

# Kirkstall Harriers Newsletter

No. 77 April 2010



## News in brief

### \* **Bradford Millennium Way**

We are looking for runners now for the Bradford Millennium Way relay on **13th June**. This is a 5 leg off road relay around scenic Ilkley, Silsden, Bingley, Oxenhope and the surrounds with legs between 8-11 miles in length. You run as a pair and do need to recce the leg first. This is a great team event and a fun day out, with teams from all over (including Belgium) entering. Please can you let Martin know if you are interested as soon as you can so that teams can be sorted out, and also if you are able to help recce any particular leg. You can contact Martin on maritimesalvo@yahoo.co.uk or 07967 642702.

### \* **Members Leaving the Area**

We have had to say sad farewells to Rob Owen and Alex Saunders who have left the rich green pastures of Leeds and gone to work in downtrodden and grimy London... Alex even travelling down immediately after the last Peco XC. We obviously wish them the very best for the future and hope they keep wearing the purple vests whilst down there until they find another club as good as ours. If there is one. Hopefully we may bump into them at some races in the future. Alex has threatened to come back for next years Peco cross countries, so let's not forget that. Not so far afield but Cassie is soon to be moving to York so we will miss her at training nights too.

### \* **Long Training Runs**

Patrick and Diane's long training runs for anyone who wants to join them this month:

\*Sat 3rd Golden Acre Park – Pool Otley – Golden Acre Park – Harewood and GAP – 20 miles Meet LPSA 9.00AM OR GAP 9.20

\*Sat 10th Ilkley to Barden Bdge and return 19.2 mile meet LPSA 9.00am

\*Fri 16th Leeds & Calverley half mara routes Patrick full distance = 20 miles, Diane Leeds half only = 12 miles meet LPSA 9.30AM

\*Sat 24 Kirkstall Pool Otley Kirkstall 20 miles meet LPSA 9.00am

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!

### \* **Hyde Park 5k parkruns**

There is going to be an Easter themed parkrun on Sat 10th April with all runners wearing a pair of bunny ears and tail - visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk) for details.

There is also going to be an inter-club competition on **Sat 1st May** for the club with the fastest runners on the day and club with the biggest turnout of

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## Key Dates for your diary

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!  
Sat 10th July - Kirkstall Festival

members. It's only a bit of fun but it would be great to see as many of you down there with us to show off the local Kirkstall colours.

Also just a reminder that if you do any one of these races throughout the year – they are on every Saturday morning at 9.00am – your best time will gain you Club Championship points.

## News in brief continued...

### \* 2.9 mile Time Trial, Monday 8th March

There were 18 starters for this event with 6 new faces. Something must have gone wrong with the handicapping because they all finished within 2 min and 48 seconds of each other, which did not help the timekeeper! First over the line was none member (at the time, but she did join the club next time she was down ) **Karen Wilton** in 29.58 actual run time 25.58 closely followed by **Paul Miller**, 30.16 run time 18.16, then new member **Jessica** 30.27 run time 22.27 and then **Bent** 30.28 run time 19.28. Last one over the line was **Patrick** 32.46 run time 27.46. The full result sheet is available on training nights and on the website.

### \* Leeds Half Marathon

Leeds Half is now full but if you do not have a place we are looking for a team of marshalls to help on the course and man a cheering point in the general area of the leisure centre. If you can

help please email [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com). We are also excited to announce that we will be having a **post-race massage party** at Mr Foley's on the Headrow again straight after the race featuring sports massages courtesy of the lovely Ward for all who have run.

### \* London Marathon

We will once again be having a cheering point at the London Marathon on April 25th. If you are taking part please let Jill know if you haven't already so we know who to look out for. If you are in London then and would like to join us at the cheering point please also get in touch. For more info email [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com).

### \* Vote for Kirkstall Abbey!

Local residents are being encouraged to vote for Kirkstall Abbey as the UK's favourite picnic spot in this year's Warburtons Picnic Awards. To vote and find out more visit [www.welovebread.co.uk](http://www.welovebread.co.uk)

### \* Kirkstall Festival

Kirkstall Festival is on Saturday July 10th this year. We will be having a stall again and Jill is looking for volunteers to man (or woman) it. Every little helps so if you can do all day or just an hour all help is appreciated from early morning when we set up, to helping carry the banner during the parade to late afternoon when we can then head to the West End for a drink! We will be having a tombola this year so we are also looking for any donations towards this. If you can help in any way please email [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com).

### \* Adidas 24hr Thunder Run

Eleanor will be entering a team in this event (see March newsletter for details) at the end of April and needs definite names for the team asap. The date is 31st July - 1st Aug and will cost between £25 - £40 depending on how big the team is. Please email [eleanor5446@hotmail.com](mailto:eleanor5446@hotmail.com) if interested. It should be loads of fun!

## PECO Cross Country

Well done to those who turned out for the last race at Esholt, and all those who did one of the 4 other races. The ladies finished in tremendous style being the first team home, lead again by Gemma in 1<sup>st</sup> then Alex 6<sup>th</sup>, Rachel 8<sup>th</sup>, Eleanor 18<sup>th</sup> and Sheila 20<sup>th</sup>, well backed up by Rhian, Marion, Helen G, Carol, Jill S and Bal This gives them runners up spot in the Premier league, only 2 points behind Abbey.

The men's team came 2<sup>nd</sup> in the First division but managed to hold onto the outright winners spot in the Division and was 4<sup>th</sup> club overall on the day. The men will now join the ladies in the Premier League. Peter Branney was our 1<sup>st</sup> man home again in 11<sup>th</sup> position with Sam O 38<sup>th</sup>, Paul Miller 39<sup>th</sup>, Phil Hewitt 42<sup>nd</sup>, Bent 52<sup>nd</sup>, Kevin B 56<sup>th</sup> Gary Carlisle 58<sup>th</sup> and Liam 63<sup>rd</sup> – well supported with Stuart R, Richard T, Randolph, Matt H, Peter H and Richard H.

If you enjoyed the wooded run then don't forget the Guiseley Gallop on Easter Sunday (4<sup>th</sup> April) which touches on some of the route – see CLUB CHAMPIONSHIP. Also, see page 3 for championship results from the Esholt race.

### PECO PRESENTATION DO – 'THE PECOLYMPICS'

The League is hoping to hold a presentation do/barbeque one Sunday afternoon in May, possibly at the Leo's rugby club in Meanwood. They are thinking about possibly races for the juniors and competitions such as a sack race and egg and spoon race for the grown ups. Once details are known they will be passed onto the members. The men's and ladies teams should be getting prizes along with Gemma being first lady overall, Alex 3<sup>rd</sup> in age group and 4<sup>th</sup> overall, Sheila 3<sup>rd</sup> in age group and Peter Branney 3<sup>rd</sup> in age group and 6<sup>th</sup> overall.

There should also be prizes for all runners who competed in all 5 races.



*The purple army at Esholt*

Great fun was had working out the Championship points for a race which doesn't give finish times!! The system for runners who had done 1 or more PECO Cross Country race so far this season was that we worked out their placing in the field as a percentage for each race they had done, giving them an average percentage score to compare the Esholt race to. Then Esholt placings were treated the same, each runner given a percentage to where they came. Ask Eleanor if you want more information and no it wasn't simple! But after a lot of thought it was decided that this was the most fair way of doing it. For the one person who had not already done a PECO so far this year (Helen Goldthorpe) the percentage time of a runner with similar PB times was given and used.

See right for table of how the 25 runners who took part scored, and the website for the current overall league table after the first 2 races. We currently have 2 members in joint first place - **Rachel Pilling** and **Eleanor Franks**, with 35 points each, **Matt Hooban** in 3rd place with 34 points then **Jill Stocks** in 4th place with 28 points and last year's winner **Sam Ostermeyer** in 5th place with 27 points. It's obviously very early days so this can and will all change!

The next run is the Guiseley Gallop 10k which has parts of the last Peco race in it, on Easter Sunday 4th April. The race after that is the Rothwell 10k on Monday 3rd May. Sadly the Leeds Half Marathon is now full, but Jill Stocks would appreciate you helping out as a marshal/Kirkstall Harrier supporter on the day (see page 2 for details).

### New Training Options

As well as our regular Monday and Wednesday evening sessions starting at Kirkstall Leisure Centre, we now have 2 additional options for members with regards to training

#### Wednesday nights on the Chevin

Neal is going to start running on the Chevin again on Wednesday evenings – meeting at 6.00pm at the Surprise View car park. Speak to Neal or Peter if you require further information on this, and see page xx for Neal's member profile if you would like to know all about him before agreeing to go along to one of his training sessions!

#### Thursday track sessions

Mark Hetherington from Abbey Runners, who host Eccup 10, club championship race in July, was reading our newsletter (which he thought was truly excellent) and noticed we could not do track work as we do not have a qualified coach. He has kindly invited any of our runners to join them on a Thursday night at Carnegie between 7.30 and 8.30. In his own words - "Carnegie charge £3.00 entry to the track, but we don't charge for running the session. Over the winter, we train at the track every Thursday (except for the last Thurs of the month, when we do a hill session on road). In summer, we alternate between the track and Bodington fields / Bedquilts rec. for fartlek, threshold and short hill work. As I said, any of your members would be welcome to come along: no need to let us know in advance, just turn up at the track and introduce themselves (we gather on the opposite side of the track to the small pavilion). I promise not to try and poach any of your members to make up for us losing Isaac Dell to you!"

The calendar for April does not appear to be on their website yet but we will keep an eye out and announce the sessions at training nights as soon as we know them.

#### Race #2 - PECO XC - Esholt

##### Points Awarded

Position	Name	Points
1	Matt Hooban	20
2	Eleanor Franks	19
3	Paul Miller	18
4	Jill Stocks	17
5	Bent Holm-Peterson	16
6	Rachel Pilling	15
7	Carol Moran	14
8	Sheila King	13
9	Marion Muir	12
10	Phil Hewitt	11
11	Sam Ostermeyer	10
12	Alex Saunders	9
13	Liam Mealey	8
14	Gemma Smith	7
15	Kevin Blackhurst	6
16	Peter Branney	5
17	Richard Hancock	4
18	Bal Sandhu	3
19	Randolph Haggerty	2
20	Stuart Reardon	2
21	Peter Hey	2
22	Richard Thomas	2
23	Gary Carlisle	2
24	Helen Goldthorpe	2
25	Rhian Millard	2

## 25th Anniversary Awards Presentation Night

We had a great night out at the LPSA celebrating 25 years of Kirkstall Harriers on 5<sup>th</sup> March so many thanks to everyone who came along for the food, awards, speeches and of course the DJ set! The feedback received so far indicates that the night was a great success, with the only small complaint being that there was a lack of hot vegetarian food due to a slight mis-communication with the caterers. If anyone has any further comments or suggestions for next year we would love to hear from you. At present we have pencilled in the same Friday for 2011 to make it an annual event – so keep Friday 4<sup>th</sup> March 2011 free! To be confirmed nearer the time of course. The awards presented on the night were as follows:

\* Club Championship 2009:

1st Place : **Sam Ostermeyer**

2nd Place: **Rob Owen**

3rd Place: **Jill Stocks**

\* Best Male Road Runner: **Gary Carlisle**

\* Best Female Road Runner: **Gemma Smith**

\* Best Male Cross Country Runner: **Peter Branney**

\* Best Female Cross Country Runner: **Alex Saunders**

\* Fastest Slow Runner: **Carol Moran**

\* Injury of the Year 2009: **Ian Brown**

\* Can't Stop Running: **Patrick Nesden, Helen Goldthorpe**

\* Best Excuse for Not Training: **Liz Covey-Crump, Jill Camm**

\* Outstanding Contribution to the Club 2009: **Martin Savage, Eleanor Franks**

\* Lifetime Achievement: **Richard Thomas, Peter Hey**

\* Sportsman of the Year 2009: **Patrick Nesden**

\* Sportswoman of the Year 2009: **Jill Stocks**



*Club Championship winners with perpetual shield*



*Sportswoman / man of the Year  
take to the dancefloor*

Congratulations to all these people, but also to every club member who has come to training nights regularly and taken part in races and social events throughout the year as it is you who make the club what it is today.

Many thanks to Tony Downham for comparing the event and Matt Hooban for taking the 'official' photos of the presentation of each of the awards and more - see our website for a selection of the best of these photos.

Finally, many thanks to the LPSA for the use of their premises / cheap bar for the night!



*Boogying the night away!*

## The Ribble Way Challenge

*Anyone interested in running long? I mean really long?*

If you are, then look no further we have an event that will be right up your street! We need a team of four runners to enter the

**The Ribble Way Challenge, 19 - 20 June 2010**

It's a 100km foot race from Ribblehead to Preston following the river Ribble to be completed in 30 hours or less! That's the equivalent of running 2.5 marathons back to back. Not interested in running? We also need a team to act as the support crew. Come on, it'll be an adventure, let's all take a few steps into the unknown...

If you are interested please see Matt H or Tom K for more details.

## Yorkshire Vets

**It looks like the race at Kippax has been cancelled.** The next race is the one we are hosting on Tuesday evening 1<sup>st</sup> June. Keep checking the website of yvaa.org.

### TUESDAY EVENING 1<sup>ST</sup> JUNE

**MARSHALS** – We need as many of you youngsters, and those over 35 who cannot do the race for whatever reason, to help out on the night. This will be good practice for our main race, the Kirkstall Valley 7. We also need 2 people to take race numbers at the finish and 2 people to do the timekeeping. If you fancy doing one of these on the night please let Peter Hey know.

**CATERING** – We also need food to be provided on the same basis as we did for the Peco back in November. This will be back at the LPSA club for the presentations, all marshals welcomed of course. We will need sandwiches, bowls of pasta, salad and rice plus cakes. So if you fancy doing a loaf or a bowl or some cakes, again please let Peter Hey know

Hopefully we will be doing the race route a couple of times prior to the date as part of the training schedule.

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 – **PLEASE NOTE THE KNAVESMIRE EVENT HAS CHANGED DATES**

Tuesday June 1<sup>st</sup> Kirkstall – start 7.30pm

Wednesday June 16<sup>th</sup> Pudsey – start 7.45pm

Tuesday June 22<sup>nd</sup> Meanwood – start 7.30pm

Sunday July 11<sup>th</sup> Honley – start 11.00am

Wednesday Aug 4<sup>th</sup> Knavesmire – start 7.30pm – This was originally planned for Wed July 28th

Sunday Oct 10<sup>th</sup> Skipton – start 11.00am

Sunday Nov 14<sup>th</sup> Spenborough – start 10.30am

## Upcoming Races...

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

2nd May - Bluebell Trail 10m

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

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

15th May – Meanwood Valley Trail Race

19th May - Askern 10k

22nd May - Tower Power Challenge, Leeds

23rd May - Edinburgh Marathon / Half Marathon

27th May - Apperley Bridge Canter

30th May - Ilkley Trail Race

1st June - Yorkshire Vets race, organised by us!

3rd June - The Full Bronte 5, Haworth

5th June - Wharfedale off road marathon and half

6th June - Roberttown 7, Harewood House Chase

9th June - Otley 10 (Club Championship race)

16th June - Esholt Bash Trail Race

24th June - Humber Bridge Half Marathon

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).

## Leeds Midnight Walk - Sat 15 May

For the last 2 years I have been the 'Front Walker' of the Leeds Midnight Walk for women which raises money for the hospices (Wheatfields and St Gemma's) in Leeds, and I would like somebody (must be female) to join me at the front!

This year there will be 2 midnight walks, one for St Gemma's next month and one for Wheatfields held later in the year. The St Gemma's one will start at midnight on Saturday 15th May at the Rugby Training Ground on Kirkstall Road and this is the one I am involved in. So I am looking for a lady to come and be a fellow 'Front Walker' with me so that I have some company, as my partner-in-crime Sarah cannot make it this year.

You need to be able to power-walk approx 12 miles at a pretty decent pace, put up with my chattering for the duration, put up with competitive fast-walking ladies at the front occasionally nagging you to walk faster (you just glare at them, it's fine!) and understand that it is TOUGH... I have gone to bed feeling like I have just run a full marathon both times I have done it before.

But now the positive stuff! It is a really FUN event, people are in great spirits, you get all the biggest cheers for being at the front, the satisfaction and pride in knowing you are leading 100s of ladies who are undertaking this event to raise money for charity, and you get to see some of our regular club training routes in an entirely different light.

If you are interested please let me know straight away and I can give you more info – [eleanor5446@hotmail.com](mailto:eleanor5446@hotmail.com).

## Member Profile - Neal Shotter



**Name:** Neal Shotter

**Occupation:** Full time postman, part time rally driver

### Where are you from originally?

Leeds 12. I have lived and worked in Leeds all my life.

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

1983. John Hutchinson was responsible. He had started running previous to that. Previous to running I was in to long distance walking and progressed to road running and then fell running which has always been my first love. I now find myself in a situation where I am doing a lot of mountain biking, gym work, classes etc due to injury.

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

1986 or 1987. John Hutchinson told me to. It was still Leeds Postal Harriers then. He also said the beer was good in the West End which is where we used to go after training.

### What are your motivations for running?

Primarily to work up a thirst. To feel good about myself and the challenge of doing something different.

### What are your greatest running achievements?

First and foremost completing the Bob Graham Round in 1991. It covers 72 miles over 42 peaks and with 29,000 ft of climbing (that's the same height as Everest!) and you have to complete it in under 24 hours to join the Bob Graham Round Club. We got round in 23 hrs and 56 mins.

Also running the Pennine Way in a week. Completing the Manx Mountain Marathon on the Isle of Wight. At 38 miles it is the longest single fell race. Completing the Three Peaks race 8 times with a best time of 4 hrs 4 mins. Completing Snowdonia Marathon in under 3 hrs 30. Completing the Three Peaks of Great Britain with several other Harriers, including Ian, Peter Hey, Dot and John Hutchinson. Cycling the Coast to Coast with Peter Hey, John Hutchinson and others. Managing to keep running since 1983. My best half time is 1:26 at Bradford and my best full marathon time is 3:15 at Leeds.

### What are your best running related memories?

Running off Skiddaw at the end of the Bob Graham Round. Running into Edale at the end of the Pennine Way. Running through Central Park at New York Marathon.

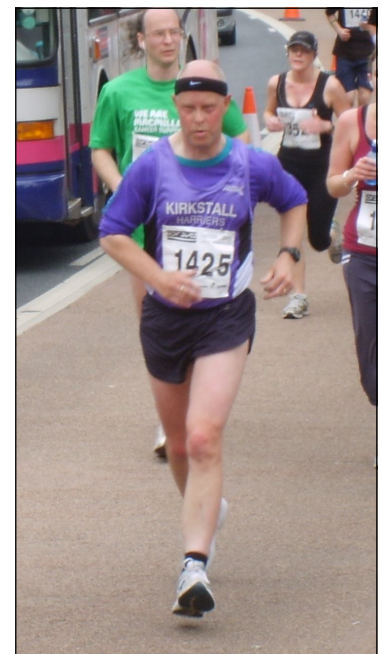
### What are your worst running related memories?

Fairfield Horseshoe fell race – going into hypothermia and wanting to lay down

and go to sleep behind a dry stone wall out of the wind. Suffering severe knee pain halfway through the Pennine Way. For some reason it went and I was able to carry on.

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

From somebody who has run for as long as I have not to get too carried away with road running. Train off-road whenever possible and do other disciplines other than running whether that be cycling, swimming, circuit, gym work etc. Also running and rallying are two sports which don't mix what with rallying Saturday nights and most races being Sunday mornings. I have done it since I was 17. The reason I don't run as much now is due to injuries sustained through rallying. I do miss training with the club. And through running I have met so many nice people and visited so many places I would never have visited.



## PBs and other worthy mentions

Congratulations to our newly crowned Sportsman of the Year 2009 **Patrick Nesden** who got a PB at the East Hull 20 – 3.19.21, knocking 3.38 minutes off his previous best. **Phil Hewitt** also got a 5k PB of 19.47 at one of the Hyde Park parkruns recently.

As always if you have a PB to report or know of anything thing else newsworthy please do share it with us either by letting a committee member know on a club night or emailing [eleanor5446@hotmail.com](mailto:eleanor5446@hotmail.com) or [kirkstallharriers@googlemail.com](mailto:kirkstallharriers@googlemail.com)

I entered the BBW late last year with a whole host of other local races giving my chequebook a real hammering in the process, sent off the forms and more or less forgot all about it until the number dropped through my letter box the other week. Being busy I opened the letter glanced at the pack then left it on the ever present 'to do' pile on side (you know the darn pile never gets any smaller no matter how long I ignore it!) and carried on about my business.

Come the week of the race I find myself in the usual panic, I haven't sorted out a lift. Don't know where the race start was and as usual I'm not feeling quite ready for it. By Wednesday things were looking bleak, why on earth would you start a race at 9.30 in the morning? Don't race organisers know that public transport doesn't work properly on a Sunday! By the end of the evening training run I have settled on a Sunday morning lie in... nice.

But alas the Sunday lie in will have to wait for another time as Neal Shotton offers me a lift to the race along with perpetual race pest Jill Stocks! As we are arranging the details John Hutch gives me the run down on the route, using phrases like, 'brilliant, wonderful scenery, great run, fantastic moor! You'll love it Matt', etc, etc. I think he quite likes it, 'so its hilly then I take it' I say. 'Yeah but its not so bad there's some canal running involved too' is the reply. At this point Neal expresses his opinion and it's kind of along the lines of 'We're all dooooooomed!'

The race for those that don't know takes place in and around the Baildon, Shipley area and yes it is very hilly in places, it's mostly off road, pretty muddy in parts and on Sunday really windy. The start is undulating and for the first couple of miles it's a series of sharp climbs and descents through the woods around Esholt, where unfortunately Neal retired from the race due to injury, (hopefully he'll be back ready for the Guiseley Gallop next week.) The race continues along the canal and on Sunday this was into a very testing head wind before the course branches off and up through some more woods just past Saltaire. All that's left then is a couple of miles of boggy moor and farm tracks, before a truly tough climb just before the finish and then you're done!

I got round in a respectable 2hrs and 5mins which I was please with. I was aiming for around two hours and if it wasn't for the windy conditions I would have probably just made it. There were some good times posted on the day by the other Kirkstall Harriers including Dave Spink, Rachel P and Martin S all enjoying a good run out. But I think Jill Stocks probably had the run of the day by knocking 20 minutes of her time last year (well, not quite that much according to her report below! - ed) and did this whilst running with a particularly nasty toe injury! I saw it in the bar afterwards - not nice!

Matt Hooban

I didn't have a great run at this race last year so I was hoping for an improvement this year. It's a tough course, with probably the toughest part being four arduous flat miles along the canal! After that there is a very steep climb up the moor before the last couple of miles home. It was a very windy day, most noticeable along the canal which I'm sure must have made a difference to the times. Thankfully the wind was behind us as we went uphill! The race is almost all off road and the scenery is lovely even if it does take some effort to get there. Following the rain of the previous couple of days some of the course was very muddy and I nearly lost a shoe at one point. But I did manage to run a lot more of the course than I did last year, in fact almost all which I was really pleased about. And for my efforts I was rewarded with a time six minutes quicker than last year and a green sweater with a drawing of the route on. Unfortunately it reminds me of my school uniform which was also bottle green but I'm sure it will keep me warm in the house!

Jill Stocks

## Subscriptions and New Members

Please welcome to the club **Rebecca Leech**, **Karen Wilton** and **Danielle Spencer**, all very local to the Leisure Centre – with Karen living on the "hills", and also **Jessica Hodge** from the Woodside's and **Manghanita Kempadoo**, all the way from Sowerby Bridge.

**Subscriptions are now due for 2010 – 11**, which is £20 per person unless you are already a member of the LPSA in which case the cost is £15.

Those who joined the club after 1<sup>st</sup> June 2009 pay the following:

£5.00 - Laura De Graff and Amy Richards.

£10.00 - Hannah Taylor, Jenny Swann, Carl Lockwood, Yvonne Craggs

£15.00 - Helen Fearn, Adam Hanslip, Helen Hilton, George Chilcott

If you cannot get down personally to pay your subs please send your cheques to Tony Downham at 17 Stainburn Avenue Leeds LS17 6PQ. Cheques made payable to Kirkstall Harriers.

## Messages from / sightings of our agents at home and abroad

A picture of Stuart Moore one of our ex members was spotted in the Fell Runners magazine as winner of the South Wales Fell Running championship.

Message from Claire Warner:

"Just to let you know I haven't given up on Kirkstall Harriers and will be back...eventually! The shin splints have really been bothering me, its taken until last week to be able to just walk normally without painkillers! So I'm guessing running is still a long way off. I will be investing in new trainers this week hopefully and slowly start to run again over Easter. All being well I shall be back to running with the club near the end of April, after the University holidays. Thanks for the help and support and hopefully see you all again soon, Claire Warner."

Note from the club – this is another reminder to new members that it is important to check your shoes regularly, and invest in a pair of decent running shoes if you suddenly up your mileage. Most running shoes are only designed to do about 300 miles before wear and tear starts taking affect and you should definitely replace shoes by the time they have done 500 miles.

## Sponsorship Pleas for upcoming events

With spring marathons on the horizon as well as other events we have a few people hoping to raise money for various charities:

**PETER HEY** will be doing the Tower Power on Sat 22nd May – running, or walking, the 600 steps of Bridgewater Tower for The Sick Children's Trust. He has some sponsorship forms which people can fill in, and he will collect the money later, or they can send him cheques made payable to "the sick childrens trust".

**ELEANOR FRANKS** is running the London Marathon to help get a new local charity off the ground. A friend of hers is helping to set up a Rape Crisis Centre for women in Leeds city centre. They are currently in the process of recruiting volunteers and finding premises and need as much as they can get to be fully operational. Again, Eleanor will have forms which people can fill in at training nights if interested, or email [eleanor5446@hotmail.com](mailto:eleanor5446@hotmail.com).

**DIANE SHAW** is completing 4 different exciting events this year:

London Marathon - April

London to Paris Cycle ride - June

Leeds Grammar School Sprint Triathlon - August

Berlin Marathon - September

She is doing them for 3 charities under 1 umbrella - Cystic Fibrosis (her partner Kev's son Carl suffers with CF), Wheatfields Hospice in Leeds and Cancer Research UK. The way to donate is by email: [Diane.Shaw@networkrail.co.uk](mailto:Diane.Shaw@networkrail.co.uk). Diane has also asked us to mention that the highly fun and successful Treadmill Trot which lots of us took part in last year will be held in July this year, with Wheatfields organising it. She will let us all know the exact date as soon as it has been announced.

Finally, ex-Kirkstall Harrier **AMANDA SEIMS** is running the Yorkshire 3 Peaks fell marathon and the Mont Blanc mountain marathon this year for the local mountain rescue team. If you enjoy the outdoors, these volunteers are your first emergency service in many cases so this is a great cause. You can sponsor Amanda by visiting [www.justgiving.com/Amanda-Seims](http://www.justgiving.com/Amanda-Seims)



## April Birthdays

Happy Birthday to the following members this month:

\* **Gary Carlisle** \* **Craig Hewitt** \* **Kevin Dawson** \* **John Hutchinson** \* **Gill Booth** \* **Kimberley Ridout** \*  
\* **Diane Thomas** \*

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.

