

# Kirkstall Harriers Newsletter

No. 79 June 2010



## News in brief

### \* Kirkstall Abbey 7

The date has been set for our race the newly named Kirkstall Abbey 7 – **Sunday September 19<sup>th</sup>**. We will require marshalls on the day of the race so please try and keep that date available. Friends and family are also welcome to help out. If you would like to volunteer yourself for a task in the pre-race organisation that would also be very helpful. Entry forms are on the website now and we will be emailing a copy to all members soon. We also hope to get posters printed soon. If you can distribute them to anywhere you think may be appropriate or can put a poster up at work please get in touch. We are hoping to arrange an entry form drop in the area covered as part of the local runner trophy. We will also once again be having a cake and sandwich stall so please feel free to get baking! Scones would also be nice if you are more of a savoury baker! Please email [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com).

### \* Bradford Millennium Way - Sun 13th June

We could still do with a couple more names for this event as from past experience anything can happen in the last week or two – and usually does. The race starts at Bingley at 8.00 and takes in Haworth, Laycock, Silsden, Addingham and Ilkley before returning back to

Bingley. It is essential that runners recci their leg at least once as the course is not marshaled but is way marked. So if you fancy a run of about 8 to 11 miles over interesting scenery please let the following know. Please give your names to Martin 07967 642702 Collette 07827 910271 or Peter Hey asap.

### \* BMW - volunteer required

Hilary Wharam from Horsforth Harriers, who is a familiar face at local races, is intending to run/jog/walk the entire distance of the Bradford Millenium Way on June 13<sup>th</sup> to raise funds for MS. Jill Stocks is joining her for the last leg but she needs some company for Leg 4. If you would like to join her please email [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com). Visit her website for more information or to donate at [http://beatms.mssociety.org.uk/netcommunity/HilarysfullBradfordMillenniumW](http://beatms.mssociety.org.uk/netcommunity/HilarysfullBradfordMillenniumWay) ay.

### \* Cheerful Chilli

We have booked the Cheerful Chilli which is on Otley Chevin for **Tuesday 15th June**. The cost is £16.50, but we need your name and a £5 deposit to secure a seat as we are limited to the first 25.

### \* Meanwood Valley Trail Race

Picking up prizes in this race were **Rachel Pilling** – 6th lady overall, but 2nd in her age group, and **John Hutchinson** 2nd over 60.

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## Key Dates for your diary

Tue 1st June - Yorks Vets race hosted by Kirkstall Harriers, marshals required!

Sun 13th June - Bradford Millennium Way

Wed 9th June - Otley 10 (6th Championship Race)

Tue 16th June - Social Event - Cheerful Chilli, Otley Chevin

Weds 7th July - Danefield Relays

Sat 10th July - Kirkstall Festival

Sun 11th July – Eccup 10 (7th Club Championship race)

Fri 16th July - Washburn Relays

Weds 21st July - Golden Acre Park Relays



**Gemma Smith** triumphantly finishes 1st lady at the Leeds Half Marathon

(photo courtesy of the YEP)

## News in brief cont...

### \* Club Championship

The next championship race is the Otley 10 on Wed evening 9<sup>th</sup> June at 7.30pm – a really good run and night out, with fish n chips and a pint of real ale in the Junction afterwards. To enter, visit

<http://otleyac.org.uk/otley-10-mile-road-race/> - or you can enter on the day. See pages 4-5 for reports on Rothwell 10k and Leeds Half Marathon.

### \* Summer Relays - July

The usual 3 relay events are now fast approaching. We always seem to do well with getting a couple of teams at least in the various categories and hope it's the same this year. We need teams of 3 people per event and if we can have names beforehand we can select our best options. The distance per person is between 2 and 3 miles. If you are interested please let your captains, Martin 07967 642702 or Collette 07827 910271 know or give your name to Peter Hey on training nights. The details are:

**Danefield Relays** – Otley Chevin  
7.15pm Wed 7<sup>th</sup> July – 3 miles per leg – all doing the same leg.

**Washburn relays** – Fewston Reservoir  
7.00pm Fri 16<sup>th</sup> July – approx 3 miles per leg – each leg different

**Golden Acre Park relay** – Golden Acre Park, 7.00pm start Wed 21<sup>st</sup> July 2.7 miles per leg, each leg the same route.

### \* Away Days

There are no long runs this month but Patrick, Diane and Helen Goldthorpe have organised a couple of “away days” – or evenings. The first one is at Roundhay Park on Monday 7<sup>th</sup> June. Meet outside the Roundhay Fox on Princes Avenue (this used to be the tram terminus for those who remember!) for 7.00pm start or LPSA 6.30 for car sharing or lifts. If you would like to see the route that Helen has prepared for us you can see it plotted at <http://www.mapmyrun.com/route/gb/leeds/240127444043389390>. There is also a description of the route on the website on the training page.

The next away day is Wednesday 30<sup>th</sup> June at Golden Acre Park, meet in the main car park off Otley Road at 7pm, or LPSA 6.45 for car sharing or lift.

There may well be other runners meeting as usual at Kirkstall Leisure Centre for those unable to get to the away venues.

### \* Kirkstall Festival

Volunteers are still required to man a stall to promote the club at Kirkstall Festival on **Saturday July 10<sup>th</sup>**. Any help would be appreciated whether it be for the whole day or just an hour or so. We are also having a tombola to raise money for Wheatfields Hospice so if you have any unwanted gifts or any other items that you think may be suitable please get in touch or bring them to the club. Email [stox78@hotmail.com](mailto:stox78@hotmail.com) if you can help.

### \* Mrs Edith Blades

We are sad to announce that Mrs Edith Blades passed away recently. Her son Stephen was a keen member of the club and our local runner trophy is named in his memory. Mrs Blades was the main supporter of the trophy and a big supporter of the club. She was a very kind lady and we are sad to announce her passing.

## PECO Cross Country Presentation / Pecolympics - 16th May 2010

The Pecolympics appeared to go down a treat, mainly due to the people getting involved and taking part in the games. Kirkstall did themselves proud again by winning: the 3 legged race - Eleanor and Jill, sack race - Collette (who won her heat of the egg and spoon race, but missed out on the final) and the tug of war - Tony, Jill, Bal and Liam. We got near to the finish of the egg throwing competition but Bal had to bow out after getting a real egg shampooing. Although we had 2 men in the 5 men drag race we did not win that one, but it was a treat to see Martin and Liam fighting it out with the handbags drawn, around the course.

Winning towels for doing all 5 races - or at least 4 and marshaling our race were Peter Branney, Gary Carlisle., Peter Hey, Rachel Pilling, Stuart Reardon, Alex Saunders Jill Stocks and Richard Thomas. And the BBQ food was great too.



*Photos: Jill and Eleanor with their 3-legged race prizes, Martin & Liam ready for a night out on the town, and the tug of war team in action!*

## Sponsored Events - Tower Power Challenge



*Peter in action!*

I managed to do the 600 steps of Bridgewater Place in 5mins and 2 seconds and according to the text message finished 16th. But was this 16th overall or 16th in my group of about 25 runners, as we were grouped into half hour slots of about 25 runners. I found it a lot easier than trying to do a 5k pb, and would have another go as I'm sure I could knock quite a bit of time off this knowing the set up now. The steps are too shallow to run one at a time, but too steep to run 2 steps at a time. It was easier for a breather to stride two steps at a time. Unfortunately as we were in the apartment area, there was only a small window on the 30th floor, giving a restricted view across the city. At least I managed to beat the guy who was dressed as Buzz Lightyear.

Many thanks to those who have already sponsored me, I will be collecting the money over the next week or two. Anyone else who would like to sponsor me for the Sick Children's Trust and cannot give me their donation personally can send a cheque made payable to 'The Sick Children's Trust' to 26 Somerdale Walk Leeds LS13 4SF.

Peter Hey

## Yorkshire Vets - Tues 1st June

At the time of "going to press" it's too late to promote, and too soon to make a report, but thank you to all those who turned up on the night to run and marshalled.

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.

June is a busy month for races as we have another two coming up

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

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

Other races to date are

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 28<sup>th</sup>

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

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

Full details can be found on their website [yvaa.org](http://yvaa.org)

## Messages from our Agents at Home and Abroad

"Hi there. Can you just explain about the Yorkshire Vets? What is it? I know I must be eligible as I am 57!! I am abroad at the moment - I live part of the time in Trinidad - and return to the UK for the summer - from mid July. I will purchase a vest then and look forward to running with the club at some of the events. I ran the Leeds Half last year with Bal and my daughter Rhian. Unfortunately, I was not in Leeds this year at that time. It was a good half marathon and a pb for me at 2:09:48. Rhian tells me that the club was very successful this year - especially the Ladies! Well done to all! I have run the University of the West Indies (UWI) International Half Marathon in November for the past 3 years. (AIMS certified) It is very hot and uncomfortable - on the road with no shade... not good for pb's, but usually won by Kenyans! There are many 5k and 10k runs in Trinidad. It has a vibrant running community and many small friendly running groups (including mine) who do our training runs at 5am when it is coolest. I look forward to learning more about the Vets. Thanks, Manghanita"

"Unfortunately got second opinion this week and definite stress fracture of my right shin :-( got an 8-12 week ban from running and have to defer entry for the Great North Run. But at least I know now, lots of swimming in the mean time and I'll hope to be back at the club July-August. Of course might have to pop down to the LPSA occasionally for a catch up. Hope you are well. Best Wishes, Claire Warner"



## Club Championship Race #4

### Rothwell 10k - 3rd May 2010

Congratulations to the 15 runners we had at Rothwell 10k on the early May bank holiday. The course had changed this year and was an out and back, so alas no more net decent of 30m to look forward to! However it was still a very flat and fast course and there were several pbs amongst our runners. Well done to **Richard Hancock** for scooping top Championship points, followed by **Bent Holm** and **Liam Mealey** who also both knocked several minutes off their previous pbs.



At the finish at Rothwell Leisure Centre

#### Race #4 - Rothwell 10k

##### Points Awarded

Position	Name	Points
1	Richard Hancock	20
2	Bent Holm	19
3	Liam Mealey	18
4	Alex Saunders	17
5	Rachel Pilling	16
6	Marion Muir	15
7	Isaac Dell	14
8	Eleanor Franks	13
9	Peter Britton	12
10	Helen Goldthorpe	11
11	Patrick Nesden	10
12	Collette Spencer	9
13	Peter Hey	8
14	Chris Glover	7
15	Matt Hooban	6

## Club Championship Race #5

### Leeds Half Marathon - 9th May 2010

We had a magnificent turnout with 28 official finishers and plenty of support around the course. Notable achievements were – **Gemma Smith** being first lady in 1.23.23, ably supported by **Rachel Pilling** 8<sup>th</sup> in her age group in 1.35.18 and **Amy Richards** 1.36.53, all 3 picking up the 1<sup>st</sup> ladies team prize. **Mark Vickers** was 48<sup>th</sup> overall in 1.23.10. Also picking up a trophy was **Sheila King** who did the 1<sup>st</sup> leg of the corporate team challenge and winning the ladies team prize, then continuing on and being 8<sup>th</sup> in her age group in the full half, with 1.42.02. Other good positions were **Dave Spink** 6<sup>th</sup> in his age group and **Ian Brown** 5<sup>th</sup> in his age group of over 65's, and this despite being told 16 months ago that he would never run again after a serious broken ankle. Another well done goes to **Yvonne Craggs** who completed her first ever half marathon. Below is just the points for the first 10 runners in the Championship, for full results and current overall league table please see the website.



#### Remaining Championship Races

- \* Otley 10 - Weds 9th June
- \* Eccup 10 - Sun 11th July
- \* Members Meander / KA7 route - Weds eve in Aug (date to be announced soon)
- \* Harewood 10 - Sun 3rd Oct
- \* Harriers V Cyclists, Bingley - Sat 20th Nov

Don't forget any Parkrun 5k you do will count, you just need to let us know the date you got your best time at the end of the year for these points. Also if you run a marathon you will get a 'marathon bonus' - if you think we aren't aware that you have run a marathon then please let us know so you don't miss out on these points! Please remember to wear your club vest however as this is important. One last point to note is if you enter a race before joining Kirkstall Harriers, we will not necessarily pick your name up in the results to give you points so please do remember to tell us if you fall under this category. Thanks!

#### Race #5 - Leeds Half Marathon

##### Points Awarded

Position	Name	Points
1	Isaac Dell	20
2	Kevin Longmate	19
3	Rachel Pilling	18
4	Eleanor Franks	17
5	Mark Vickers	16
6	Collette Spencer	15
7	Gemma Smith	14
8	Marion Muir	13
9	Sheila King	12
10	Phil Hewitt	11

### **Rothwell 10k - 3rd May 2010**

#### **A true runner's dilemma...**

To run or not to run?

That is the question that I found myself pondering at about half past eight last Bank Holiday morning when I realised that I had missed my lift to the Rothwell 10k. I had got my times mixed up and was stranded! It's not surprising that I cocked up really as I have been pretty busy lately. I had rounded off a hectic week at work with a mad dash to London for some important wedding errands chiefly a meeting with Bernard our cockney Jeweller (it's a story for another time really). And had just assumed that we were all meeting at 8.30am instead of 8.15am on the Monday morning, stupid I know but easily done.

So I had to quickly weigh up my options, option 1: Try for a bus? Not gonna happen, First Buses are running a typical Sunday service and I'd never make it to the start on time. Option 2: Cut my losses and go for an impromptu long run along the canal instead, a good idea in theory but the Leisure centre is closed (stupid bank holiday) and there is nowhere to leave my kit bag! Option 3: Go home and go back to bed? Nope! Having made the Herculean effort to get up in the first place I'm not the kind of chap to throw in the towel so easily. Option 4: TAXI!

Next thing I know, I am pulling up in a taxi outside Rothwell Leisure centre I am feeling a bit embarrassed by this, I had asked the Taxi driver to pull up round the corner so I could just walk in and no one would be any the wiser but the taxi driver insists on driving me to blooming door! I look like the laziest runner at the race and I haven't run a step yet! And the thought that I had just paid more to get to a race than I had actually paid to enter it didn't help much either! I was going to have to run a blinder to make this worth while.

I didn't run a blinder! But as it happens I ran a whole lot better than I thought I would, running my best time of the year so far which made the effort of getting to the race all worth while in the end (phew!). The Rothwell 10k is a fast flat course with excellent PB potential which was confirmed by the many new PBs set by our own Harriers. I reckon it's a must do local race and the eye wateringly bright Hi-Vis tee was worth the entry fee alone! So in answer to the question to run or not to run the answer is always a resounding YES, but it'll work out cheaper and there will be a lot less hassle if you pay more attention when making travel arrangements in the first place!

Matt Hooban

### **Leeds Half Marathon - 9th May 2010**

As it's a club championship race and our most local spring half, the race is usually swamped with purple clad runners and this year was no exception. Unfortunately I know of at least a couple who pulled out late in the day, most notably John Hutch who was at the start in his vest before deciding that the cold he was full off was not up for a quick jaunt around the Leeds ring road.

I found it difficult to get any kind of a rhythm going early on. I would put it down to the large field of runners impeding my progress but that's a lie and everyone knows it. The truth is as always a lack of training compounded by injury, by the time I got to Stonegate Road I was about ready to chuck in the towel and grab a lift back to the start on one of the relay buses. However I don't enter races to quit half way round so I pushed on up the hill and finally starting to feel like a proper runner again on the down hills, making good progress along the lumpy bit between Moortown and Weetwood Hall.

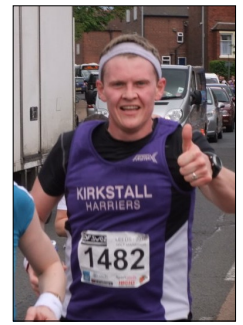
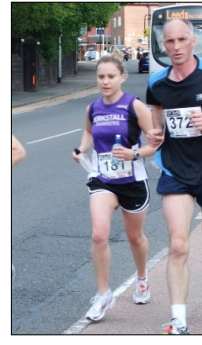
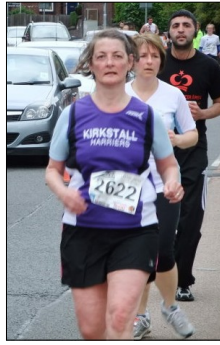
I was running along with the usual mix of club runners, charity first timers and the relay runners who were all asking where the next mile marker was, (cheeky buggers they only had to run a couple of miles and they looked worse than I did!) I was racing a girl dressed all in black (very stylish) and a group of lads running for 'Help the Heroes'. On the hilly bits one of the Lads would periodically yell, 'YES' to himself, very funny but I guess whatever helps get you up those long drags has got to be worth it. My preferred tactic is to lie to those around me who ask daft questions like are, 'we nearly there yet?' with responses like 'yes we are nearly at the top' or 'Yep nearly there not long to go now!' and a personal favourite 'You're looking great, keep going!' not very helpful I know but it keeps me going.

According to my Garmin, (Yes I do use it from time to time El) I ran the second half quicker than the first coming in just a whisker under 1 hour 58 minutes, I was aiming for two hours so it was a job well done. To celebrate I treated myself to a well earned post race massage from our good friend Ward who along with two other willing volunteers eased our aching limbs while we refreshed our bodies and minds with lashings and lashings of beer. Another good day out with the barmy purple army!

Matt Hooban

## More Photos from Leeds Half Marathon...

Many thanks to Helen Goldthorpe for taking these and cheering us on outside Kirkstall Leisure Centre



## RACE REPORTS

### Edinburgh Marathon and Scottish Half Marathon - 23rd May 2010

Twelve of us made the trip to Edinburgh, the second year the club has held a trip there. Nine of us were taking part in the marathon and four in the first running of the Scottish Half Marathon. When we arrived at tea-time on the Saturday the weather was still extremely warm as the weathermen had promised earlier in the week. Everyone knew that the heat could have quite an impact on times and performances. I however, not a fan at all of running in the heat, was not too worried about my half marathon run. Having whinged and carried on about the 8am start time for months it was actually going to be beneficial as we would hopefully miss the worst of the heat. After some issues with keys and a rather inept receptionist at the youth hostel we made our way out for Italian food (obviously) via one of the cities finer hostelryes, the Guildford. Whilst the hostel was in a fine location right next to the city centre it was also next to a main road. So the noise from the traffic was pretty bad. Earplugs are recommended for our next stay! And as I got down to breakfast the next morning that was the main topic of conversation. I on the other hand had been kept awake by a succession of revellers passing by well into the early hours. I was surprised by how many people were called Paul in Edinburgh.

I found the start line for the half a bit chaotic. And wet after there was a sudden downpour. Unfortunately this was not an indication of the weather for the rest of the day. There were signs to indicate which pen was which but they were tiny and by the time I had seen them I was already in the wrong one. The announcer was doing his best but to no avail. There was also an interesting array of attire amongst the runners. The route itself was a pretty boring course. Not helped by the fact the mile markers were out by some way. And as it was so early in the morning there was very little support. It would have been nicer had the coastal part of the course not had the view obscured by a thick mist. Anyway after going to the aid of a woman having an asthma attack and bemoaning the fact that my ipod would have been a welcome distraction had I not broken it at Leeds half, I reached the end at Musselburgh racecourse in 2:05, which I was quite happy with. I would have been happier with sub two but hey ho. I was rewarded with a weighty medal and a very good quality t-shirt. And a banana. The facilities at the end were good and we were able to have a shower even if we did have a mile walk from the finish to the baggage buses and facilities. I found the £32 entry fee a bit steep but given the facilities, the goodies and the road closures perhaps it wasn't so bad.

After changing we headed back to the racecourse which is mile nine of the full and the half to watch our runners coming through. We caught nearly everyone except the faster lads and it was quite a good place to see them once we finally got settled in a spot. I also got a couple of hugs; a rather sweaty one from Matt and also from my friend Mandie who I haven't seen for a while. I also saw my friend Mick the Mackem (he's from Sunderland you know) which was nice.

After a swift alcoholic beverage we headed further up the course to just after mile 25 to cheer the runners on there. By this time the heat was horrendous and people were really starting to struggle. It was a tense couple of hours as we waited to make sure everyone got back ok. No amount of training could have prepared some of the runners for the conditions and they all did extremely well to get round safely.

With everyone back ok we headed out to the pubs of Edinburgh which are very nice if a bit expensive at times. We were all knackered but still enjoyed a night out in this lovely city. In the morning we headed to Wetherspoons for a full Scottish breakfast before Matt took us on a mini guided tour up to the castle. We headed to the train station and I bumped into a couple of friends of mine from Huddersfield. They had done the marathon. After a final slurp in the station pub, where a gentleman kindly gave us £10 for running which we have given to Cystic Fibrosis, we piled on to a packed train bound for Yorkshire. Another great weekend and I will be organising another trip next year.

See next page for Calamity Matt's take on the day!! ➡

Jill Stocks



I am in the Pink pen at the start of the Edinburgh Marathon, its five to ten in the morning. The elite and fast club runners are already under way having started from London road on the other side of Calton Hill and sun has just come out from behind the clouds henceforth known as Fierily Ball of Hell. There is an audible sigh as all about me runners realise that we haven't escaped the heat wave effecting Britain this weekend! Too late to do anything about it now as the gun goes a second time and we are on the move, at least I remembered to slip, slop, slap a load of sun cream on.

Now as dedicated a runner as I am (in my mind!) I know I am not as well prepared as I should be for this marathon and I am under no allusions that a marathon is easy but still by even my standards, low as they are, I had a bit of a shocker!

I started off well enough keeping to a steady 9min pace for the first couple of miles but as the mercury rose my times started to fall off. It was whilst I was checking my Garmin at just before 6 miles that I had my first unscheduled stop of the day my **crashing into a lamp post**, that's right, didn't see it coming and went down like a sack of spuds! A kindly runner and marshal helped me back to my feet dusted me off and pointed me in the right direction so on I plodded a little winded but otherwise fine. Unscheduled stop number two came shortly after 12 miles when I realised that I had a nose bleed resulting in a brief stop and chat with the wonderful St Johns Ambulance crew (along with the Scottish Ambulance service they worked their socks off dealing with all the runners who suffered badly with the heat and there were many) after stemming the flow I was off again. Unscheduled stop number three came at 17 miles when I had to stop for a call of nature, this was really a pain as I could hardly afford another stop, nor the liquid as I was barely able to get enough water down my neck in the testing conditions. By 20 miles with my feet aching I had adopted the run walk method which slowed my time down drastically. On a cooler day and without the various interruptions I would of hoped to get round in about 4 hours 15mins but I was pleased with my finish time of 4 hours 42mins and was just glad to get round in one piece. The last six miles where hard but by then the spirit of camaraderie amongst my fellow competitors was amazing, everyone was stopping to check on the people who were struggling and talking to each other to keep motivated. I have never chatted to so many people whilst running in my life.

I met a chap called Paul running for the British Heart Foundation at about 22 miles he was struggling and was walking along on his own, we chatted for a while then encouraged ourselves into a run, we ran along for a mile or so until he got his second wind and was able to forge ahead, I eased off having already used my second and probably third wind by this point. I caught up with him again at 25 miles but by this point his legs had all but given up on him and he couldn't run into the finish with me. I tried to cheer him up by telling him it will be easier next time but I don't think he believed me. Paul finished a few minutes after me but I spotted him in the queue for the race photo, we congratulated each other on a hard fought run, it was a nice moment.

One last thing I should mention, the support from the people around Leith were absolutely amazing in no particular order I was given, sun cream, jelly babies, orange slices, wine gums, a bottle of water and there was plenty more stuff on offer besides. I must have run through every hose pipe, sprinkler, pressure washer and water pistol on the Leith in an effort to stay cool but the stand out moment for me was when a little kid holding a plant sprayer asked if he could spray it in my face, 'Yeah give us a spray Pal!' I shouted and he happily obliged, delighted he ran off back to his mother shouting, 'I am LOVIN this, it's the best day of my life!' It was nice to know that at least someone was having fun in the sun on the Leith.



Matt Hooban



Thanks to Jill for the photos!

They call this race the Beautiful Marathon for a reason, but easy it certainly isn't! Particularly three weeks after London, but it's a nice enough race that running round it with no real target and enjoying the scenery is a tempting option.

The race starts at Brathay Hall just outside Ambleside. You walk down to the start behind drummers, and the race is started by the groundsman with a very big gun. It then heads down the west side of the lake along closed roads to Hawkshead. You run through the centre of the village (bemusing the Sunday morning tourists) and further south past Lakeside down to Newby Bridge. This stretch is very peaceful and lovely running - the roads are closed for the first 9 miles, you can smell wild garlic in the air, run past fields of lambs and woods (and at one point the YMCA centre where you can hear the screams of children on zip wires!). It also has its fair share of undulations!

After Newby Bridge you turn and run up the east side of Lake Windermere. At this stage the roads are open to traffic which makes the race feel less tranquil, but there are still some fantastic views over the lake and to the fells beyond to compensate. Unfortunately miles 14 to 17 are quite a drag uphill which is probably the last thing you want at that stage of the race, although dropping down to Bowness at about mile 20 gives some welcome relief. If you're lucky someone outside a pub in Bowness might even let you have some beer... A steep climb just after mile 21 saps what little you have left in the legs by that stage, although there is an ice cream van at the top for those seeking refreshment rather than a time!

From there the run back to the finish is a bit undulating but predominantly downhill, still hugging the shore of the lake, before a final climb up the driveway of Brathay Hall to the finish on the lawn where you get a lovely slate medal. Luckily the beer tent is only a short stagger away to refresh you before you even consider moving anywhere! And as you sip on that beer you can contemplate the madness of the group who choose not to run the route once, but 10 times in 10 days...

Helen Goldthorpe

## Subscriptions and New Members

Our latest recruits are David Wilson from the LS5 area and Lucy Needham from LS4 area. The number of paid up members now totals 66 but there are still about 40 members from last year who have not paid. If you are reading this and do not intend to re-join please drop us a line to say so, and if you have a reason we would be interested to know, in case we are doing something wrong or can improve what we offer to members in any way.

**Please note: If you do not re-join this month your membership will be deemed to have ended.**

Subscriptions are £20 per person unless you are already a member of the LPSA in which case the cost is £15. You can pay for 2 years which will be £38. 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.

## Members Leaving the Club

It's always sad to lose members, especially those who contribute quite a bit in one way or another. Because of our catchment area we do have a large throughput of students and graduates so it's not too surprising.

This month we have to say farewell to 3 such runners.

**Cassie Garbutt** who is moving nearer to where she teaches – York. Cassie is having a leaving do at the Pizza Express on **Thurs 3<sup>rd</sup> June**. Anyone wishing to come should give their names to Cassie, Collette or Peter Hey asap so we can book sufficient seats.

**Tim Foreman** who is going to Scotland says *"I have had four excellent years with the club and I would like to say good bye properly"* and had a farewell drink in the LPSA last week.

**Mark Vickers** who says *"As you're probably aware, I have a new job awaiting me in Sydney. This has been a long drawn out process but it's falling into place and I've now arranged for my final working day to be Fri 4th June, and am moving away from Leeds a few days later. Therefore I'm planning to have a leaving do on **Sat 5th June**. Plan for the evening is the Hi-Fi Club - comedy is on from 7 till 10 followed by throwing some shapes Boogaloo style afterwards for anyone who's up for staying out. Tickets for the whole night are £11 incl booking fee in advance else £12 on the door if still available. If you're up for it let me know and I'll book a load in one go. I'll probably arrange for us to meet in a bar from about 6, will let people know nearer the time."*

I am sure we all wish them the very best for the future and will find time to don their purple vests. Hopefully we shall hear from them in the future.



## Member Profile - Liam Mealey



**Name:** Liam Mealey

**Age:** 28?

**Occupation:** Erm, mathematician, sort of...

### Where are you from originally?

I grew up in Wigan, living there until leaving for uni at 18.

### When did you start running and why?

I came to running via a slightly circuitous route through cycling and triathlon aspirations, about three years ago, following a realisation of just how chronically unfit I was whilst climbing in the Alps. I dabbled for a while, but the real kick came whilst out walking in the Peak District last year. A runner came past me on the way up Mam Tor, and the appeal of fast and light in the hills was sparked. I entered the Leeds Half, and the PenYghent Fell Race and from there was hooked.

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

I came along last summer after chatting to someone at a race who advocated the value of joining a local club. The initial appeal of KH was quite simple, the training sessions started somewhere close enough to easily run to!

### What are your motivations for running?

I like getting out and covering vast swathes of open countryside. I used to walk in the hills a fair amount as a youngster, and it astounds me how much further and faster I can now comfortably go out there. I also find it very good for letting my mind switch off; when I'm out running (or cycling) it flits and bounds through everything and nothing, and I find that really cathartic.

### What are your greatest running achievements?

Probably just getting around Sedbergh Hills last year. It's a ridiculously lumpy, grassy, tussocky, boggy route around the Howgills and on the day the rain was very heavy, the wind whipping up and several hours of running through thick clag was in store. At one point, having crossed streams and sodden slopes I dropped out of the cloud only to realise the next leg involved running up what had become a stream into a head wind and back into the mist for several miles. It's the only time I've felt the need to run in a full waterproof, but I was very glad I had it.

I'm not sure I've had anything quite so imposing on the roads, but my first half marathon, Leeds 2009 was a good motivator. I had no idea how I'd cope and whilst I had vague hints of time targets, I had no sense how reasonable they were, so blowing them away and going sub 95mins felt amazing and played no small part in my continuing to run.

### What are your best running related memories?

One of my most distinct grinning moments in running was my first fell race, PenYghent. It was the first time I'd ever tried a proper fell descent, and whilst it may not actually have been that quick, as I crashed through the bogs and thick grass I felt I was flying. Shortly before the path back into Horton I felt the presence of someone arriving at my shoulder and from

a never before known place I discovered a competitive me. I pushed on determined I wasn't going to lose a place to him. I eventually did lose the place, but in the process discovered the thrill of digging deep and tussling for position.

### What are your worst running related memories?

I'm not sure I can identify any. I have a considerable number of moments that have frustrated me, and I've raged at myself in races, but I generally afterwards see it as some sort of learning exercise. I've rarely not been able to take something from a bad run, so I struggle to see them as bad memories.

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

I've always found the Buddhist Proverb "Pain is inevitable, Suffering is optional." has quite a resonance for running. It won't all be easy and it won't all go well, but with the right mind set the rewards will come and the grin will be huge! How much of a hippy do I sound like!



*Photos: top - Liam at Newton-le-Willows Triathlon last year, above - at the 1st Bradford parkrun.*



## June Birthdays

Happy Birthday to the following members this month:

\* Laura De Graff \* Malcolm Dennison \* Nikki Eastwood \* Gareth Hagger-Johnson \* Richard Hancock \* Peter Hey \* Julie Hustwit \* Peter Marshall \* Pat Shepherd \* Richard Thomas

## PBs and other worthy mentions

Congratulations to the following members who achieved pbs at the Rothwell 10k: **Liam Mealey** - 41.02, **Bent Holm** - 41.34, **Rachel Pilling** - 43.00, **Alex Saunders** - 44.53, **Eleanor Franks** - 46.44 and **Richard Hancock** - 55.33.

And 6 days later at the Leeds Half Marathon we got another impressive list of pbs amongst the club: **Gemma Smith** - 1.23.23 (pb by 1 min and 1st lady), **Mark Vickers** - 1.23.10 (pb by 3 mins), **Rachel Pilling** - 1.35.18 (pb by 5 mins and 8th in age category), **Kevin Longmate** - 1.36.59 (pb by approx 6 mins), **Eleanor Franks** - 1.41.39 (pb by 4 mins), **Collette Spencer** - 1.54.03 (pb by 2 mins), **Issac Dell** - 2.01.47 (pb by approx 12 mins we think!)

On a very very hot day at the Edinburgh Marathon **Gary Carlisle** managed a pb of 3.23.21 and **Amy Richards** 3.45.40. Amongst those running were first time marathon runners **Rachel Pilling** and **Liam Mealey** so well done to them - both whom we envisage getting nice big pbs next time they do one, in kinder weather!

Finally, a late addition - your newsletter editor **Eleanor Franks** ran the Chester Marathon in 3.55.22, pb of 2 mins... Hurrah!

## Speed Sessions with Abbey Runners

Abbey runners are still doing speed work sessions on Thursday evenings which we are welcome to join them in. When they meet on the track the cost for using the track is £3.00 per person and the reports we have had back from those who have already attended are very good.

Thursday Speed Sessions Until the end of the summer alternate between track sessions and sessions on the fields at Bodington and Bedquilts (for which they meet at their club in Adel). When they are running on the fields, you should consider the possibility of things getting a little bit muddy and select your footwear accordingly!

All sessions will start at 7.30pm prompt, meet at 7.20pm.

The schedule for June is on Abbey Runners website and looks like this:

June 3rd - intervals pyramid session(track)

June 10th - 4 x '4 out, 4 back' on grass (club)

June 17th - 8 x 3 mins (track)

June 24th - Short hills on grass (club)



*Ladies with our runners up prize at the PECO awards*

## Upcoming Races...

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

6<sup>th</sup> July - Jane Tomlinson 5k Canal Race, Methley

11<sup>th</sup> July - Eccup 10 (Club Championship race)

17<sup>th</sup> July - Bishop Wilton Half Marathon

25<sup>th</sup> July - Pudsey 10k

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).

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) or [kirkstallharriers@googlemail.com](mailto:kirkstallharriers@googlemail.com) if you would like to contribute to the newsletter. All articles, member profiles etc gratefully received.

