

Kirkstall Harriers Newsletter

No. 90 May 2011



News in brief

* Leeds Half Marathon

Good luck to all those running this race. Remember if you would like to meet up afterwards (whether you have run or supported) then we have booked the back room of Mr Foley's on the Headrow for food and drink afterwards.

* Kirkstall Festival - 9th July

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

* Bradford Millennium Way / Leeds Country Way

Due to lack of numbers we will not be entering a team in this year's race. Hopefully we will have better success for the **Leeds Country Way** which will be 4th September this year. Please have a think if you are free on this date and let us know if you would like to take part, and we will feature more details in the June newsletter.

* London Marathon

Congratulations to our 5 Harriers who ran the London Marathon this year - **Adam Moger, Ben Mason, Matt Sykes-Hooban, Amy Richard** and **Eleanor Franks**. For results and report on the weekend's shenanigans from your Newsletter Editor, see page 3.

* Good Luck Ben Mason

Fresh from running the London Marathon, Ben Mason has announced that he is shortly to be moving to Sheffield with work. We would like to wish him all the best with the move and hope that he is able to find a running club as great as Kirkstall Harriers there!

* Subscriptions - important!

Please note that time is running out to renew your club subscriptions this year! We need your money by end of June at the very very latest otherwise you will be removed from the UKA database. Thanks!

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Messages from our Agents...

Back on the bike now - traded the racer in for a sit up and beg though. Not been out much on it but that's more due to fatherhood. Getting there with the back, gardening again and swimming too, but waiting until my x ray in June before I start to run to be on the safe side. The bit of my back that swivels around when you walk / run no longer does that so it should be interesting! On the whole doing well though. Hope to catch up with you all soon, Martin Savage

PBs and other worthy mentions

Congratulations to **Adam Moger** who got a new 10k pb at the Overgate 10k with 42.54, see page 6 for a race report. Also the London Marathon was Adam's first marathon and he managed to run a great time of 3.49.21 despite the heat. Also at the London Marathon **Matt Sykes-Hooban** knocked 3 mins off his previous pb with 4.04.39, and for those who have not already heard, **Eleanor Franks** set a new Guinness World Record for 'fastest marathon in a wedding dress' with a time of 4.11.01 - see page 3 for details!

Key Dates for your diary

Sun 8th May: Leeds Half Marathon (Club Championship Race)
Sun 22nd May: PECOlympics (see page 2 for details)
Sun 22nd May: Edinburgh Marathon / Half Marathon (Club Trip)
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
Sun 3rd July: Yorkshire Vets race, Honley
Sat 9th July: Kirkstall Festival
Sun 10th July: Eccup 10 (Club Championship Race)

PECO XC 'Pecolympics' presentation - 22nd May

The presentation will be very similar to last year's inaugural and successful occasion. It will take place at the same venue, Leos Rugby Club off Crag Lane Alwoodley, on 22nd May. The provisional timetable is 3.00 till 5.00 PEColympics with lots of silly and some not so silly events. A junior xc, egg throwing AND CATCHING (!), tug of war etc – and the finale being the "drag" race – for men only, but wearing a bra and a handbag – at least. 5.30 there will be a BBQ £6.00 per head and £3.00 for under 16's BUT TICKETS MUST BE PURCHASED IN ADVANCE AND BEFORE Sun 15th May. The presentations will commence at 6.30. Members of the league clubs are welcome to attend for some or all of the events. There is no other charge but for the BBQ.

If you are going and need a BBQ ticket please let Peter Hey or someone on the committee know asap.

WE DO HAVE 3 WINNERS THIS YEAR!

PETER BRANNEY was 2nd overall in the Seniors.

PAUL GLOVER was 2nd in the over 60s.

SHEILA KING was also 2nd in her age group (not sure it's so polite to give away ladies ages?!)

So very well done to the 3 of them as well as everybody who took part in any of the races.



A couple of fine specimens from last year's Drag Race!

Yorkshire Vets Races

Race Report - 1st Race, Horsforth

Age brings many benefits - wisdom, experience, and from aged 35, participation in the Yorkshire Vets. The first race of the 10-race series was hosted by Horsforth on a testing 5 mile course with a monster hill that had to be run twice. Whilst conditions were ideal, the going was "hard to firm" & there were a number of fallers. For the women, Sheila came 16th, Collette 39th and Bal a creditable 53rd out of 71 women. For the men, Chris Glover was first for Kirkstall and 35th overall out of 136, with David Spink, Gary Carlisle and myself making up the first four. Close behind were Peter Britton, Mark Skinner and John Hutchinson, with Paul Glover, Stuart Reardon (getting back to running after a long injury lay-off) and Patrick Nesden completing the strong Kirkstall representation. One of the benefits of the Vets series is the number of categories - as well as the "first 4 to count" team competition is "rest to count", "all to count", and individual prizes across each 5-year age category. So as well as pushing down runners from other teams, all finishers also count in their own right. My only disappointment from my first experience of the Vets series was discovering just how many older (some much older..) faster runners there are. Amongst many others, I finished well behind three "M60s" and two "M65s" - but then I guess I've got 30 years of training ahead of me to catch them up!

Adam Moger

Results & Future Races

Well done to all those who ran and put Kirkstall in one of the best positions ever for the start of this series. The ladies are 7th out of 17 clubs in 2 events, ALL TO COUNT and FIRST 4 TO COUNT. The men are 4th (and got a mention) out of 22 clubs in ALL TO COUNT, and REST TO COUNT, and 6th in FIRST 4 TO COUNT. Let's hope we can continue to get as many as possible running in the other 8 races. If you are over 35 and enjoy running on and off road these are ideal races for you – and the Harriers. We usually have sufficient numbers for a team but 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 your 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 organize 10 races. Race entry fee is £3.00 and more often than not includes refreshments afterwards. The other dates so far are:

Sun June 5th 10.00am – West Vale near Halifax

Tues June 14th 7.45pm – Pudsey

Tues June 28th 7.30pm – Meanwood Please note the change of date

Sun July 3rd 11.00am – Honley Please note change of date

Wed Aug 3rd 7.30pm Knavesmire

Tue Aug 23rd 7.30pm Venue is now confirmed as Bingley but again the date has changed

Sun Nov 13th 11.00am – Spenborough

Another date is likely to be confirmed soon

London Marathon - 17th April 2011

This year's London Marathon weekend was without a doubt the most surreal weekend of my life so far!

Two years ago I bought an ex-display wedding dress from Ebay for £20 with the intention of running in it in the 2009 London Marathon to try and set a new Guinness World Record (GWR) for 'fastest marathon in a wedding dress'. I got injured that year and pulled out, the dress went up in the loft and I forgot about it almost entirely. Whilst rummaging through my loft in February this year, the dress appeared again and, with my wedding being in July this year, decided that if I was ever going to run a marathon in a wedding dress then this should be the year! A few weeks later with my GWR application accepted, I found myself at the Tower Hotel in London the Friday morning before the race with 7 other GWR hopefuls for our photo-call and press conference.

Posing for 50+ photographers was a crazy feeling but I quickly got used to my new-found fame and have to admit I absolutely loved the attention! I had 'celebrities' (ahem!) coming up to ME to talk to me about the wedding dress, people wanting interviews for TV, newspapers and radio and random tourists wanting their photo with me on the tube. Absolutely nuts!

By the time the race started I have to say I was totally exhausted. Due to appearing on the One Show on Friday night then a long day at the Expo on Saturday, I did not get enough sleep or enough to eat which definitely did not set me up for a good race. However to focus on the positives, of which there were loads – I got to start from the green start (celebrities, Good For Age and Guinness World Record runners) which meant a fast start and also that I got to see everyone else from Kirkstall Harriers running as they overtook me one by one on the way round! **Adam Moger** was first quite early on, mumbling something about how slow his start from the blue start was, possibly at about 20 miles but I've no idea as my memory is so hazy, **Ben Mason** overtook me saying something about "not really running" (possibly referring to running slower than he'd hoped for? A feeling I could certainly relate to at that point) and finally right in the last 800m at Birdcage Walk, **Matt Sykes-Hooban** came storming past me looking fresh as a daisy and gave me a quick sort of "can't stop!" and carried on to finish with a 3 minute PB, excellent work. I have to say an absolutely huge thank you to the final Harrier running, **Amy Richards**, who found me within the first mile and then ran with me the entire way. Her support was fantastic and really quite a comfort when it got tough in the later stages when we were both struggling in the heat.



With fellow GWR runners, all with brilliant stories: Karl, Uli. Andy, Tony, Eleanor, Susie, John and Steve.



The crowds were even more amazing than usual thanks to the wedding dress and I had cheers the whole way round which kept me going. I was very surprised at how many other runners stopped for a chat on the way too, and one who even ran ahead of me 3 times to take a photo of me which was quite amusing.. and several who nearly crashed into other runners due to looking back at me as they overtook! The London Marathon to me is all about the crowds and these little moments that make you smile when you think back.

I can honestly say I've never been so happy to see a finish line as this year. Of the 9 marathons I've run it was definitely the toughest, both physically and mentally. I still don't know how much of it was down to the dress and how much was the heat in general or other factors, but boy did I struggle out there! So despite a target time of 3.50 - 4hrs, I wasn't actually too disappointed with my 4.11.01.

As soon as I crossed the finish line the GWR people shoved a certificate in my hands and made me turn round and look up to the photographers who sit on top of the finish line which was quite overwhelming as I was convinced I was going to collapse! A couple of quick interviews with GWR and BBC Radio London and a goodbye hug with Amy and I was finally on my way out of the finish area to find my parents. At some point on the walk over to them the weight of the day caught up with me and I burst into tears, crying quite hysterically for a good 10 mins or so until in the arms of my lovely parents... who have come to watch me in enough marathons now to know that the tears mean absolutely nothing beyond a flood of emotion.

The surreal adventure did not end there though – oh no! Midweek I had received a call from ITV's This Morning to ask if I would appear as a guest on their show on Monday morning which I was hardly going to turn down... so Sunday night Jill and I were put up in a nice hotel in Kensington by ITV and whisked off to the This Morning at 6am the next morning. Yes, 6am!!! despite not being on air until 11.15am... hmm. The whole experience was heaps of fun and we were treated and pampered like real celebrities. Monday evening, 30 mins after stepping through my door I was collected to appear on ITV's Calendar News in

which I actually got to speak more than 5 words so that was nice, and on Tuesday I got to prattle on about all sorts for about 8 minutes on BBC Radio Leeds!

Many many thanks to Jill, Collette and Jill's Mum for coming down to support and cheer us on at the race, and to Jill for accompanying me on the ITV adventure afterwards. Also massive thanks to everyone who has sponsored me. I have just upped my target from £500 to £2,000 as I want to continue until at least this figure. As many of you know, I'm running for Yorkshire Cancer Centre who have helped two of my friends with breast cancer recently so it's a charity I really support. If you haven't but would like to sponsor me please visit www.justgiving.com/eleanorweddingdress or bring cash / cheque to the club and I'll add you to one of my paper forms.

I've just agreed to run in the dress again (gulp!) at the Bridlington Festival of Running on Saturday 4th June so that should be interesting, especially as I might be the only one in fancy dress this time, eek!

Whilst I try to resume normal life again and get back to wedding planning, I do have that niggling voice in my head "but what will I run as next year?" Is it enough to hold just one Guinness World Record I find myself wondering?!

Eleanor Franks



Official Guinness World Record Holder!!

Harriers results: Adam Moger 3.49.21, Ben Mason 4.00.34, Matt Sykes-Hooban 4.04.39, Amy Richards 4.10.33, Eleanor Franks 4.11.01

Club Championship - Guiseley Gallop 10k - 24th April

Well done to the 20 Harriers we had out at the Guiseley Gallop on Easter Sunday. We hope you enjoyed an afternoon of well-deserved chocolate after this tough 10k race. Unfortunately no photos or race report from this one to share... The next championship race is the big one, the Leeds Half Marathon, so if you would like to submit a race report no matter how brief, it would be much appreciated. And any photos would be brilliant too, thanks!

Race #3 - Guiseley Gallop 10k		
Points Awarded		
Position	Name	Points
1	Phil Hewitt	20
2	David Spink	19
3	Catherine Elvin	18
4	Stephen Dalton	17
5	John Hutchinson	16
6	Chris Glover	15
7	Rachel Pilling	14
8	Mark Skinner	13
9	Chris Hunt	12
10	Liam Mealey	11
11	Graham Pilling	10
12	Adam Moger	9
13	Peter Britton	8
14	Sandra Fraser	7
15	Peter Hey	6
16	Alyson Glover	5
17	Helen Goldthorpe	4
18	Isaac Dell	3
19	Allan Gladwell	2
19	Jill Stocks	2

Club Championship 2011 - Overall League Table		
Top Ten after 3 races		
Position	Name	Points
1	Peter Britton	45
1	Chris Glover	45
3	Richard Hancock	32
4	David Spink	30
4	Peter Hey	30
4	Rachel Pilling	30
4	Mark Skinner	30
4	Chris Hunt	30
9	Adam Moger	28
10	Helen Goldthorpe	25

For full results please see the website.

As you can see from the top of the overall league table to the left, things are really hotting up as we currently have **Peter Britton** and **Chris Glover** tied at first place! Then 5 harriers tied not far behind on 30 points with many other close behind.

Remember it's your best 6 scores to count and there are also bonus points available for running at least 4 parkruns or a full marathon, at any point in 2011. See the website for full rules and the points system.

As always, please let us know when you have run a PB in case we don't pick it up so we can update your points and handicap and give you a mention in the newsletter!

Member Profile - Julie Hustwit

Name: Julie Hustwit
Age: 47
Occupation: Insurance Broker

Julie was born and bred in Beeston, Leeds, and went to York University and is one of our longer-serving club members.

How did you get into running?

I was rubbish at sports at school. I first got involved in sport when I played squash at University, then carried on when returning to Leeds at Headingley Squash Club. I played with Gordon Little who introduced me to running with Horsforth Harriers. Marathons were all the rage at this time and we had a strong group of runners who regularly went out for long training runs and entered many races in preparation for the marathons.

What are your greatest running achievements?

The best achievement must be winning the ladies Malta Marathon in 1992 with a time of 3.08.24. This and all the support and encouragement from my Horsforth Harrier colleagues I had on the way round and when breaking the tape at the finish. I was interviewed on Malta TV and was even asked for my autograph. Also my pb for a half marathon was 1.26 approx at the 4 Villages near Chester. Being part of the winning ladies team at the Abbey Dash in 2003 and the Peco cross country team 2003/4 (see picture below).

What would you say are your running lows?

Due to suffering severe migraine after running in hot weather or racing in most weather conditions I am unable to enter a lot of races. This was a problem when I ran the Yorkshire Off Road Marathon in June 2003 (see pre-race picture) and was doing okay until the last 6 miles

or so, and finally finished in a time of about 6hrs 30, and probably took the same time to recover from dehydration and exhaustion despite lots of assistance from fellow club members. Also, doing the Stoop fell race at Haworth and finding my leg disappearing into the bogs on more than one occasion.

What are your motivations for running?

I still enjoy being able to go out running when I can and try to do the Rombalds Stride each year which is more of a challenge than a race. Another race I look forward to doing is the Bluebell Trail out Halifax way which is a very hilly and awkward multi terrain race, but the sight of the bluebells in the woods about a mile or two from the finish are well worth the effort. This is usually my last race of the year until the cooler weather comes around again.



*Photos: Above - Julie as part of the winning ladies PECO Cross Country team in 2003.
Right - before the Yorkshireman Off Road Marathon 2003.*



May Birthdays



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

* Claire Rayner * David Wood * Bal Sandhu * Helen Goldthorpe * Sam Ostermeyer * Tabby Merrilees * Yvonne Craggs * Jessica Hodge * Stuart McDonald * Brooke Vanhinsbergh *

RACE REPORT

Jolly Holly Jog - 2nd April 2011

Rescheduled from the 28th December due to bad conditions (and only cancelled just over an hour before the start that day), the 2010 Jolly Holly Jog took place on the somewhat incongruous date of 2nd April 2011. Whilst not everyone will have been able to make the new date, it was good of Ripon Runners to get it rearranged.

The course was undulating and picturesque, being mainly on path, track and grass near Fountains Abbey. Water was provided at halfway and other than a walkers' gate, it was a good course in good weather. (I'd certainly not have wanted to run it during the snow melt, my only gripe being that it wasn't called off the day before back in December). Whilst representation from some of the more local teams like Knavesmire (28 runners) was high, Kirkstall still had 5, all of whom completed the off-road 10k within an hour. Notable performances were Chris Glover in 44.29, Diane Shaw in 53.22, and after taking a bad tumble on a training run only a week and a half before, Patrick Nesden in 59.11.

With my first Yorkshire Vets race the next day I tried to run steadily, but seeing the KH vest of Stephen Dalton ahead of me on the finishing straight, I put in a spurt only to have to also outsprint an "M50" on the line, proving that there's no such thing as an "easy" race whilst wearing the Kirkstall colours.

Adam Moger

RACE REPORT

Overgate 10k, Copley, Halifax - 10th April 2011

Billed as a "flat 10k along the canal", the inaugural running of this race had a start on grass, followed by a short stoney track and thereafter canal/road in loops with some tight turns and 4 short but steep gradients from canal to road and back. Perhaps not as flat as advertised, but not bad for Halifax. With only local clubs Stainland Lions and Halifax Harriers out in force, sub-40 would have made the top 3: hence perhaps a good race for a faster runner to get placed.

I wasn't expecting a water station but there were bottles at around 7k, and more water, chocolate bar and medal at the finish.

The race was well marshalled, particularly at road crossings, and parking at the cricket club was adequate (at least for the race limit of 300; if that's increased to 500 as they hope, parking could get tight). A steel band at 4k/8k added to the occasion and support from the spectators along the route was much appreciated. The early km markers were erratic but the course overall was dead on 10k.

I enjoyed the unusual experience of having the race leader still in sight after 2km, and other than being briefly held up by some ladies in pink tutus on the final tight turn (the course being two uneven circuits), I had a clear run to edge a new PB by 20 seconds. Something I was eager for after 14 weeks of VLM training, but even better was finishing in 12th place, much higher than I'd usually place.

I came away feeling it was a race I'd do again, being just 35 mins from Leeds along the M62: a good addition to the Yorkshire calendar and an opportunity to support Overgate Hospice.

Adam Moger

New Members and Subscriptions (Due NOW!!)

Please welcome to the club our latest members who are **Martin Rocks** from Armley and **Neil McGill** from Kirkstall/Burley area. We now have 54 paid up members. 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.

