

Kirkstall Harriers Newsletter

No. 86 January 2011



News in brief

* Best Wishes for the coming Year

On behalf of all the committee we hope you all had a nice Christmas and we wish you all the best for the new year with lots of running, new races, PB's and a year relatively free from injury.

* Message from the editor

You will see a slight change in your newsletter this year. In an attempt to cut down on duplication of news between newsletters and highlight the most important pieces of news, we will be alternating each month between the regular full newsletter which you are used to, and a slimmer 'news only' newsletter, which will essentially be key news and results from cross country or other team events, Yorkshire vets, the club championship, and any other messages. We hope you still find everything you require in the newsletter and find it value for money, and as always if you have any suggestions or contributions

these are always greatly appreciated. Thanks!

* Message from the guest editor

Matt Sykes-Hooban will be deputising this month and for a couple months this year whilst the editor and chief (Eleanor) gets married and jets off on her honeymoon. Matt has promised not to tinker with the style too much nor waffle on endlessly whilst Eleanor is on her sabbatical!

* Sportsman and Woman 2010

Nomination forms are now available from the committee and the website, for you to nominate who you think has been the best inspiration for the club in the last 12 months. The winners will be announced at the next social which has been pencilled in for 10th Feb, so we need your nominations in by the Wed 31st Jan

Inside this issue:

News in Brief	1
News in Brief continued	2
PECO Middleton Woods	2
PECO race 3	3
Cardington Cracker	3
Leeds Relays	4
Birthdays	4
Club Championship	5
Yorkshire Vets	5
A very Kirkstall Christmas	6
Kirkstall Christmas cont	7
London Marathon	7



Key Dates for your diary

PECO Race 3. Sunday 16th January, Bramley Fall Woods — Kirkstall/Horsforth

Brass Monkey. Sunday 23rd January, York Race Cross — York (Race Full)

PECO Race 4. Sunday 30th January, John Smeaton School — STAC/Hyde Park

Liversedge Half. Sunday 13th February — Roberttown (Race 1 of the 2011 Club Championship, also please note this race has a new start time of 11am)

Further off but worth entering early as they tend to fill up long before race day!

PECO Race 5. Sun 6th March, Otley Chevin — Valley Striders/Aire Centre

Guiselley Gallop. Sunday 24th April — Guiselley (multi terrain)

Leeds Half marathon. Sunday 7th May — Leeds

* Calderdale Way Relay

Due to the severe weather conditions this was postponed, possibly the first time ever in its running. But with over 1,200 runners on the moors over Halifax, at that time it was probably the right decision. Once we know of the new date we may well be asking for volunteers just in case the original 12 cannot make it

News in Brief cont...

* Hi Tech Club T-Shirts

Although not ideal for current climate conditions, Carol has managed to collect the order from Ilkley for these T-shirts. If you have not got yours already Carol will have them at the training sessions when she is able to get down, either before or after the runs. Due to the financial year end we would also appreciate prompt

payment if you have not already paid for them.

* Sponsorship for the Kirkstall Abbey 7, 2011

This may be a long shot, but do we have any members who work for, or know a company who would like to sponsor our race this September? We are looking for

companies who would be able to commit between £300—£500. If you or a company you know/work for are interested in sponsoring our race or require further information please feel free to contact Jill Stocks or Matt Sykes-Hooban at

kirkstallharriers@googlemail.com

Thank you.

PECO Cross Country League

Middleton Woods, Sunday 19th December:

Well done to the 22 brave souls who faced arctic conditions at Middleton and successfully completed the 2nd Peco race. For the ladies we had the welcome return of Gemma Smith who did her usual bit and came first overall for in the ladies. Behind Gemma scoring for the team were Eleanor 17th, Sheila 32nd, Helen Goldthorpe 42nd and Alyson 56th.

Finishing well and hopefully pushing runners from other clubs further back were Diane Shaw, Carol Eme (making her first appearance at a cross country and apparently enjoying the fun of it). And last but not least was Jill Stocks who had a frustrating morning, with Peter Hey leaving her shoes in the boot of his car. But thanks to Bal (only watching herself due to injury) who came to the rescue and kindly retrieved the shoes for Jill. A quick pit stop after the first lap out of her walking boots into her running saw Jill round safely.

Peter Branney was up there again in 4th position overall for the men, followed by Rob Goulsbra 27th, Phil Hewitt 39th, Kevin Longmate 43rd, Chris Glover 54th, Dave Spink (on his return from a broken rib or two injury) 68th, Stephen Dalton (a new member and his first run at the Peco's) 86th, and Liam (who managed to escape even worse conditions down south, but then had to go back again) 87th.

Other men not scoring but again helping the club by beating other runners of other clubs were Mark Skinner, Peter Hey, Chris Hunt and Patrick.

The ladies finished a creditable third in the league and after 2 races are now 4th overall out of 7 clubs, but only 1 point behind Ackworth and 1 point in front of Chapel Allerton. It is still early days and a lot can happen, even in one race, so we still need all you ladies out for every race.

The men came 5th again, just losing out to Hyde Park by 2 points 406 against 408. Overall after 2 races the men are in equal 5th place with Hyde Park Harriers, which is still in the relegation zone. It is therefore even more important that we get you men out for the next 3 races if you want to stay in the Premier League.

Although a fine team performance, 22 runners out of a membership of 100 is not a good percentage. The conditions were bad and it was the last weekend before Christmas which also meant our student contingent had probably gone home. Let's hope the 3rd race on home soil provides a better turnout.

The PECO's are a team as well as individual competition and you have to do well in at least 4 if not all of them. Both the ladies and the men's team are now in the Premier league and we would both like to remain in that league at the end. For those of you who are new to this league the main aim is to encourage all runners of all abilities to take part. The races are usually 4 to 5 miles in length and the terrain not too difficult. The scoring is based on the first 5 ladies from each club and the first 8 men, but the more runners you have, can push the scorers of the other teams further down the field, so everybody counts in a way.

PECO Cross Country League Race 3

Bramley Fall Woods. Sunday 16th January

The plan at the moment for our race is as follows:

Please meet at the Abbey Inn which will be the race HQ for 9.00am to mark the junior course out and assist in the marshalling. These races start at 10.00 and 10.20. At the same time we can also finish off marking out the senior race which starts at 11.00. We will need at least a dozen marshals to ensure the senior course is adequately monitored so if you are injured or cannot run the cross country for any reason your presence will be most welcomed. The race should last about 50 minutes. We will also need a couple of volunteers to do registration and handing out the race tally positions at the end.

After the race we will then welcome whoever wants to come back for a drink at the presentation at the Abbey Inn where we will provide food. As Horsforth are providing the sandwiches we have been asked to bake cakes and buns of the type well appreciated after a run. Please give your names to Peter Hey for marshalling duties and Carol Moran for baking duties, along with any preference you have.

WE ARE ALSO PLANNING TO RECCI THE ROUTE AND ASSIGN MARSHALING POINTS ON SATURDAY 15TH. PLEASE MEET OUTSIDE THE ABBEY INN PUB AT 9.30AM.

Details of races 4 and 5:

Race 4 Sun 30th Jan STAC/Hyde Park – John Smeaton School

For members wanting to share transport for race 4, or just want a lift, please meet outside the LPSA at 9.30 otherwise meet at the John Smeaton School near Cross Gates before 10.30pm

Race 5 Sun 6th Mar Valley Striders/Aire Centre – Otley Chevin

Please note anyone who has juniors interested, are asked to arrive there earlier as the two junior races start sooner 8 – 10 year olds start at 10.00am, with 11—16 year olds starting at 10.20. The senior race starts at 11.00am with both men and women doing the same course which is usually about 4 miles.

Cardington Cracker Fell Race

On 5th December I ran in the Cardington Cracker Fell Race in Shropshire as a qualifying race for next year's Yorkshire Three Peaks.

It was a brutal course with 2,600 ft of ascent over 9 miles, but the scenery was stunning in the snow! I came 61st out of 200 in 1hr 39m, but it was good just to make it round!

Phil Hewitt.



Picture courtesy of Fellrunningpictures.co.uk

Leeds University Relays, Saturday 12th December



Jill Sigourney, Eleanor and Jill before the race!



Jill Sigourney enjoying her first cross country race

As we arrived at this event the look on Eleanor's face said it all and as we slowly came to terms with the fact that we were going to be last we decided just to get on with it and try and enjoy ourselves! Our competition included seven of the top cross country runners in the country and as I looked around at the very thin young ladies (I was definitely the oldest there!) wearing skimpy pants I knew that this could be a hard days work. I did leg one, Jill Sigourney (thanks for stepping in!) the second and Eleanor the third. Of course we did come last but it wasn't for lack of effort and we were up against such great sporting institutions as Loughborough University! It was a well organised but also quite relaxed event. I would still recommend it despite the competition and I hope we will be able to put teams in next year. As long as we realise we would probably get the wooden spoon again!

Jill Stocks



Jill Stocks assessing her chances at the start of her lap.



Eleanor out on the course and this time heading in the right direction!



Birthdays

Happy Birthday to the following members who celebrated their birthdays in January:

- Ian Brown * Jill Camm * Steve Cartwright * Chris Glover * Rebecca Gowling * Liam Mealey * Martin Savage * Kate Speirs * Clare Warner

2010 Club Championship Results

Congratulations to **Rachel Pilling** who came 1st, **Eleanor Franks** who came 2nd and **Phil Hewitt** who came 3rd. Many thanks and congratulations to all who took part in any of the races throughout the year, we have had some fantastic turnouts at races throughout 2010 and you have all done your club proud. Look out for details of our awards night out in February where we will be formally awarding the championship prizes.

The Final Table

<u>2010 Club Championship</u>		
<u>Overall League table</u>		
Position	Name	Points
1	Rachel Pilling	110
2	Eleanor Franks	104
3	Philip Hewitt	100
4	Isaac Dell	84
5	Matt Hooban	81
6	Helen Goldthrope	81
7	Liam Mealy	79
8	Peter Hey	78
9	Patrick Nesden	77
10	Amy Richards	73
11	Marion Muir	70
12	Collette Spencer	62
13	Richard Hancock	57
14	Chris Glover	55
14	Jill Stocks	55

2011 Provisional Races

<u>Month</u>	<u>Race</u>
February	Liversedge Half Marathon
March	Epilepsy Action Bradford 10k
April	Guiseley Gallop Multi-Terrain 10k
May	GDF SEUZ Leeds Half Marathon
June	The Sweatshop Castle Howard 10k Trail Race
July	Eccup 10 Mile
August	Kirkstall Harrier's Members Meander
September	Horsforth 10k
October	Harewood 10 mile Trail Race
October	The Withins Skyline Fell

All details including links to race entry forms (where possible) will be posted on the website in due course and we will continue to update you of any changes in the newsletters each month.

Yorkshire Vets

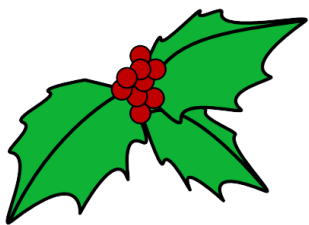
The details for the first 7 races of the 2011 season are now on the yvaa.org website. The first race is at Horsforth, organised by our friendly rivals Horsforth Harriers. The this race will be on Sunday 3rd April 10.30am.

These races are about 6 miles and are usually a nice circuit of off and on road. The league is mainly a team event for over 35's, but prizes are available at the end of each race for winners and runners up of all age categories, in 5 year groups. At the end of the year there are also prizes for the best 3 individuals in each age group, usually based on the best 7 races out of 10.

Race entry fee is £3.00 and more often than not includes refreshments afterwards.

The Races so far include

Sunday, June 5th – West Vale near Halifax
 Tuesday, June 14th 7.45pm – Pudsey
 Tuesday, June 21st 7.30pm – Meanwood
 Sunday, July 10th 11.00am – Honley
 Wednesday, August 3rd 7.30pm – Knavesmire
 Sunday, November 13th 11.00am – Spenborough



A very Kirkstall Christmas

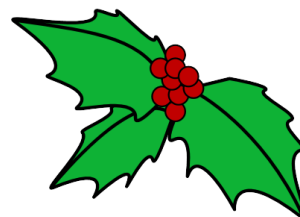
The Annual Christmas lights run took place this year on the 14th December. Once again we invited our friends from Horsforth Harriers to take a tour of the city centre's Christmas decorations.



One for the Album 'friends and friendly rivals' together in front of the Leeds Christmas tree.



After the run it was back to the LPSA for a couple of well deserved festive drinks, as always a good time was had by all. And the Christmassy costumes were first rate once again.



Santa's little helpers looking a tad to giddy considering the icy conditions!

The Kirkstall Harriers Christmas Party on the 16th December was held once again at the West End Pub. A lovely four course meal was enjoyed by all and it was followed by a quite successful night at the quiz for the harriers with two of our teams winning prizes (more by luck than judgement but a win is a win all the same). A really massive thank you must go to our social secretary Jill Stocks for her hard work organising everything for us.



The Kirkstall Eggheads basking in all their glory having won the best quiz team name!

A very Kirkstall Christmas cont...

And finally the Christmas fuddle was held on the 20th December following a nice off road jaunt around the Abbey grounds and the surrounding playing fields this was mainly due to the icy conditions on the pavements but the temptation of a pork pie and a pint may have had something to do with the short session! Well done to those hardy souls who braved the elements before the fuddle but it the members that just turned up with piles of grub for the feast that may have be the more canny!

Talking of hardy souls a special mention must be made of Peter Hey who so far this winter as yet to succumb to wearing anything other than shorts and a T-shirt on a club night. If anyone can provide us with photographic evidence of Peter owning a pair of running tights we will gladly feature it in next months newsletter!



Everyone enjoying a healthy Christmas fuddle!

Kirkstall Festival Tombola

Yes this is early! But Kirkstall Festival takes place on Saturday July 9th. As usual we will require volunteers for our stall nearer the time. But in the meantime if you have any unwanted Christmas presents or you are having a spring clear out and have anything which you think may be useful for the tombola (which raises money for Wheatfield's Hospice) please give any donations to Jill Stocks or drop them off at the LPSA club.

London Marathon 2011

We are very pleased to announce that the lucky recipients of the three club places in the 2011 Virgin London Marathon are Adam Moger, Eleanor Franks and Matt Sykes-Hooban. Good Luck Guys! And another reminder that if you fancy a weekend in London at the Kirkstall Harriers Cheering Point to support the runners or would like to volunteer at the start area please email stoxy78@hotmail.com for more information.



They are smiling now but will they be smiling on the 17th April?

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

