

# Kirkstall Harriers Newsletter

No. 93 August 2011



## KIRKSTALL ABBEY 7



10.00am, 18th September 2011

[www.kirkstallharriers.org.uk](http://www.kirkstallharriers.org.uk)



A prize to all finishers, plus spot prizes. Trophies and prizes in several categories, including the Stephen Blades memorial trophy for the first *local* home

Registration at the Visitor Centre in the Abbey Grounds from 8.30am.

Supported by the  
Leeds Postal Sports

Presentation at the LPSA Club, Beecroft

**RACE LIMITED TO 400**

ALL MONIES RAISED WILL GO TO WHEATFIELDS

*In memory of Stephen Blades & Paul Reynard*

**TESCO**  
Every little helps



With Thanks to our Sponsors

**PRIZES COURTESY of our generous Spon-  
sors. TROPHIES COURTESY of LPSA.**

Kirkstall valley  
Community



\*Please note this is Multi terrain event **NOT** suitable for WHEELCHAIRS, will be uneven in parts and slippery if wet.

Surname:

.....

First Name:

.....

Postal Address:

.....

Postcode:

.....

Age on Race Day:

..... (Min age on race day is 17 years)

Affiliated entry Fee: **£8.00**

.....

Unaffiliated entry Fee: **£10.00**

.....

Donation to Wheatfields:

Where did you hear about this race ? .....

Please make cheques payable to **KIRSTALL HARRIERS**

No S.A.E required, but please make your details legible

**Race Secretary: 28 Fern Grove, Kirkstall, Leeds. LS5 3HY**

Would you ☐ like to pick ☐ up your Race Number on the day?

YES NO

**Declaration:** I hereby declare that I am an amateur as defined by the England Athletics Rules. I am medically fit to run, and understand that the organisers and Leeds City Council will be in no way be responsible for an illness or injury to my person during, as a result of the event, or any property lost in the course area or in the vicinity of the course.

Sign: .....

**Official Use Only:**

**\*\*\*Regular Newsletter packed full of News, Reviews and Photos INSIDE!\*\*\***

# Kirkstall Harriers Newsletter

No. 93 August 2011



## News in brief

### \* Kirkstall Abbey 7

Please forgive the blatant advertising of our upcoming trail race but if its good enough for the METRO then it will do for us. Besides we need to spread the message to drum up as many entrants as we can for the race. You can do your bit to by badgering your work colleagues into entering, printing out the entry form and putting it up in the kitchens and break rooms of offices across Leeds. But the best way to help by far is to volunteer as a marshal on **Sunday the 18th of September** to ensure the smooth running of the event. All enquires should be directed to either Jill Stocks or Matt Sykes-Hooban both of whom can be found in the bar of the LPSA after most club training nights.

### \* Guest Editor

Matt is still in the hot seat covering for our resident Editor-in-Chief the newly wedded Eleanor. So apologies in advance if the newsletter is not up to the usual high standard. Hopefully normal service will resume in September

### \* Mr and Mrs Gallon

Speaking of Eleanor, Kirkstall Harriers would like to congratulate Eleanor and Russell on their marriage Saturday 23rd July and wish them both all the best for the future. Check out the wedding report to find out more!

### \* July Relays

A big thank you to all of you who wore

the purple vest proudly at one or more of the July relays. It was very encouraging to see some new faces running for the club. Well done to the team captains for doing a good job under tight time schedules and with all the last minute changes. A busy month for the club but despite our relatively small size we did very well indeed in all events. (Round up of results on page 2)

### \* Members Meander

We have confirmed the date for the above race to be Wed 17th - this is to satisfy other races around that time. This is a club race with trophies for the first 3 members to cross the line.

The slowest runners start first with the fastest runners last and in theory you should all cross the line together. The route is along the A65 to Newley lock (nr the Abbey Pub), Along the canal to Rodley. Then across the river bridge and then back via the river and the A65, finishing in front of the visitor's centre in the Abbey grounds. The distance is about 6.5 miles

If you can let Peter Hey or anyone else on the committee know you will be taking part, this will help in getting the race started as near to 7.00 as possible.

There will be a presentation and buffet afterwards in the LPSA to make it into a social evening.

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## Key August dates for your diary

Wed 3rd	York VETS 7.30pm, Knavesmire
Sun 7th	Idle Trail 10k (ish) , Apperley Bridge
Sun 14th	ASkern 10 near Doncaster
Wed 17th	Members Meander Club Championship race 7.00pm start at the Abbey
Tues 23rd	York VETS, Bingley
Sun 28th	Fleetwood Half, Fleetwood



*Kevin enjoying himself as part of Eleanor's running hen do at Eccup 10. More surprising pics inside!*

# Summer Relays

## DANEFIELD RELAY WED 6<sup>TH</sup>

Out of 47 teams our first team of Phil Hewitt, Johnny Moore (new face) and Paul Miller was 11th overall. Martin Rocks (new face) Chris Hunt (new to the short distance sprints) and Randolph Haggerty (making another comeback) were 31<sup>st</sup>, Andy Cooper (getting faster) Sam Carroll and Kevin Blackhurst were 34<sup>th</sup>.

For the Ladies Collette Catherine Elvin and a borrowed Stella Cross from Abbey were 7<sup>th</sup> ladies team, and just to prove its not all about being fast runners Eleanor, Jill Stocks and Lisa Smailes (another new face) were 9<sup>th</sup> ladies team and definitely not last. At least everyone was able to put on a brave smile and a spurt at the slight incline finish.

## WASHBURN VALLEY RELAY FRI 8<sup>TH</sup>

We had two men's team and one ladies. Matt Marsh making his first comeback to the club led the first men's team home on leg one in 5<sup>th</sup> place. Paul Miller finished 9<sup>th</sup> on his leg, and Phil Hewitt 7<sup>th</sup> bringing that team home in 7<sup>th</sup> place overall out of 65 teams. A very commendable performance considering the talent from other clubs. Johnny Moore and Adam Moger did a great job for the 2<sup>nd</sup> team, but Peter Hey drafted in at the last minute to slow them down, was overtaken by at least 13 runners on the last leg (but was down officially as Paul Glover!!!) to finish in 32nd. For the ladies Jill Stocks, Catherine Elvin and Marion Muir finished a good 56<sup>th</sup> overall and 8<sup>th</sup> in the ladies.



*Catherine Elvin doing well at Washburn*



*Matt Marsh on the Charge at Washburn*

Hey come in at very late notice to Kirkstall 2, and Jill Stocks run with a broken rib for the ladies team. Nonetheless all 3 teams performed well, the 1st team of Matt, Paul Miller and Phil coming a very creditable 7th. Kirkstall 2 finished 32nd, myself and Peter being greatly assisted by having Jonny Moore run the first leg in 13th. The Ladies team finished 56th, with Catherine Elvin & Marion Muir both gaining places on the way round the course.

Running conditions were ideal (ignoring the midges) and the 3 legs round Swinston and Fewston reservoirs scenic, but there was definite potential to take a wrong turn. My Leg 2 around Fewston had a one-sentence description - "follow the path nearest the water" - but I still lost a few seconds by briefly taking a wrong turn after crossing a road. That was nothing compared to a Hyde Park Harrier who failed to turn at all and put an extra 3 miles onto 4 mile leg, proving that it's always worth checking the map before the start.

Adam Moger

## GOLDEN ACRE PARK WED 27th

We also had a very good turn out at this relay with 5 teams, two men, one ladies, one mixed and one male vets. Making their debut for the club was Steve Groves and Mosa who both had a great run. Unfortunately Paul Glover hobbled towards the finish after pulling a hamstring and has been told to rest for at least two weeks. See also Adams race report which may just make the newsletter in time.

## RACE REPORT

### WASHBURN VALLEY

A number of last-minute changes saw Matt Marsh step in to Kirkstall 1, Peter



*Martin Rocks getting stuck in.*

*Photos Courtesy of Otley AC*

## Leeds Country Way - 4th September

Talking of Relays we are pleased to announce the two teams for this years relay.

	TEAM A	TEAM B
LEG 1:	John Hutchinson & David Spink	Collette Spencer & Alyson Glover
LEG 2:	Paul Glover & Neil McGill	Chris Hunt & Matt Sykes-Hooban
LEG 3:	Adam Moger & Rachel Pilling	Catherine Elvin & Marion Muir
LEG 4:	Chris Glover & Gemma Smith	Shelia King & Eleanor (Franks) Gallon
LEG 5:	Mark Skinner & Peter Britton	Patrick Nesden & Burjor Langdana
EG 6:	Sam Carrol & Phil Hewitt	Jill Stocks & Sandra Fraser

If you are not able to run please let us know ASAP – there are another 11 runners in your team eager to run. If you are able to run and not on the list please let us know too – we usually need a few reserves to cover for injury illness and domestic situations.

If you are running it is vitally important you do a recci of your leg, ideally with your partner. It is not marshaled and each leg has its own difficult twists and turns. If you would like help in doing a recci – shout out at training nights or contact a committee member and someone who knows that leg may be able to assist you.

You can find race information, maps and route descriptions at [www.kippaxharriers.org.uk/lcwv2.htm](http://www.kippaxharriers.org.uk/lcwv2.htm) These must be followed on the day. Due to past history and recent changes to the official Leeds City Council version, plus ambiguities in various other maps – there are quite a few deviations to the Kippax Harriers race route. Any short – or long cuts taken by runners – knowingly or not knowingly – could incur time penalties.

The cut off time is the latest time that leg will start if the runners on the previous leg have not finished yet. The start times after leg 1 are based on runners running 7 minute miles, which is possible for some of our pairs – but remember you have to get there – park up (its always busy) and get ready and warmed up **so please be early.**

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. The routes are a mixture of road and off road terrain.

By the way we know that the team names are a little bit unimaginative so any suggestions would be gratefully received!

## Messages from Members home and Abroad

One of our athletes has decided that if she can't beat the Africans, she may as well join them. Danielle Spencer, who is studying physiotherapy at Leeds Met, flies to Tanzania this week to spend 6 weeks at the Kilimanjaro Christian Medical Centre. Unfortunately she's not training for her next 10k, this is one of her 6 assessed work placements that she has to complete this year before (hopefully) qualifying as a physiotherapist in January 2012. Whilst she has no real idea how much free time she might have, Danielle would like to fit in a safari, although there's probably not enough time for her to climb Africa's highest mountain, which will be just on her doorstep. She knows that conditions in the hospital there will be a far cry from those she has seen at her previous hospital placements in Leeds but is looking forward to the experience and the challenge. We all hope things go well and wish her the best.

We all wish Patrick Nesden a quick and full recovery from his hairline fracture of his hip. Anyone wishing to take on his mantle of long run organiser is welcome, especially as the Liverpool marathon is quickly approaching.

## Lucky Harrier Alert!

Here in the newsroom of the Kirkstall Harriers newsletter we like to keep our beady eye on what's happening on the world wide web. This month we have spotted one of very own harriers listed among the prize winners of the monthly Parkrun sponsors prize. Congratulations to **Helen Goldthorpe** who wins a pair of brand spanking new running shoes of her choice courtesy of Sweatshop and all she did was turn up and enter the Roundhay run.

Yet another good reason to enter this very popular free national Saturday morning event! Don't forget any 4 Parkruns completed during the 2011 club championship earns valuable bonus points at the end of the season.



## Yorkshire VETS—Honley

Hosted by Holmfirth, the 5th Vets race of the year took place at Honley on a beautiful day - perhaps for a BBQ and sitting around rather than running! Competing for Kirkstall were Chris Glover, myself, Gary, Peter Britton, Mark, Stuart, Paul Glover, Andy Cooper, Peter Hey & Patrick, along with Alyson, Collette and Bal for the girls: a solid turnout considering the distance & the weather.

My favourite course so far, there were some great views after wiping the sweat from my eyes to take them in. Overall ascent of 228m (748ft) was matched by the same back down. Perhaps a few too many stiles and gates but well marshalled: with Holmfirth's claimed membership of 600 they weren't short of bodies. A field with an impressive but thankfully docile bull to run past was matched by also having to run through a herd of alpacas.

We're holding our own in the tables with 3 races to go: 5th for the women in "All to count" and "First Four"; 5th for the men in "All to count" and "Rest to count".

Adam Moger

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 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 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 out of 10 races or less if they cannot organize 10. Race entry fee is £3.00 and more often than not includes refreshments afterwards.

The next race is **Wed Aug 3<sup>rd</sup> 7.30pm at Knavesmire**. Registration, start and finish are besides the York racecourse. I suggest anyone wanting lift or directions meet outside the LPSA at 6.15. There is also another midweek race in August this being **Tue Aug 23<sup>rd</sup> 7.30pm Bingley**.

**The final race so far is down for Sun Nov 13<sup>th</sup> 11.00am – Spenborough**

Full details can be found on their website [www.yvaa.org.uk](http://www.yvaa.org.uk)

## West Yorkshire Cross Country

It's that time of year we can all start looking forward to the cold wet mornings and the cross countries. We have just been given the provisional dates and venues for this year's races.

**Sun 9<sup>th</sup> Oct – Nunroyd Park Yeadon**

**Sat or Sun 29<sup>th</sup> or 30<sup>th</sup> Oct – venue TBC**

**Sat or Sun 19<sup>th</sup> or 20<sup>th</sup> Nov – venue TBC**

**Sun 4<sup>th</sup> Dec – Thornes Park Wakefield**

These are not to be confused with the Peco Cross countries. These are separate races for men and ladies and tend to be slightly longer. The start times are usually between 1 and 3pm. The caliber of runners at the front is usually better and more of them, but this does not stop any affiliated club runner from taking part. I'm not too sure of the numbers, yet, but if we can get a minimum of 6 men and 4 ladies able to take part in at least 3 of the 4 races we can count as a club.

If anyone is available and interested in taking part please let your captains or committee members aware asap

## RACE REPORT

### Hepworth Dryad

A 5 mile multi-terrain charity race near Holmfirth, the 4th running of the annual Hepworth Dryad looked like good training for the next Vets race on an otherwise quiet weekend.

Whilst always keen to be a big fish in a small pond, I was slightly concerned on entering the week before to get a race number matching my age: no.35. Less "pond" and more "puddle", with increased danger of getting lost. However on the day the race had just over 100 participants, on the hottest day of the year so far, with a number of familiar faces from the likes of Holmfirth and Stainland.

If you like hills, and don't mind the 45 min drive from Leeds, it's a very friendly event with some amazing scenery. (For those wondering what a "Dryad" is, it's a wood-elf. Probably one wearing crampons and sun block).

Adam Moger

## Member Profile - Adam Moger



Adam going well at the Pudsey VETS race

Photo by David Elliott. Pudsey Pacers.

### Age:

35.

### Occupation:

Investor. (when not writing race reports for the newsletter)

### Originally from:

York.

### When did you start running?

2005, training for the Abbey Dash.

### When/How did you end up joining Kirkstall Harriers?

Hyde Park Harriers meet nearer to me, but I couldn't make their Tuesday training so came down to try out Kirkstall Harriers, whilst training for the 2010 Abbey Dash. Everyone was so friendly &

welcoming that I soon joined.

### What are your motivations for running?

Trying to be fitter at 35 than I was at 25, which I reckon I've managed, then to be fitter again at 45. Beyond that, might get tough! Plenty of inspiration at the Yorkshire Vets though, where I regularly get beaten by M60s and even the occasional M65..

### What are your greatest running achievements?

Successfully improving 5k and 10k times over the past year, mainly thanks to changing running style, including knocking three and a half minutes off 10k PB at Abbey Dash in 2010. Will complete 50th parkrun this month and a big fan of the parkrun ethos. Have run first half marathons & the London Marathon since (and thanks to) joining Kirkstall Harriers."

### What is your worst running related memory?

Having to "run" the last few K of my first 10k in 2005 with almost straight legs, due to knees. Having to back off training for the Abbey Dash each year, and not train properly again for months afterwards.

If you're struggling with suspect knees, try reading "Chi Running" by Danny Dreyer. It won't suit everyone but I found it a big help - although I'm now running-style obsessed! Also have a look at Pose Running (search on YouTube), which predates Chi. Both involve avoiding heel-striking, increasing cadence, and utilising body lean. "Treat Your Own Knees" by Jim Johnson is also an excellent book for those having knee problems (and what runner doesn't at some point).



Adam Reverting to heel-striking for the sprint finish.

### Can you share an interesting fact about yourself?

My main sport is softball (Leeds has a thriving league), a cross between baseball & rounders, though nothing like as good fitness as running. Also been learning gymnastics for the past year, and discovering just how hard it is, particularly when starting as an adult!



A Moger Family Archive Classic: Adam playing Softball

**\*\* As Adam mentioned he is hoping to complete his 50th Parkrun on Saturday 13th August in Hyde Park and it would be great if we get the Purple Army out in force and try and keep up with him! - Matt \*\***

# RACE REPORT

## Club Championship Eccup 10

Race six of the 2011 Championship described by our roving race reporter Adam:

The popular Eccup 10, hosted by Abbey Runners, was run on Sunday 10th July. Great running weather at the start, but very warm when the sun came out half an hour later. The three water stations were much needed, particularly on such an undulating course.

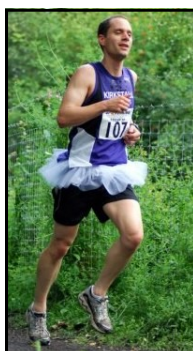
The winner, Yared Hagos of Bradford & Airedale, broke the course record in 51.18, more than 5 minutes clear of 2nd place. Kirkstall's first finisher was officially Paul Miller in 37th place with 1.03.56, gradually getting back within sight of his best running form. However, 2nd claim member Matt Marsh, listed as Pudsey & Bramley but wearing Kirkstall colours, finished a strong 16th in 1.00.30.



*The tutu clad purple army very happy with themselves*

Most noteworthy was the fact it was Eleanor's running hen do, with some 15 Harriers & friends wearing tutus. First official tutu-wearing finisher was Kevin Blackhurst, 114th in 1.11.17, with Gemma Smith having come in earlier in 48th in 1.05.05, 2nd female finisher.

Eccup 10 Championship Results		
Position	Name	Points
1	Chris Hunt	20
2	Andy Cooper	19
3	Paul Miller	18
4	Eleanor Franks	17
5	Adam Moger	16
6	John Hutchinson	15
7	Mark skinner	14
8	Gemma Smith	13
9	Amy Richards	12
10	Collette Spencer	11
11	Rachel Pilling	10
12	Richard Hancock	9
13	Isaac Dell	8
14	Shelia King	7
15	Peter Hey	6
16	Kevin Blackhurst	5
17	Geoff Hall	4



Overall Leader Board after 6 Races		
Position	Name	Points
1	Chris Hunt	86
2	Chris Glover	80
3	Adam Moger	73
4	Mark Skinner	62
5	Peter Britton	57
6	Rachel Pilling	53
7	John Hutchinson	47
8	Richard Hancock	43
9	Helen Goldthorpe	39
10	Stephen Dalton	38
10	Catherine Elvin	38
10	Paul Miller	38
10	Peter Hey	38
14	David Spink	37
15	Eleanor Franks	35
16	Andy Cooper	34
17	Isaac Dell	31

### Photos

*Top: Peter unhappy*

*Middle: Adam having a lovely time!*

*Bottom Collette determined*

Don't forget the next Championship Race is the **Member's Meander** on Wednesday the 17th August and its FREE!

Followed by the **Horsforth 10k** in September  
And don't forget the bonus points on offer for 4 or more **Park runs** and running a **Marathon**.  
Point means Prizes and everyone counts.



## The Ripon Black Sheep Triathlon



*Helen at the Skipton Triathlon... Just to give a flavour!*

This year I've decided to give up marathons and ultras and have some fun trying different things instead. At the moment the main different thing seems to be dipping my toes into the world of triathlon. After a couple of sprint tris, and a couple of attempts to swim in open water, it was time for the race I'd been building up to – the Ripon Black Sheep Triathlon. The name might give a clue to one of its attractions, as it would be rude not to support the sponsor by consuming some of their products...

It was more of a weekend than a race – with camping at Ripon Racecourse, a pasta party on Friday night and a BBQ and disco on Saturday after the race. And while I spent the week before worried about a 2pm start meaning I'd still be out there by late afternoon, I was very glad of it on the day when a heavy hail shower arrived at about 12.30 – far better to sit it out in the tent than be out on the bikes during that! The race ended up being delayed by 30 minutes while it cleared, but in the end the weather brightened up and it was sunny and warm.

Which only left a 1500m open water swim, 42k cycle and 10k run to worry about!

I was in the last (and slowest) swim wave which seemed to be fairly civilised by open water standards, with less barging and kicking than I'd expected. The main problem was the weeds in the lake which threatened to turn me into a swamp monster when I emerged. I was surprised to see bikes still on the racks allocated to previous waves when I got out of the lake, and managed to get out of my wetsuit without too much grappling.

The cycling is usually my weakest point, but I'd actually put more focus on this in the month leading up to the race, including a recce of the course so I knew what to expect, and the extra work seemed to pay off as I had my strongest triathlon bike leg to date. Maybe it was the fact that there weren't many people behind me to overtake me but I felt like I was moving forwards through the field rather than backwards for a change. I was back into transition quicker than I expected, with the small matter of a 10k run to do on legs which had already been hard at work for 2 hours.

On every tri I've done the run is the point at which I realise I'm a runner and not a triathlete. This was no different – I lost count of how many people I overtook and as far as I can remember I was only overtaken by one person. My legs were wobbly for the first kilometre or so, and couldn't move quite as fast as I'd have liked them to, but I had no problem just keeping on going steadily past people.

Before the race I'd played around with numbers and worked out that while sub 3 hours looked like it would be achievable one day, I didn't think I was quite there yet. I was confident of breaking 3:15, but I wasn't sure how much by. On the run I was trying to guess how long the swim had taken and how much time I needed to add to the time on my watch, and thought I should be able to go under 3:05. I was rather surprised to come round the corner before the finish to see the clock for my wave reading 2:56! I crossed under an arch, next to the clocks and with a photographer alongside it, and went over to the side to tell Liam my time because I was so excited about it (he did a fantastic 2:38). It took me a while to realise that there were two finish arches and I hadn't gone over the timing mats yet! But I was still pleased with a 2:57:13 finish and a 52:01 10k.

I'd really recommend the race – it's a great atmosphere, fairly flat, and with plenty of beer on tap for post race re-hydration.

Helen Goldthorpe

## PBs and Worthy Mentions

Eccup 10 produced a number of quick times maybe it had something to do with the Tutus (we may never know)

Well done to Paul Miller who knocked 3mins off his previous best with a time of 63.56. John Hutchinson ran an impressive 72.53 to knock a minute off his championship handicap time (clearly enjoying his semi retirement). Eleanor knocked 2 minutes off her best time for a new PB of 79.14. And finally Chris Hunt knocked a massive 12 minutes off his PB to post an impressive 82.32 (I am going to have fun keeping up with Chris on LCW this year, he is definitely carrying the baton!)

Also worthy mentions to the following for cracking times on their first 10 mile races, Adam Moger 72.29, Mark Skinner 76.41, and Andy Cooper with 82.56.

Congratulations to Gemma, Rachel and Amy for winning the Ladies first team prize at the Eccup 10.

Parkrun PB's: Paul Miller 17.58 (beating Gemma's longstanding 18.29 KH parkrun best). Jonny Moore 18.55 PB (and only his second Parkrun) And congratulations to Adam Moger for breaking the 20 minutes with a new PB of 19.49, very well deserved too. And finally Andy Cooper continues to speed up on the Hyde Park run with 22.55.



# WEDDING REPORT

## Mr & Mrs Gallon

On Saturday the 23rd of July at the Chevin Country Hotel, Eleanor and Russell married to the delight of their family and friends. I was lucky enough to be there at the ceremony and a very lovely affair it was too. Jill Stocks was in tears pretty much from the off and I have to confess to having a little lump in the throat! There was great reading from the Hitchhikers Guide to the Galaxy and a funny moment when a nervous Russell had a little trouble pushing the ring on Eleanor's finger but other than that little hic-up all went swimmingly.

After the ceremony we moved outside into the gardens that surround the hotel for the pictures and more importantly a glass of champagne to toast the happy couple. The Happy couple seemed perfectly at ease with all the



*Eleanor and Russell having signed the Register*

flashing cameras (as can be seen in the photos).

At this point it would seem remiss of me to not to comment on the DRESS, that's what everyone wants to hear about right? The dress had been a closely guarded secret but on the recent club trip to the Bridlington Festival of Running El let slip a few clues that she might of opted for a 'princess' style dress rather than something more modern. I think she got it bang on, judging by Russell's beaming smile as El walked down the aisle. Eleanor looked amazing. In a sparkling full length white dress with black detail.

The rest of the day was great the speeches funny and well delivered including two best men speeches in which a few surprising photos were



*The happy couple with even happier parents!*

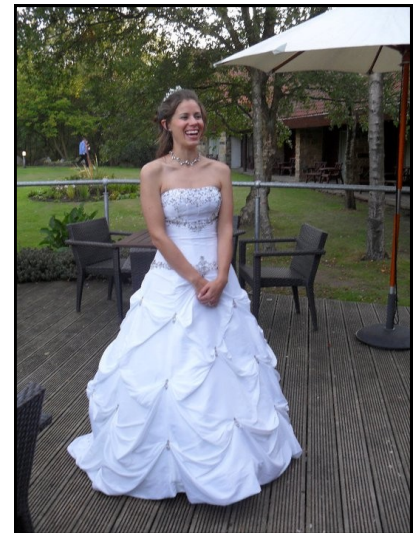
passed around, All I'm saying is the bunny outfit was a standout moment. The food was excellent as was the wine and the cake simple delicious.



*Pre wedding nerves? Not a bit of it!*

In evening Eleanor and Russell's favourite band the Pretenders played and that was followed by an epic play list compiled by the pair. Good music all night long! Throughout the evening more and more harriers made an appearance so it almost felt more like a running club social than a wedding all the more so considering Eleanor had convinced a handful of mates to run the Chevin Parkrun route at 8.30am! I unfortunately couldn't make it but it looked like a nice run.

A great day was had by all and I think I can safely say on behalf of the Kirkstall Harriers that we wish Eleanor and Russell good luck and all the best for the future!



*The Dress*

Matt Sykes-Hooban



## Birthdays

Happy Birthday to members who celebrated their birthdays in August. I would have named names but due to a bit of a glitch in the machine (my fault entirely) I cannot do this at the mo! Very sorry and I will make sure you get a mention in the September issue— Matt (Ed)

## Subscriptions and New Members

### SUBSCRIPTIONS AND NEW MEMBERS

Please welcome to the club Justin Newall who lives on the "hills" which will be convenient when we start the winter runs. Also Geoff Hall from LS16 who has already run the Eccup 10 for the club. And Finally Abdulwahid Saleh Mosa who lives in Headingley.

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 2011 your subs for 2012 will be adjusted pro rata. 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.

### The Walkinton 10k

Friday the 8<sup>th</sup> and I was on my way to Walkington near Beverley for a 10k race. It was a cool July evening and with a touch of light rain some may say a perfect night for running. I would like to point out that be it rain, snow, sun, sleet or blowing a gale I still amble along at my usual slow pace. I move that slowly that I'm the only living man to have been treated for rigor-mortis!! At 19:30 I was under starters orders and off with the other 548 runners from clubs such as Beverley ac, Hull City ac, Goole Vikings, Rothwell Harriers and Leeds City It's a uphill start followed by a short downhill stretch, right turn at the bottom of the hill and then the fun begins in the form of a mile and a half climb.

Having done this race before I knew to pace myself up the hill, many of the back marker runners passed me at the foot of the hill but the dashing hill climbing harrier that I am (that's dashing in the very loosest sense of the word) I managed to pass them half way up the climb as their early fast pace on the climb began to slow them down. Once at the top of the climb it's a left turn and another short climb before I was running downhill into the village of Little Weighton. There was a large gathering of spectators stood outside the village pub cheering myself and other runners as we passed by. Before the next climb at the 4 mile mark came the water station, pity the water stop wasn't at the pub as I'm sure a swift half of a health conscious fruit drink such as Magners or Strongbow would have been more beneficial than a cup of water.

Once up that climb it was down hill to the 5 mile mark where I started the last climb of the race, a testing half a mile hill. At the 5 ½ mile point its downhill towards the finish including a lap of the sports field. Once onto the field I gave it my all and attempted too sprint towards the finish. I crossed the line in 56:02 finishing in 423 place out of 548 runners. All finishers received a excellent t-shirt and a bottle of water. The Walkington 10k is scenic rural undulating race, if you like a testing undulating 10k then give this one a try, I will be back next year!

### Laxton 10k

Wednesday the 27<sup>th</sup> and I was at the Laxton 10k, Laxton is a small village just off the M62 on the opposite bank of the river to Goole. This is a fast flat course that attracted a field of 189 runners. Once again there were many clubs to be seen Hull City, Goole Vikings, Doncaster ac, Pocklington and Ackworth to name a few. Once I had parked up at the local farm I nipped into the village hall to collect my race number before heading for the start.

At 7pm sharp on a warm evening the starter blew his whistle and I was off up the road in the direction of the river. Being a flat course the majority of the runners were off at the speed of a formula 1 racing car as for myself it was more the speed of a tractor! After half a mile the race turns right at the hamlet of Saltmarshe where a few of the locals were sat in garden chairs and were enjoying a glass of wine as they watched the steady flow of runners pass by. Right turn at the railway bridge and I was heading for Skelton and as I looked across the fields I could see the front runners at Skelton! Left turn at Skelton and I was running along side the river Ouse and I knew I was on my way back to the finish.



*Rambling Richard on the road again!*

For those runners wanting refreshment there was the welcoming sight of the water station at the 4 ½ mile mark.. Once again I passed the residents of Saltmarshe sat outside and they appeared to be making steady progress through their bottles of wine! The last half mile and with the beat of the combines engine as it gathered up the harvest in a nearby field ringing in my ears I upped my pace and dashed towards the finish. On approaching the line I could see several purple vested runners cheering me on, do my eyes deceive me is that the massed ranks of the Kirkstall purple army ahead I thought to myself. Sadly not, for as I came to the finish I could see I was being cheered home by the City Of Hull club runners, they also run in purple. You could see puzzled looks on their faces as they tried to identify the new Hull member in a Kirkstall vest and their shouts of come on Hull were suddenly changed to come on Kirkstall!! I crossed the line in 55:44 finishing 154<sup>th</sup> out of 189 runners.

The winner finished in 32:53 a new course record! Then it was back to the village hall for my race bag and for a small charge you could enjoy a fine selection of sandwiches, hot dogs, soft drinks and beer, I can recommend the Golden Summer beer brewed by the wold brewery in Driffild, cost £2.50 a pint. The laxton 10k is definitely a potential pb course, for those harriers wanting a 10k pb I suggest you enter this race or if like me you enjoy a run somewhere different followed by a nice pint then book early for Laxton 2012, hopefully I may see some of you there!



# RACE REPORTS

## Rambling Richard's Race Roundup—July cont'

### The Wolds Vets Click'em Inn 5 Mile Series 2011

At 6.30 pm on a sunny May night I found myself registering for the first race in the The Click'em Inn series, the race is sponsored by the Click'em Inn at Swinhope just up the road from Binbrook in North east Lincs.

The prospect of a gentle paced vets race over 5 miles on a lovely May evening appealed to me, gentle pace how wrong I was !!!

7pm and once the starter sent us on our way it was speed, speed and more speed from all of the runners. As previously mentioned in my other rambling race reports and not a fast runner and here I found myself in the fastest race on earth. It seems that all of Lincolnshire's top speed merchants turn up for this series. I was way out of my league, to put into simple terms it's a bit like Usain Bolt and I competing against each other in a 100 meter dash ! Just to keep up with the back markers I

was running a 8 ½ minute mile for my first 2 miles, 8 ½ minute mile is unknown territory for me !!!!! From the start it's a gentle incline for 1 ½ to 2 miles before a nice downhill stretch where I was able to recover from the crazy pace of my first 2 miles. Then a gentle undulating course takes you into the village of Wold Newton and along to the 4 mile mark. As if my body hadn't had enough of this high speed running tomfoolery I found to my horror that once you turn left onto the home run you have a mile climb to the finish, oh how I laughed as I dragged my fatigued body up the last mile! I crossed the line in 46:00 to a most generous applause from the runners and marshals who had stayed to watch the last few runners come home. I was pleased with my time and finished 97<sup>th</sup> out of 106 runners!

Knowing what the course was like and the speed of the race you think I would not enter again, wrong, on June the 22 I ran the course in 44:19 finishing 91<sup>st</sup> out of 103 and I was back for the last race on the 20<sup>th</sup> of July doing a time of 44:36 coming in 100<sup>th</sup> out of 114, and on that night I was lucky enough to get a spot prize of a bottle of wine.

Despite the fact that I was always one the last few runners to finish I highly recommend this series of races. The vast majority of runners are from the host club Wolds Vets and their local rivals Cleethorpes ac. From the moment I signed up for my first race (£3) I was made to feel very welcome by the Wolds club marshals, spectators and fellow competitors.

Its about a 160 miles round trip to run this race but you can have a day out by combining the run with a trip to say the cathedral City of Lincoln, the Wolds towns of Louth and Market Raisen, the blue flag beaches of Cleethorpes or the vomit inducing rides of Pleasure Island theme park at Cleethorpes!

After the race remember to call in at the Click'em Inn for a pint and maybe a bite to eat. There was a wide variety of real ales and lagers and excellent menu. offering meals or snacks.

Thanks to all at the Wolds vets for 3 excellent race nights.



*Richard possibly overtaking a back marker?*



*The Purple Army ready for the Pudsey 10k Challenge 24th July 2011*

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](http://www.kirkstallharriers.org.uk)

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