

Kirkstall Harriers Newsletter

No. 92 July 2011



News in brief

* Guest Editor

Whilst our regular editor Eleanor, prepares for her up coming nuptials and then celebrating said nuptials on a well deserved honeymoon, the next two editions of the club newsletter will be edited by Matt Sykes-Hooban. Hopefully the usual high standards will be maintained. If not it will only a temporary dip in performance. Eleanor will be back in the hot



Eleanor The Grand Yorkshire 10k

seat for

Septembers newsletter. We wish her and Russell all the best in these last stressful weeks and for a very happy ever after.. (Erm) Ever after.

* Danfield Relay Wed 6TH JULY Start 7.15

If you are interested in doing this relay of the same 3 mile leg to be run by a

team of 3 please put your name forward asap. Registration is on the night and from the Danefield car park on Otley Chevin. If you have not done this before save a little for the slightly uphill gradient finish. Meet at the KLC car park at 6pm for a lift or 6.30pm at the registration area.

* Kirkstall Festival Sat 10th July 2011

As usual we have a stall at the Kirkstall Festival and as always we are in need of volunteers to man the tombola and promote the club to all and sundry! We also need quality prizes so if you have any unwanted gifts etc please let Jill Stock know. All money raise goes to the Wheatfield's Hospice.

* Summer Run with Horsforth Harriers Tues 12TH July

We have been invited to join Horsforth Harriers on their training night. The run starts 7.30 prompt from the cricket pavilion in Horsforth Hall Park. The route will be, jog to the canal then 20mins out toward Apperley Bridge and back again. Male and female showers are

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available. The run will be followed by a free buffet in the bar.

* Washburn Relay Fri 15th July

This is an annual relay race of 3 legs on average 3.8 miles per leg. 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 organize some teams. The closing date for entries is Friday 8th July.

* Golden Acre Relay wed 27th July

This is another popular event, and again 3 legs of about 3 mile each, so if you are interested in this one, again let your club captains know asap.

Key Dates for your diary

Sun 03rd July: Yorkshire VETS at Honley

Sun 10th July: ECCUP 10 mile at Adel. Don't forget this is a Club Championship Race!

Sat 16th July: Wolds Half at Bishop Wilton

Wed 20th July: John Lunn 5k at woodhouse Moor

Sun 24th July: The Pudsey Challenge 10k (this is a real must do, testing multi terrain run)

Sun 30th July: The York 10k at York

News in Brief cont...

* Kirkstall Abbey 7 Sun 18th September

You may have seen entries for this race – especially if you did the Leeds half. Please do not enter this event 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 in August and all marshals will receive the same memento as the runners.

* Leeds Country way Sun

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 recce'd before race day as the routes are not marshaled. 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 or Phil Hewitt, so we can plan

our best team – usually the ladies and allocate legs.

* The Six O'Clockers

Jill Stocks' beginners running group will be continuing at 6pm on a Wednesdays. If you have friends/relatives who want to start running but put off by running 5 miles plus running with the Kirkstall Harriers. The idea behind the 6 o'clockers' is to get people up to 4/5 miles over a twelve week-ish period then hopefully filter into the main running group. This group is running under the Run Leeds banner?

Messages from Members at Home & Abroad

SAM OSTERMEYER

Unfortunately it is with regret that I shall be unable to renew as a member of Kirkstall Harriers for the coming season. As some of you will know, for the past 9 months I have been studying towards my Primary PGCE at Leeds University. I am currently one week away from completion, and as of then I shall be a qualified primary school teacher, and as of September I shall have a class to call my own. Having been with my girlfriend now for 7 years, it was only fair that she had a say in where this would be. Her parents moved to Somerset a few years back, and her mum has been ill over the past year, from which thankfully she has recovered from and is in a clean bill of health. But as you can imagine, this has increased Caz's desire to be nearer to her family, and as such we have decided to move further south at the start of July ready for September. I have accepted a job in Shropshire, and as things stand currently we shall be moving from Leeds on the 8th July. It has been a big regret of mine that I have not been able to commit to the club over the past year or so. Studying towards my course has seen me working until 10pm each night, and there has been very little time for running, especially when coinciding with my niggly knee problem which has still not totally cleared up!

I have been very proud to run for Kirkstall Harriers, and it is with even bigger pride that my name is the first on the Club Championship shield! I only wish I could have put up more of a defence of it or taken part in more races recently. My current fitness is pretty shocking, I am certainly far away from where I was when I was running at my peak. However, I do hope to join a club once I am settled and to get back to where I was, and hopefully I will find some time to get up to Yorkshire to compete in some races. There are still a couple of Wednesday night sessions that I hope to be at before we depart, so hopefully I will see some familiar faces down. But I will always keep my purple vest, and who knows, I could one day return! See you soon.

Sam

COLIN HODGSKINSON

Not sure if you remember me but I used to run with the club a couple of years ago before moving to Huddersfield - I trust all is going well with the Harriers and yourself. I'm currently looking at setting up a small running group in my local area (nothing too ambitious to start with!) and just wondered if you had any advice or possibly suggestions of people to contact in order to begin. There are currently two running clubs local to me (meltham ac and Huddersfield) but I was thinking of something less formal and more inclusive - for those that want to run for fitness and might be encouraged to occasionally running with a group. The friendly atmosphere at KH is something of an influence so I hope you don't mind me asking! I realise setting up a formal running club is a long and quite complex process, I was really just wondering if there was anything to stop me from starting something less formal and advertising it locally. I have looked into doing a coaching course through England athletics and I expect doing a first aid course would be a good idea but if you have any other suggestions they would be welcome. I still manage a few races and it's always nice to see purple shirts when I do, hopefully will bump into you or some of the others at some point, and yes, I shall be signing up to the Abbey 7 this year so best of luck with it.

Colin.



Sam collecting the 2009 Club Championship shield

RACE REPORT

Yorkshire Vets—Adam Moger

The second Vets race of the season was hosted by Stainland Lions at West Vale in Halifax. More akin to a fell race, the big hills saw even some of the fastest runners having to walk. Fortunately the course turned out to be half a mile shorter than declared and although slippery in a few places, the dry weather was a blessing.

There were a number of fallers and turned ankles, including Kirkstall's Gary Carlisle, who ignored the usual treatment of "Rest-Ice-Compress-Elevate" & instead went for "swear prodigiously". It must have worked as he still completed the course in a respectable 74th place.

With several KH ladies regulars either on holiday or at the Bridlington festival of running, Alyson Glover finished 31st and Bal 47th for the girls. The men, led home by Chris Glover in 33rd, had 10 runners helping cement our position in the tables.

Although winning no age category prizes, Kirkstall still had something to cheer when Andy Cooper, in his first vets appearance, claimed the last spot prize of the meet.



Strong finisher—Mark Skinner
Photo: David Elliott, Pudsey Pacers



First for Kirkstall—Chris Glover
Photo: David Elliott, Pudsey Pacers

The third Vets race took place at Pudsey on a warm Tuesday night, with a record 240 competitors and an impressive turnout of 16 from the purple army. A short course of 7.5k/4.6 miles included some big ascents and steep descents, before finishing with the biggest hill. Several streams to cross, plenty of mud, puddles & tree roots made this the most challenging course so far.

Definitely a need for trail shoes, but not if you wanted to keep them clean. Peter Hey went one step further as one of his new shoes decided to stay at the bottom of a muddy puddle; he had to stop and dig it out as the rest of the field went past (and knowing how competitive some of these oldies are, was lucky not to get trampled to the bottom of it himself..).

In the "first four to count" competition Mark Skinner took a strong 4th place for Kirkstall behind Chris Glover, myself, and Kevin Blackhurst. I benefited from a decent fast start near the front & managed to keep two rivals from Hyde Park behind me, beating one of them for the first time in a competitive race, even if he does run in the M50 category!

Once again we didn't come away empty handed, winning two spot prizes at the presentation.

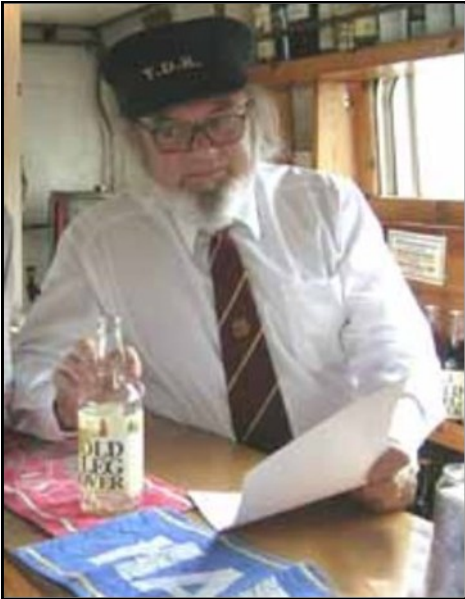
The fourth Vets race of the season - and third of the month - was at Meanwood, hosted by Valley Striders, with another record turnout of 252. On part of the Meanwood Valley Trail, it nearly went wrong from the start when the race leaders took a wrong turn and had to be quickly redirected.

For Kirkstall, Mark Skinner again got into the first four, crossing the line just 4 strides ahead of Peter Britton (more like 2 of Peter's strides!). For the girls, an important appearance from Julie Hustwit to complete the team of four with Diane, Alyson and Collette.

Whilst the men are doing well in "first four to count" (7th out of 27 clubs), and "all to count" (6th), our best showing so far is in "rest to count" (4th), where we need to continue getting out as many people as possible. Notable age group performance so far from Chris Glover (3rd), with a number of others, particularly amongst the girls, set to do well if they complete the minimum 6 races. The women are also riding high in the tables, being 5th out of 21 clubs in both "first four" and "all to count".

Anyone 35+ who's not done a Vets race should try one; every runner scores points for the club. Next race is this Sunday, 3rd July, 11am at Honley, see YVAA website for details.

A tribute to John Lunn



John Lunn died in his sleep on Monday night (21st June) aged 68. His passing is a huge blow to the sport and particularly to Leeds City.

Over the years he has held almost every position in the club and has

made a particular impact as a team manager and historian. It is not being disrespectful to those who have followed him to suggest that he was the most successful team manager the club has had in terms of getting the best out of (sometimes reluctant) athletes in league competition.

As club historian and statistician he has done a tremendous job in producing in depth ranking lists and a regular newsletter. His newsletter was always written in his inimitable style and wit whilst at the same time giving a mention to everyone however lowly their performance.

A man of intellect, well read and possessing an encyclopaedic memory, he had many interests and talents outside athletics which others are more qualified to list. I have known him for over 50 years as a middle distance opponent, team mate, training partner and provider of information for his History of Leeds City.

As an athlete he was very good. He won the Yorkshire Youths Cross Country title in 1959 and again in 1960 before going to Oxford where he was awarded Blues on the track (3 miles) and country.

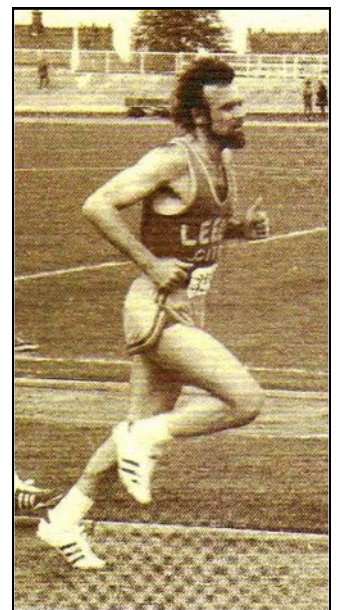
On the track (not his favourite surface) he ran 14:39.4 (5000), 30:36.6 (10,000), and 78:51 (15 miles). He ran 1:44:40 for 20 miles on the road and 2:23.30 for a marathon with 2:19:48 for a short course at Huddersfield.

Although not a prolific veteran competitor, John continued to run until a heart problem was diagnosed. Since then he took up the hammer with enthusiasm. Somewhere in his mass of statistics there will be a note of the number of league points he has amassed in that event.

He taught briefly in Darlington during which time he ran for Middleborough and Cleveland but returned to his native Leeds. A member of Leeds AC, he was active in the coming together of that club, Harehills Harriers and Leeds St Marks to form the present Leeds City club back in 1967.

John could be described as unconventional, even eccentric but things were never dull when he was around. In his Oxford days he was seldom seen without his guitar and was a source of welcome entertainment on long journeys to fixtures. Colleagues had mixed reactions to his propensity to giving everyone a nickname but they were invariably funny if often irreverent.

If John agreed to do a job it was as good as done. His latest success was the National in Roundhay Park. Although hundreds of people were involved in the planning and execution of this massive event, John was the lynchpin although he declined to accept the plaudits. It may seem trite to say "we will never see his like again", but in John's case it is true. The athletics family extend heartfelt sympathy to John's wife Dorothy, herself a stalwart official, and son Matthew.



Roger Norton 22 June 2010

The committee on behalf of the Kirkstall Harriers would like to join Roger in expressing its heartfelt condolences to Dorothy and Matthew at this time.

RACE REPORT

Club Championship

The Sweatshop Castle Howard 10k Trail Race

The fifth race in the 2011 club championship took us to the country estate of Castle Howard near York. With only 11 harriers running this race good points were in the offing and I was feeling pretty confident of scoring well as I had run pretty well the weekend before at the Bridlington Festival of running.

However a quick glance at the table opposite confirms that that confidence was wholly misplaced. After starting quite quickly, I quickly faded after about the first mile, from then on it was a case of holding on for grim death! A combination of hot muggy weather (It threatened rain but not a drop was split until we were on our way home!) And a lack of decent training are to blame I think!

Still there was some very good times posted by the harriers. Paul Miller was first home in a great time of 41:53, followed a couple of minutes back by Chris G, Laim and Adam, these three were separated by just little over 70 sec. The race is run mainly on farm track and path through some very pretty scenery but I was slightly disappointed to learn that the 10k course actually measured closer to 10.5K which was surprising as it was a two lap course! All in all it was a race worth doing with a good atmosphere and a handy bag as a race memento.

Position	Name		Points
1	Miller	Paul	20
2	Dalton	Stephen	19
3	Glover	Chris	18
4	Hunt	Chris	17
5	Mealey	Liam	16
6	Moger	Adam	15
7	Goldthorpe	Helen	14
8	Hooban	Matt	13
9	Britton	Peter	12
10	Spencer	Collette	11
11	Thomas	Richard	10

Matt Sykes-Hooban

RACE REPORT

The Overall League Table			
Position	Name		Points
1	Glover	Chris	80
2	Hunt	Chris	66
3	Moger	Adam	57
3	Britton	Peter	57
5	Skinner	Mark	48
6	Pilling	Rachel	43
7	Goldthorpe	Helen	39
8	Elvin	Catherine	38
8	Dalton	Stephen	38
10	Spink	David	37
11	Hancock	Richard	34
12	Hutchinson	John	32
12	Hey	Peter	32
14	Longmate	Kevin J	29
15	Mealey	Liam	27
16	Hooban	Matt	25
17	Dell	Isaac	23
17	Carlisle	Gary	23
19	Gladwell	Allan	22
20	Miller	Paul	20
20	Hewitt	Philip	20

Bradford Lister Park Parkrun

Parkrun is a free 5k every Saturday morning at 9am (register online and bring your printed barcode along to the race). Roundhay parkrun was reviewed last month by Phil; this month I tried out Bradford parkrun at Lister Park. A 3-lap course, it's the first race I've done that felt more downhill than uphill, even though, like Roundhay, the finish is higher than the start. One short uphill is balanced by 3 steady downhills, all on decent paths in a pleasant park. With fewer than 100 runners, it had a quieter feel to it than the famous Leeds Hyde Park course.

Adam Moger

10 bonus points are on offer in the Club Championship for completing any 4 parkruns over the year. A 3rd Leeds parkrun is soon to begin at the Chevin, so if you've not done one before, try one out!

The Next Championship will be the **ECCUP 10 mile** Saturday 10th of July.

This race is also doubling up as Eleanor's running Hen Do, so if you are running this race and want an extra bit of fun please drop Eleanor a line or catch up with her on a training night so she can sort you out with a tutu and possibly a veil... Men of Kirkstall you are very much encouraged to participate in a spot of gender bending race shenanigans! Just remember to wear your Club Vest underneath to qualify for Championship points.

Richard Hancock reports on another night of race fun...

Wednesday the 8 /6/11 and I along with 9 other harriers were in Otley cricket pavilion sheltering from a heavy rain shower prior to the start of the Otley 10. I could hear other runners telling tales of woe about the hills to come, others were discussing race tactics, my main topic of conversation was what sort of bottled beer would we get in our race bag !

And so to the start, the rain had stopped and we basked in the evening sunshine, then the race Marshall's klaxon burst into life and we were off at a frantic pace in the direction of Pool. Once at Pool it was a sharp left over the River Wharfe and left again towards Leathley, and now the fun started! From here it's a steady climb for about a mile and a half before a acute climb to the summit of the first hill. As I wheezed passed Saint Oswald's church Leathley I asked the good lord to loan me a set of angels wings to help me fly up the climb, sadly for me my prayers were not answered. I can only assume that the rest of the harriers had been granted wings for I couldn't see a purple vest in front of me on the climb. When passing the old Emerdale farm on my left I wished for a herd of cows to come meandering across the road and put a halt to the race as I was ready for a rest as my lungs were ready to burst and my legs felt as if they were on fire. Just before the summit there was a cheeky little hairpin bend which gave the hill that hint of zest.



*Amy looking good as she tackles the hills around Otley
Photo Courtesy of Phil McGreever*

At the summit there was young lady handing out jelly baby sweets I gratefully accepted a sweet as my fatigued body required a sugary energy boost. Turn left at the top of the hill and as I crawled along this stretch I could look to my left and take in the splendid scenery of Pool and surrounding areas. There then followed a long downhill stretch too the water station before the second and slightly less severe hill at the seven mile mark at Farnley. Once over that climb and past the 8 mile mark it was downhill too Otley. On past Prince Henry's school and once over the river there was only a mile to go.

It was when I approached the traffic lights by Argos that I was suddenly struck by a sobering thought , what if all the post race beer has gone! (its sobering thoughts like this that can start you drinking!) at the thought of missing out on a race bag my lungs expanded and my legs started pumping and I was running like the wind. I managed to overtake four runners in the last half mile before entering the cricket ground for a lap of the field and at last crossing the finish line. The sun had set and most of the runners were enjoying a burger and a drink in the pavilion as I finished in 1 hour: 41. Then it was a quick drink of water a cheer and burst of applause for my fellow runners before I hobbled back to my car clutching my well earned bottle of beer.

Despite the hills the Otley 10 is very enjoyable race that will test the runners stamina. As for the purple army, there were excellent performances from all on the night, the highlight being Chris Glovers 45th place out of 260 runners. Randolph, Amy and Peter all finished within 29 seconds of each other. Richard T was home a few minutes later and only 1 second separated Chris and Andy. Alyson put in a steady run finishing 30 seconds after Andy. I came in just in front of Patrick who despite recovering from injury put in a solid performance.

The results were as follows.... Chris Glover was 45th in 1:10:46/ Randolph Haggarty 111th 1:20:19/ Amy Richards 114th 1:20:26/ Peter Britton 115th 1:20:46/ Richard Thomas 132 1:22:06/ Chris Hunt 178 1:27:47/ Andy Cooper 179 1:27:48/ Alyson Glover 180th 1:28:15/ Richard Hancock 236th 1:41:00/ Patrick Nesden 245th 1:46:21

Photos are available to view on the Otley ac website

Member Profile - Sheila King



Sheila at the 2007 Leeds Half

Age: Mmmm Can't believe this is one of the questions -I'm age sensitive and people tell me I never act my age so if it's ok, I'll just tell you the age my husband tells me I look:27!!!

Occupation: Community Sports Development Officer at Leeds Trinity University College, Horsforth.

Originally from: Bolton – yes I've crossed the border. There's a Lancastrian amongst you!!

When did you start running? I can't really remember a time when I haven't run. I started running in primary school when I was entered for a cross country race. My primary school was very keen on sports and that's where I got the bug. When I moved onto secondary school, the opposite was the case and there was very little encouragement. Although they did occasionally send me to district events to represent the school, I would normally be the only one from my school facing other schools with their teams, coaches and all the kit. As you can imagine it was quite daunting but thankfully it didn't put me off.

When/How did you end up joining Kirkstall Harriers? I joined Kirkstall Harriers 10 years ago. I'd encouraged a new work colleague to come out running at lunch-times; Amanda Seims; she encouraged me to join the club telling me how friendly everyone had been. So after all the years of running on my own I suddenly had a whole group of people to go out with and the rest is history. Amanda has since moved on, she now works at Leeds Met Uni and runs for a club closer to her new home but I still bump into her at events

What are your motivations for running? Well, I work at a college in the sports department and in order to keep up with the students I need to keep fit. Part of my role at the college is to encourage the students and members of staff to be active so I have to look the part as

well. Actually I'm always amazed at how unfit the majority of students are and sometimes join in with the multi-stage fitness test.

What are your greatest running achievements? My one and only marathon - the London Marathon of 2007. I didn't achieve the time I wanted(4'20") but as it's my only marathon I have to mention it and I also had great family support. Unbelievably Phil (the hubby) and my boys (Josh and Lloyd) managed to see me a total of 4 times along the route.

I've also got to mention the Brass Monkey in 2010 and achieved my best time for a half marathon. Unfortunately I'd been given the place, so I did my best time under someone else's name! Typical. Then there's the Leeds half marathon of 2007 when I got a pb of 1.42.18 which was my best time for that course.

What is your best running related memory? Running with work colleagues doing the three Yorkshire peaks. Such fun and I'll never forget running off Pen y gent where the ground's really boggy and



Sheila looking good at the 2007 London Marathon



Sheila collecting her PECO Trophy

running pretty fast (it was downhill) and watching a colleague suddenly disappear up to her armpits in a peat bog. I could hardly contain myself with laughter as I laid across the bog to lever her out – she did see the funny side eventually!

What is your worst running related memory? Is it possible that your greatest running achievement can also be your worst running related memory too? The London Marathon, the only time I've done a marathon and it happened to be my worst running condition – the hottest day they'd had for the London Marathon to that point. I really suffered and it was the worst I'd ever felt during a run. Someone had told me that no matter how bad you are feeling remember as you go through the finish line raise your hands in the air and smile – thankfully I pulled that one off!

More of Sheila on Page 8

Member Profile Continued - Sheila King

Continued from page 7: I do remember being asked to go to the Northern Cross Country in 2009 which I agreed to without thinking about it too much. My build up was hardly exemplary, as I was out partying the night before (no one had explained how serious these events were). Anyway the 4am finish had rendered me useless to drive to St Helen's and thankfully Jill Camm offered to drive. Bless her she even came to pick me up because I remember her initial shock at seeing the state of me – hedge and dragged backwards doesn't even begin to describe me! I slept most of the way there. On arrival we met up with fellow team mates (Gemma, Helen Thorpe, Alex) and I soon realised looking around at the competition that this was going to be one serious race. We even had to start in pens according to our race numbers. I can remember now the pain of dealing with the incredibly slippery course with a thumping headache and overwhelming fear that at any moment I was going to throw up. Thankfully I made it around without coming in last and more importantly without emptying the contents of my stomach, although there was a worrying moment for one marshall as I came across the line!

Any words of wisdom for you fellow Harriers? Which brings me nicely to my words of wisdom – Running is an excellent cure for hangovers and I'm not the only one who thinks that – Paula Radcliffe also agrees.

Other words of wisdom; you're never too old to run a PB. Ever since training for the London Marathon I seem to have got another gear from somewhere and it was soon



Sheila Elite Number 1 at the Bolton Blast



Sheila out and about with the Harriers

after that that I managed my Pb for the Leeds Half closely followed by a pb for a half marathon. So you youngsters take heed!

I also have a theory that if I stick doing the Vets races for long enough, say another 35 years, I could be in line for an age related prize. Of course I am assuming that fellow runners will have hung up their trainers by then!! Watch this space

Attack the hills!

And Finally... I just wanted to say –

A big thank you to Kirkstall Harriers for being such a welcoming, supportive club over the years as well as being great fun.

Xxxxx

PBs and other worthy mentions

Chris Glover continues to show improvement now his working arrangements let him do more running, especially in midweek. At the Esholt 5k he recorded a time of 18.55, and at the hilly Otley 10 went round in 70.46.

Subscriptions and New Members

Please welcome to the club Clare Doherty from Headingley, Matt Woodhouse – from Woodhouse area? and another Glover to the clan – Hilary Glover who is Chris's sister and did her first run for the club at the Castle Howard 6k.

We 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



Mark, Collette, Marion, Matt and Eleanor enjoying some well earned post race hydration!

I quite enjoyed the race, the Grand Yorkshire 10k. Was starting with a bit of a chest infection, but managed to get round OK. Saw the front runners during one section of the race, where it was out and back, and obviously had to high five some of my fellow harriers. Quite enjoyed the end of the run with the view of the sea in front of you and then along the promenade to finish.

Then it was back for quick change and showers and quick fish and chips to get to the spa for some talks that were taking place. Never eaten fish and chips so quick.

Really enjoyed the talks. Tracey Morris, Olympian, talked about her running career with a question and answer session. Physios from Leeds Carnegie were next talking about how to get the best out of running and I was even sucked into buying a book of stretches. Really enjoyed listening to Tom Williams, from Marathon Talk who was so inspirational you felt like getting your trainers on then and there and go running.

Marion and I travelled up to Bridlington together by car and met the others up there. Journey seemed to run quite smoothly and arrived just after 2pm. We found our accommodation quite easily, but it wasn't quite ready so went to the race headquarters to register and pick up our numbers. Bumped into some of the other harriers which is always good and had a bit of a chinwag. Marion and I then realised that we hadn't that long to get back to our B&B, get changed and get to the race start for 4pm. At this point we decided we were a little peckish, so hunted out where we could have a bite to eat. We found a lovely little café round the corner and a panini seemed to be the best option. Not exactly the best preparation for a 10k, and chuckled to ourselves, but thought what the hell. We then went back to get changed and walked to the start of the race, not exactly sure where we were going but managed to find it ok. Seemed to be all a bit of a rush but had about 5 mins before the start of the race – loads of time!!



The view from Eleanor and Matt's B&B of the Finish



Collette beating the clock at the beach race

Then next phase of the weekend was the live band – the Southmartins, who were very good, followed by a very cheesy disco, which was so loud we had to go and find an area to stand in so we could chat to each other – now that's getting old heh!! A few glasses of vino was very well deserved then time to head back to get some beauty sleep ready for the beat the clock beach run on Sunday morning.

The 4 mile beach run was a run with a difference, not your average run but lots of fun. The aim was to start as late as possible but to get back in time before the clock got to zero. It counted down from 49 minutes, therefore giving all abilities a chance. It was quite funny deciding when you wanted to start, however, I didn't estimate mine very well when I had 3 minutes to spare at the end. It was a lovely experience running on the beach on a Sunday morning, but it was hard work fighting the strong wind on the way back.

Overall a fantastic weekend with some great company – thanks guys.

Would be great to see a few more familiar faces next year.

Collette Spencer.

Grand Yorkshire 10k Results: Adam M 42:40, Mark S 44:19, Eleanor F 48:44, Matt S-H 48:49, Marion M 49:02, Collette S 54:55 Well done all who took part and rumour has it the girls even won the Ladies team prize. All in all a good weekend for KH!

RACE REPORT

Rambling Richard's Race Roundup—June



Richard on the charge!

During the month of June I was out and about on my running travels and enjoyed taking part in the following two races, the Sandall beat 10k and Darrington 5 mile. Wednesday 15th of June and I was at Doncaster for the Sandall Beat 10k. Starting at Doncaster Rugby Union club this 10k race weaves its way through the Sandall Beat woodland before following Doncaster race course for a furlong or two. Then the race heads back into the woods before finishing back at the rugby club.

A wet June evening and I along with 221 other runners were eagerly (some more eager than others) anticipating the start of this off road 10k. There were many familiar club vests to be seen on the start line, Rothwell, Leeds City, Ackworth, and Barnsley to name a few. The starter blew his whistle and we were off running into the woods, it was out of the rain shower and into the humid conditions of the Doncaster rain forest! The front runners were off at a gallop whilst the sick, lame and lazy, (number 164 in the purple vest fits into this group) were trotting along at a more sedate pace. The humid conditions of the woods along with the midges and other insects didn't make for ideal running conditions, I could have sworn I saw the explorer Bear Grylls lurking in the undergrowth! After a few miles of woodland work the course ran alongside the racecourse for about a mile, it was nice to get a breath of fresh air as I ran in the 'saint ledger evening meeting' About turn and the race headed back into the woods for a second time. Four and a half miles and it was a quick pit stop at the water station before another mile of woodland. With about half a mile to go I

was back on the tarmac and here I decided to put my foot down and set off at fast pace for the finish. If only I had run the other 5 and a bit miles at this pace I would have been home five minutes earlier! There was a ripple of applause and I cry of well run Kirkstall as I shot over the line and then collected my bright green 10k t shirt and bottle of water. I finished in 56:36 in 173 place out of 222 runners. For those harries who enjoy a fast flat trail race this race is for you!

Saturday 18th of June and this time I was at the Darrington feast and fayre 5 mile run. A pleasant sunny morning greeted the 86 runners who assembled on the school field for this race. The vast majority of runners were from Ackworth Road Runners and Pontefract Athletics Club as this is one of their grand prix series of races. I had the feeling that this was going to be a fast race as all the club runners were out for grand prix points and there is a health rivalry between the two clubs. The race was under way at 12:10 setting off in the direction of Pontefract. Once into the village of Carlton it was a left turn and a steady climb before a downhill stretch into Wentbridge. The race pace was fast and furious and I could see a long line of runners snaking out along the downhill stretch. At Wentbridge there was a sharp left hand bend before a very steep climb up the old great north road. The water station on the hill was a welcome sight as the midday temperature was climbing and the midsummer sun had parched my body. Once at the top of the hill there was another left turn and I was able to breathe easy again on a flat stretch of road. The roar of the speeding traffic on the nearby A1 spurred me on and once again I put in my last mile effort and upped the pace. Down the hill and turn right and I knew I was nearly home, one last climb and then I entered the school field and finished in 44:51 coming in 59 place out of 86 runners. I was given my race medal by the feast and fayre queen, before I collected my post race water bottle. After the race I spent 10 minutes walking by the many varied stalls of the fayre where I gambled a £1 on the tom bola before moving to the next stall where I purchased some homemade flap jack, very tasty very sweet! If you fancy a doing a short competitive race with one hard climb this is a good race to do.

I enjoyed running in both these races and I will hopefully enter both of them again next year, I saw the Sandall beat advertised on the John Schofield web site and Darrington was on the Northern Running Guide.



Birthdays

Happy Birthday to the following members who celebrated their birthdays in July

* **Carl Lockwood, Mario Kokes, Tony Downham, Marion Muir, Jill Stocks, Helen Ferns, Tom Keeber, Andrea Lewis, Amy Richards, Rachel Pilling, Lauren Brady, Helen Blake, Paul Wilson, Kevin Longmate.**

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

