

Kirkstall Harriers Newsletter

No. 91 June 2011



News in brief

* Subscriptions - DUE NOW!

Please note that your 2011/12 subscriptions need to be paid by the end of this month or you will be deleted from the UK Athletics database and our records! Please send a £20 cheque to 17 Stainburn Avenue Leeds LS17 6PQ. Simple!

* Meanwood Valley Trail

Well done to the following members for picking up prizes at this race last weekend: **Rachel Pilling** was 3rd senior lady (5th lady overall), a week after doing the Windermere marathon and then the Apperley Bridge Canter on the Thursday, and 2nd over 60 was **John Hutchinson**. In the **Airedale Triple Challenge** (incorporating the Baildon Boundary half marathon, Guiseley Gallop and Meanwood Valley Trail - 26.8 miles in total), 1st senior lady was **Rachel Pilling** (2nd overall) who won a little marble trophy and a voucher and getting a special mention and prize for doing all 3 for the last 10 years was **Dave Spink**.

* Kirkstall Festival - 9th July

Jill is still after volunteers to help man our stall and donations for the tombola. Please email stoxy78@hotmail.com.

* Leeds Country Way - Sun 4th September

This is a team event and each team needs 6 pairs of runners to run a distance of 8 to 11 miles starting and finishing together. The race starts at Garforth at 8.00am and takes in Stanley, Batley, Thornbury, Golden Acre Park, and Thorner before finishing back at Garforth usually mid afternoon. Each of the 6 legs needs to be reccied before race day as the routes are not marshalled. The routes are a mixture of road and off road terrain. If you are interested in taking part please give your name to Peter Hey or one of the team captains – Collette, Phil Hewitt or Paul Miller, so we can plan our best team, usually the ladies, and allocate legs.

* Thank you Richard

A big thank you to **Richard Hancock** for doing the lions share of cleaning and painting in the changing rooms at the LPSA. These are predominantly used by the men but once they are finished and smelling of roses there are no reasons why they cannot be used by our female members - provided of course arrangements for separate showering are made beforehand - if that's what is preferred (!).

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Key Dates for your diary

Sat 4th - Sun 5th June: Bridlington Festival of Running (Club Trip)
Sun 5th June: Yorkshire Vets race, West Vale nr Halifax
Sun 12th June: Castle Howard 10k (Club Championship Race)
Tue 14th June: Yorkshire Vets race, Pudsey
Tue 28th June: Yorkshire Vets race, Meanwood
Sun 3rd July: Yorkshire Vets race, Honley
Sat 9th July: Kirkstall Festival
Sun 10th July: Eccup 10 (Club Championship Race + Eleanor's Hen Do!)
Weds 3rd Aug: Yorkshire Vets race, Knavesmire
Weds 17th Aug: Members Meander (Club Championship Race)
Sun 18th Sept: KIRKSTALL ABBEY 7 RACE, hosted by us, your help is required!

* Bridlington Festival of Running

Just to say it's not too late to join in the fun and come along to this event which is this weekend - 4th and 5th June. See the website for details www.pbevents.me/bridlington.html

Or speak to Eleanor... Mark Hetherington who is organising the events has kindly said he can do us a discount on the evening entertainment tickets if anyone has family / friends who would like to come just for this and not the running!

Kirkstall Abbey 7 - Sun 18th September 2011

You may have seen entries for this race – especially if you did the Leeds half. Please do not enter this event (but encourage your non-KH friends to!) as we need as many members as possible to assist on the day to ensure its success. You will get a chance to run the route in the Members Meander, and all marshals on the day will receive the same memento as the runners.

Washburn Relay - Fri 15th July 2011

This is an annual relay race of 3 legs on average 3.8 miles per leg, starting 7pm. The legs take in the nice scenic runs around the reservoirs of Swinsty and Fewston Reservoir, starting at the Yorks. Water Swinsty Moor car park. If you are interested in taking part in this competition please pass your name onto the club captains Collette or Phil Hewitt so we can organise some teams.

PECO XC 'Pecolympics' presentation - 22nd May

Turned up for the pecolympics presentation afternoon on 21st May for lots of fun and games. Realised I was maybe a bit too keen when I was first there, followed very closely by Bal. The first race was the sack race, hoping I wouldn't be defeated as I won it last year. Unfortunately we had to compete against men this year so I was very sadly beaten, but was the first of the women if that counts for anything!

Myself and Bal entered all the following races: the three legged, egg throwing and catching and the tug of war. I have to add that we did come second in the egg throwing and catching and won ourselves a bottle of beer.

Sheila and Amy turned up a bit later and joined in supporting the last few races and we finally enjoyed filling our faces with barbecue food which was very nice. Even went up for seconds.

Congratulations to **Sheila** who was presented a trophy for coming second in her age category and I happily collected trophies for **Peter Branney**, who came 2nd overall and **Paul Glover** who came 2nd in his age category.

It was a fun afternoon out, but I was slightly disappointed that more people didn't turn up to support our club.

Collette Spencer



Photos: Collette and Bal with their prizes, Sheila collecting her trophy and Bal and Collette showing off their strength in the tug-of-war

Yorkshire Vets - Sun 5th June, West Vale 11.00am

After one race in 5 months – now its 3 races in June and then one on 3rd July.

The next race is at West Vale on Sun 5th June – start time is 11.00 not 10.00 as first detailed, and registration closes 15 mins before the start of the race.. However this does clash with the Bridlington Festival also this weekend unfortunately. Anyone wanting a lift for this or any other races please ask Peter Hey or mention it at the club on training nights.

If you are over 35 and enjoy running on and off road these are ideal races for you – and the club. We usually have sufficient numbers for a team but could always do with some more runners. If you have not tried them yet, please have a go, even if you came last which is very unlikely you will still score points for the club. 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 or less if they cannot organise 10 races. Race entry fee is £3.00 and more often than not includes refreshments afterwards.

The other dates so far are:

Tues June 14th 7.45pm – Pudsey

Wed Aug 3rd 7.30pm Knavesmire

Tues June 28th 7.30pm – Meanwood

Tue Aug 23rd 7.30pm Bingley

Sun July 3rd 11.00am – Honley

Sun Nov 13th 11.00am – Spenborough

Another date is likely to be confirmed soon

Messages from our Agents at Home and Abroad

PETER BRANNEY - STAYING ON AS 2ND CLAIM MEMBER

"I'm looking into changing my membership at Kirkstall Harriers to 2nd claim, so that I can do more running for Leeds City. I tend to run with a lot of them now and there's always the small chance I could get a place in a Yorkshire team or something similar (if they're top 50 runners are having a bad day, that is). I hope you don't mind - I think I'd still be eligible for the PECOs because Leeds City are not in the league." Peter Branney

Peter has been an excellent runner ever since he joined the club in 2003. We thank him for staying with the club for so long as first claim even though we rarely had anyone else who could keep up with him on training runs and races. Moving out to Guiseley also made it difficult to continue training with us. He started to pick up some prizes about 2 or 3 years ago just before he injured himself so we wish Peter all the best in his running. He has added that he will still be wearing the purple club colours at some of the races he does, and we look forward to seeing him at forthcoming PECO Cross Countries if not sooner.

SEAN McEVOY AND THAT OP

Sean went into Bradford RI on Tuesday 24th for a Birmingham hip hop (and that's not a dance). We all wish him a quick and speedy recovery. His humour and navigational skills have been missed on our training runs.

MARK VICKERS IN AUSTRALIA

"Hello guys n gals,

Christmas brought a feast of cricketing excellence, with Boxing Day at the Melbourne Cricket Ground being described by many as the greatest day of English cricket. Watching us skittle the convicts for less than a ton before a solid 150+ opening partnership from Strauss and Cook ensued wasn't bad for my first ever match! The silly season continued in Sydney with more cricket action plus harbour fireworks etc for New Years, all finely garnished with a serving of Denney who'd pole-vaulted himself across from the not so distant land where six is sex and sex is six, and brothels apparently overcharge.

Workwise its been a busy year and I've felt much more established but also under the pump. The running has continued, although not to the same intensity and I don't really want to talk about yesterday's disastrous half marathon! I've joined a football team, North Sydney United. It's been awesome getting back into it and it's a really top bunch of lads from all over the place, with a good social scene to boot. We even managed to win at the weekend, bonus. It's more popular and the standard is better than I thought it would be, albeit not up to the English standard in general. I've got quite into the AFL too, having seen the Sydney Swans live a couple of times. Unfortunately the surf board has taken a bit of a backseat of late, mainly because I don't have time with football n all, but also because I'm still really quite sh!t at it. Also, I've officially acclimatised to Sydney, and am feeling the chill much more than I did last year, even though it's not quite winter yet. But all in all, life is still pretty good.

As some of you know, my family was over for a few weeks last month, we spent a few days in Sydney then did a road trip up the coast. Was a fantastic trip, however halfway through we got the sad news that our grandma had passed away. And so I was actually back in the UK for the funeral the week before last for a few days. Despite the nature of the visit, it was great to see some of you and sorry to those that I didn't manage to contact or see but this was an unexpected visit and I fitted as much in as I possibly could.

Anyway, I've got a *planned* trip for the end of July/start of Aug and so that hopefully I can catch up with all of you in at least some capacity.

Ciao for now,
Mark x"

Mark will be in Leeds the weekend of the 29th July for anyone who would like to arrange a catch up.

Harrier in Print

Rhian Kempadoo-Millar's Mum has been in touch to tell us about her book for children which has just been published by Primary Colours. Rhian's original book was created for her A levels many years ago and she has been asked time and time again to reproduce it for schools. For the past 12 years she has done Carnival workshops in schools in Leeds so she finally decided to get to work and rewrite it.

Please see the website www.primarycolours.net. A quote from the website: "Carnival gives children of all ages the chance to express their ideas, thoughts and feelings through a variety of media. The imitative creative and communicative processes that create culture are central to children's learning."

For more information on the Carnival! Teaching Pack <http://www.primarycolours.net/ProductView.cfm?PID=152>

Well done Rhian, what a wonderful achievement!

Club Championship - Leeds Half Marathon, 8th May

Race #4 - Leeds Half Marathon		
Points Awarded		
Position	Name	Points
1	Catherine Elvin	20
2	Chris Hunt	19
3	Mark Skinner	18
4	Chris Glover	17
5	John Hutchinson	16
6	Andy Cooper	15
7	Adam Moger	14
8	Rachel Pilling	13
9	Gemma Smith	12
10	Marion Muir	11
11	Jonathan Moore	10
12	Kevin Longmate	9
13	Bal Sandhu	8
14	David Spink	7
15	Sheila King	6
16	Eleanor Franks	5
17	Collette Spencer	4
18	Amy Richards	3
19	David Wilson	2
19	Eme Musgrove	2
19	Stephen Groves	2
19	Alan Wood	2
19	Laura De Graff	2
19	Sam Carroll	2
19	Peter Hey	2
19	Richard Hancock	2

Club Championship 2011 - Overall League Table		
Top Ten after 4 races		
Position	Name	Points
1	Chris Glover	62
2	Chris Hunt	49
3	Mark Skinner	48
4	Peter Britton	45
5	Rachel Pilling	43
6	Adam Moger	42
7	Catherine Elvin	38
8	David Spink	37
9	Richard Hancock	34
10	Peter Hey	32
10	John Hutchinson	32

Congratulations to the 26 Harriers who ran in what is always our biggest Club Championship race of the year, the Leeds Half Marathon. Many of us agreed that it was a tough race this year with pretty warm and muggy conditions with many finishing considerably slower than last year. Huge well done to all the ladies who ran the race and in particular **Gemma, Rachel** and **Amy** for picking up first ladies team prize, and to **Gemma** for being 1st lady home for the 2nd year in a row, in a time of 1hr 26 mins 6 seconds.

Please see table to the left with all finishing positions based on Club Championship rules, and the Top Ten overall after 4 races above (full details are on the website).

Please remember that we do have in the rules that you must wear club colours to gain championship points (and you should be wearing these anyway if you enter as a Kirkstall Harrier). If you do wish to run in a charity vest or other attire (perhaps a wedding dress?!) then please mention it to a committee member prior to the race as we do make exceptions in certain circumstances such as these. For a reminder of full championship rules please see the website, thanks!



Right: Kirkstall Harriers ladies - Amy, Gemma and Rachel - pick up 1st team prize as awarded by the Lord Mayor of Leeds and Lady Mayoress.

RACE REPORT

Edinburgh Marathon - 22nd May

It was a bit rainy and there was a lot of wind especially at the end – but generally I think the weather was fairly kind. It certainly could have been a lot worse and the temperature was pretty perfect. It started well and while I think I started a little quickly – I did slow down the pace deliberately after the half way mark. I felt it was all going to plan until about 23 miles and I was hoping for a time of about 4.10 – 4.15 (which is what I had in mind before I started the race)

The last 3 miles I had to part walk due to pain in my joints – mostly my foot and shins. I tried to push through it – but the pain was just a little too much (next time I think I may take some ibuprofen and paracetamol at 3 hours!)

I was doing 14/15 min miles for the last 3 – which meant that I came in at 4.24 – a little disappointing – but hey – I have now completed my first marathon!

Hope to be back training on Wednesday!!

Big thanks to everyone at the club for the support I've received over the past few months – couldn't have done it without you all.

Andy Cooper

3 Peaks Fell Race - 30th April

The Three Peaks Race in the Yorkshire Dales is one of the highlights of the fell running calendar, now in its 57th year and still going strong with a record field of 765 on the start line. The course is 23.3 miles with 5280 feet of ascent. After weeks of dry and settled conditions, it seemed as though the good weather was destined to break before race day, but instead it remained sunny and dry. The wind played its part, however, keeping us cool in the valleys and challenging us with gale-force strength on the summits!

Two Harriers entered this year's event, Liam Mealey was returning having completed the race last year, and I was entering for the first time. I decided to commit myself to the challenge back in October and, as a novice fell runner, I was required to complete two high-difficulty races just to qualify. Because of this, most of my training in the last six months had built up to this day.

The first Peak, Pen-y-Ghent, is a relatively short leg with about 40 minutes of ascending, and allows a last view of the leaders as they fly past on the descent. I found the second leg to be the real back-breaker, a 12km slog across to Ribbleshead. At this point Liam unfortunately had to retire, but well done to him for persevering so far despite not feeling well. I am grateful to him for making it up to Sulber Nick near the finish to cheer me on, and to Helen Goldthorpe for appearing at various points to support us both.



Phil looking very comfortable!



Spot the Liam! (purple vest...)

The steep march up the second peak, Whernside, was made easier by a strong back-wind. This increased to such strength that I was practically lifted over the lip of the hill at the top! It was a bizarre sight on the summit ridge as lines of runners leaned 45 degrees sideways into the wind to avoid being blown over. The ascent of Ingleborough involved 443m of ascent in 4km from the valley to the summit and left my legs feeling dead. Luckily my dad and brother were ready at the top with the all-important jelly babies to keep me going. The final 7km to the finish at Horton were the toughest as I fought the urge to just stop. I finished in 4:13:29, 258th out of 677 (winning time was 2:53:34!). This was much better than I had expected and to finally complete the race after so much training was a huge achievement. There was a great atmosphere all along the course and at the finish and I'm sure I'll be back next year!

Philip Hewitt

PBs and other worthy mentions

There have been a few more marathon runs since London, with **Diane Shaw** 4.06.15 and **Kevin Blackhurst** 3.20.02 both getting pb's and **Gary Carlisle** 3.28.10 just missing one at the Shakespeare Marathon. Unfortunately Patrick Nesden after all his training missed out due to injury, but I'm sure he'll be back shortly, notching up all those miles again. At the Brathay Windermere Marathon **Rachel Pilling** and **Eleanor**, (doing another so soon after London – but without the wedding dress, and being paced by Rachel) both ran 4.04.41. Last but not least **Andy Cooper** did his first ever marathon at Edinburgh and achieved a time of 4.24.50 (with a time of 1.57 at the halfway point, that 2nd half must have hurt!), whilst Peter Britton had to withdraw from the same event due to injury which would have been his first marathon too. Not quite a marathon but definitely harder to run was the 3 Peaks of Yorkshire - **Phil Hewitt** got round in a very impressive 4.13.19 and finished 258th out of 677 runners. Earlier in May we had several Harriers at the Rothwell 10k with speedy new PBs from **Chris Glover** 41.00, **Adam Moger** 41.53 and **Rachel Pilling** 42.07.

Finally, despite a muggy day in which a lot of people had tough races, well done to the following managed new half marathon PBs at Leeds Half - **Chris Glover** 1.32.51 knocking 3 mins off his previous pb, **Mark Skinner** 1.40.20 knocking 6 mins off, **Chris Hunt** 1.51.00 knocking 10 mins off, **Catherin Elvin** 1.45.45 knocking a huge 18 minutes off hers & **John Hutchinson** 1.37.52.

Last minute sponsorship plea!

Most of you will have probably heard by now that I ran the London Marathon in a wedding dress this year to raise money for Yorkshire Cancer Centre and set a Guinness World Record for 'fastest marathon in a wedding dress' in the process. I am running in the dress again one more time this Saturday at the Grand Yorkshire 10k event which is part of the Bridlington Festival of Running and I am really wanting to get some more sponsorship money to bring my total up to £2,000. I am currently on £1,648 so I have just £352 to go. If you have not already sponsored me you can do so here:

www.justgiving.com/eleanorweddingdress

Thank you so much, Eleanor Franks

EVENT REPORT

1st Roundhay parkrun - 23rd April 2011

For those who haven't experienced parkrun yet, it's a free event where you can run/walk over a measured 5km course and have your time and position recorded online so you can track your progress and that of other runners. The Roundhay event is the second in Leeds, the other being at Hyde Park, both at 9am every Saturday if you can get out of bed! (www.parkrun.com)

Five Harriers were present for the inaugural Roundhay Park parkrun last month on a warm Saturday morning. This new course is certainly scenic, taking in the bandstand, Mansion House, Hill 60, the cricket pitch and passing close to the lakeside. Parking is easier than at Hyde Park too, next to the Mansion House and just a one minute walk from the start. A nice feature of the route is that it allows parkrunners a good view of most of the rest of the course at all points, meaning you can keep an eye on how the leaders are getting on, and who's coming up from behind! Although, as Adam pointed out, this isn't a pb course as the finish is several metres higher than the start, and there's a tough hill to test you just before the finishing straight! Overall, I think everyone enjoyed the run but would have preferred a two-lap course rather than have to tackle the hill three times, especially as it was tough going in the heat. A nice alternative to the Hyde Park event and one I'm sure will be popular.

The purple army: Philip Hewitt, Liam Mealey, Adam Moger, Eleanor Franks, Helen Goldthorpe.

Phil Hewitt

RACE REPORT

Rothwell 10k, 2nd May

A sunny but breezy day greeted the runners for the 9.30am start. No longer net downhill, but still fast and relatively flat, chip timing was introduced for the first time this year after previous problems with times.

Water at 5k, well marshalled, and t-shirt, water, and, if in the first half of finishers, a banana or two at the finish. (The "...or two.." probably costing the second half their banana..).

Some solid runs from the purple army: PBs for Rachel Pilling (42.07, surely sub-42 with no wind) and myself in a shouldn't-have-gone-so-fast-in-a-non-club-championship-race 41.53. 41.00 flat for Chris Glover, also wind-affected since he targeted sub-40 and maintained the pace all the way to 7k. Good performances too from Stephen Dalton 46.04, Alyson Glover 51.02 in a strong finish, Isaac Dell 55.14 and, running his second 10k on consecutive days, Richard Hancock 56.24.

Adam Moger



June Birthdays

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

* Richard Thomas * Peter Hey * Peter Marshall * Malcolm Dennison * Julie Hustwit * Richard Hancock
* Laura De Graff * Burjor Langdana * Ben Smith *

Subscriptions Reminder (Due NOW!!)

If you have not paid your subs yet they do need to be in this month. After June if your subs are not paid UK Athletics will delete your name from their lists and you will not be eligible for the £2 race discount on races. We also need as many members as possible to gain club entries into next years London Marathon. 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 and we do have a list showing how much you owe. 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.

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.

