

Kirkstall Harriers Newsletter

No. 95 October 2011



News in brief

* Editors Note

Hello everyone I am delighted to be back in the editors chair once again making sense of the clubs busy schedule and reading through all the race reports before anyone else. Its looks like its been a busy month for our members as you will find out within these pages! So put the kettle on and put your feet up, this month is a big one. Matt (Co-ed)

* Kirkstall Abbey 7



Well done to Jill and Matt for organising the event and everyone who turned up to help. If your input was small or large the fact that we had so many helping made the event successful, and was enjoyed by most of the runners who commented. Despite a relatively low turn out of runners – for the 4th year in succession – it just about covered costs, raised some money for Wheatfields

Hospice and was good publicity for the Harriers. Read all about it on page 5

* A Training Night with a difference!

On Wednesday the 12th of October just to keep you all on your toes and to see how it goes down. There will be a run up the A65 to Rawdon and back, with a prize to the one who runs the furthest – provided they get back within 50 minutes. As the run should only take 50 minutes we will then have time for a quick social team quiz in the lounge of the LPSA. A general knowledge type quiz which everyone can participate in. With prizes to the winning team.

* Club Championship Race

The next club championship race is the Harewood 10 miler on 2nd October. A very nice run around the grounds of Harewood House and Eccup reservoir at a modest cost of £8 and you do get a bottle of beer at the finish. Entries are available on the day subject to the race limit of 750.

* Dark Nights ahead

It may not feel like it what with the heat wave and all but the nights are starting to draw in. So we would like to

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encourage all who train with us on club nights to dig out there HI VIS gear once again. If you don't have HI VIS Carol has some more of the KH long sleeve tops for sale along with some good florescent tabards at bargain prices.

Key Dates for your diary

Sun 02nd Oct: Harwood 10 mile **Club Championship Race**
Sun 16th Oct : Richmond Castle 10k, Richmond, North Yorkshire
Sun 16th Oct: Bridlington Half Marathon
Sun 23rd Oct: Withins Skyline Fell race 7m/1,000' **Final Club Championship Race**
Sun 23rd Oct: Picking 10k
Sun 30th Oct: Holmfirth 15miler
Sun 13th Nov: Yorkshire VETS, Spenbourough approx 6miles cross country
Sat 19th Nov: Harriers v Cyclists, Bingley Fell race 6m/650'
Sun 20th Nov: Abbey Dash in Leeds 10k



*Resplendent in all our HI-VIS glory!
Christmas Lights Run 2008*

News in Brief cont...

* Treadmill Trot 3rd November

If you would like to go on a treadmill or a bike for a 30 minute slot please contact myself on my e-mail address or 01132479008/or if I'm not at work Jane Dawson, Ros Hughes or Gavin Green on 01132479065 are all waiting to take your call. All in aid of the Brathay Trust. For a 30 minute slot all we ask is that you get sponsorship over £10.00. If you would like to help collect with a bucket please let me know. Please feel free to let your teams, friends and anyone else you may think will be interested know about the event?

* Up and Running Central are relocating!

Will remain on Lands Lane until back end of October and then will move to Boars Lane Leeds. This is right next to

the train station, where 'Multiyork' used to be. Between now and when they move there is a massive sale on to run down the stock, absolutely everything is reduced (apart from electronics).

Happy Shopping!

* Liverpool Marathon

On the 9th October we have a large number of runners taking part in this event and they are Colette Spencer, Catherine Elvin, Chris Hunt, Gary Carlisle, Andy Cooper, Kevin Blackhurst, Diane Shaw, Helen Thompson and Steve Groves

We also have a sizable support group tagging along and these include Jill Stocks, Neal Shotter, Mark Skinner, Eleanor and Marion. I have been assured that the fact that such a large

support group is travelling purely for the love of the sport and has nothing what so ever to do with the many decent pubs along route. So if you are in the area look out for the banner.

We wish them the runners at least all the best on the day.

Also a quick message from Collette:

I am running Liverpool Marathon on 9th October and raising money for CHIVA (Children's HIV Association). I would really appreciate a small donation if you can spare a few pennies. Please take a look at my just giving page - www.justgiving.com/Collette-Spencer

RACE REPORT

Spofforth 10k

An off-road course a little over 10k around Spofforth, Sicklinghall and Kirkby Overblow. Despite the 1.30pm start on bank holiday Monday, by chance it was perfect running weather. I'd already got a bit chilly by getting the start time wrong and turning up 2 hours early, but better than being 2 hours late.



Ian, Pic by Andrew Thrippleton

Good to see another purple shirt in the form of Ian Brown (several more turned out to be those copycats City of Hull AC). The course was tough underfoot with puddles, small rocks & potholes, but marshals were out in force and any gates were held open for us, which was a nice touch. I beat two rivals from the Yorks Vets series, one for the first time by sprinting the final hill (admittedly he'd done a fell race the day before), finishing in 44.10. Ian beat his time from last year by nearly 3 minutes with 1.11.13. Easy parking, a goody bag with snack and medal, with the start/finish in the grounds of picturesque Spofforth Castle. An enjoyable race I'd do again, though it would be a bit of a slog on a hot day.



A determined sprint finish

Report by Adam Moger

PECO Cross Country League - 2011-12

We now have the provisional dates and venues for the Peco cross countries. Which are as follows:

27th Nov – Ackworth – possibly Pontefract race course or Ackworth School
18th Dec – Rothwell – possibly Middleton Park
15th Jan – Kippax – to be confirmed – possibly Temple Newsam
19th Feb – Abbey – Golden Acre Park
11th March – Hyde Park Harriers – Otley Chevin

These races are designed to encourage all club runners regardless of ability to take part and run individually and for your club. The distance is usually between 4 and 5 miles. Help with transport will be available on the day. Both the men's and ladies teams are in the Premier league and with the help of all our members we can stay there – and the ladies possibly coming in the top 3.

There are also junior races for club members or children of members. 8 – 10 year old do a 1 mile run starting at 10.00am with 11 – 16 year olds doing a 2 mile run at 10.20am. The senior's race starts at 11.00am

We will remind you of these again as the first date approaches. Anyone not having done cross countries before but interested in doing them may fare better with a pair of inexpensive trail shoes, should some of the courses can be muddy or wet (but that's why they are so much—Ed) www.sportshoes.com based in Bradford being a very good place to start looking, or if too far too travel Up and Running at West Park or in the town centre may have some on special offer.

West Yorkshire Cross Country News:

We have entered Gemma Smith, Rachel Pilling and Jill Stocks for these races so if you can please turn up and give them your support. These races normally start at about 1.45pm:

Sun 9th Oct – Nunroyd Park Yeadon
Sat 29th Oct - Knavesmire
Sat or Sun 19th or 20th Nov – venue TBC
Sun 4th Dec – Thornes Park Wakefield

Yorkshire VETs

If you are over 35 and enjoy running on and off road these are ideal races for you – and you can help the club. We usually have sufficient numbers for a team but could always do with more runners, especially from the ladies. If you have not tried them yet, please have a go, especially as this is the last one for this year. Wherever you finish you still score points for the club. Prizes are available at the end of each race for all age categories, in 5 year groups, plus some spot prizes. 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 organise 10. Race entry fee is £3.00 and more often than not includes refreshments afterwards. The final race is **Sun Nov 13th 11.00am – Spenborough – so we will remind you about this in next months newsletter.**

RACE REPORT



Hurdling (or is it high jump?) at the Vets. Photo: Jason Newall, Pudsey Pacers

Yorkshire VETs Athletics

The good news - it's definitely possible to marshal at the KH7 and still make almost all the events at the Vets athletics. Unless you've a strong inclination to do hammer or pole vault, nothing else took place before noon at the Spenborough stadium.

I won gold in the M35 400m hurdles - the only M35, but let's not pick hairs - although beaten into second in the race itself by an M55 who had the advantage of actually being able to hurdle. A slightly disappointing 5th in the javelin but 20 years since I'd last thrown and only a metre off third behind Leeds City and York A/C throwers. Unfortunately the 400m hurdles was such hard work I had to pull out of the 100m, but I'll have a crack at some different events next year (perhaps the steeplechase and triple jump). Every event you can think of is held, the most popular seemingly the hammer, shot, & 5,000m. Everyone's got an event they're good at and for only £2 per event, I can't recommend enough that anyone 35+ give it a go next year.

Leeds Country Way 4th September

Well done to all those who ran for the club on the day, and those who also managed to get other runners to step in at short notice. To get any team around the course in a decent time is an achievement in itself due to the logistical nature of the event. Our first team came home in 18th place out of 41 one clubs and better still were 6th mixed team out of 19 in a time of 8.43.02. The second team also had a very good run coming home in 33rd overall or 13th mixed in a time of 10.33.57. When you consider the 1st team home did it in 6.33.12, the 2nd team were about 30 minutes behind, and there were still 6 other clubs home in under 8 hrs – shows the type quality in depth we were up against. So again another well done to the Harriers. The club also managed to get a mention in the list of winners thanks to Rachel Pilling and Adam Moger being the fastest mixed pair on leg 3. Hopefully those new to this event enjoyed the day and the team spirit the race creates. I'm sure we all wish Rhian a swift and speedy recovery from a re-occurrence of a leg injury incurred on leg 3!!! Made even worse by the fact she stepped in at the last moment – not knowing the full details of the terrain or what the race entails.

RELAY REPORT

My first "pairs" relay, running with the speedy Rachel Pilling. We'd recce'd the route separately, myself with Marion Muir and Catherine Elvin who were running for the other team. Marion's knowledge from running Leg 3 last year came in handy as there were only two LCW signs over the first 5k.

Stood on the start line awaiting Chris Hunt and Matt Woodhouse from Leg 2, we worried they might have got lost when two "more mature" ladies handed over to another two "more mature" ladies ahead of us. (It later transpired they had indeed lost 5 or 6 minutes, and won't have been alone). This played to our advantage as we spent our leg overtaking rather than being overtaken, gaining 6 places.

Leg 3 is one of the shorter legs (9.8m) but has two blocks of uphill vs one of downhill, a fair stretch of main road, and plenty of variation. We went slightly wrong just once (during which time I also fell flat on my face). Having two very evenly matched runners seems to be key - I knew if I was pushing the pace, Rachel would be right there behind me, and vice versa, so neither of us had to let up. We later learned we'd won the fastest Leg 3 mixed team trophy, my first ever running trophy (one more to the collection for Rachel). We'd had no idea and neither of us were at the presentation but I couldn't have been happier to win something for the team.

RACE REPORT

PARA 10

The Para 10 in case you've not heard is an extremely gruelling 10 mile course that can be run in normal running attire or for the foolhardy with a 35lb rucksack on your back, combats and boots. The course is based in Catterick Garrison and I think it's the last challenge the Parachute Regiment have to tackle before they pass out. Literally! The course is very undulating with virtual vertical climbs and a little bit of muddy water to wade through. Along the route are encouraging signs stating things like 'Pain is only weakness leaving the body' Mmmm, I must have had a lot of weakness in my body that day.

Helen and myself had done some training with the rucksacks on and one day we actually ran 10 miles from Pudsey to Leeds and back and it was really, really tough. On the day we decided not to do the run with the rucksacks, due to Helen having a chest injury and I'm her friend and we stick together, well that's my excuse.

The day itself was fantastic and so was the organisation. If you have never done this race its well worth putting on your calendar for next year. Speaking of next year, I will definitely do it with the rucksack on and so will Helen because she's my friend we stick together!!

Diane Shaw

Results for the P Company Challenge (with rucksack)

Gary Carlisle	1:40:52 (a PB)
Kevin Blackhurst	2:03:42
John Gunning	2:26:46
Peter Marshall	2:26:47

Results for Para 10 (without rucksack)

Chris Glover	1:11:32
John Hutchinson	1:16:17
Alyson Glover	1:26:53
Helen Thompson	1:30:56
Diane Shaw	1:31:26
Ian Brown	2:00:33

RACE REPORT

Kirkstall Abbey 7 2011



1st Male: Tom Adams, Ilkley Harriers



1st Female: Julie Greenwood, Wakefield Harriers

The 2011 edition of the our race went off with out a hitch (well almost!) We awoke early on the Sunday morning and headed down to the Abbey grounds to begin the set up. It was a glorious morning the weather once again was on our side! Now all we needed were some runners! We needn't of worried to much as we ended up with about 70 runners entering on the morning which kept Bal, Diane and the rest of the gang pretty busy, they did a sterling job as did all of the Harriers who volunteered to marshal on the day. We have received some great feedback:

Paul Brown wrote: *what a great race, well done to all the marshals you did a fantastic job, excellent goodie bag, going to recommend this race as a club run for Rothwell harriers, one thing can we have a carpet over the cobbles on the bridge ,killed my feet, only kidding . well done to the Kirkstall harriers, see you next year.*

Andrew Byrom wrote: *Really enjoyed the race, excellent course, will be back next year.*

As for the race itself our race winner Tom Adams smashed our course record with a brilliant time of 36:07. The Ladies winner Julie Greenwood won in a great time of 46:22. The men's team prize went to Pudsey Pacers with there impressive club turn out on the day is not too surprising. The Ladies team prize went to Chapel Allerton Road Runners. This year the Stephen Blades Memorial Trophy for the first local runner home went to Ryan Owens Of Leeds City Ac in a great time of 44:50. Congratulations also to all our VETs winners.

After the run we all retired back to the LPSA for a well deserved pint and a few choice bits and bobs from the cake and sarnie stall, proceeds of which went to the Wheatfield Hospice thanks to all who provide cakes and to Leann and Ann for making all the sandwiches. Also we must thank Ward and Loretta for providing some much needed post run massage for our runners tired legs . All in all we hope to have raised about £100 for Wheatfields which is great. I think we can call the whole day a success which I suppose means that we will have to do it all again next year!

Matt Sykes-Hooban



Jill Presents the First Men's Team prize to Pudsey Pacers with runners placing 3, 4 and 6.



And the real reason everyone turns out the cake stall!!

Club Championship

Kirkstall Harriers Club Championship 2011			
Horsforth 10k			
Position	Name		Points
1	Fraser	Sandra	20
2	Miller	Paul	19
3	Cooper	Andy	18
4	Glover	Chris	17
5	Blackhurst	Kevin	16
6	Newton	Paul	15
7	Spencer	Collette	14
8	King	Sheila	13
9	Glover	Alyson	12
10	Britton	Peter	11
11	Carlisle	Gary	10
12	Richards	Amy	9
13	Glover	Paul	8
14	Brown	Ian	7
15	Dell	Isaac	6
16	Hey	Peter	5
17	Hancock	Richard	4
18	Moger	Adam	3

The Horsforth 10k was held once again the week after our race which has been something of a long held tradition. It was great to have so many club runners out on the day. Lots of quick times and good performances all round and topped off once again by an excellent technical T shirt as a race prize meant a good time was had by all.

Next and final race of the year is the Withins Skyline

A Fell race at Hawarth on 23rd October. This is quite a pleasant fell race but do be prepared for a bit of mud – especially if conditions are damp. A very popular fell race with runners of all abilities taking part. It's only 7 miles with about 1,000 ft of climbing – but you are allowed to walk the hills if needed, as quite a few runners do. Be prepared to carry some wet/cold weather gear which is one of the pre-requisites of fell running.

Don't Forget the championship bonuses

First is the PARKRUN BONUS (on top of all other points) which is 10 extra points just for doing 4 parkruns during the championship year which means you only have till the 23rd of October to get them in. Also all those doing a marathon will get a 15 point marathon score (which counts as one of the 6 races they are scored on, so

Kirkstall Harriers Club Championship 2011			
Overall League Table			
After 8 races			
Position	Name		Points
1	Glover	Chris	99
2	Hunt	Chris	96
3	Moger	Adam	86
4	Skinner	Mark	81
5	Britton	Peter	78
6	Cooper	Andy	70
7	Pilling	Rachel	67
8	Hancock	Richard	60
9	Miller	Paul	58
10	Elvin	Catherine	56

not so much a bonus but another way to gain good points if you haven't done very well this year—Ed!)

And Finally

Looking at the overall leader board it couldn't be much closer at the top between Chris G and Chris H but its still anyone's to play for, what with the bonuses on offer. It could come down to the wire. Good luck to everyone racing in the last couple of championship races!

RACE REPORT **Wolverhampton Marathon September 4th**

The main reason for doing this marathon is that it was cheap, very cheap. It was recommended to me by Andy from the club, he is originally from Wolverhampton.

The marathon started in a lovely park, called West Park, the weather was perfect, overcast, cool with a little bit of drizzle, it did warm up later. The course was a 2 lap course which consisted of roads traffic free, roads with traffic, parks, towpaths, streets, alleys and backs of industrial estates. There were 4 events running at the same time, half marathon, marathon, relay event and a cycle event.

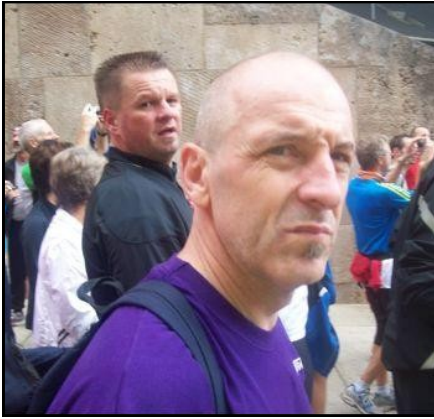
My plan was to run the event at a steady pace and feel 'good' till the end. At mile 3 an Australian Ironman, Woman, Caron, if that makes sense, hooked up with me. Caron was on holiday in Europe and thought she would do a marathon whilst here !!! We were doing steady 10 minute miles and to be honest the miles flew by as we chatted about training in Oz. We got to mile 19 and Caron was flagging so told me to go on, which I did, I felt really full of energy and ran along, overtaking a few people along the way. I didn't feel tired until I got to mile 25 and half, so that will do for me. I came in around 4:33 and Kevin did 3:23 but he had 27 miles on his watch, so he possibly did the 26.2 miles quicker.

The advantage of Kevin running faster is that he gets to the pub first. The pub was a lovely pub attached to the Marston Brewery, the food was great, we had a Sunday lunch followed by crumble and custard, that's why I love running.

On a final word, the marathon was great, the supporters were great and I would definitely recommend it.

Diane Shaw

Member Profile - Kevin Blackhurst



Age:

Older than the hills (51)

Occupation:

Works for Network Rail at Leeds City Station.

Originally From:

Liverpool (calm down).

When did you start running:

First time I saw a police car, only joking. At my High School, Manygates in Wakefield. I competed in a lot of Cross Country at school. I joined the British Army at 18 and started running again. I represented the Royal Pioneer Core training centre at Cross Country Events. When I lived in Germany I competed in various races including the Berlin Marathon and the Munchengladbach

Marathon which I completed in 3 hours 12 minutes and 11 seconds, I was 30 years of age. A few years later I got injured at the Wakefield half Marathon where I snapped a tendon. I seriously took running up again when I started chasing after Diane around Leeds.

How and Why did you join the Kirkstall Harriers:

Diane made me! I had completed a couple of marathons and needed more motivation for training and I wanted to speed up so the Kirkstall Harriers

seemed the right move. I have not looked back since.

What is your motivation:

To keep fit and whoop the whipper snappers.

Any words of wisdom:

Head down and keep at it!

*Photos: **Left** Kevin Having just ran a warm up 5k the day before the Berlin Marathon. **Below** Kevin in this army running days, can you guess which one is him? Hint he's the only one with a tash!*



RACE REPORT

Weatherby 10k

The summer might have been poor (again), but as a runner it's hard to complain. Wetherby had a 2pm start - last year's race apparently a roaster - but this year it was cold enough for me to ignore the halfway water station. A chip-timed race without a chip mat at the start - all times from the gun, which was the only gripe. A decent run over road, track and a little grass, but two A1 flyovers added to the gradient. Steve Groves was again attempting his first sub-40 but it'll have to wait for a better course and conditions as he came in at approx 41.30 (seemingly not picked up by the mat at the end). I finished in 42.20, only just good enough to make the top 100 in a competitive field. Richard finished in 55.33, but a good minute to come off that for the congested start.

Adam Moger

Subscriptions and new members

Please welcome to the club our latest new members who are, Steven Knight from Beeston, and then from the city centre area or nearby, we have Alexander 'Sandy' Johnston living near Wellington Street, Paul Newton (who incidentally ran a good time in our KV7 which he had entered before joining) from Cross York Street which I think is near the Corn Exchange, Helen Roberts living opposite side of the river from nearby Clarence Docks. Also joining us are Jason Haines, Martin Breslin and Shelley Cook all from various parts of Armley.

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.

TRAINING REPORT

Brathay 10 in 10 Training and Events- Diane Shaw

I am currently training to run the Brathay 10 in 10, which is 10 marathons in 10 days around the not very flat Lake Windermere. My idea is to run as many marathons as is possible between now and May next year, including a double marathon in Liverpool over the New Year, a triple marathon in the New Year and maybe a Quadzilla later in the New Year, (I'm on a waiting list for this one, so we'll see).

Every month I am hoping to do 10 days running and build my mileage up by 10 miles every month with the aim to finish on 170 miles in 10 days in March. This September I hoped to complete 100 miles in 10 days but ended up doing 98 miles in a 10 day period, I must say at this point that I am very lucky as I have Helen to train with me who is as bonkers as I am and it really, really makes a world of difference having a training partner, although I will more than likely lose her as she is going back to University soon.

Our 10 day stint went something like this;

Monday the 19th September – 18 miles - cool and windy – Rombalds Stride, we did 18 miles of the course then ran to Burley Train Station – Great.

Tuesday 6 miles on Kirkstall Road – OK.

Wednesday 6 miles with the club – OK a bit wobbly.

Thursday –No time to run today

Friday – 19 Miles Ikley to Barden Bridge and back – really warm but OK.

Saturday – 6 miles along Kirkstall Road – Weather warm - Felt tired.

Sunday – 14.5 miles from Pudsey to Leeds, to Rodley and back – Felt surprisingly good – weather warm.

Monday – 10.5 miles ran from Kirkstall to Leeds and back, met the club and did the short run with them – still feeling good.

Tuesday – 7.5 miles around Pudsey – We set out to do 10 but both felt Yuk so came back early – Red Hot.

Wednesday – 10.5 miles bumped into John Hutchinson and did a 5 miler with him, which was great and then did 5.5 miles with Helen – At this point ran out of time and had had enough, needed a rest, sod the other 2 miles!

So having 3 days off and then doing the Mablethorpe (marathon) this weekend and Liverpool next weekend, finishing October with the Newcastle Town Moor marathon. In-between I hope to squeeze in 10 days doing a 110 miles and a bit of cross training in the hope it stops me getting injured. So watch this space.

Treadmill Trot

I am holding the Treadmill Trot at Leeds Train Station again on the Thursday the 3rd of November between 07:30 and 19:30. This year there are 2 treadmills and 1 bike and for an half an hour slot all that is required is a £10 minimum sponsorship, we are also looking for volunteers to shake buckets on the day.

Spring Ball

I am also hosting a Spring Ball on May the 5th of Next Year at the Hilton Hotel in Leeds. The tickets are £35 each and it will be a fantastic night with lots of nice things including, a glass of sparkly on entry, a 3 course dinner, a band, a disco and a raffle with lovely prizes. Everybody is welcome, if you would like to come, please let me know as soon as possible, a £10 deposit per person is required by the end of October with the balance due by the end of March next year. Please contact me ASAP as I have reserved a couple of tables for the Kirkstall Harriers and it would be great to see you.

For the above events you can contact me on: 07977 687826 or diane.shaw132@gmail.com or Diane.Shaw@networkrail.co.uk. If you would like to sponsor me for the Brathay 10 in 10 you can go into the Brathay Trust website, look under Brathay 10 in 10 and click on profiles, I am there somewhere, or my just giving website is www.justgiving.com/Diane-Shaw0. Thank You.

If anyone reading this and is now thinking that's about the craziest thing I've ever heard... I love it, sign me up! Speak to Eleanor or Rachel P about how much fun once round lake Windermere is first. On a more serious note though what Diane with Helen's help is trying to achieve here is nothing short of heroic. Diane mentioned at training last month that something like only a 100 people or so in world have attempted / completed this challenge so it absolutely deserves our support so make sure you donate a few quid.. Or else she'll make you run the Quadzilla with her! Four marathons back to back that's the sort of thing our purple shirt was sewn for. BONKERS!! (- Ed)

Hill Training Tuesdays with Paul Miller

Paul Miller will be doing regular hill training starting next Tuesday 4th October at 6.30pm. The plan is to meet at the Kirkstall Leisure centre for 6.30pm and then do a quick warm up run to Spen lane (Just past the old Hark to Rover Pub for those that remember it) then do between 8 –10 reps up the steep section of the hill and run back to the KLC. Session should take about 40mins and will be great for beginners and VETs alike to build strength and stamina.

The Yorkshire Dales Race Series 2011

After a rather painful episode of osteoarthritis in my left knee I decided in early May to resume racing and signed up for the Yorkshire Dales series, this comprises of six 10ks, a ten mile and half marathon race. Runners have to complete four 10ks and the 10 mile or half marathon .

My first race was on the 1st of May was the Fountains 10k a tough start to the series! With a light breeze and sunshine it was a glorious spring morning. Starting from the village of Grantley I headed towards Kirby Malzard on a undulating lane for about mile and a half, the early race pace was frantic and I was soon relegated to the back of the pack! Soon I was turning right turn down a farm track and onto the moor land, this was just what my aching knee required, a run on a moor land bridleway that was as undulating as a ride on a roller coaster! After a mile of bone crunching moor land tomfoolery I was back on the Patley Bridge road and heading downhill into Laverton. Once in the picturesque village of Laverton I started another section of undulating road and I was on my way back to Grantley. At the 5 mile mark I enjoyed a steep decent into Grantley and then realised to my horror that there was a steep half mile climb up to the finish by the Grantley arms. The thought of a well deserved post race pint in the pub stirred my creaking joints into action and I nipped up the climb overtaking a Swaledale and a Nidd Valley runner and finished in 62:05, coming 200th out of 229 runners. After the race my knee felt a bit sore and was slightly swollen but instead of resting my knee I turned out the following day for the Rothewell 10k and a week later I was running the Leeds half marathon !

Sunday the 29th of May and I was at Melmerby for another 10k. This is the fastest 10k course of the series, the course record is 29:49. A wet and cold May morning greeted the runners for the 11 am start. Once underway I followed the rest of the runners in a westerly direction towards the village of Wath. Once again the race was off at a fast pace and once again I was near the back of the field. Following the twisting country lanes I soon found myself at the halfway mark in the village of Sutton Howgrave, after a loop of the village and a pit stop at the water station I was heading back towards Melmerby. It was a long 3 mile drag back to Melmerby in the rain and as usual once I saw the finish line I put in my 100 yard sprint for the line. I finished in 57:38 coming 204 out of 229 runners.

Sunday the 26th of June and the month of flaming June certainly lived up to its name. With the thermometer touching the mid 70's the Rainton 10k was going to be a hot affair! Once underway I assumed my normal position at the back of the race and decided to follow my hot weather race plan , which is water and more water as I amble along the course and finish, doesn't matter where I finish, just finish! Leaving Rainton in a easterly direction it was on to Aisenby crossroads where I turned left with the rest of the weary runners who all to frequently find themselves at the back of the race and I headed towards Topcliffe. After 3 miles of racing in the sun there was the welcome sight of a water and sponge station at Baldersby Park and here the mature oak and elm trees provided some shelter from the burning sun. At the village of Baldersby St James I turned off the road and followed the grass track for the final mile and a bit to the finish in Rainton. I ran into Rainton with a fellow runner from York Knavesmire Harriers and despite the heat we decided to treat the crowd to a sprint finish, the sight of two red faced, wheezing, arthritic, middle aged buffoons sprinting towards the finish grabbed the crowds attention and we were loudly cheered and applauded across the line! Once I recovered form my bout of sprinting stupidity I realized I had won the sprint! I finished in 63:40 coming 197th out of 241 finishers.

Sunday July the 3rd 1pm and with the temperature hovering at the 80c mark, I started the Burn Valley half marathon from Masham town square. My race plan was similar to Rainton, water, water and more water as I amble along at the back of the race and at all times I must remember that there is a free buffet at the end of the race!!!! So with the free tea thought in my head off I went in the direction of the Swinton and then a gradual incline to the Swinton Park hotel. It was through the park and then on a undulating road to the first major climb up to Kellbank school. Here was the first water station and it was 3 cups of water, two down my throat and one into my hat, a routine that continued for the remainder of the race. It was at this water station that I met up with two ladies who were part of a hen do, I ran with these ladies for most of the race. Running a race as part of a hen do, where have I heard that before! The road followed a undulating course through the villages of Healey, Brearey Banks and the halfway point at Colsterdale. Here there was plenty of support from the local residents and their applause and support encouraged me on in my quest to finish and get a free tea! At the 9 mile mark at Fearby there started a 2 mile downhill section before I tackled a nasty steep hill back up to Swinton Park. Once at the 12 mile mark I had one last climb into Masham, whilst negotiating the hill I suffered a bout of cramp, but the cramp wasn't



Richard Burning UP in the Burn Valley

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Cont' from Page 9: going to stop me finishing and get my tea! Despite a touch of cramp I was able to leave my two hen running companions behind and I managed to hobble up the hill and run into Masham square and I was home and over the line in 2:32 finishing 205th out of 213 runners. Once I had collected my race mug I galloped into the town hall to collect my race certificate and the all important free tea !!!!!!!!!!!

11th of September and my final race was the Wetherby 10k, Here I finished in 55:33 coming 535th out of 821 runners. I believe Adam is doing this race report so I will leave it up to Adam to entertain you with tales of the Wetherby 10k!

Out of 56 runners who entered the race series I did the Kirkstall club proud by coming in last place with 14 points, its not winning its taking part!!!!!!!!!!!! On the results page of the Yorkshire dales race series website there is a photo of myself and the 55th placed runner coming to the finish of the Rainton 10k. The Kirkstall vest is there for all to see on a major race website! Despite running in the cold, rain, heat and intense heat and finishing at the back of most races and last in the series, I enjoyed all the runs, the best part for me, no it wasn't my free tea at Masham, it was receiving my race series certificate in the post!



The trademark Handcock 100m sprint!

speed of a Kirkstall harrier who's just heard the call for last orders at the bar, on and on I ran, no one was going to stop me in my quest for a decent race time. Into the home straight and I put in my usual sprint and crossed the line in 53:29 finishing 993rd out of 2600 runners.

Once over the line my effort over the last 10k began to tell as I suddenly realised that my entire body was in a state of turmoil!!! However normal service to my body was soon resumed when I opened my post race bag as saw that it contained a superb green t shirt, a lucozade drink, chocolate and a few other items. The Middlesbrough 10k is a very enjoyable race run over a reasonable flat course, it has a mixture of club, non club and fun runners some of whom wear fancy dress costumes and this all helps make the Tees10k a fun day out.

Middlesbrough Tees Pride 10k

Sunday September the 5th and I was at Middlesbrough for the 7th Tees Pride 10k. It was a warm sunny morning and there was a carnival atmosphere in the air as hundreds of runners eagerly anticipated the 10am start.

The race started at 10am sharp and I was off at a fast pace as I ventured onto the streets of Middlesbrough. There was fantastic road side support for the majority of the race, and there were 5 bands playing at various stages of the race. With the general euphoria and party atmosphere I found I was still running at a fast pace and realised I could do a good time. (that's a good time by my standards, please don't assume that a sub 45 minute 10k time is coming up, anything near the 55 minute time is good for me!)

The race went past the James Cook hospital and as I ran past I thought if I'm going to collapse as a result of my speedy high jinks then here is the place to do it! Past the hospital and water station I ran, I was hurtling down the road at the



Birthdays

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

* **Caron Moran, Peter Branney, Collette Spencer, Deborah Milburn, Kevin Blackhurst, Paul Glover, Eme Musgrove, Sandra Fraser, Graham Pilling, Curtis Graham, Sandy Johnston and Paul Newton.**

PB's and other Worthy Mentions

Matt Woodhouse one of our newer members managed to get a PB at the Great North with a time of 1.30.35, with Catherine Elvin clocking up 1.45.12 and Clare Warner 1.58.46. At the Horsforth 10K Gemma Smith came 1st lady. Also we believe that Sandra Fraser got a PB at Horsforth 10k as well.

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 eleonor5446@hotmail.com or kirkstallharriers@googlemail.com if you would like to contribute to the

