

Kirkstall Harriers Newsletter

No. 88 March 2011



News in brief

* Sportsman and Sportswoman 2010

This has always been a difficult decision and now with over 100 members is even harder now. With so many good members either from a racing, training or social point of view it is not surprising so many names were put forward. 11 men and 10 ladies were nominated and all with very good reasons, and I'm sure there are a few more names that could have deserved a mention at least. A full list of nominations and reasons will be available on the website, along with the roll of honour to date. The committee could see no reason to go against the voting so the winners for 2011 are **Eleanor Franks** and **Phil Hewitt**.



Eleanor, Rachel and Phil with Championship and Sportsman / woman trophies

The committee did make use of the rule of nomination for someone who deserves an additional special mention and this goes to **Gemma Smith** for winning the Leeds half marathon, and being the first lady home in the Peco's. Congratulations to the winners and commiserations to those who were voted for and did not make it, and thanks to all of you who voted.

* Yorkshire Vets Cross Country Championship, Sat 26th March

If anyone is interested there is the Yorks Vets cross country championship on Saturday 26th March. This is a one off annual event being held at Fartown High School Huddersfield starting at 12.00. It is for individuals, and teams of 3 in each age group except men's 40 to 49 age group where you need 4. The 12.00 race is for all women and men 70+ which will be approx 5k, and the men 50-69 which is about 9k. At 1.00 there is a 9k race for men 35 to 49. Full details on yvaa.org website. Closing date for entries is 16th March, so see Peter Hey asap if interested. For further Yorkshire Vets news please see page 3.

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Key Dates for your diary

Sun 6th March: 5th and final PECO XC race, Otley Chevin
Sun 20th March: Bradford 10k (Club Championship Race)
Sat 26th March: Yorkshire Vets XC championship, Huddersfield
Mon 28th March: Chairman's Chase 10k Handicap race at training night
Sun 3rd April: Yorkshire Vets race, Horsforth
Sun 17th April: London Marathon
Sun 24th April: Guiseley Gallop 10k (Club Championship Race)
Sun 8th May: Leeds Half Marathon (Club Championship Race)
Sat 4th - Sun 5th June: Bridlington Festival of Running (Club Trip)
Sun 5th June: Yorkshire Vets race, West Vale nr Halifax
Sun 12th June: Bradford Millennium Way
Sun 12th June: Castle Howard 10k (Club Championship Race)

* High Tech Vests

We still have a few of the high tech vests available for sale, but due to the demand it looks like we would be able to purchase some more soon if Carol has not got your size available.

* Donations for Kirkstall Festival tombola required

Jill is organising our stall at the Kirkstall Festival again and following the success of last year, we would like to have another tombola so any gifts for this would be gratefully received. You have until July so plenty of time to dig out any unwanted Christmas gifts etc!

Notes from AGM - 21st February 2011

Many thanks to the 20 members who attended the meeting and for their valuable input. Below is a summary of the main points of discussion.

Election of officers – The same committee members were re-elected apart from Helen Marshall who now has other commitments. We would like to thank her for her efforts and enthusiasm and sure she will continue in that vein whenever she can join in with the Harriers. Elected onto the committee were Helen Fearn and Phil Hewitt. We thank them for volunteering and are sure they will make a worthwhile contribution.

Subs – These were kept at last year's level. See Subscriptions further on in the newsletter.

Election of Vice Captains – In order to encourage more members to take part in team events Rachel Pilling volunteered her services as Vice Captain to assist Collette, and for the men we have Paul Miller and Phil Hewitt who will deputise for Martin Savage until he is fit to return and take on the full role of Captain.

Kirkstall Abbey 7, race committee. After doing such a magnificent job last year, Matt and Jill will again be race directors. Assisting them will be Bal Sandhu, Collette and possibly Stuart Reardon. Once a date and other main tasks are completed there will be a KA7 race meeting where other jobs and volunteers will be required.

Cleaning of changing rooms – Matt Hooban and Richard Hancock have kindly volunteered their services for this task. Once a date and time has been arranged – hopefully to coincide when the LPSA is open for much needed refreshment, we will be asking for more volunteers to help spread the workload.

Purchasing a sail type banner – This was agreed, and Jill be looking at suitable suppliers.

Chairmans Chase and Members Meander handicap races. It was agreed to hold the CC on Monday 28th March, and the MM on Wed 24th Aug. Both events to be followed by a buffet in the LPSA, and once again MM is also a championship race.

AOB – Leeds half marathon. Jill reminded the members that this race was almost cancelled a few years ago. Thanks to the local running clubs appealing (vociferously) that it was re-instated, but this means that all clubs need to support this event either by entering the race or assisting as marshals. Full details about marshalling if you are definitely not running will be made available shortly.

Messages from our agents at home and abroad

1. A quick update from Martin Savage following his accident last year:

"Doing a bit of swimming, Pilates and on the bike in the gym, not as much fun as running... waiting for a hopefully positive x ray June time before I do anything involving jumping around, to make sure I am properly bolted together! Struggling to find much time with Savage Junior around anyway!

Watch this space.

See you soon, Martin"

2. Update from Marlene and Dave Asquith in Spain for all those who remember them:

"I broke my leg last year (there's a first time for everything I suppose) so I have just got back into the walking again. Running here injures me. The ground is rock, with very little soil and sub-soil, so even with the best cushioning in my shoes, I end up injured. However, Dave and I walk at least twice a week in the mountains, with a group. We are usually out all day long, at this time of the year, because it's cool. No matter how far out we are in the National Forrest or the Lava Fields, you can always find a little bar, and they always drum up food and drink, from who knows where, especially at this time of the year, we go up to the picnic areas with cars full of food. The picnic areas are usually in the forests. They have BBQ's, taps, and plenty of wood, all you need is meat and matches. So we have some fabby meals, and some hideous ones as well.

The weather is quite cool at present, and is usually down to 15 degrees in the night. I know, but we feel it. Also it doesn't get much above 25 degrees during the day, which is nice for walking, as we get breezes from the sea that keep the sun's heat at bay a bit. We were over for 10 days on boxing day to do some business with the banks, and ended up wearing the entire contents of our suitcases every day. People kept on saying that we had been lucky with the weather. Da! It struggled to be 0 degrees, during the day. Diane (my daughter) thought it was hysterical.

See you soon, Marlene and Dave"

3. Kimberley and Tom embarking on worldwide adventures:

Kimberley Ridout and Tom Keeber (our Web Manager) are leaving this month for a year. Their plan (we think) is to visit Australia and work there for a while. They will also be visiting other countries on the way there. We wish them the very best and hope to hear about their exploits in due course.

PECO Cross Country League - 4th Race - Sun 30th Jan

This was the John Smeaton course where again we were short of some of our better runners, but at least we have the numbers now to ensure we have sufficient not to incur penalty points. So well done to all those who did run. Leading the men home – after running in the Northern cross country at Sunderland the day before and coming 86th, was **Peter Branney** finishing 2nd. Supporting Peter were **Phil Hewitt** 29th, **Rob Goulsbra** 54th, **Kevin Longmate** 59th, **Liam Mealey** (still travelling up from Worcester to run) 85th, **Adam Moger** 88th, **Gary Carlisle** 101 and **Sam Ostermeyer** 108th. Bringing up the rear but pushing other scorers from other clubs further back were **Mark Skinner** just failing to count in 110th, **Peter Britton**, **Paul Glover**, **Chris Hunt**, **Matt Hooban**, **Peter Hey** and **Patrick Nesden**. The ladies only had 6 runners and leading them home was **Sheila King** 30th, **Jill Camm** 33rd (getting back into racing mode again), **Helen Goldthorpe** 60th, **Diane Shaw** 72nd and **Carol Moran** 80th, our only spare lady was **Bal** who was not far behind in 89th. The race beat our record of number of runners by 2, having 314 entrants.

Despite weaker teams the men managed to finish 5th overall in their league and are now 5th out of seven after 4 races, but only 3 points in front of Hyde Park Harriers and Ilkley. The ladies finished 5th team in the race and are equal 3rd after 4 races with Ackworth both on 15 points.

The last race is Sun 6th March Valley Striders/Aire Centre – Otley Chevin.

Those wanting lifts or directions are asked to meet outside the LPSA at 9.20am. Let's hope we can finish with two strong teams which means as many members as possible running. There is everything to race for so the club really needs you all. Race details can be found on the pecoxc web site - www.pecoxc.co.uk

Race information and course maps are now available on the PECO XC League web site. We have been told that, although there will no post-race food, the plan is to retire to The Royalty pub on Yorkgate after the race where the points and provisional race results will be worked out and announced, for those who would like to go along to this.

Mark Hetherington, the League Secretary, tells us that the provisional plan for the League Prize Presentation is to hold another 'PECOlympics' Event, along with a BBQ. The venue is likely to be the same as last year (Leo's Club in Alwoodley), date TBA. If anyone has any comments / views / suggestions on this let us know asap and we'll pass these onto Mark, thanks.

Yorkshire Vets

If you look on the yvaa.org website you will see they have added another race to make 8 for this year so far. The first one at Horsforth, organised by our friendly rivals Horsforth Harriers. The date for this is Sunday 3rd April at 10.30.

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 other dates so far are

Sun June 5th – West Vale near Halifax

Tues June 14th 7.45pm – Pudsey

Tues June 21st 7.30pm – Meanwood

Sun July 10th 11.00am – Honley

Wed Aug 3rd 7.30pm Knavesmire

Tue Aug 16th 7.30pm tbc recently added to the list

Sun Nov 13th 11.00am – Spenborough

PBs and other worthy mentions

Well done to **Kevin Longmate** and **Adam Moger** who both got fantastic PBs at the very hilly Liversedge Half Marathon. Kevin ran a very impressive 1.31.41, knocking 5 minutes off his previous pb and coming 38th overall, and Adam managed 1.36.51 knocking 3 minutes off his previous pb set only 3 weeks previously at Brass Monkey.

A worthy mention goes to **Peter Branney** who is storming the cross country races at the moment. At the Northern xc in Sunderland he came 86th, the following day he came 2nd at the PECO race at John Smeaton, and at the National xc last month placed a fantastic 195th, a huge improvement on his position from last year of 400+.

Another worthy mention AND another pb for **Adam Moger** for winning the Hyde Park parkrun prize of the month (nice new pair of trainers, always handy!) for doing all 5 parkruns in January including New Year's Day AND Christmas Day (!), volunteering to pace a group round and also getting a new pb of 20.10 at the last one in January. Blimey!

Finally, an Apology to **Claire Warner**, for omitting her from the PECO race 3 results in the February newsletter. She came 109th, successfully helping the team to push back runners from other clubs. Claire had also put her name forward for both the Northern and National cross country teams but had to withdraw due to injury. We hope she can get back running soon!

Club Championship - Liversedge Half Marathon 13th Feb 2011

Well done to the 16 runners we had turn out on a chilly morning for our first Club Championship race of the year, the ever-popular Liversedge Half Marathon. Despite the weather being a little more cold and grey than the previous few years, we still got some great results including **Kevin** and **Adam** who both smashed their pbs to scoop first and second place in the championship. **Peter Britton**, after having a bad run at the Leeds Half Marathon last year, ran a great race to bag him 3rd place.

Our roving reporter Matt writes:

Three weeks on from the Brass Monkey and I think I am getting my running mojo back. Training is going well and the weight gain from last year is disappearing as the miles mount up. There is nothing like the fear of a looming marathon to act as an incentive to shift excess baggage you know! That and the Abbey Runners speed sessions that I have finally managed to show up to. Although one of these sessions did involve me having to get out my man suit, as the weather was truly nasty. Apparently we will look back on this and laugh (I will let you know when this occurs).

Anyway I digress what I really wanted to talk about is the wonderfully hilly Liversedge Half Marathon, a peculiar race phenomenon which manages to be both brutal and quite enjoyable. For the life of me I cannot work out what it is that draws me back, maybe it's because this is the race where I got my PB or the fact that I am consistently quicker here than I am at the Brass Monkey. But then it's not just me, the race sells out well in advance each year. I spotted runners from Alnwick (somewhere near Newcastle) Blackpool and even a chap from a club down in Devon! Not to mention the amount of times Jill and Patrick have run this race.

One thing is certain and that is the Roberttown Runners know when not to mess with a winning formula, 'if it ain't broke don't fix it'. You get the same course year on year, hills and all, no chip timing, same race memento (different design) even the water stops are in the same place, it's like a well oiled machine. It all equates to a bargain and there is nothing we like better than a cheap race is there?

As for the race itself I did alright, maintained a good pace through out and managed to run up all the hills. Whilst running down the big hill into Brighouse I glanced over at my watch and noticed that I was running at six minute mile pace which was pretty exciting however I wasn't able to maintain that speed once the road levelled out in Brighouse! The weather threatened to dampen the day but all it amounted to in the end was a cold drizzle which didn't seem to slow down many of the harriers some of whom recorded some seriously impressive times, Kevin and Adam to name but two.

Once again Liversedge delivered in fine style and here's hoping we will return next year to have another crack at the hills of Calderdale!

Matt Sykes-Hooban

The next Club Championship race is the Bradfork 10k on Sunday 20th March.

See www.epilepsy.org.uk/involved/bradford10k for entry details and get signed up! (no entry on the day)

Race #1 - Liversedge Half Marathon		
Points Awarded		
Position	Name	Points
1	Kevin Longmate	20
2	Adam Moger	19
3	Peter Britton	18
4	Mark Skinner	17
5	Rachel Pilling	16
6	Richard Hancock	15
7	Chris Glover	14
8	Eleanor Franks	13
9	Matt Hooban	12
10	David Spink	11
11	Gary Carlisle	10
12	Peter Hey	9
13	Isaac Dell	8
14	Helen Goldthorpe	7
15	Jill Stocks	6
16	Patrick Nesden	5



Photos: Kevin Longmate, The purple army: Richard, Mark, Isaac, Jill, Helen, Peter B, Rachel, Adam, Patrick, Eleanor, Kevin, Gary, Peter H, Matt, Alyson, Chris, Liam (yes the stray-looking Pudsey Pacer is Alyson who runs for us as a 2nd claim member so we let her in the photos, but in line with championship rules she only gets points for the races she does in her Kirkstall vest of course!), Adam Moger.

Member Profile - Helen Fearn



Helen bravely volunteered herself to join the Committee last month and your Newsletter Editor wasted no time in asking her all about herself and her running...

Name: Helen Fearn

Age: 31

Occupation: Family Support Worker
- Leeds City Council

Helen, you have a fantastic accent. Where are you from originally?

South Shields, Tyne and Wear. Its famous for its road of curry houses which I often find myself in after a Friday night on the tiles.

When did you start running and why?

I started running approximately two years ago as I had entered the Great North Run for a challenge.

When/How did you end up joining Kirkstall Harriers?

I realised that I couldn't run very far without collapsing in a heap so a friend suggested joining the club and I have been a member ever since.

What are your motivations for running?

Keeping fit; stress reliever - need this when working for the council; makes me feel much better / healthier after a run; I don't feel guilty for eating cakes and chocolate if I've been for a run.

What are your greatest running achievements?

Completing the Great North Run last year and managing to shave 12 mins off my time from the previous year.

What are your best running related memories?

I really enjoy the feeling of completing a training run after being at work all day.

What are your worst running related memories?

Training runs in the middle of summer when its really hot and I start suffering with stitches.... I hate those runs.

Any words of wisdom for your fellow harriers?

Don't compare yourself against other runners. Run at a pace comfortable for you and the only competition is yourself.

Can you share an interesting fact about yourself?

I climbed to the top of a volcano in Guatemala which had hot lava flowing out of it approximately a metre from where I was standing. They clearly don't have Health and safety executives in Central America!!!!

Photo: Helen at the National Cross Country at Alton Towers last month

Leeds Half Marathon - Sun 8th May 2011

Just a reminder to all to get your entry in for Leeds half marathon before all the places go. If you are unable to run or are not running for whatever reason or you have any friends or family who would be able to help we will as always need a team of volunteer marshalls for the area round the leisure centre. Once again we will be booking the room at Mr Foleys on the Headrow for massages and half marathon after party. Please contact Jill Stocks for more information.

Bradford Millennium Way - Sun 12th June 2011

This is the first club relay of the year and consists of 5 legs each leg needing 2 runners.

Distances are between 8 and 11 miles starting at Bingley and taking in Haworth, Laycock, Addingham, Ilkley and finishing back at Bingley. The routes are mainly off road and fell type terrain. Runners will need to reccie the routes beforehand as they are not marshaled but are way marked as the BMW. Anyone interested in taking part please put there names forward to committee members or send in their details to the web, so we can establish how many teams we have. Unfortunately this does clash with the Castle Howard 10k which is a club championship race but we hope we can get members out to both events and will leave it up to runners to decide which event they would rather do.

RACE REPORTS

Northern & National Cross Country Cross Championships

NORTHERN CROSS COUNTRY SAT 29TH JAN – SUNDERLAND

Although we did not have a team in the ladies or men's event, well done to **Gemma Smith**, **Helen Fearn**s and **Peter Branney** who travelled to Sunderland to compete and show off the club colours. It was Helens first race of this nature where there are so many good runners, and although finding it tough still went to the Nationals. Peter was 86th overall which is very good, and still had the ability to finish 2nd male overall at the PECO next day. Gemma finished 30th lady and Helen 181st.

NATIONAL CROSS COUNTRY SAT 19TH FEB – ALTON TOWERS

Running at the Nationals we had **Peter Branney** who finished 195th and **Phil Hewitt** 688th. There was a field of 1,302 runners for the men. We did have a ladies team of **Gemma Smith** 90th, **Rachel Pilling** 260th, **Eleanor Franks** 363rd, **Helen Fearn**s 492nd and **Jill Stocks** 523rd. Again there was a huge field of 552 runners. Well done to the runners for showing the club colours and a big thank you to Bal who drove the minibus.

See below for race reports from Helen and Jill...

It all started with an email from Gemma asking all members in November/December 2010 if anyone would be interested in doing the Northerns and National Cross Country and this reminded me of a conversation with Peter Hey about wanting to enter more races. I vaguely remembered Peter saying that there were some races coming up at the beginning of the year and it would be a good opportunity to get some racing experience. So with the wise words of Peter ringing in my ears I put myself forward for both however little did I realise he was talking about the PECO's and not the Northerns and Nationals!!!! Its safe to say I was pretty worried when I was in the car travelling to Sunderland with Peter Branney, one of the fastest runners in the club and I realised my mistake!



When we arrived Peter introduced me to the Leeds City runners and Gemma was raring to go. I decided not to stress too much about the speed and it turned out to be a really good day. The terrain was tough and there was a nasty hill in the middle of the route but I managed to complete the race under an hour which I was really pleased about. It was inspiring to see some of the best runners in the country taking part and it was a good turn out for the middle of January. It was also a change of terrain for me as I normally stick to road running so the cross country was a different challenge.

The nationals this year was in Alton Towers and we managed to rope in a few more Harriers for this one. As we left the LPSA in the mini bus (kindly provided and driven by Bal) there was lots of snow on the ground however we received word from Peter Branney's Dad that the race was still going ahead despite the weather. When we arrived Jill described it as a runners equivalent to Glastonbury as the mud was pretty bad. My brand new trainers were no longer so new looking and we all managed to get very muddy within seconds of trying to find the tent. Due to health and safety reasons the distance was shortened from 10km to 6 km for the ladies (not sure what happened with the mens race) however the quality of runners were fantastic but it still had a good mix of abilities. The terrain was tough and I likened it to running on wet sand mixed in with very large puddles but again it was a different challenge from the road running. The ladies managed to get enough volunteers to put a team in which was very representative of the club and we had a really fun day. Peter and Phil managed to get some great times and Gemma was up there near the front too.

Thanks again to Bal for her support and the after hours tour of Bradford!!! Those on the mini bus know what I'm talking about. Hopefully the Harriers will have a few more faces at next years race in London.

Helen Fearn

It was a great pleasure to take part in the National Cross Country at Alton Towers. I always enjoy a nice trip out anyway but it was great to line up next to the best (and worst!) runners in the country. Despite the quality of the field there were plenty of us at the back just taking part for the sheer hell of it. It was very very muddy, just as a proper cross country should be, and even had to be cut short as some of the course had become too treacherous. I am also pleased to say that I ran with Liz Yelling for about three seconds. As she lapped me. All in all though a great event and a great day out. I would urge any club members to take part next year as we head off to Parliament Hill in London for the weekend. Thanks to Bal for obtaining and driving the minibus and to the rest of our runners who turned out.

Jill Stocks

Richard Hancock's Year of Running

Richard Hancock ran an impressive 40 races in 2010 and has shared with us his race diary entitled '2010, a year of running (badly!)' We love these notes and anecdotes and hope they will provide inspiration to any members planning races for 2011...

11am on the 1/1/2010 and I was on the start line of the Cleethorpes 10k with my pre race supper of lager and a large donner kebab playing havoc with my digestive system! During the run I decided that my goal for the year would be to set a new 10k pb and do a 10 mile race. This was going to be easier said than done as I had never run further than 8 miles and I'm a slow runner who is usually to be found engaged in some banter and race tomfoolery as I amble along at the back of the race!

7/3 Peco xc, put on by St Theresa's ac, a cold day for running over fields!

14/3 South Leeds 5k, a nice finish on the track in front of the main stand at the South Leeds stadium.

21/3 Bradford 10k, a steady out and back course with a number of purple kirkstall vests in the field,

28/3 Wakefield 10k, another out and back course with a few hills, a local run for me. Fellow harriers .Isaac Dell, Kevin Longmate and Ian Brown were there.

4/4 Guiseley Gallop, gallop I was moving at the speed of a cart horse! Purple vests a plenty at Guiseley, a nice bottle of ale for all finishers.

18/4 The Pennine 10k, postponed from 4/1, starting at Hipperholme it's a down hill run to Brighouse then a long climb back to Hipperholme. All finishers received an engraved glass, made a change from the usual t shirt.

3/5 Rothwell 10k, 15 purple vests from Kirkstall were to be seen, managed to score a few points towards the club championship.

9/5 Beverley 10k, light rain for most of the run, a steady climb over the common and then a scenic finish in the town centre. Fellow harrier Malcolm Denison was there.

19/5 Askern 10k, a short trip up the M62, nice course with one hard climb.

27/5 Apperley Bridge Canter, 8 purple vests were running , I managed to canter to the finish and then gallop to the bar for a post race pint the George and Dragon!

6/6 Goole riverbank challenge 8.8 miles, a flat multi terrain race, that goes from Goole to Barton and back.. The after race bag contained a duster and a bottle of car polish!

1/6 Kirkstall Yorkshire vets, oh the joys of a summer nights meander around the Abbey in the rain!

16/6 Pudsey Yorkshire vets, if I remember rightly this is where I decided to take a mud bath!

22/6 Meanwood Yorkshire vets, a pleasant evenings ramble in the woods. Turned 47 two days ago so I can now blame the old arthritis excuse for my slow running!

27/6 Rainton 10k, the temperature was 84c at the 12 noon start. Oh how I laughed as ran along the course in the sun, at the finish I stood under a cold garden sprinkler to cool off! As the Noel Coward song goes "Only mad dogs and kirkstall harriers go out in the midday sun".

4/7 Leeds 10k, always a good atmosphere here, again several purple vest seen, highlight for me was Nell McAndrew signing my race number, unfortunately she turned down my offer of a night out at the LPSA club followed by a fish and chip supper!

7/7 Helen Windsor 10k at Greetland, a hilly run on the Pennine moors, part of the course was shared with the Halifax cycling club road race, it was unusual to be overtaken by racing cyclists, overtaken by runners a frequent happening! Good quality pair of running socks to all finishers.

9/7 Walkington 10k, a hilly course with good crowds along the route, nice t shirt for all finishers, fellow harrier Malcolm was there.

11/7 Eccup 10, my first 10 mile race, 14 members of the purple army were at the start. Enjoyed the race and finished in 1:34:03, I was so happy at finishing I wore my Eccup 10 t shirt all week!

14/7 Laxton 10k, whilst waiting for the race start at 7pm the Laxton monsoon season commenced, such was the torrential rain fall my race number became that sodden and it fell off. When finishing I had to tell the time keeper my number, I cant remember my name after a race let alone my number! Nice post race presentation do in the village hall and for a small fee you could enjoy a fine selection of Yorkshire Wolds brewery ales to help quench the runners thirst.

18/7 The Burton Leonard 10k, a tough hilly multi terrain race, this and Rainton are part of the Black Sheep race series.



25/7 Harrogate 10k, a hilly run around the spa town, starts and finishes by the theatre royal..

1/8 The Idle trail race, a multi terrain course around Horsforth and Apperley Bridge, Harriers Rachel Pilling, Tom Kebeer and Kimberley Ridout also ran..

18/8 Oh the joys of the very very hilly Yorkshire vets run at Stainland, I believe the race went up the side of Alp Stainland!

22/8 Eskrick 10k, going out towards York this is a flat multi terrain race that was run on a very warm day. Fellow harrier Phil Hewitt finished in 15th place and he was waiting at the finish to cheer me across the line in 148th place out of 260 finishers.

25/8 Fremington edge fell race at Reeth show. Gone to Reeth show as I had entered my runner beans and a photo in the show. When filling out the show forms a week earlier I suffered a bout of runners lunacy and ticked the box to enter the fell race. Just a mere 800 foot climb in a mile and back down! There was weeping wailing and gnashing of teeth as I struggled up the climb, at the summit I could hear over the loudspeaker that the winner had just finished in 19 minutes. On the way down I remember shouting several un gentlemanly phrases as I stumbled down the fell! A race bag of fruit water and chocolate was waiting for me at the finish, unfortunately as my face was the same colour as my club vest and I had lost of control of all my bodily functions I waited a while before enjoying my feast . Finished in 32:10 and unbelievably I didn't finish last I was 51st out of 53 runners. I also received a 3rd prize for my photo and a 2nd prize for my runner beans.

29/8 Chesterfields spire 10 mile race, the first 4 miles are up hill then the next 6 are reasonably flat, a pleasant race with plenty of water stops, one of them being at a village pub, here I was tempted to have a half of lager and a bag of crisps!

30/8 Spofforth gala trail 10k race, a multi terrain run that has the option of running through a bog! Kevin Blackhurst, Diane Shaw, Patrick Nesden and Ian Brown were at the race.

5/9 Stainland 7, roughly meaning 2 miles down hill 5 miles up hill, if you like hills you will enjoy this race, nice race bag at the finish that included a back pack. Malcolm Denison was 35th and I staggered home 101st out of 125!

12/9 Sandal castle multi terrain 10k, only a mile from where I live so its my local run. Kevin Longmate finished in 22nd place and Isaac Dell was 268th and I was 269th out of 459 runners.

26/9 Horsforth 10k, 11 harriers were there, I struggled along this course due to a 'bad pint' the night before!

10/10 a 125 mile round trip for the Ampleforth 7 run. A scenic undulating off road race through woodlands on the Ampleforth estate.

17/10 Due to another moment of runners madness I was at the start of the Bradford ½ marathon stood with Isaac and Burjor. My first ½ marathon and boy was it a hilly one. There was a severe bout of cursing at the 11 mile mark as there was a 1 in 5 hill to climb, finally finished in 2:10:39

24/10 Wistow 10 mile, ran with Patrick for about 8 miles then Patrick raced off to the finish and I next saw him applauding me over the line. A steady flat course good chance of getting a pb here.

31/10 The guy Fawkes 10, a tough hilly course, didn't run at all well here due to feeling unwell, rather disappointed with my time however the excellent after race bag was full of articles to cheer me up. 11 Harriers came out to play with Guy Fawkes.

7/11 The first pecco of the 2010/11 season and I along with other harriers were under starters orders at Pontefract racecourse, as I finished well down the field I asked the jockey club for a stewards enquiry!

14/11 Barnsley 10k, a very enjoyable road race with 2 climbs, Malcolm was here again . The race is well supported by the people of Royston .

21/11 The Abbey dash10k, my favourite 10k. Many purple vests seen, also roadside support at the sports centre and canal road.. Decide to run at the speed of a Tunisian tourist boarding the aircraft for his flight home and did a pb of 51:31.



26/12 The final race of the year the Ward Green 6 near Barnsley, a hilly 2 lap race, with a good friendly atmosphere. The excessive amount of festive food and drink that I had consumed on the 25th left me feeling somewhat lethargic and I struggled home in 81st place out of 92 boxing day runners.

Over the past year I've enjoyed running in 40 races should have been 42 but due to snow the Thirsk 10 and Denby Dale 6 were postponed until 2011. Last year I wore the Kirkstall vest with pride in some of the major town and city races in England. Rainton, Laxton Sandal and Cleethorpes to name a few!

In 2010 I enjoyed the support, humour and camaraderie of my fellow Kirkstall Harriers, other runners and race marshals. Last year those magical words of encouragement "Come on Kirkstall" were heard many times by a certain purple vested runner who was to be found running near the back of the race.

11am 1/1/2011, and another year of running commenced as I crossed start line of the Cleethorpes 10k!

24hour Local Charity Event

We received the below email from local runner Simon Buckden and think this is a great cause which we would love to support. Do let us know if interested in the relay event (we assume this would be running with Simon giving support during the 24hours) so we can let him know and set something up. Eleanor has already said she will help on the day and would love some other Kirkstall Harriers to join her. We wish Simon every success and hope he raises a lot of money and awareness for this cause.

"I am a British Army Veteran who served in Gulf War One in 1990 and also 2 tours of Northern Ireland, 2 tours of Bosnia, 1 tour on the UN buffer zone in Cyprus and Rwanda with the UN. I retired in May 2001 after 12 years service and was diagnosed with Post Traumatic Stress Disorder (PTSD) and have made a life out of trying to educate and make people aware of this condition that affects so many soldiers and others.

Running has been a part of my management of PTSD and also a way to raise funds and awareness and hence I will now complete a 24 hour run to raise funds for a Leeds based charity called The Forgotten Hero.

Having previously raised funds for large National charities, I wanted to raise funds for something close to home, a local charity and something related to me. The charity The Forgotten Heroes has not been around for long, but was set up by a fellow Veteran called Adam Douglas who was injured in the first Gulf War.

The aim of the charity is not just to support Veterans who have needs but also to support the people that care for and look after injured veterans and who are often forgotten when it comes to support and assistance and are indeed forgotten heroes.

<http://www.theforgottenheroes.co.uk/home.html>

I have asked that any funds that are raised should go to a person in Leeds or West Yorkshire so that we can know and identify with this person and know that we have made a small difference.

The kind of things needed are chair lifts, wheelchairs, wet rooms and even walking sticks to help veterans and a weekend break to help the carer of a veteran.

On 19th December 2010 a fellow veteran and Hyde Park Harriers runner called Russell Gardham made a brave attempt in - 5 and snowy conditions to run for 24 hours to raise money for a veterans charity and I ran with him for 70 miles until conditions made it too difficult to carry on.

I will now have another attempt at a 24 hour run in Hyde Park (Woodhouse Moor Park) and this will start at **9 am on Saturday 25 June 2011 with the Leeds parkrun and end at 9 am on Sunday 26 June 2011** and will be organized by myself and Russell.

Details of the Facebook Page can be found by following the link below:

<http://www.facebook.com/event.php?eid=186225784729839&index=1#!/group.php?gid=108575715856579>

We are also looking at the possibility of a club relay event and would be grateful to hear if you are interested to support this idea, there would be a small fee that would go along with any other proceeds to The Forgotten Heroes. Please let us know if this would be of interest to you, I would be happy to put something forward for a winning team etc.

I am also looking for donations for a raffle or auction and so if any of your members could donate anything then that would be brilliant, so far we have things like 3 personal training sessions and a photography shoot. Any company or person that gives anything will be added to the publicity.

If you would just like to make a donation then that would also be brilliant, the charity do not yet have a gift aid page but if you follow the link below you would be able to make a donation and please annotate that it is for my 24 hour charity run.

<http://www.theforgottenheroes.co.uk/page23.html>

This event will appear on Local TV and Radio. Thank you for your consideration and support.

Simon Buckden. Email: fb803@hotmail.co.uk



Simon at the Malta Marathon last weekend



A once in a lifetime experience, until next time!

What an adventure for 'Team Hotpants'! Team Hotpants with our golden clad bottoms consisted of Eleanor Franks, myself (Rachel Pilling), my lovely hubby Graham and honorary team member (driver, photographer, supporter and dressing assistant) Q - my Dad.

We arrived at the farm in South Perton, near Wolverhampton bright and early. Having watched the temperature closely throughout the preceding week and very keenly during the drive, it had reached the dizzy heights of about minus 2. Not a welcome cold snap!

We walked into the farm to sign our 'Death Warrants' accepting full responsibility should we sustain serious injury or die on the course. The farm itself had the odd feeling of a refugee camp or some kind of shanty town and dotted around the landscape were 40ft high A-frames which we would later climb and many large areas of

water entirely covered in ice which we would later wade through, jump into, swim in and fall in. The sight of obstacles filled us all with mixed feelings of fear, excitement, confusion, nervousness and disbelief that we were there and we were going to do it!

Once we had donned our skin tight golden shorts we headed towards final preparations and the start. Our shiny bums attracted a little attention by way of a Tough Guy TV interview. There were too many weird and wonderful costumes to count. The most memorable were a chap wearing some fine lacy underwear, a Egyptian emperor in just pants and a headdress with gold painted skin, a group of Germans dressed as a crocodile, a toadstool and a Nazi in a skirt with an apron, but most notably the Storm Trooper who had competed last year as Robocop.

The start was pure madness. We were penned in for the best part of an hour whilst a rugby ball was hurled between the various start zones with the sole intention of having a good laugh at whoever wasn't paying attention and got smacked in the head. As the tension built, people were rolling down a hill in a tyre, throwing yellow plastic ducks, jeering and chanting. We could see Mr Mouse – the twisted mind behind the whole affair stood with the front start squad and then the Fox Hole Squad assembled. This is a group of insane people that get discounted entry by lying on the floor, holding planks of wood over their bodies whilst several hundred people run over them. Then with a mighty bang they were off and 15 minutes later so were we!

The race starts with a 10k run called the country miles. However, this is like no cross country I have ever seen or experienced. We were immediately faced with a hill so steep we had to slide down, then as we turned the first corner there was a series of logs to climb over or duck under soon followed by mud, water and ice filled trenches to climb in and out of. After the initial shock it became a relatively normal cross country for a while with just occasional logs and ditches and a few hills. The run had warmed us up and the cold didn't seem so bad after all. The course was quite narrow and a little congested which slowed us down, so we tried to move steadily through the field the best we could. Then about 4 miles in we met 'The Slalom' – a very steep hill, only about 200m, but each time you get to the top you turn around and go back down and when you reach the



bottom you turn around and go back up. This was repeated eight times each time becoming slightly steeper. We soon learned that repetition was a form of tortured often used as we went through the woods going under net, after net, after net. Then nearing the end of the Country Miles we faced an 8ft wide ditch full of water that we had to zigzag across a mere 16 times, each time the water a little higher, the sides a little steeper and more difficult to climb until the water turned to thick brown paste. The obstacle course approaching fast, I foolishly shouted that I was having so much fun! The comradery was so brilliant. No-one thought twice about giving you a leg up or giving your backside a good old shove to help you out and everyone was cheering and chanting. The atmosphere was amazing!

We scaled the first 40ft A-frame without too much difficulty. We could see the jellyfish wires waiting at the bottom which caused some concern. A frame of wires hanging, some of which packed a nasty electric shock, but to our relief, we all escaped unscathed.

Then Eleanor and I were stretched to our limits. Walking along the ropes, barely able to reach the ropes above for our hands. It felt like being on a medieval torture rack, arms and legs pulling in opposite directions.

I have to say it's a bit a blur from this point. There were ropes and climbing and more ditches. Then crawling through tyres a little fire to jump and a lot of mud.

We then came to something that took us by surprise 'The Torture Chamber'. We all did rather a lot of research, but none of us had heard of this one. All you could see was a wooden frame with black tarpaulin over it. As we got in it was pitch black and you could see nothing. The roof got lower and lower, then we could hear people in front shouting 'Get on your bum. There's a drop!' I was so terrified and had no idea what was going on. Exactly how much of a drop? I thought I might plunge down to my death in the cold dark cell. It was so claustrophobic and there noise of shouts and screams were deafening. We continued onwards on our hands and knees feeling our way forwards. There were strange heavy, long, thin objects hanging down that felt weird. Slowly pushing through they moved out of the way then with an almighty POP!! An explosion of electricity thudded on my side and roar bellowed from within. There was a chorus of screaming, wailing and swearing as people crawled through the darkness. Then there was more, except this time you could see all the wires. At this point some kind souls showed Eleanor and me a way through that avoided any more shocks, but poor Graham had to endure a second round of torture. This led into concrete tubes that brought us back out into daylight.



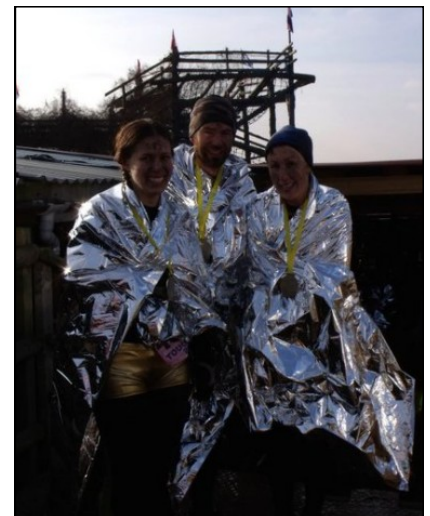
Rachel seconds before her very dramatic headfirst plunge into the icy waters below!

I managed a spectacular head first fall into icy water which worried the rest of Team Hotpants, but caused no harm. From this point it got harder and harder and colder and colder. Repeating similar obstacles and going in and out of the water. After wading through water for a solid 5 minutes I had to bypass the dreaded water tunnels as the cold started to make me delirious and I was sure dunking my head under water 4 times would have definitely caused hypothermia to set in. I made my way around while Eleanor and Graham braved the freezing horror. We regrouped ready to climb yet another A-frame, this time with absolutely no feeling in our hands and shaking violently. This climb felt so dangerous! Eleanor went on to perform the most spectacular jump from the diving board.

Nearing the end now we entered the Colosseum, an endless series of planks, cargo nets, monkey bars and rope swings. Each time you didn't have the strength to swing across you fell into the freezing water again. When it was finally over we headed on crawling under barbed wire, running across tyres, a few more dips in the water. The end in sight. Shells of our former selves we did it!

Wrapped up in our silver capes, hot drink thrust into our hands, warm water sprinklers showering us and then to the hay filled barn to peel the soaked filthy layers off.

Horrible, evil, at times unbearable and cold beyond belief, but I'd recommend it to everyone. It's the most amazing challenge and I am very proud of what Team Hotpants achieved that day!



Team Hotpants at the end, feeling anything but, er, hot!

Rachel Pilling

Entries for Tough Guy 2012 are open now, and costs a mere £165 if you are a first-timer ('wetneck')...



Summer 2011 Club Trips!



This year as well as the annual Edinburgh Marathon trip we have decided to make official Kirkstall Harriers Club Trips out of the Bridlington Festival of Running in June and Race the Train in Wales in August. Fun! Read on for de-

Edinburgh Marathon Festival Trip - 21st & 22nd May 2011

The Edinburgh Marathon Festival on May 21st and 22nd includes a 5k and 10k on the Saturday and the full and half marathons on the Sunday (with the half starting at a ludicrously early 8am!!).

Jill Stocks is organising a trip up for this weekend again so if you have not already told her you are up for it, please get in touch as soon as possible so she can book you a room in the hostel. The price is approx £40 per person for two nights and is very near the start area. We can consider transport options nearer the time depending on numbers. Please email stox78@hotmail.com if you are interested in joining the trip, whether you are running or just fancy a weekend in one of Britain's best cities. There is more information at www.edinburgh-marathon.com



Bridlington Festival of Running - 5th & 6th June 2011

This is a brand new event organised by friend of the club Mark Hetherington and should be a fantastic weekend of events at the seaside! There are separate events which you can enter but for the package deal of £25 you get the lot... The 'Grand Yorkshire 10k' on the Saturday afternoon at 4pm, Spa entry ticket for the 'Big Night Out' evening entertainment from 7pm - 1am and a 'Beat The Clock' Beach Race on the Sunday morning at 11.30am.

The evening entertainment will include talks from Tracey Morris (Great Britain Olympic marathon runner) and Tom Williams (star of the legendary Marathon Talk podcasts), a practical 'drills and stretches' session by Alison Rose from the Carnegie Sports Physiotherapy Clinic and a disco and live band! There will be food and drink available too of course.

Mark has already reserved us a Kirkstall Harriers table at the do so we have our space ready and reserved! Several of us have already signed up, and the more the merrier so go to www.pbevents.me for more details and to enter. Pay particular attention to the rules of the 'Beat the Clock' race, this sounds SO much fun!!!

We are planning on heading across for around lunchtime on the Saturday and returning the Sunday afternoon after the Beat the Clock race. Accommodation-wise there are plenty of options available to us for the Saturday night with loads of hotels and B&Bs around. We can't vouch for these but a quick zoom round the internet has thrown up 2 that we (by 'we' this means Eleanor by the way, just to make that clear!!) like the look of! Firstly there is the London Hotel, 15 rooms all with sea views starting at £37, tel: 01262 675377, and the Bluebell Guest House which just has 6 rooms starting at £28, tel: 01262 675163.

Nearer the time we will sort out car sharing etc. In the meantime if you have any questions please speak to Eleanor.

Race the Train - Sat 20th August 2011

The 28th Annual Race the Train will take place on Saturday 20th of August and I was hoping a few other like minded Harriers fancied a trip down to Wales to take on the train (Gary Carlisle likes the race so much he has entered twice already) You can find all the details and entry forms here: www.racethetrain.com

Just so you know the main event is called the Rotary Challenge and they are already taking entries so you don't have too long before the race fills up! Still not sure what it's all about? Then watch is great Countryfile film: <http://www.racethetrain.com/event-description.html>

The current plan is to travel down to Tywyn Friday evening, set up camp and get the BBQ going! Have a few beers and while away the hours as the race doesn't start until 2.05pm the following day (Camping is definitely the way to go as it will be really good as it never rains in Wales but mainly because it's dead cheap). Saturday we race the train and then party the night away. Sunday we pack up get a massive/well deserved cooked breakfast and head for home! Whole weekend shouldn't cost more

than fifty quid (not including beer money obviously). So if you are interested let me know by either catching me at a training night or emailing me at matt.sykeshooban@btinternet.com

Matt Sykes-Hooban



RACE REPORT

Brass Monkey Half Marathon - 23rd January 2011

This was only my second attempt at the flattest half marathon in Yorkshire (that I know of at any rate) and when I entered it that Saturday morning many months ago, I dreamt of easy running and an elusive PB. As regular readers of the newsletter may distantly recall I made a pretty bad job of running it last time round. So this year I had planned to do it all properly, however the course of a long distance runner never does run smooth. Somewhat inevitably in the run up to Christmas I suffered a most painful injury at work which put me out of action for over 6 weeks. This coupled with the festive season meant that come the New Year I was in almost the same physical condition as this time last year which was that of an overweight asthmatic donkey... Typical!

So my guaranteed PB at the start of the year disappeared before I even toed the start line. After a quick revision of my goals I decided that the Brass Monkey would do as a first long training run of the year albeit at a slightly quicker pace than normal and with a couple of thousand like minded people to chat to on the way round, which was just as well because the scenery is pretty dull in this part of the Vale of York apart from the charming villages of Acaster and Bishopthorpe of course. And said villages were full of lovely residents out on the streets encouraging the runners which was jolly nice of them.

I got round in a quicker time than last year which is small and pleasing victory of mind over body. I kept to my target marathon pace of a smidge over nine minutes a mile which was good but I fear there is work to be done because on crossing the finishing line I didn't fancy running another thirteen miles!

This year's race prize was a quality technical long sleeved t shirt which will come in handy in months to come, and apart from a few hitches before the race with a congested race HQ which delayed the start everything else seemed to go off without further incident. The race marshals were excellent and the post race tea and prize giving was quite interesting, that's the last time I sit next to the prize table after a race though I didn't realise they gave out some many cheques?

One last thing, I have decided I do not like videos being taking of me running I looked like a right Wally running past that blooming thing (again!)

Matt Sykes-Hooban

Photos from Awards Presentation Night



L-R: Club Championship Shield and trophies waiting to be awarded, Phil Hewitt showing off one of the reasons he got nominated for Sportsman of the Year (!), and eager hungry harriers waiting for their dinners...

RACE REPORT

Noonstone Fell Race, Todmorden, 26th Feb, 9 miles/2,300 feet

Those who went to the English National Cross Country Championships will know the meaning of a muddy course and the hills above Todmorden were nearly as wet but with horizontal rain, rocks, bogs, streams and cliffs thrown in! This was a very rough course and, with half the route not flagged, a test of navigation as well. Having said that I felt strong all the way round and enjoyed the experience of testing myself against the elements as well as other runners. In an improvement on my last fell race I came 48th out of 241 in 1:28:43. Bring on the Three Peaks!

Phil Hewitt



Photos courtesy of
www.sportsunday.co.uk

Volunteers Needed - St Gemma's Midnight Walk

The St Gemmas Midnight Walk takes place on the 14th May starting at Headingley Stadium and volunteer stewards are desperately needed. Please try and support this excellent cause. More details are available at www.leedsmidnightwalk.co.uk or email Vicki Burnett at vickib@st-gemma.co.uk if you are able to help.

New Members and Subscriptions

Our final new members for this financial year are **Sandra Fraser** from Kirkstall Road, and **Jill Sigournay** from Burley who had her initiation ceremony at the University Relays back in December. This brings the total membership to 106 which is 3 more than last year and a pb in itself.

At the AGM the new subscription rate was fixed at £20 per person unless you are a member of the LPSA in which case it is £15. You can pay for 2 years which will be £38. If you joined after June 2010 your new subs for 2011 will be adjusted pro rata, for the next 12 months. 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.



February & March Birthdays

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

* Paul Wilson * Lucy Needham * Rhian Millar * Manghanita Kempadoo * Sheila King * Helen Fearn
* Jill Sigournay *

And many happy returns to the following members who have birthdays in March:

* Patrick Nesden * Trish Convey * Tony Moran * Carl Marsden *

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 eleonor5446@hotmail.com or kirkstallharriers@googlemail.com if you would like to contribute to the newsletter. All articles, member profiles etc gratefully received.

