

Kirkstall Harriers Newsletter

No. 89 April 2011



News in brief

* 3 Mile Time Trial - Weds 9th March

After the good support of 20+ runners in the first two races we only had 10 for this one, and on a reasonably good night weather wise. We had 3 new names for this event, Helen Thompson, Alan Gladwell, who only joined the club on the night, and Mike Hewitt, Phil's brother who must have heard all the good news about this race! The first 3 over the line were **Alan Gladwell** in a run time of 22.33, **Kevin Longmate** 19.05 and **Chris Hunt** in his new shoes, 23.11. Bringing up the rear (due to bad handicapping of course) was **Richard Hancock**. Pb's on the night were Chris Hunt and Kevin Longmate. All runners received a commemorative prize. If sufficient interest in the summer we can do an accurate 5k route along the canal from Kirkstall to Rodley followed by a relaxing run back down the river.

* parkruns

If you have not already heard there is to be a new 5k parkrun starting at Roundhay Park on April 23rd, start time 9.00am. This race will be included in the Club Championship for points as well as the Hyde Park run. This will also be the same for the Otley Chevin parkrun which is expected to start in May. Anyone interested in helping out at the

Roundhay Park runs can contact Gary at garybpt@googlemail.com. Keep an eye out on www.parkrun.com for further information.

* Free Massages

After our last training run before the Leeds Half Marathon on Weds 4th May, Ward Jefferson who is a friend of the club and qualified sports massage therapist has very kindly said he will come to the LPSA to give us free massages! If you would like a free 10 minute massage after the training run that night please pass your name to Eleanor so we can arrange a start time based on how many people will be turning up, thanks.

* Leeds Half Marathon

For those running or supporting at the Leeds Half Marathon, just a note to remind you that we have booked the back room of Mr Foley's on the Headrow for food and drink after the race.

* Kirkstall Festival - 9th July

Jill is still after volunteers to help man our stall and donations for the tombola. Please email stox78@hotmail.com.

* Bradford Millennium Way - 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

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Key Dates for your diary

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)
Sat 9th July: Kirkstall Festival
Sun 10th July: Eccup 10 (Club Championship Race)

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 recci 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 a committee member immediately so we can establish if we have enough members interested to get a team together. Unfortunately - as is often the case in summer - this race does clash with the Castle Howard 10k which is a club championship race.

PECO Cross Country League - Otley Chevin 6th March

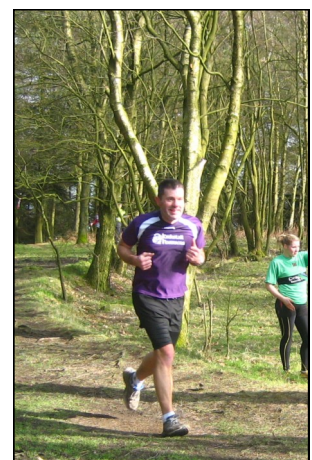
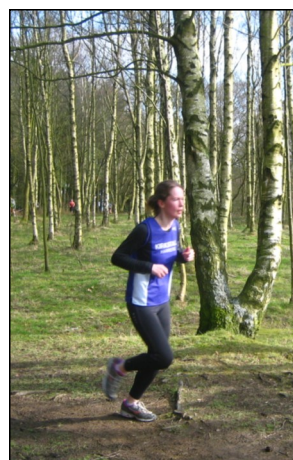
Sadly - some may say - this was the last race of the season and was a good one to finish on. A beautiful course and lovely dry weather and terrain, for a change. Again we had a fairly good turn out but still missing quite a few runners. There were 13 men and 12 women.

Leading the men home again was **Peter Branney** finishing 8th, followed by **Phil Hewitt** 35th, **Rob Goulsbra** 59th, **Kevin Longmate** 63rd, **Gary Carlisle** 87th, **Peter Britton** 100th, **Mark Skinner** 112th and **John Hutchinson** our over 60! 114th. Outside our main 8 counters but helping push other scorers for other clubs further back were **Matt Hooban**, **Andy Cooper** (his first cross country and run for the club) **Peter Hey**, **Chris Hunt** and **Patrick Nesden**. For the ladies and only coming 2nd this time (but still well done!) **Gemma Smith**, then **Rachel Pilling** 11th, **Eleanor Franks** 25th, **Jill Camm** (still improving) 30th and **Sheila King** 32nd. The other ladies were **Marion Muir**, **Helen Goldthorpe**, **Collette Spencer**, **Diane Shaw**, **Carol Moran**, **Bal Sandhu**, and **Jill Stocks**.

For the race the men came 6th with 578 points, trailing Rothwell and Ilkley by a narrow margin of 22 and 31 points respectively, but still stayed 5th overall after 5 races, beating Ilkley by 1 point. This means we should stay in the Premier League, but the downside is could we have won the First Division again next year if we had we been relegated. The ladies were 3rd team in the race, and were 3rd overall after 5 races, being beaten only by Horsforth and Abbey – quite an achievement so well done girls.



In the absence of our own flashy flag we decided to pose by Abbey's and photoshop it to look like a KH flag... then remembered our photoshop skills are not that great..!



Thanks to Adam for being on cheerleading and photographer duties and taking loads of great photos of the purple army in action! We will eventually get the photos on the website but for now they are just on Eleanor's facebook page...

Yorkshire Vets Races

If you are over 35 and enjoy running on and off road these are ideal races for you – and the Harriers. The first race is now upon us, at Horsforth, organised by our friendly rivals Horsforth Harriers. The date is Sunday 3rd April at 10.00 (note the earlier time – not 10.30) at Horsforth Hall Park. The route is approx 6 miles and is a mixture of road and trail. The race will be followed by the AGM and food and drink are available in the pavilion, along with changing and shower facilities.

We usually have sufficient numbers for a team but if you have not tried them yet, please have a go at this one – it is on your doorstep.

The league is mainly a team event for over 35's, but prizes are available at the end of each race for individual 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

Wed Aug 3rd 7.30pm Knavesmire

Tues June 14th 7.45pm – Pudsey

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

Tues June 21st 7.30pm – Meanwood

Sun Nov 13th 11.00am – Spenborough

Sun July 10th 11.00am – Honley



Gemma Smith being awarded her Special Achievement Award prior to the final PECO race. Cue lots of jokes about us taking it back if she didn't come first as usual!

Chairman's Chase - 28th March

This event was well attended - knowingly or not with 20 starters, It was also nice to see Richard Thomas back running after his long illness and we hope he soon gets back to his speedy self. Overall there was 11 minutes difference between first and last home, not too bad considering the hilly route of our old 10k road race. If we take off the last two finishers the time difference is only 6 minutes. Even better there were only 7 seconds separating the first 4 so at least some of the handicapping was not too bad. First 3 over the line were **Kevin Blackhurst** in a run time of 43.07 followed by **Sam Carroll** in 43.08 and **Helen Thompson** in 57.13. Many thanks to Tony and Ian for helping out on the night and hopefully everyone enjoyed the buffet afterwards.

PBs and other worthy mentions

There were 3 pb's at Bradford 10k that we are aware of - **Peter Britton** in 41.53, **Allan Gladwell** 46.23 and **Chris Hunt** 49.59.

On the same day over In Hull at the 20 miler, **Adam Moger** got a pb of 2.51.14 and **Eleanor** 2.57.52.

Laura De Graff also got a 5 min pb at the Silverstone Half Marathon last month and her first sub-2hr time with 1.56.41.

As always, please let us know if you have run a pb or achieved any worthy of a mention in the newsletter - thanks!

London Marathon World Record Attempt!

Your very own Newsletter Editor Eleanor Franks has decided to run the London Marathon on 17th April in a wedding dress, in an attempt to set a new Guinness World Record in the category 'Fastest Marathon in a Wedding Dress'! And also to raise money for the Yorkshire Cancer Centre who have helped two of my work colleagues overcome their battles with breast cancer. To sponsor me and see a photo of me in the dress please visit www.justgiving.com/eleanorweddingdress

Thanks.

Club Championship - Bradford 10k, 20th March 2011

Bradford 10K Makes a welcome return to our club championship after a year off. It was a race that first featured in the 2009 championship and is back by popular demand.

We had 12 Harriers run this year and as usual for the flat speedy course we had a glut of PB's, most notable being one of newest members **Allan Gladwell** who just managed to join the club in time to qualify for the championship and a good job too as he scoops maximum points for a cracking PB of 46.23. **Peter Britton** is having a great start to the year he crossed the finish line in 41.35. **Chris Hunt** once again knocked time off his PB with an excellent sub 50 minute run! And a worthy mention goes to one of most prolific racers Richard Hancock who clocked 55.22 with times like this it looks like Richard is definitely now firmly in the middle of the pack. Well done to all who took part.

A quick look at the overall league table after two races sees Peter Britton on 37 points opening up a 5 point lead over Richard Hancock who is in second on 32 points, and in third place is Chris Glover on 30 points. But it is all still to play for as there are plenty of races to go before November. Don't forget the next race is the Guiseley Gallop on the 24th April which is Easter Sunday. What better way to work up an appetite for all those tasty treats than a nice muddy 10k off road race.

Race #2 - Bradford 10k		
Points Awarded		
Position	Name	Points
1	Allan Gladwell	20
2	Peter Britton	19
3	Chris Hunt	18
4	Richard Hancock	17
5	Chris Glover	16
6	Peter Hey	15
7	Helen Goldthorpe	14
8	Gary Carlisle	13
9	Isaac Dell	12
10	Stephen Dalton	2
10	Ian Brown	2
10	Lisa Smailes	2

Club Championship 2011 - Overall League Table		
Totals after 2 races		
Position	Name	Points
1	Peter Britton	37
2	Richard Hancock	32
3	Chris Glover	30
4	Peter Hey	24
5	Gary Carlisle	23
6	Helen Goldthorpe	21
7	Kevin Longmate	20
7	Isaac Dell	20
7	Allan Gladwell	20
10	Adam Moger	19
11	Christ Hunt	18
12	Mark Skinner	17

For full results please see the website.

RACE REPORT

Wilmslow Half Marathon - Sunday 27th March

What a wonderful way to celebrate the first day of British Summer Time!

I wasn't sure what to expect of this one. I just fancied trying out a new half marathon and it caught my eye so I entered it. And I'm very glad I did.

The weather was lovely for running – sunny and warm, but not too hot. I arrived to find exceptionally well organised officials directing the cars in a speedy and efficient manner – I like this, as I get grumpy and stressed when they're not very good.

It was quite a busy race, presumably as it incorporates the England half marathon championships and sells itself as being a good PB course. That said it wasn't like going to the National cross country and being intimidated by everyone being very serious. In fact it had a very relaxed atmosphere.

After seeing some friends I used to run with in my youth I was eager to run a good race and set myself a slightly ambitious target. I began to regret this by 9 miles, when my legs were lead like, but at least I gave it a shot. I managed a respectable 1:35:42 and 28th in my age category.

The course was pretty flat (definitely a good PB course on the right day) and quite quaint, passing through small villages and along country lanes. I was distracted quite a few times looking at lovely little houses. The marshalling and public support was second to none. I was so impressed – there were people all the way round cheering, and playing music and the marshals were really encouraging. It was very enjoyable indeed!

Rachel Pilling

RACE REPORT

East Hull 20 - 20th March 2011

Now here's a race I never thought I would do again, I think I may have said this before but a 20 mile road race is an unforgiving beast. It's almost entirely run by those training for marathons, I haven't yet met a runner at a 20 mile race who wasn't doing London, Paris, Edinburgh or another big marathon soon after. You have to think of it as a dry run for the marathon a good place to test your fuel strategy, marathon pace and runner gear. But yet it's such a weird thing to do, to test yourself over 20 miles, I mean it's a really long test and really knackered too. Why do we do it? When I figure that out I'll get back to you!

So the day of the race arrives and Eleanor and I make our way up the M62 to Hull where we met up with Adam and Anna to test ourselves over the fast flat course, Eleanor and Adam must be pretty masochistic as the Sunday before they had both run the Spen 20 (that's another race I wouldn't want to run again). Anyway it's was a glorious day and the 3 of us started together and for the first 3 miles or so we ran together, which was great. Adam slowly drifted ahead but Eleanor and I kept running along together at about 9 minute mile pace which handily is my predicted marathon pace. It was really nice to run with Eleanor as I haven't been able to keep up with her in a race for ages (She is usually much quicker than me) but it was taking her a while to get the legs going again after the Spen 20 the week before. We passed the time chatting about running, London and generally gossiped away and trying to keep Adam in view.

By about 9 miles Eleanor was starting to chomp at the bit to up the pace and she sped off while I stuck to my 9 minute mile pace. I kept to my pace and fuel strategy, if you're interested its Lucozade sport orange watered down (its way to sweet otherwise), Jelly Babies and water. Who said running was healthy? It seemed to do the trick though as I kept the pace up and even managed to catch Eleanor up at 17 miles. We ran the last 3 miles together dragging each other along and keeping the pace up, those last 3 miles were among the fastest of the day. The plan was to cross the line together but the last 500 metres was just too tough for me and we crossed the line about 10 seconds apart! But both inside 3 hours which was an excellent result.

Adam went round in 2.52 and was well pleased to get round in one piece, as he had had a tough run at Spen the week before. And to complete the day Anna came home in just over three and a half hours.

I am still not convinced about whether or not I like 20 milers but if I get a PB in London this year you can bet I'll be back for more next year... maybe I'll even do the Spen 20, stranger things have happened.

Matt Sykes-Hooban

New Members and Subscriptions (Due Now!)

Our first new recruits for this financial year are **Stephen Corcoran** from Armley, **Lisa Smailes** from Kirkstall, **Allan Gladwell** from Bramley who managed a pb at his first run in club colours at Bradford 10k, Rachel Pilling's husband **Graham Pilling** who ran the final PECO race as a guest, and finally **Catherine Elvin** from Bramley.

The subscription fee is £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. Alternatively 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.



April Birthdays

Many happy returns to the following members who have birthdays this month:

* Gary Carlisle * John Hutchinson * Mandy Stevens * Diane Thomas * David Wilson * Stuart Rayner *
Kimberley Ridout * Karen Wilton * Paul Ashton * Steve Corcoran *

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.

