## AGM - Weds 24th February

The AGM went very smoothly with 24 members in attendance. All the committee members were re-elected and the balance sheet which showed a profit of £216.47 was fully approved. The only major change was the subscriptions, see below. The evening finished off with another fine buffet which was offset by £19.95 contributions from those present.

The Chairman's Report for 2009/2010 by Peter Hey (minus the bingo numbers!) was as follows:

"The last 12 months has been another cracking year for the club. This is mainly down to you the members getting involved with team events as well as putting in some good turnouts and times in individual races. With 103 paid up members the club has a hard working core of committee members plus others who help organise all the official and social events.

Our KVTR made a profit for the club plus £552 donation to Wheatfields, with plenty of support from club members, but the number of entrants still is disappointingly low.

We entered teams in BMW, LCW (with Peter B and Gemma getting the fastest mixed pair on leg 6) and would have had a team in CWR had it not been full. We also did well with numerous teams and positions for the short relays on the Chevin, Golden Acre Park and Washburn. In the Yorkshire Vets the men finished 8th and the ladies 7th, which is very good considering the average age of our members. In the Peco cross country league the ladies could be runners up maybe even winners in the Premier League and the men winners of the 1st Division. With lots of help from you catering and marshalling we also made over £200 profit from the 2nd Peco cross country race.

Individually we had Gemma Smith coming 3rd lady in the Leeds Half Marathon and later in the year 2nd lady in the Leicester Half Marathon, and John Hutchinson getting 5th over 60 at Leeds Half too. At the Liversedge Half Marathon Amy Richards came fifth lady and with entering before she was a member the ladies missed out on getting the 1st team prize. All this without Jill Camm and Liz C Crump who are on maternity leave and despite the joys of motherhood we hope to see them back running shortly. On the men's side we have been plagued with injuries and departures with yet another Rob Owen leaving for the grim life down South next week.

Looking at new and potential new members who turn up on training nights, all looks very well for the next 12 months. Because of the range of abilities and objectives of the people who come down I do hope the runs we do are acceptable to you all.

I always say this is your club and it's down to you what we do. If we have a couple of members interested in doing something different, as long as this is open to all other members, then the club will assist. I know there is an interest in track work but due to Health and Safety issues we can only do this at Carnegie with a qualified coach but we will see what we can do.

## Subscriptions - 2010

At the AGM it was unanimously agreed that all members pay the same subs, unless they are already members of LPSA club in which case the LPSA subscription fee of £5 is deducted.

There was a vote of 15 in favour and 5 against for increasing the subs to **£20**.

There was also a unanimous vote that anyone wishing to pay 2 years subscriptions would pay **£38**.

New members who joined after 1st June 2009 will only pay pro rata for 2010. If this applies to you please speak to Peter who has a list of who owes what.

**It is important you renew your subscriptions quickly**, the number of club places for London Marathon being one reason for this. For this reason we have appointed a rotweiller - sorry, Membership Secretary, who will be reminding late payers. (The membership secretary may actually appear to be more an Andrex puppy). It is also worth noting that if you are planning on running any of the **Club Championship** races in **May onwards**, that you will only receive points once you have paid your subs.

If you cannot get down personally to pay your subs please send your cheques to: Tony Downham, 17 Stainburn Avenue, Leeds LS17 6PQ – cheques made payable to Kirkstall Harriers. Thanks!

## PBs and other worthy mentions

Getting back into the races and the pb's are starting to re-appear (could it be our training nights and the hill work paying off?) At Liversedge Half Marathon **Rachel Pilling** knocked 4 minutes off her pb with 1.40.22, and **Laura De Graff** knocked a few seconds off hers to get 2.01.39 – It must be sub 2.00 for her next hopefully. **Amy Richards** managed to pick up 5th ladies prize with her time of 1.36.12, and if she had been a member when she entered the race, the club would have got 1st ladies team prize for Amy, Rachel and Eleanor's times! **Dave Spink** also came away with the 3rd male over 50 prize with a time of 1.35.08. It's worth a mention that Sam Ostermeyer only missed out on a PB by 6 seconds too! What fantastic results, especially for such a hilly route. The coming months and races look encouraging after this great start to the year for the club.

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



Well done to the 10 Harriers who took part in the first club championship race of the year, as you can see from the results in the table, you earn big points just for turning up in our revised scoring system this year! Congratulations to Rachel Pilling who flies into the lead with her 4 minute PB, but it's early days and all to play for this year so watch this space... See page 2 'PBs and other worthy mentions' for all our club achievements at this race. Below are race reports from roving reporters Matt and Jill...

**It's amazing** what can be achieved in just three weeks on ice free roads coupled with a renewed determination to rid oneself of his Christmas indiscretions (those of you who read my Brass Monkey race report in last months newsletter know what I am harping on about). I'm standing at the start line feeling like a new man! I'm a

good half stone lighter, I've got some good hilly training miles in the legs and I am feeling a little more comfortable in my compression top. Oh and I'm covered in Vaseline.. I am ready, bring it on!

The Roberttown Road Runners don't disappoint with their half marathon it's properly challenging, honestly the Liversedge Half is a proper hill fest'. It starts with a ferocious down hill but wickedly it finishes with a long drag up hill. However this isn't the worst/best of it as the descent into Brighouse is terrifying and the climb up to Clifton is really punishing. Still there's some strange doings going on over in Calderdale and it has now to do with whippets and flat caps! The race times just don't seem to reflex the apparent toughness of this course.

The first harrier over the line was Dave Spink, 3rd in the 50+ category, while Amy was 5th lady home in the open category, both winning race prizes and very nice glasses they were too. Rachel P knocked 4 minutes off her PB whilst both Eleanor and Sam O came within a few seconds of their PBs. Laura De Graff shaved a bit off her PB which sets her up nicely for the relatively flat (by comparison) Leeds half later in the year. Also a worthy mention for Laura's other half, Ben who knocked a massive 15mins off his PB time, sadly he



runs for a club in York but you never know maybe he can be turned! Talking of 'guests' another familiar face at our championship races, Barry Knaggs (Sheffield based friend of Eleanor) ran a very respectable time too, beating Eleanor by mere seconds! As for me, I knocked a good 8 minutes off my Brass Monkey time so as you can imagine I am pretty chuffed with that. I am starting to think that I might be on for a PB at the Leeds half along with Laura, Sam and a few others.

So yet again the hilliest championship race of the year didn't disappoint. As usual the organisation was brilliant, the marshals were lovely and the local support was excellent added to a civilised start time of 12noon it's definitely a race that's going to feature in many future championships!

Who would've thought it - Kirkstall Harriers, the hill running specialists! Perhaps we could get some vests printed up or something?

Matt Hooban

**This is the third time** I had done this race, despite saying after the first time that I would never do it again. Last year I got a pb actually. But I didn't have such grand expectations this time around.

The course is very hilly taking in some countryside, a bit of Brighouse and some more industrial landscape. The hills aren't so much short and steep as long and constant! Some of the scenery is lovely and you can see for miles around the local area. It is very well organised with very supportive marshals and proves to be a very popular race, despite the hilly nature of the course and the inevitably cold February weather. Perhaps there are so few half marathons in the early part of the year and many are beginning their training for spring marathons.

I chased my friend Viv from Knavesmire Harriers for thirteen miles, training for Stratford Marathon, but just couldn't catch her as she sped up the last half mile, which of course is uphill. I finished in 2:15 which I was quite happy with as my goal this year is to finally complete ten halves or more in the year. I did however come away with a couple of prizes. Unfortunately they didn't belong to me; they were for Dave Spink for 3rd male over 50 and Amy Richards for fifth lady. So with several prizes, a couple of pb's and some good training in the bag a good day was had by all!

Jill Stocks

Photos: Top - Dave Spink, Middle - Amy Richards, Right - Rachel, Matt, Ben and Laura enjoying post-race sarnies and dry t-shirts! (thanks to flaming photography again for the first 2)

### Race #1 - Liversedge Half Marathon

#### Points Awarded

Position	Name	Points
1	Rachel Pilling	20
2	Amy Richards	19
3	Laura De Graff	18
4	Sam Ostermeyer	17
5	Eleanor Franks	16
6	Dave Spink	15
7	Matt Hooban	14
8	Isaac Dell	13
9	Patrick Nesden	12
10	Jill Stocks	11





## National Cross Country Championships - 27 Feb, Roundhay Park

Well done and massive thanks to all the marshals who were out all day in the cold, and all our runners – You all did the club proud.

Considering the tough, muddy conditions and the fact that we were up against the best cross country runners in the country, we did really well! Results are as follows:

MEN: Peter Branney 403, Sam Ostermeyer 923, Phillip Hewitt 937, Tim Forman 969, Stuart Reardon 1161, Martin Savage 1191, Kevin Blackhurst 1205, Randolph Haggerty 1232 (out of 1428 finishers) and overall team score 96th out of 107 teams.

LADIES: Rachel Pilling 273, Eleanor Franks 366, Sheila King 378, Martion Muir 448, Collette Spencer 457 (out of 543 finishers) and overall team score 50th out of 61 teams.



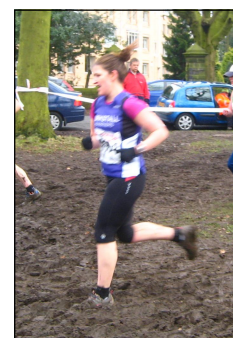
### Report of the day from our Marshalls coordinator Jill Stocks:

After a late shift the previous evening and not much sleep as a result I must admit the thought of standing in the cold for eight hours in Roundhay Park was not very appealing as the alarm went off at 7am. However I enjoyed the day which had a great atmosphere and it's always nice to put something back into the sport in some way. John Lunn, clerk of the course, is quite a character and certainly added to the day! The team were all well organised as were all the clubs who had volunteered their services, even if I never saw a cup of tea all day due to a shortage of hot water! All the local clubs in the area had volunteered marshalls and there were many familiar faces on the course. It was however very cold and were it not for my headband my ears may have dropped off. It was also very muddy after the previous days heavy rain iced over and then thawed just in time for the first race. As we were manning the start section we were basically free to go after the runners had gone past until the next race started so we could see the races at various different stages, including watching them tackle hill sixty (which I did run up myself that morning!). It was good to see some excellent running from competitors of all ages, both at the front and with some brave runs in heavy conditions throughout the pack, which covered a wide spread of speed and ability. A cold and muddy but enjoyable day.

Jill Stocks

*Photos: Above right: The infamous Hill 60, Above left: Our hardy team of marshalls, Below clockwise from top left: Eleanor, Sheila, Ladies Team about to start, Martin, Kevin, Collette, Sam, Tim, Phillip, Stuart, Rachel.*

*Thanks to Helen G, Jill, Liam and Flaming Photography for the photos.*





## Member Profile - Martin Savage



**Name:** Martin Savage

**Age:** 35- now a vet- hooray!

**Occupation:** Occupational Therapist (OT)

### Where are you from originally?

I was born in "proud" Preston but spent most of my growing up years in a little place called Garstang, which is over that neck of the woods still, very nice too. I moved over here to Leeds in 2005- a brave move for a Lancastrian- before that I was a bit of a nomad and lived in Birmingham from 19, then Windermere, Amsterdam, Keswick and Lancaster!

### When did you start running, and why?

When I was a kid I had absolutely no interest in running- I just liked playing footy, badly, and messing about on bikes. I was always really into outdoor stuff though and spent lots of time camping, walking, climbing etc with mates up in the Lake District and ended up moving up there in 1999 to work in youth hostels.

The shift pattern of the job meant that you had from 12 noon to 5pm off most days, which I usually spent tramping around in the hills etc. I often was a bit over ambitious and had to break into a trot to get back in time to start making the evening meals and I think it kind of started from there! The job kept you fit and I started enjoying being out in nice scenery running around.

### When / how did you end up joining Kirkstall Harriers?

I moved to Leeds in 2005 to start work as an OT and had been running off and on while I was doing my training over in Lancaster. I didn't know Leeds much or any other people, was keen to keep running, so it seemed a good idea and I haven't looked back. It was winter when I moved to Leeds and motivation to venture out on my tod in the cold and dark wasn't high!

### What are your motivations for running?

I'd never entered any races before moving to Leeds, but doing these really helps to have a goal to work towards and get the miles in. But mainly I think running is dead simple, all the kit you need is a pair of trainers, and it is a brilliant stress-buster! Aside from this there is some great countryside in easy access around here and running is a good way to get around and see it – and I suppose it keeps you fit too and allows me to partake in another passion of drinking ale...

### What are your greatest running achievements?

I've done a couple of marathons, Amsterdam in 2007 in 3:32 and really enjoyed doing London 2009 which I did in 3:30:04.. I think I've got a sub 40 10k in me somewhere, but my PB at the moment is 42.10 at Bradford last year. I really like those stupidly long off road things and did the Rombald's Stride for

the first time this year and got 3:58 which I was dead chuffed with seeing as I got totally lost in the mist somewhere around the Cow and Calf.

### What are your best running related memories?

Definitely my favourite events are the long off road relays like the Bradford Millennium Way etc. doing the recce's, having a pint after and the general camaraderie..

I really enjoyed the London Marathon last year (apart from the ridiculous first 2 miles) especially as I was running alongside Darth Vader for most of it and there was lots of noise, but also when I realised I beat Tim by 5 seconds-ha! (sorry Tim couldn't help it and I think you will demolish that time now).

### What are your worst running related memories?

All the last minute chaos sorting the teams out for the relays!! I enjoy doing it really but my head definitely hurts as the date of the race gets near!- no one is allowed to get injured this year OK?

I also have real problems with MUD and have never mastered the technique of running through it, having said that I did the National cross country today and didn't mind that one.

### Any words of wisdom for your fellow harriers?

The most important thing is that you are enjoying it. If you're not then stop and think why, and mix it up a bit. Also don't go on a long run in the middle of nowhere the morning after having a hot curry and lots of beer.



*Photos: Top - Martin after the Amsterdam Marathon 2007.*

*Above - Martin and Tom finishing leg 6 of LCW 2007.*

## PECO Cross Country

Well done again to all those who ran in the race at John Smeaton on 31st January. It was a fantastic turn out with 13 ladies and 17 men. Unfortunately the ladies just missed out on being the first team home by the very small margin of 5 points behind Abbey. The men did well, but the teams of St Bedes and Virgin Active did even better – they must have had all their best runners out! as they beat the men into third place in the First Division but our men still came 7<sup>th</sup> out of all 16 teams. The ladies were led home – again by Gemma in 1<sup>st</sup>, Alex 6<sup>th</sup>, Rachel 9<sup>th</sup>, Amy in her debut 11<sup>th</sup> and Eleanor 29<sup>th</sup>. The scorers for the men were Peter B 15, Sam C in his debut a splendid 45, Paul 59, Stuart R 65, Kevin B 67, Gary 69 Sam O 72, and Bent 73. We had no juniors running in this race.

**THE LAST RACE IS Sun 7<sup>th</sup> March at ESHOLT, not Idle.**

**We need as many runners as possible – again, the ladies can win runners up prize, and possibly 1<sup>st</sup> prize if Abbey ladies field a weak side.**

**The men need to do their very best to win promotion and the First Division winners trophy. They are still in first spot but with the other two teams trying to catch us up. This race does clash with the first Yorkshire Vets race at Meltham – which starts at 9.30. If anyone is wanting to do the Yorkshire Vets, please let Peter Hey know so we know how we stand for runners at the Peco race.**

Those wanting a lift or directions should meet at the LPSA at 9.30.



*Team photo from Nell Bank PECO, courtesy of Woodentops.org.uk*

## 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.

## Adidas Thunder Run 24hr - 31st July 2010

The Adidas Thunder Run is a 10k course which is run over and over again as many times as possible in 24 hours! If you are completely crazy you do this all by yourself.. If you are just marginally more sane you do it in a team of 5 - 8 people, and this is what we are planning to do! So far there is Eleanor, Matt, Jill S and Diane who have raised an eyebrow at the idea. Ideally we would like a full team of 7 or 8 - any takers?

It takes place at 2pm on Sat 31st July in Catton Park, Staffordshire. Entry is between £26 - £40 depending on how many we get in the team, and the price includes overnight camping.

The event website is [www.tr24.co.uk](http://www.tr24.co.uk) but please get in touch with Eleanor (eleanor5446@hotmail.com) straight away if you are interested in taking part so we can get the team finalised and entered before it fills up. And if we get more than 8 interested we can always enter more than one team! What are you waiting for?!

# RACE REPORT

## Winter Hill Fell Race - 14/02/10 (approx 11-12 miles / 2759ft climb!)

From previous tales of rescues of the hypothermic, bogs sufficient to swallow entire flocks, and moorland featureless and bleak enough to make blindly running around in circles a distinct possibility, I wondered in the preceding days what I'd let myself in for. So to roll up on the morning to a frosty, clear day came as a great relief; as 10am arrived 400 eager feet started up the wide rocky climb to Rivington Pike, not yet knowing that this would be the only section on which those feet would remain where placed.

The flank of the Pike opened up into Rivington and Smithhills Moors, a broad slightly tussocky expanse, climbing gently into the distance, liberally scattered with mud, gullies and some rather unexpected turf that behaved rather disconcertingly like ice and via some gymnastic sequences deposited many a soul on their backs.

And so it continued for the next few miles, some steeper climbs, some hairy descents, a bit of track and a couple of the waist deep bogs that the race is known for (sheep carcass included) until the face of Winter Hill loomed in front. This steep grassy wall 100m high was littered with staggering, crawling and gasping figures all desperate to spot the summit trig point and flat runnable shoulder that followed, knowing the hardest part was done. From here a short slippery descent, a few bogs, a steep but much smaller climb, and a tussocky trod back to the easier woodland trails around the gardens below the Pike. A last gentle climb tried to kick back, but a few minutes later I passed the finish line, having taken longer than I'd hoped and with the excuses why already being well formulated, but it didn't matter. I'd made it, and it was good.



*Almost there Liam! (Photo courtesy of woodentops.org.uk)*

Liam Mealey

## Upcoming Races for your diaries...

- 7th March - Final PECO race, Esholt (Club Championship race)
- 13th March – Dentdale Run, Cumbria
- 14th March – Spennings, 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
- 20th April - Yorkshire Vets race, Kippax
- 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
- 23rd May - Edinburgh Marathon / Half Marathon
- 1st June - Yorkshire Vets race, organised by us!
- 9th June - Otley 10 (Club Championship race)

More details and online entry for most of the above available at [www.ukresults.net](http://www.ukresults.net) or [runnersworld.co.uk](http://runnersworld.co.uk).

### Leadership in Running Fitness Course

It has just come to our attention that Horsforth Harriers are trying to organise a local one day course for the above in this area, if they can get enough candidates. The course costs £90, but some of this cost could be subsidised by the club. Full details of the course are on the England Athletics website and we will update you as and when further information arrives. If anyone is interested, please let Jill Stocks or Peter Hey know asap.



## Coasting Around Britain this summer

Some folk from Runners World have decided to run a relay the full length of Britain's coast. This starts on Sunday 9th May at 11am in Blackpool and will travel clockwise round the coast in as many months as it will take. Eleanor has signed up for the Craster - Alnmouth section of the coast and there are a couple of spots in this section which still need people - have a look at [www.coastersgb.co.uk](http://www.coastersgb.co.uk) and click on the 'Edinburgh to South Shields' to view these. There are also a lot of gaps up in Scotland for anyone who fancies that!

You do not need to be a Runners World subscriber to be involved and the website states "Runners of all ages, and abilities are encouraged to sign up to take part in this historic and unique event."



## Messages from our agents at home and abroad

"Hello - Really nice to hear from you. I hope you're doing well?

I've had a troublesome start to the year. Since I stopped running because of my back problems, my back has got progressively worse. I developed quite bad sciatica last year which was bad enough but then on New Year's Day this year I slipped a disc - agony - and have been off work until this week. I've had a cortisone injection 2 weeks ago which has helped get me up and about and back at work, although I can't drive yet.

Before my sciatica got worse I did a lot of cycling last year and bumped into Neal at a race in Ilkley which was nice.

I've seen the newsletter about the 25th anniversary do and will do my best to come along. Would be lovely to see everyone again. I may need surgery on my back but you never know if it sorts all my ills of the last couple of years I may get the running shoes out again! There's a lot of ground to cover before then though.

I saw Chris Glover the other day, and will be seeing a lot more of him. He's coming to work here in a month or so. Small world. Pass on my regards to everyone.

Regards, Paul Luxton"

"Our beautiful snowdrop girl, Golda Eve was born at 9.23pm Friday 26<sup>th</sup> Feb 6lb 14oz, Mother and baby doing well and looking perfect. At last!!!

Stuart Moore, Rebecca and Seth"

(Good job Stuart did not put his name down for the National Cross country!)

"Eva Mary Camm was born on Thursday 4th February and weighed 8lb.

Thanks to everyone for the mothercare Vouchers, it was very kind. I was going to buy her first pair of trainers but then thought 2 weeks was a little early to start running! I did buy a baby carrier so she can keep up with mum who is always on the go.

Can't wait to get back to training but think I'll give the Leeds Half a miss this year!

Jill, Stuart & Eva"



Stuart, Eva and Jill Camm

## Edinburgh Marathon / Half Marathon trip - 23rd May 2010

There are still places available for the Edinburgh trip on May 22<sup>nd</sup>/23<sup>rd</sup>. 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](http://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](mailto:stoxy78@hotmail.com) for more information or to book a place.



## March Birthdays

Happy Birthday to the following members this month:

\* **Tony Moran** \* **Patrick Nesden** \* **Trish Convey**

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](http://www.kirkstallharriers.org.uk)

Please email [eleanor5446@hotmail.com](mailto:eleanor5446@hotmail.com) if you would like to contribute to the newsletter, all articles, member profiles etc gratefully received.

