

Kirkstall Harriers Newsletter

No. 78 May 2010



News in brief

Stop Press!! - Kirkstall Abbey 7

A date has been set for our newly named race, the Kirkstall Abbey 7! Keep **Sunday 19th September** free as we will need as many marshalls as possible. More details will be announced as we get them and we hope to have entry forms available very soon.

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

The race is now full, but if you would still like to play a part on the day we urgently require marshalls for the area around Kirkstall Leisure Centre. Also if you have a number but are unable to take part please let Jill know - stoxy78@hotmail.com. Post race, we will once again be heading to Mr Foleys on the Headrow near the finish in Millenium Square. Ward will also be "on hand" to provide massages. Reasonably priced food and ale will be available and the venue opens at 11am. Please come and join us for a beer.

* **Bradford Millennium Way**

We could still do with a couple more names for this event. At the moment we have sufficient men for a team but could do with a few more names for the ladies team. We need 5 pairs of runners per team, each pair to run between 8 or 11 miles, mainly off road and slightly hilly

terrain. The race starts at Bingley at 8.00 and takes in Haworth, Laycock, Addingham and Ilkley before returning back to Bingley. It is essential that runners recci their leg at least once. Please give your names to Martin 07967642702 Collette 07827 910271 or Peter Hey asap.

Recci runs for May are:

Sun 16th May leg 2

Sat 22nd May leg 4

Sat 29th May leg 5

All legs meet at LPSA car park at 9am.

* **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.

* **Long Training Runs**

Patrick is still organising long training runs in May for those interested:

Sat 8th - 20 mile along the canal and back heading for Saltaire, so again a shorter run can be accommodated. Meet LPSA 9.00am

Sat 15th - 12 mile from LPSA to Golden Acre Park, Lawnswood Horsforth and return. Meet LPSA 9.00am

Sun 23rd is Edinburgh Marathon.

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Key Dates for your diary

Mon 3rd May - Rothwell 10k (4th Championship Race)
Sun 9th May - Leeds Half Marathon (5th Championship Race) / Junior Run
Sun 16th May - PECO presentation (see page 2 for details)
Sun 23rd May - Edinburgh Marathon / Half Marathon
Tue 1st June - Yorks Vets race hosted by Kirkstall Harriers, marshalls required!
Wed 9th June - Otley 10 (6th Championship Race)
Tue 16th June - Social Event - Cheerful Chilli, Otley Chevin
Sat 10th July - Kirkstall Festival
Sun 11th July - Eccup 10 (7th Club Championship race)

* **Hyde Park 5k parkrun - Sat 1st May**

We had 14 Harriers turn out for this 'MOB run' event - we do not know yet whether we won the prize for the club with the biggest turnout but we think we stood a good chance.

Congratulations to **Jessica Hodge** who was the 1st lady in a superb time of 20.22, **Rachel Pilling** who came 3rd lady in 21.00, and **Phil Hewitt, Richard Thomas, Diane Thomas and Eleanor Franks** who all got pbs. Thanks to everyone who turned up, as always it was great to see so much purple!

PECO Cross Country Presentation / Pecolympics

Message from Peco: "

We are intending to hold a league presentation afternoon this year for a change. The date will be **Sunday 16th May**, from 2.00pm onwards. The venue will be Leo's Rugby Club (just off King Lane in Alwoodley – where the Meanwood Valley Trail race is based).

The plan is to hold a school sports day (aka The PECOLympics) for the senior runners (including events such as the sack race, 3-legged race, egg and spoon race, tug of war, etc.) and a short XC race for the juniors during the afternoon, followed by a BBQ at about 4.30pm and the team and individual prize presentations immediately afterwards. The bar will be open during the BBQ and presentations!

The cost of the BBQ will be £6 per head and it will include steak, chicken, sausages, potatoes and salad (with a 'proper' vegetarian alternative). Having been to a BBQ at Leo's before, I can testify to both the quality and quantity of the food provided! The BBQ will be 'ticket only' and we will need to know definite numbers (and receive payment) by the end of April. Club members are welcome to attend the sports day and presentations without buying a BBQ ticket, if they prefer not to do so.

At this stage, I would like to know if your club is likely to attend and, if so, approximately how many of you would be likely to come along. It would also help to know about how many juniors (if any) will be coming along from your club. It would also be good to hear your suggestions for events to include in the sports day: we will probably go with the most popular 4 or 5 events to prevent the whole thing getting out of hand and running on for hours and hours! Cheers, Mark Hetherington (PECO Cross Country League Secretary)"

Our men's and ladies teams should be getting prizes along with Gemma first lady overall, Alex 3rd in age group and 4th overall, Sheila 3rd in age group and Peter Branney 3rd in age group and 6th overall. There should also be prizes for all runners who competed in all 5 races.

IF YOU HAVE NOT GIVEN YOUR NAME TO PETER HEY PLEASE DO SO IMMEDIATELY AS THERE IS A TIME LIMIT FOR OBTAINING NUMBERS AND TICKETS

A Run Up Ilkley Moor

When Neal suggests going for a run I respond with a mixture of fear and pleasure. I always know it will be a hard run but in beautiful surroundings and with many a story and geography lesson along the way. As well as a well deserved pint in one of the local hostelries afterwards. In an effort to get some training in for Leeds Half Neal suggested a run up and around Ilkley Moor. And it occurred to me that in ten years of living in Leeds and six years of running I don't think I have ever walked/ran/visited Ilkley Moor which is a grave error on my part. Anyway this has now been rectified after two hours of uphill, downhill and bog trotting (we missed the path) on Ilkley Moor. We also found an old war memorial dedicated to the crew of a Halifax bomber which sadly crashed on the Moor in 1944 with a very young crew. So here are a couple of photos for you.

Jill Stocks



Anyone who fancies joining the intrepid Neal for a run on the Otley Chevin, this is now a weekly event on a Wednesday. Meet at 6pm at the Surprise View car park.

Race Report

It was a cold but bright Easter Sunday morning as we queued to use the loo at the Guiseley Retail Park McDonalds. (This is what is known as a McP*ss by the way). As we headed towards the start line and made our way down the muddy hillside into the knee deep puddles at the start area I knew this could be a long morning! The route is basically a slightly extended cross country with plenty of hills, mud and wooded areas and a bit of road and the Emmerdale set thrown in for good measure. Neal and Maurice incorporated the route of the race into their Sunday morning pedal to support the runners and it was nice to see them at the top of the hill heading out of Esholt past the Woolpack. It is a tough course but there is some nice scenery and there is always a good turnout with the hoards being rewarded with a bottle of beer. It was also nice to see my friends Mel and Carl and we had the pleasure of partaking in a pint in Marthas Ale House post race, where there was a very friendly bendy dog who pestered Maurice as he ate peanuts. All in all a nice morning.

Jill Stocks

Results

Congratulations to **Dave Spink** who scooped top points with a cracking time of 45.54. **Rachel Pilling** came in at 2nd place with a time of 48.14, widening her lead in the overall league considerably, and **Stuart Reardon**'s run time of 47.48 put him 3rd. For full results please see the website.

Race #3 - Guiseley Gallop

Points Awarded

Position	Name	Points
1	Dave Spink	20
2	Rachel Pilling	19
3	Stuart Reardon	18
4	John Hutchinson	17
5	Phil Hewitt	16
6	Amy Richards	15
7	Richard Thomas	14
8	Peter Hey	13
9	Matt Hooban	12
10	Jill Stocks	11
11	Isaac Dell	10
12	Richard Hancock	9



Photos (L-R): Richard Thomas, Jill Stocks, Phil Hewitt, Matt Hooban

Thanks to David S Brett (www.photos-dsb.co.uk) for these photos, which start at £2.20 each to buy.

Next Races

There are 2 championship races at the beginning of this month:

- Rothwell 10k on 3rd May (bank holiday Monday) which is £15 to enter on the day. It starts at 9.30am and if you require a lift please meet at the LPSA club at 8.15am.
- Leeds Half Marathon on Sunday 9th May. This race is now full but see page 1 for info on how you can still be a part of this event. We are very excited to see that we have 32 harriers on the entrants list for this! If you are running this and have yet to inform us of your current pb, please email us at kirkstallharriers@googlemail.com straight away as this will make working out the points a LOT easier than chasing people afterwards. If you have not run a half marathon before but have a recent 10k time then this will help us give you a predicted time. Otherwise you will receive 2 points and we will use your Leeds Half Marathon result to calculate your handicap for future championship races.

Club Championship 2010

Leaderboard as at 1 May 2010

Position	Name	Points
1	Rachel Pilling	54
2	Matt Hooban	46
3	Jill Stocks	39
4	Eleanor Franks	35
4	Dave Spink	35
6	Amy Richards	34
7	Sam Ostermeyer	27
7	Phil Hewitt	27
9	Isaac Dell	23
10	Stuart Reardon	20

RACE REPORT

3 Peaks Fell Race, 24th April 2010

A warm hazy morning welcomed eager feet collecting on the playing fields of Horton-in-Ribblesdale, the fuzzy outlines of Ingleborough and Whernside peering from the west. Those tussles would come later; the looming Pen-Y-Ghent would need to be faced down first. After a moments silence for sadly departed 3 Peaks regulars, 700 were cheered of for the plod through the village and to the rough path, climbing gently at first but soon to steepen, up to the first summit. Dodging the rapidly descending front runners already with their sights on Whitber Hill and Ribblehead beyond, I felt strong, almost bounding up the final slope to the dibbers – maybe slight illness and injury of preceding weeks wouldn't have much impact. I would have a good run.

Alas no. As the flat drag over to Ribblehead began and the 10km mark came and went, the heat decided to make its impression. Fluid levels dropped, cocktails of suncream and sweat leached into my eyes and my legs expressed their desire to be anywhere but that trail. From here it would be hard, and all the time the seemingly vertical face of Whernside grew larger, though apparently no closer. After what felt like forever, trail gave way to road and the nutritional haven below the viaduct. It would need to be well embraced; the ascent of Whernside was to be made direct. They call it fell running, but sometimes fell crawling would feel more honest.

Deflecting the occasional trundled rock, peak two was thwarted and the stumbling shuffle back down began, summoning all reserves to remain upright as the ground tried so hard to make it otherwise. Crowds at Hill Inn willed me to some pretence of running and through the urge to call it a day. It was only the climb up 'Inglebugger' (*Liam assures me this is a colloquial term of endearment?! - Ed*) left and it had never halted me before. This time it came very close, my whole body screaming for fluids on the last scramble to the plateau, the water offered to me as I did eliciting elation. Staggering down the long path to the playing fields was all that remained and through the discomfort I drove, not really what might be called running, but as long as it was vaguely in the right direction I no longer cared. Any time targets dreamed of had vanished, any style marks flitted off, and just the beer waiting at the end beckoning me home. A three way sprint finish was drawn from somewhere in the closing metres, and with it the struggle over.

One day I will go back and I will fight the better fight, and time targets may fall, but for now I am a happy to sit and recall the first time I stood up against three of Yorkshire's finest and made it.

As a last note, a great cheer to the two runners from Bingley Harriers who ran the course three times that day in memory of a club friend. Exploits like that stand as a brilliant tribute and inspiration.

Liam Mealey



Thanks to Wharfedale Digital Photography and Sportsunday for these photos.

RACE REPORTS

London Marathon - 25th April 2010

I was just about awake as I headed off for the 6am bus towards London Bridge and a train towards Blackheath having been kept awake all night in the normally peaceful house I was staying in in Tooting by a party across the road. This had culminated in a conga along the street at 3.20 am. I had gone to bed the previous evening thinking it would take an earthquake to wake me up having spent a lovely morning with Eleanor at the Expo, being dragged all over London and to the theatre by my mother and spending two hours on the Transport for London website figuring out how the hell I would get to Blackheath when they were doing engineering works on the Northern Line (because of course marathon weekend is a sensible time to close tube lines for engineering works).

So as I reached the bus stop and discovered a tramp having a kip I decided he had the right idea. Nonetheless I continued my journey and after an interesting train journey to Blackheath I arrived on a bright spring morning to join other people stupid enough to get up that early to be a volunteer at the start line of the 2010 London Marathon. I was assigned to the blue start which was much busier than where myself and Eleanor had been the previous year. And just as we thought the weathermen were right with their predictions of a bright sunny day the heavens opened and we all got absolutely soaked. I took myself off for a quick cuppa to warm up and returned in time to help the latecomers and take their baggage from them as they hastily made their way to the start. Perhaps the best bit of the morning was meeting a lady who was about 30 minutes late. I saw her come into the start area looking distressed and frantically waving and gesturing at her husband who was on the other side of the fence. She said she didn't know where the start was so I said I'd run with her to it and make sure she got there and told her husband I'd look after her. As we ran along she calmed down a bit and told me about how hard she had worked for it and that she had raised £100,000 for Muscular Dystrophy for her son. Yes that's £100,000. I hope to find out how she did. On the other hand we were entertained on the train to Blackheath by a man who reckoned he didn't have a number because his mum had ironed it (yeah right), and no chip because he hadn't been home yet after a night out (yeah right) and that he was just going to run using last years number. Yeah right mate. You're an idiot. For my efforts the weather perked up and I was rewarded with a rather nice techie t-shirt and an officials medal. And I have to say I think mine is better than the finishers t-shirts!



After working at the start line I headed towards mile 13/22 to meet my mum, put the banner up and cheer on the runners. It's a great vantage point there as you have two opportunities to see the runners and I was pleased to see just about all of the people I was looking out for twice. It also has the benefit of being near a church which has toilets, tea and coffee, cakes and sandwiches for a bargain 50p. I was concerned however to see the guy running with the Angel of the North on his back fall to his knees across the road at 13 miles. He was in obvious distress and I'd be inclined to say that this was perhaps a challenge too far and even a bit stupid to be honest. Otherwise, it's always nice to see everyone coming back looking good at 22 miles and knowing they haven't far to go even if it might seem like further. After we were mugged for our supplies of jelly babies we made our way back to the centre for a few pints of Sam Smiths in Chandos. With everyone home safely and in good time a good day was had by all.

Jill Stocks



This was my 3rd London Marathon and after having one year at the red start and one year at the green start, it was time for the blue start this year and what a shambles!! Nothing to do with the baggage buses which were all impeccably run to perfection by first class volunteers (see Jill's report above!), but there was no policing of which pen you started in and I basically had to spend the first 8 miles of the race dodging round people already walking in the middle of the road even though there was barely room to breath due to the number of runners, let alone weave in and out. We also came to a complete stop (well, walking pace) twice in the first mile.. now try as I might not to get stressed by this, when you have trained as hard as I had for 4 months, it was hard not to get annoyed at the situation. Things improved a little from mile 8 or 9 but by just over half way I was still a few minutes behind target and knew that I didn't have the energy to make the time back up, so I just made up my mind up to enjoy it as much as possible instead of hope for a large pb.

I had the pleasure of starting the race with 5 good friends who I bumped into several times throughout the race and the highlights were definitely seeing Jill Stocks and her Mum at mile 13 and 22 and my parents at mile 14 and 24. Apart from that it was slightly less eventful than my other London Marathons. Which in some respects is a good thing! My finish time – 3.57.57 was my fastest London Marathon but 50 seconds off getting a pb which is obviously a little frustrating... Overall still my favourite race in the world!

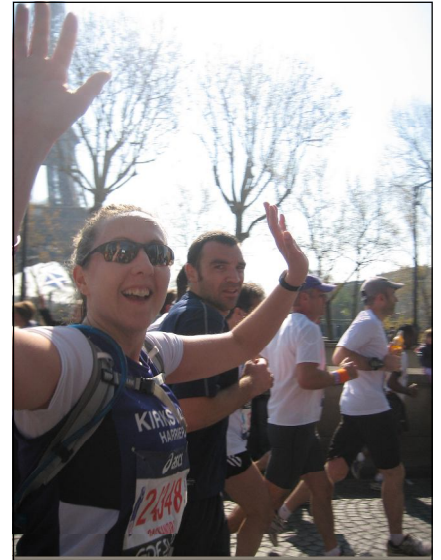
Eleanor Franks

RACE REPORT

Paris Marathon - 11th April 2010

Spending Saturday walking around the Eiffel Tower and the Louvre until 8:30pm the night before the marathon is perhaps not the best preparation! So, to be ultra sure I decided to have a bagel for breakfast followed by a bottle of Coca Cola - the breakfast of champions...

The weather was great, perfectly still conditions and sunny blue skies, a really beautiful scene around the Arc de Triomphe looking down the Champs Elysee cobbles. This year the not very organised French sorted the pens out properly, though still only one loo per pen (about 8 pens) for 35,000 runners. Black eyed peas blasted out and got the runners warmed up which was a new nice touch. The first part of the race is beautiful, running through the Parisien streets with lots of lovely sights, before around 10 miles when you hit the first of a few parks. Not many to cheer me on, but the odd "Allez" seemed to help. Feeling good at this point and I run past a massive Chateau before turning back along the Seine. Past the Louvre and Notre Dame, down onto the banks of the Seine. Still feeling ok, and the crowds were building, the French firemen on their ladders were a nice sight too! I saw my official supporter (Rob) as I was passing the Eiffel Tower, as with NYC I saw him before he saw me, so his task of photographing me running past the Eiffel Tower is not artistically framed! My arm manages to perfectly block the tower - genius! La Tour Eiffel is the 29km mark and I was still feeling ok at this point. 35k came and it all went wrong, the Bois de Boulogne is a long quiet park stretch with not much support, so I thought I'd have a glass of vino, France's finest! I've never drunk wine on a marathon before, but to be honest it gave me a pick me up! 4hours 6 minutes later I crossed the line on Avenue Foch (yes not a spelling error...!) I shuffled the last 4 miles at a snails pace, but who cares it Paris! Au revoir!



Cassie Garbutt

PBs and other worthy mentions

Congratulations to **Tim Foreman** who ran the London Marathon in a fantastic 3.12.20. We are yet to confirm with him exactly how much he knocked off his previous pb but believe it to be at least 15 minutes!

Diane Shaw also got a pb of 4.18.10 at the London Marathon, again we are not sure how much time Diane knocked off her previous pb but we are delighted that all the training paid off.

The club's other times at the London Marathon were: **Helen Goldthorpe** 3.55.24 and **Eleanor Franks** 3.57.57 (missing out on a pb by 50 seconds)

Cassie Garbutt also took the Kirkstall colours across to the Paris Marathon (see report above) and completed it in 4.06, and **Liam Mealey** finished the 3 peaks of Yorkshire fell race on the same day as the London Marathon in 5.05. Well done to all on these great achievements. Hopefully we will have some more great results to announce after the Edinburgh Marathon / Half Marathon later this month.

Subscriptions and New Members

Please welcome to the club **Lauren Brady** who sadly will not be a long term member as she will be returning to New Zealand at the end of the year, but is doing the Edinburgh Marathon. We also have **Peter Britton** from Morley. He is the only one who trains properly by running back to meet the tail enders when we re-group. Also joined on her return after shin splint problems is **Claire Warner**, who comes from Penrith but is currently living in Headingley. She is the one now wearing new shoes so bring on the rain and the puddles! Finally, we have **Stuart McDonald** from LS5 area who is relatively new to running but has put his name down for the Runners World run around the coast of Britain for a leg somewhere between Edinburgh and Berwick so hopefully he will have something to report for the newsletter in the future.

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. You can also take up the option to pay for 2 years which is £38. **Subs MUST be paid by 30th June** or your record will be deleted by UK Athletics and you will not be able to use your UKA competition licence.

We currently have 45 paid up members which means there are approximately 60 "old" (previous) members who have not paid yet!!! Our newly appointed Membership Secretary will be contacting you all individually soon so please do pay up to save us the time and effort of doing this.

Those who joined the club after 1st 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 cheques to Tony Downham at 17 Stainburn Ave, Leeds LS17 6PQ. made payable to Kirkstall Harriers.

Member Profile - Rachel Pilling



Name: Rachel Pilling

Age: 27

Occupation: Special Needs Maths and English Teacher.

Where are you from originally?

A smallish town called Newcastle-under-Lyme near the "city" of Stoke-on-Trent.

When did you start running, and why?

1990. I was watching my brother do a cross-country race between Christmas and New Year at a village place called Frodsham and the club he ran for were short one girl for the under 11's team so I stepped in and I haven't looked back since, apart from a bit of a gap when I was a lazy student.

When/how did you end up joining Kirkstall Harriers?

Only last September. In part due to the fact that running in my adult life has been a very solitary act and in part due to becoming friends with Eleanor Franks who influenced the decision.

What are your motivations for running?

I am quite cheap, so love that running doesn't cost a penny really. I am quite fiercely competitive and am constantly driven to do more and to do better in a slightly obsessive way and it's always good to be fit and healthy. I think it's good for clearing my head too, it gets rid of those murderous thoughts.

What are your greatest running achievements?

I think these are yet to come as I'm just a spring chicken. Completing my first marathon in Edinburgh this month will probably be my greatest achievement to date as the training alone has been quite a feat.

What are your best running related memories?

I had the most fantastic athletics coach when I was younger called Bill Pepper. He was by far the most inspiring person of my childhood and probably the reason that I have been running for 20 years. I have fond memories of tough training sessions that would always end with either a fruit bonbon or a jakeman's menthol sweet. In the summer we would leave the track and go to place called

Bunny Hill where we did endless hill sprints and cross country training to the cries of 'dig in' and 'push to the end' - it was great although I probably didn't think so at the time. I often think of Bill's encouraging and motivating shouts now when I run and it really spurs me on.

What are your worst running related memories?

There are two that spring to mind instantly. Age 14 doing a race called the Mow Cop Killer mile - one mile of up hill torture, which that particular year I found so hard and unbearable, only to find out weeks later that I had glandular fever. The other would have to be my first attempt at Leeds half in 2005, when I was just getting back into running and hadn't trained enough and suffered very bad chaffing to my legs and armpits.

Any words of wisdom for your fellow harriers?

I'm not very wise, but I suppose to set new goals and have new adventures to keep things interesting. It's too easy to keep plodding along. I think it sparks up new energy and enthusiasm when you set new challenges and try things you didn't even know you could do. I suppose that applies to life in general, not just running.

Yorkshire Vets Race - 1st June

MARSHALS – We need as many of you youngsters, and those over 35 who cannot run the race, to help out on the night. This will be good practice for our main race, the Kirkstall Abbey 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 duties or being a marshal please let Peter Hey know. All we ask of a marshal is to stand at a predetermined spot and ensure the route is clear and the runners take the correct route. If you have a mobile and anything goes amiss all you have to do is contact the race organiser who's number you will be given. The registration and presentation will take place at the LPSA and all are welcome back to enjoy the presentation afterwards – along with a few well deserved drinks. We will be doing the race route a couple of times prior to the date as part of the training schedule. The 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 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 Aug 4th Knavesmire** – start 7.30pm – (this was originally planned for Wed July 28th), Sunday Oct 10th Skipton – start 11.00am, Sunday Nov 14th Spenborough – start 10.30am

Sponsorship Pleas for upcoming events

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".

Upcoming Races...

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
6th July – Jane Tomlinson 5k Canal Race, Methley
11th July – Eccup 10 (Club Championship race)
17th July – Bishop Wilton Half Marathon
25th July – Pudsey 10k

More details and online entry for most of the above available at www.ukresults.net or runnersworld.co.uk.

Track Sessions with Abbey Runners

The following is from Mark Hetherington from Abbey Runners and all our club members are welcomed to join them. 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 - May 2010

Until the end of the summer, we will alternate between track sessions and sessions on the fields at Bodington and Bedquills (for which we will meet at the club). When we 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: please meet at 7.20pm.

May 6th 1K intervals (track)

May 13th 4 x '4 out, 4 back' on grass (club)

May 20th 400m intervals (track)

May 27th Short hills & fartlek on grass (club)

Please note: 'Club' refers to Adel War Memorial Association on Church Lane, just off Otley Road.



May Birthdays

Happy Birthday to the following members this month:

* Yvonne Craggs * Helen Goldthorpe * Joanna Gordon * Adam Hanslip * Sam Ostermeyer * Wendy Richardson * Bal Sandhu * David Wood

Kirkstall Harriers meet every Monday and Wednesday at Kirkstall Leisure Centre at 6.50pm for a 7pm start. All standards of runners are welcome to join us, just turn up and say hello, we are very friendly!

Please visit our website for more info:

www.kirkstallharriers.org.uk

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

