

Kirkstall Harriers Newsletter

No. 80 July 2010



News in brief

* Kirkstall Festival

Volunteers are still required to man a stall to promote the club at Kirkstall Festival on **Saturday July 10th**. 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 stoxy78@hotmail.com if you can help.

* Coasters GB Run

Stuart McDonald is taking part in this relay event which goes the whole way round the coast of Great Britain across several months. His leg is from St Abbs (Scotland) - Berwick Upon Tweed (England). The distance is approximately 15 miles and the date should be around about mid July 12-15th. If anyone is interested in running with Stuart please get in touch with him on 07530 004523. Eleanor is also running an 8 mile stretch further down the Northumberland coast from Craster to Alnmouth.

* Horsforth Summer Run

Don't forget that on Tuesday 13th July we are joining Horsforth Harriers at the cricket pavilion on Horsforth Hall Park for a prompt 7.30 start and then a

couple of bevs and buffet afterwards. If you have not already given your name to Peter Hey, please do so asap.

* Summer Relays - July

The Danefield relay was moved forward to 30th June so will be over by the time this goes to print. We are hoping to get a team together quickly but apologise if anyone had wanted to run it and missed out. If anyone is interested in doing the Washburn or Golden Acre Park relay please pass your name on to Collette 07827 910271 or Peter Hey on training nights. The full race details are:

Washburn relay – Fewston Reservoir
7.00pm Fri 16th July – approx 3 miles per leg – each leg different.

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

* Kirkstall Abbey 7

The date has been set for our race the newly named Kirkstall Abbey 7 – **Sunday September 19th**. 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. We now have entry forms, and posters will be available soon. If you can distribute them to anywhere you think may be

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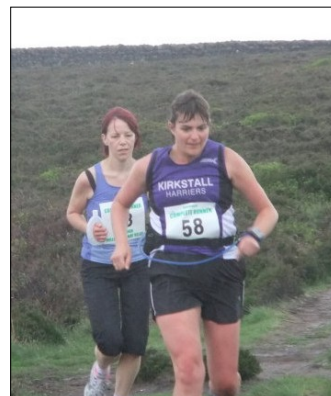
Key Dates for your diary

Weds 7th July - Danefield Relays
Sat 10th July - Kirkstall Festival
Sun 11th July - Eccup 10 (7th Club Championship race)
Tues 13th July - Summer Run with Horsforth Harriers
Fri 16th July - Washburn Relays
Weds 21st July - Golden Acre Park Relays
Weds 11th Aug - Members Meander (8th Club Championship race)
Sun 19th Sept - Kirkstall Abbey 7 race (hosted by us - help needed!)

appropriate or can put a poster up at work please get in touch. I am 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.

Bradford Millennium Way - Sun 13th June 2010

A huge thank you to all the runners who helped their teams around the course and finish in very good positions. Full credit also to Martin Savage for doing a lot of the work in the early days. This was before his accident when he managed to organise most of the teams. He also had the full support of the Ladies captain Collette. Making debuts for their club and seemingly enjoying the challenging runs were Jessica Hodge, Danielle Spencer, Karen Wilton and Rob Gouldbra. The men's team came 17th out of 47 and the ladies were 4th ladies team out of 10. It was a record entry for this event and still pulls in the teams from Belgium and Lancashire along with clubs who have a far larger pool of talent for this type of off road/fell running. Richard Thomas managed to avoid breaking his ankle this time despite doing the same leg and with the same partner. The down side was Peter Hey did manage to pick up a speeding ticket for doing 36mph in a 30mph zone going through Shipley at 7.00 on a very quiet Sunday morning.



Martin Savage - Update

A bit of an update from Martin following his bike accident...

I was discharged 6th June, 5 days after the operation, which has fused together 2 vertebrae, T12 and L1, and stabilised the broken one, T12, with 2 titanium rods attached to T11 and L1. All the metalwork will stay in so I'll be setting all the metal detectors off!

Once they fitted me with a nice pink corset (goes well with the pink dress I wore at the Peco Olympics) I was able to tentatively start shuffling around the ward, and then by the Saturday the physios had me up and down a flight of stairs!

I'm keeping the corset on for probably a couple of months while the bones sort themselves out and seeing the consultant end of July. I can only sit down for 15 minutes at any time so have rigged up a bedroom TV and have seen all of the world cup, my boss is very suspicious!

I've been gradually building up my walks around the neighbourhood and go out a few times a day, kind of like marathon training but not quite as far or fast! I made it to the abbey and back the other day when I saw Matt and was well chuffed with that. I've basically got to take it really easy but things are looking ok. I plan to come down to the LPSA one evening soon and certainly missing the running and the runners.

The baby arrives at the end of August so my main goal is to be able to get involved with all that! Then all being well I'll gradually start to do some kind of exercise.

Martin Savage

Subscriptions and New Members

Our latest member is **Mark Skinner** from Rock Lane who made his debut for the club at the Pudsey Yorks Vets and thoroughly enjoying the route and gained 126 points for the club.

If you are reading this and have decided not to re-join please 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. Membership this year now totals 77.

If you have not joined already 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.

PBs and other worthy mentions

There are no recent PBs that we know of this month. However a very noteworthy mention must be made on our resident ultra-marathon runner **Helen Goldthorpe** who was 2nd lady at the South Downs Way Challenge of approx 106 miles over 3 days. Well done Helen, please make sure you take time to recover properly, whatever you have planned next! See page 4 for a race report from Helen.

As always, if you have run a PB across any distance or achieved something noteworthy, or know of somebody else who has, please do let a committee member know so we can give it a mention.

Leeds Country Way - Sunday 5th September 2010

The date for this event is Sunday 5th Sept. This is very similar to the Bradford Millennium Way, but easier to reach, easier terrain but with 6 pairs of runners, making 12 per team. It starts at Garforth at 8.00am taking in Stanley nr Wakefield, Birstall, Thornbury, Golden Acre Park, and Thorner, before returning to Garforth. If you are interested please give your names to Collette 07827 910271, Peter Hey, or Liam Mealey who has valiantly stepped in to cover for Martin as men's Team Captain for the time being. This year we are going to try something different and only go with two teams on the basis of the first 24 names will make up the teams, with later names put down as reserves.

The closing date before we pick the teams is 7th July so please do get in touch asap to let us know your interest.

Yorkshire Vets Results / Update

Many thanks to all of you who turned out to set up or marshal our race on Tuesday 1st June. Apologies for the damp and the awful wet end to the night. Despite all this the YVAA had the highest number of runners they have ever had in all the years it's been going – 234 runners. **Reading the results it is now important that all runners wear club colours, otherwise your scores will not count.** After this, the 2nd race, and with only one male runner doing the 1st race, our teams were MEN 12TH and 13th out of 24 clubs, and the LADIES 12TH out of 19 clubs.

PUDSEY

We had another race on Wed 16th at Pudsey where Mark Skinner made his debut, on the hilly and muddy course. Our positions after this were MEN are now 11th and 13th and LADIES 10TH out of 20 clubs. Two individuals are already doing well with Chris Glover 7th out of 49 in his age group and Collette 7th out of 20 in her age group.

MEANWOOD

After this, the 4th race, the men dropped to 12th with all to count and the ladies with only having Bal scoring have now dropped to 12th

The next race is Sunday July 11th at Honley – start 11.00am, but this does clash with the Eccup 10 miler which is a club championship race. Other races are:

Wednesday **Aug 4th Knavesmire** – start 7.30pm – This was originally Wed July 28th

Wednesday **Aug 18th – Stainland – Start 7.30pm THIS IS A NEW ADDITION TO THE PROGRAMME**

Sunday **Oct 10th - Skipton** – start 11.00am

Sunday **Nov 14th - Spenborough** – start 10.30am

Full details can be found on their website yvaa.org.

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 Bedquits (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:

July 1st - 800m intervals (track)

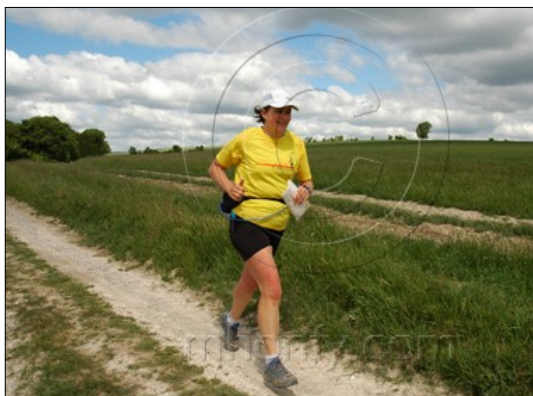
July 8th - 'Out and back' pyramid session on grass (club)

July 15th - 1K intervals (track)

July 22nd - Short hills & fartlek on grass (club)

RACE REPORT

South Downs Way Challenge 18-20th June 2010



I'm not sure why I thought this was a good idea. Probably because I haven't looked at a map of the south of England recently and hadn't realised just how far it is from Winchester to Eastbourne! But it looked like it was going to be a well organised, fully supported event, so if I was going to run stupid distances, this was the way to do it. The South Downs area has just been designated as a national park, so what better excuse to run all the way through it over 3 days...

Day 1 started rather randomly in a housing estate on the edge of Winchester. A group of 8 or 9 runners (the faster runners went off later) standing round a minibus, being told to start and breaking gradually into a walk, no-one wanting to make a break and set the early pace. From there we were soon out into fields, and the first 20 miles or so was gently

undulating rather than hilly. I made the mistake of telling one of the checkpoint officials that the hills hadn't been too bad so far, then they had their revenge! I did just over 35 miles, in 7:54, and hoped I'd held enough back to be able to tackle more of the same on day 2...

Day 2 was a killer. There was a lot of up and down, and although the path was wide and mainly easy to follow, it was rocky/chalk and very hard on the feet. I had major blister problems and discovered that if a blister goes pop while you're running on it's agony for about half a mile then eases off if you ignore it for long enough. This doesn't help if it goes pop 400 metres from the finish and you have to practically hop to the minibus because there's no opportunity for it to ease off... You could see the sea for a lot of the day, and there was some nice running along the top of the hills in amongst the ups and the downs. Day 2 was a bit shorter – just over 34 miles, in 8:29.

On day 3 the end was in sight but there weren't many people walking round the camp side without a limp on the morning of the race! But after a bit of a walk uphill to get the legs loosened off there was lots of lovely ridge top running on grass (the bliss of a nice soft surface!), including a chance to see some of the early riders in the annual London to Brighton bike ride at the top of Ditchling Beacon. The hills didn't feel as bad as day 2, and you could see Beachy Head in the distance. Eventually there was a signpost – Eastbourne 4 miles, and I knew that nothing short of a broken leg would stop me now. Even with a broken leg, I'd probably have tried to crawl the last 4 miles anyway! There's something very satisfying about answering the question "where did you start?" with the word "Winchester". Thankfully day 3 was the shortest day at 30 miles, and although I was reduced to a shuffle for much of the last 7 miles, I had enough in the tank to run across the finish line and come in at 7:30 for a total time under the 24 hour mark (23:53) for about 100 miles.

Just how tough this event was is shown by the fact that 27 people started day 1, and only 14 people finished all three days. I finished in 11th position, and 2nd lady. I have discovered that cheese and pickle sandwiches and mars bars are perfect running fuel, and that legs which feel incapable of even walking when you get up can be persuaded to run if you ask them nicely enough. I can actually still walk although I might give training sessions a miss for a few weeks...

Apparently Martin Yelling is doing a report on the race for Running Fitness magazine, so keep an eye out for it!

Helen Goldthorpe



Photos 'borrowed' from
www.mhonfy.com

RACE REPORTS

Blaydon Race - 9th June 2010

As we headed north for the 2010 Blaydon Race the weather steadily deteriorated and we knew we weren't going to get some of this years sunny, dry weather for the race. Nonetheless it didn't seem to dampen anyones spirits as runners huddled in doorways and under any shelter they could find in the Bigg Market in the centre of Newcastle. Just before the start I headed towards the front of the start area to take advantage of the thirty second head start afforded to club runners at the Blaydon. I was almost trampled as they opened the start area and then a man throwing away some sort of fleecy jacket managed to clobber me around the head as he did so.



Ian, Neal, Jill

But soon we were off on our way to Blaydon. The first mile or so through the narrow streets of Newcastle is very busy and chances of tripping are quite high. Men should also be particularly aware of bollards which can come out of nowhere amongst the crowds and I saw a couple of chaps come a cropper. I made it safely past the Volvo garage where I had had to stop for an impromptu loo break last year and off a little too quickly. The atmosphere was excellent as always on the way round added to by the bands and the support from the locals. Once again there was a huge crowd to greet all the runners in Blaydon and I finished in 53 minutes, which I think is my quickest time for the course.

We were rewarded with a good quality tshirt, a ham and pease pudding sandwich tripe and beer, though I am disappointed to announce that this year it was Fosters rather than a bottle of Brown. And of course we finished the evening with the now traditional pint in The Bridge. This race fills up very quickly but I will be up early again next year as entries open to make sure I don't miss out in 2011.

Jill Stocks

Humber Bridge Half Marathon - 27th June 2010

Well we were warned it was going to be hot. And it was. The hottest day of the year. After a late shift the previous evening I crawled into bed at 2am hoping for a good five and a half hours sleep. Alas that was not to be and I woke up at half five. After tossing and turning for an hour and a half I decided to give up on sleep and do something useful before I left instead. So not ideal preparation really.

When we arrived and got out of the car after a bit of a palaver finding a space in the incredibly complicated car park we were met with bright and very hot sunshine. Cue loads of suncream. About three layers. Then we headed up to the start where it seemed even hotter but we thankfully managed to find a loo without a three mile cue. Given the weather myself and Eleanor revised our hoped for times. In my case by about twenty minutes.....

It was indeed stifling on the way round and everyone was suffering. I realised pretty early on that this was going to be a slow run and it was. The people of Barton on Humber were brilliant, all outside supporting the runners, providing water and much needed hosepipes to cool us down. They were brilliant and times may have been much slower or many may have had to pull out had it not been for their help on the way round.



Eleanor and Jill in the car park maze

I finally got to the end in 2:18, which I think is my second worst time, but the experiences of many of the runners were very similar to mine. We were rewarded with a tshirt and quite a nice medal. We made our way very slowly back to the car feeling pretty crap to be honest. Then had a sit down with a nice cold can of coke before heading back along a deserted M62 just in time to watch a shambolic England performance.

So a hellish run in some of the most difficult conditions I have ran in, followed by a waste of ninety minutes. But on the upside myself and Eleanor had the chance to catch up on gossip and I had a lovely afternoon at a bbq (match excepted) eating bbq food and drinking beer. So not a bad day all in all!

Jill Stocks

Member Profile - Mark Vickers



Name: Mark Vickers

Age: 29

Occupation: Risk Analyst

Originally from: Leicester

When did you start running and why?

A work colleague (Joan, an ex-Harrier) roped me into doing the Leeds Half Marathon in 2007. I found the training a bit of a chore at first, although it did help me through a break-up. But it was the atmosphere and the satisfaction on race day that got me hooked.

When/How did you end up joining Kirkstall Harriers?

Shortly after that I went along to a club training run and realised that a) you don't have to be Usain Bolt to join a running club and b) 7 miles is over a lot sooner when you're running with others.

What are your motivations for running?

I always seem to find new targets and tend to be PB hungry in most standard distance events. I just hope I can keep finding the inspiration once age prevails and PBs start to become a distant memory.

What are your greatest running achievements?

Running the Edinburgh Marathon in 2008 stands out to me. I hit the wall at about 21 miles but the crowd, together

with the recurring need to escape the noise of bagpipes, helped me through it. For a first attempt I was well chuffed with 3 hours 21 mins - it remains my only attempt at that distance as I had to drop out the following year thanks to a footballing injury.

I've done about 10 Half marathons and seem to keep gradually improving, with a satisfying PB of 1:23:10 at the Leeds Half this year. I was also very proud of finishing 55th in the Leicester Half last year, especially with my family and friends there to cheer me on.

What are your best running related memories?

Lying immobilised in the sun having just completed a marathon is definitely up there.

But the stand-out contender is when I saw a solitary buffalo in a field during a long marathon training run in the middle of nowhere. This magnificent beast and I - the only 2 living beings within a good 15 mile radius - shared a moment that will last til the end. Since then I've tried to block out the fact that it was probably a Highland cow. No one can prove to me that it wasn't a buffalo.

What are your worst running related memories?

The first time I experienced hitting the wall during Marathon training was pretty tough. After about 16 miles I'd bitten into a gel and managed to get it all over my chops, so for the remaining few miles flies kept landing on my face, then I got lost (ironically within a mile of my house) and when I worked out where I was, realised it was a steep hill all the way home.

During a cross country race in Thackley I was seriously flagging but got a burst of adrenaline on hearing what I thought was the crowd at the end. Only it turned out to be a field of cows, and there was still a good mile and a half to go. Joy!

But worst of all are the lingering memories of my cross-country nemesis, Rolf Harris. For the record, it's not actually Rolf Harris, just a lookalike who seems to be at every cross-country event I've ever attended, at a similar position in the field to me. I know I'm struggling when he overtakes me

about 3 quarters of the way through the race. Sometimes it spurs me on but other times it just makes me wallow in self-pity and lose the will to try. The guy has to be at least 140 years old and freaks me out. Despite not having run a cross-country for over a year, I still have occasional nightmares. Apologies if he's anyone's granddad.

Any words of wisdom for your fellow harriers?

Find your own targets that keep you motivated - be it a new PB, a longer distance or just avoiding the humiliation of losing to Harris. During a race I find it helps psychologically to break it down into smaller, more manageable chunks, e.g. getting to the next mile marker, keeping up with that attractive member of the opposite sex, staying well ahead of Harris, etc. But if you do have a bad one - either racing or just training - I guarantee that the next one will be a good one, and you'll fall back in love with running all over again.

Can you share an interesting fact about yourself?

By the time this hits the newsletter I'm likely to have started a new job in Sydney. I'm definitely planning to keep the running going, hopefully starting with the Sydney marathon in September. Let's hope that Rolf doesn't make a return to his homeland for that one!



Photos: Top - Liversedge Half Marathon 2009,

Well done to all who braved the hills of the Otley 10 race on this fine June evening. Some great times were achieved despite the challenging course. **Chris Glover** scooped top points in the championship league this time, with **Phil Hewitt** who is steadily creeping up the leaderboard coming in 2nd place, and overall championship leader **Rachel Pilling** coming in 3rd.

Full results are on the website now. The overall league will get even more interesting from now onwards as some people start to do more than 6 races, as only your top 6 scores will count. Watch this space, it's still all to play for!

The next championship race is the Eccup 10 on Sunday July 11th but this does clash with the Yorks Vets race at Honley over near Holmfirth.

We have been asked to let anyone with children know that there are 1 and 2 mile 'Junior Athletes' road races organised by Abbey Runners in conjunction with the Eccup 10 on the same day.

The 1 mile race is open to juniors aged 8 - 10, whereas the 2 mile race is for juniors aged 11 - 16. For more information please see the Abbey Runners website - www.abbeyrunners.co.uk. Please note the junior races are 'pre entry' only, the closing date for the receipt of entries being Monday 5th July. There is also a 'fun run', which is open to all ages and may be entered on the day.

Race #6 - Otley 10

Points Awarded

Position	Name	Points
1	Chris Glover	20
2	Phil Hewitt	19
3	Rachel Pilling	18
4	Liam Mealey	17
5	Marion Muir	16
6	Julie Hustwit	15
7	Randolph Haggerty	14
8	Helen Goldthorpe	13
9	Collette Spencer	12
10	Peter Hey	11
11	Patrick Nesden	10

Remaining Championship Races

- * Eccup 10 - Sun 11th July
- * Members Meander / KA7 route handicapped race - clubnight of Weds 11th August
- * 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!



July Birthdays

Happy Birthday to the following members this month:

- * Lauren Brady * Tony Downham * Jill Stocks
- * Tom Keeber * Mario Kokes * Kevin Longmate
- * Marion Muir * Rachel Pilling * Amy Richards

July Races...

- 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.

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 or kirkstallharriers@gmail.com if you would like to contribute to the newsletter. All articles, member profiles etc gratefully received.

