



Kirkstall Harriers Newsletter

No. 97 December 2011



News in brief

* Festive Greetings!

From Kirkstall Towers, on behalf of the committee I would like to take this opportunity to wish all the members and their families a very merry Christmas and hope that all your PB dreams come true in the coming year.

* Christmas Lights Run

On Tuesday the 13th December for a prompt 7.30pm start from the LPSA club. We will be joined by the Horsforth Harriers mob, and run into town and back, counting how many lights the council has put up this year along the 7 mile (ish) route. Santa attire or other festive costumes should be worn – although not compulsory. After the run there will be a buffet in the concert room, and plenty of fluid on sale for re-hydration purposes.

* Kirkstall Harrier's Christmas Dinner

At the West End Pub next Thursday the 8th December, we sit down at 7.30pm for dinner accompanied by a few fine ales and a great quiz. An all round good night out don't forget to get your pre-order to Jill Stocks before the day to guarantee there will be enough Turkey!

* Christmas Fuddle

This will be on Wednesday 21st December after a short training session, in the lounge of the LPSA club. This Yorkshire tradition asks all participants to bring a little bit of festive food to be shared out by everyone, again with possibly a drink or two. If you can discuss what you intend to bring with each other or Peter and Carol so that we do not end up with a pile of mince pies or brussel sprouts!

* Virgin London Marathon 2012 Club Places

We had at least 6 rejections put forward for our club places, and it was a really difficult to decide who were the most worthy from those fitting the criteria laid down in the club rules. This was compounded by the fact that we should be entitled to 3 places but had only been guaranteed 2 at the time of writing. Chris Hunt was the only one who automatically qualified for a place. The committee decided to offer the other guaranteed place to our marathon man himself, Ian Brown. He has done the London Marathon several times in the past (and many others), but was told he would never run again about 2 years ago

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after breaking an ankle in 2 places. He also had to pull out of his last London Marathon the night before due to illness. He will be 67 when the marathon is being run. The third place which we are fairly confident of getting will go to Kevin Blackhirst who was next on the qualification list. These places can be transferred to other club members before a date in February, if they have to pull out – the reserve place goes to Andrew Cooper, who has been a keen and enthusiastic member but sadly just missed out as he has not been a member for 12 months.

* 2012 Championship

Race one of the championship will be the Liversedge Half in Roberttown on February the 12th. It's a bit hilly this half but it's a great start to the season, remember it tends to sell out, so enter nice and early!

Key Dates for your diary

Sun 04th December: West Yorkshire cross country, Thornes Park (5-7miles)

Sun 18th December: PECO cross country race 2, Middleton Park (4-5miles)

Mon 26th December: Chevin Chase, Guiseley (7ish miles)

Tue 27th December: Jolly Holly Jog, Ripon (6.2 miles)

Further ahead:

Mon 02nd January: Central Lancs Half, Nr Preston (13miles)

Sun 15th January: PECO cross country race 3, TBC (4-5miles)

Sat 28th January: Northern Cross Country, Pontefract

Sun 12th February: Liversedge Half, Roberttown (13miles)



New York Marathon



10,461st finisher's medal

Two months before, chatting to Andy Cooper on a club run about holidays, I told him I was going to the East Coast of the USA, including spectating at the marathon the same day as the flight home. He wanted to know why I wasn't running instead: I wasn't particularly keen to run another marathon after London; the entry ballot closed in April; it was too expensive to get a place; not enough time to train... But in a moment of madness, I signed up a few days later. (Several UK companies offer tours that include marathon entry, though at a price: I used 2:09 Events).

Days into training I came down with a chest cold; then on my first hard run back at the Harewood 10 I turned an ankle. But at least I was already "running fit"; just not quite "long run" fit. This led me to consider a run-walk strategy, promoted by US Olympian Jeff Galloway. It went well in training, including a 23.5 mile effort faster than I could have run it, as well as a PB over 10 miles.

The marathon itself goes through all 5 boroughs of NYC - Staten Island (briefly at the start), Queens, Brooklyn, Manhattan and The Bronx, finishing in Central Park. It's not short of gradient, not least over the bridges, one involving a full mile of uphill. (My Garmin struggled on the covered bridges & decided I'd done 2,502 metres during the race - felt more like 2,500m!). There's a very early start to get to Staten Island, with a lot of waiting around depending which of the 3 waves you start in, with food/drink/ Dunkin Donuts available.



Puffing to the Finish

trying.

Overall winner in a field of 47,000 was Geoffrey Mutai in a course-record 2.05.05, with Dado of Ethiopia winning for the ladies in 2.23.15 after Mary Keitany, winner at London, gave up a 2 minute lead to finish 3rd. My performance wasn't helped by a 4.40am hammering on the hotel room door asking if I'd called reception about a hairdryer - but it's not like sleep before a marathon is ever particularly restful. The temperature on the day was 12C/54F but there wasn't a cloud in the sky & the regular water stations were needed as much for head-pouring.

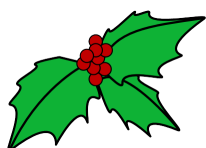
The start was amazing with live music, helicopters overhead, then "New York New York" playing at full-blast as you set off. Like London, I found myself having to stop due to sheer volume of people; I then abandoned walk breaks when I overtook the 3.40 pacer and could only stay with him by keeping running. I let him go on a hill at mile 14 and reinstated run/walk, but the main problem wasn't really the walking - it was the catching up. It's very hard in a crowded field to let 100+ people go by, then attempt to weave back past them, though I still think that for those who run slower than predicted at longer distances, it's worth



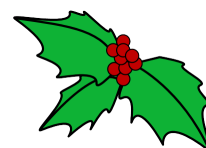
Record breaking New Hampshire but NYC got 5cm, fortunately all gone by marathon weekend.

The finish involved a mile to get to the baggage trucks and exit Central Park, though overall the organisation was excellent, particularly the Expo with the usual feasting on free samples. I'd not recommend flying back same-day - I didn't get a shower until 24 hours later back in Leeds! It took an effort to get a minute off my PB to finish in 3.48 but I'm really pleased to have ticked off New York & I highly recommend it to anyone who's not done it. Thanks Andy for the push!

Christmas Gift idea?



There are a few purple T-shirts left over from this years KA7. These are available to members for £3.00. We also have some more from previous years races which bought for £2.00. Please come over to the LPSA after training if you are interested.



PECO Cross Country League

The first race of the new cross country season was organised by Ackworth Road Runners assisted by Rothwell Harriers and took place on Sunday the 27th November. It was a new race and was set out over some quite testing grassland in and around Fitzwilliam near Wakefield. Well it was certainly testing for me and with a record breaking turn out of 372 runners (in case you are wondering that was 146 Ladies and 226 men) it was always going to be hard to do well. The course was two laps totalling just over 4 miles, which might sound short but it had a couple of challenging hills to tackle so we can forgive the short distance.

Here's the results (and how we did)

For the Ladies: 1st Abbey Runners 103, 2nd Valley Striders 120, 3rd Kirkstall 149.

For the Men: 1st Valley Striders 92, 2nd Abbey Runners 237, 3rd Horsforth 285. and in 6th place Kirkstall 536.

Well done to both teams on the day as I mentioned it was a massive field and the Ladies 3rd place is a great start, the men have a lot to do this year as we are now back in the Premier Division but if we keep turning out big teams like we did at Fitzwilliam, we should do well.

The next races are

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 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?



A massive turn out for the purple Army... Doesn't it just make you proud!

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. 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 be muddy or wet. Sportshoes Unlimited in Bradford being a very good place to start looking. If too far too travel then up and Running at West Park or in the town centre may have some on special offer.

November Predictor Run

On Wednesday the 16th we had 25 runners taking part running round our 2.9 mile time trial route. No watches were allowed and you had to predict how long it would take you. This certainly gives the individual a better chance, rather than relying on someone else handicapping your times from previous races, especially if you are not fully up for it on the night.

Nearest to his time was Gary's son Connor – but maybe his dad had something to do with it too! I'm sure the prize was shared out between them later ???? He missed his predicted time by only 14 seconds. Only just behind with 15 seconds was Martin Bresin, and finally in third place with 16 seconds – Chris Hunt. Just for the record, or not quite the record, Paul Miller did it in the fastest time on the night in 17.43, not far behind the course records of Mike Twinning 17.30, and Matt Marsh 17.12

With it being a short run the evening finished in the Lounge of the LPSA with another short quiz night from Peter's oldest quiz book in world and more prizes being dished out to the winners and freebies for all those taking part.

Yorkshire Vets Results



Paul Newton in this first VET race. Photo David Elliott

Full details can be found on their website www.yvaa.org.uk

We finished off this years Grand Prix series with our best position ever, both for the men and the ladies – even though we only had 4 regular runners for the ladies with another 2 who did one or two races. This was the situation at Spenborough where we only had 2 ladies running but 13 men. The men finished the year in 7th, 7th and 6th position out of 30 clubs in the 3 competitions, and the ladies 7th 5th and 8th out of 23 clubs. John Hutchinson picked up a prize for being 3rd male in the race over 60.

At the end of the year our runners finished in the following positions

LADIES

Collette 6th out of 30, Bal 10th out of 48, Alyson 8th out of 43 and Sheila who could only manage 4 races this year 15th out of 43. The other two runners who only did one or two races but helped the club by scoring points were Diane Shaw 2 races and Julie Hustwit 1 race.

MEN

Adam 7 from 39, Andrew 20 from 56, Gary 8 from 69, Chris Glover 6 from 60 followed by Kevin Blackhirst 15th, Peter Britton 18th and Mark 19th. Peter Hey 15th from 46 and Patrick 19th from 46.

Paul Glover was 5th from 33 and John Hutchinson 18 from 33 but only having done 2 races.

Other runners for the club were Neil McGill 1 race, and Dave Spink 2 races.

Well done to everyone and lets hope we do as well if not better in 2012 – A really good and friendly competition for over 35's and great routes to run around.

RACE REPORT

An excellent turnout of 15 from the purple army for the last Vets Grand Prix race of the season, starting at Spenborough track (same venue as Vets athletics and the Spen20). After a lap and a half to spread the field we had the usual little bit of everything - hills, stiles, path, a small stream to jump, road, track, even some obstructive horses - and plenty of mud.

With Diane on child-minding duty, and Alyson resting an injury, it was left to Collette and Bal to hold up the end for the girls, finishing in 37th and 62nd respectively. Diane & Alyson's support was much appreciated, with Alyson volunteering on the course as a marshal.

I managed to squeeze home as 2nd Kirkstall, just 13 seconds ahead of Kevin, tired legs from New York being greatly assisted by the stop/start nature of the race. John Hutchinson gained a prize at the awards for 3rd M60, but this was a competitive field - first home Chris Glover finished 59th. Solid running from Paul Newton made up the "1st four", with Peter Britton, Gary (telling stories of getting lost), David Spink (some difficulty bending underneath the first fence!), John, Mark, Paul G, Andy, Peter H & Patrick all adding valuable points. A decent spread of cakes & sandwiches rounded off an enjoyable event. *Report by Adam Moger*



David Spink back upright

Photo David Elliott

PBs and other worthy mentions

New 10k PBs were made at this years Abbey Dash. Congratulations to Matt Woodhouse 39.58, Adam Moger 40.43, Paul Newton 41.10. Rachel Pilling 41.59, Justin Newall 44.00, Catherine Elvin 44.46, Eleanor Gallon 44.54.

New Half Marathon PBs: Richard Hancock ran a great new PB of 2.08.11 at the Clown Half (more of Richard's running antics can be found in the back pages)

Marathon PBs: Adam Moger ran the New York Marathon in 3.48 and last month Burjor Langdana ran the Berlin Marathon in 4.43

Congratulations to everyone who raced this month in Club colours it is always great to see so many members racing on our behalf, it really helps to bring new members to our club. Keep up the good work! *(Apologies if I have not mentioned your PB above, please let me know and the Editorial team will make sure to give you a mention in the next newsletter—Matt)*

RACE REPORT

Abbey Dash

Excellent weather conditions greeted the 6,000+ runners for the Leeds Abbey Dash, with the only negative being the greasy surface, particularly where the roadworks for the new bus lane had mudied the road around 6k. The first 8 finishers all broke 30 mins, the winner recording 29.20. Not everyone's favourite race, it is rivalled only by Dewsbury and Rothwell (5th Feb & 7th May respectively, both now open for entries) as a chip-timed PB course.

At least 25 of us ran, with some great support outside the Leisure Centre from Jill S, Claire & Kevin L, amongst others. First home with a "come-back PB" was Paul Miller in 36.51; new member Richard came in at 38.26 with Johnny Moore close behind in 38.56. Matt Woodhouse ran a first sub-40 in 39.58, in what must have been a very well-paced race.

Always a solid pacer, first lady home Rachel ran an 8-second PB with 41.59. Not only that, but she was running the Yorkshire cross country later the same day. Likewise Chris Glover, finishing in 42.08, had run Harriers vs Cyclists at Bingley the day before. I managed almost a minute PB with 40.43 but made the mistake of PB'ing over 5k at the halfway stage: hundreds came past me in the last few k, but I couldn't resist trying for a sub-40.



Paul storming the back 5k!



Catherine on her way to a PB



Eleanor simply loving it!



Shelia having a plenty of fun

RACE REPORT

OMM The Original Mountain Series



Peter and Dave on the OMM Podium

A very short report about a mammoth race by Peter Branney

Day one was 20 miles with 1,920m of ascending. Day two was 15 miles with 1650m of ascending. It was definitely tough. The second day felt even harder because I was tired and had really bad blisters. I ran with an Airreenter, Dave Alcock, and came 3rd in the A class

(Editors Note: A Class is only one class under the Elite class, which we think is pretty darn impressive)

Just in case you think this sort of thing sounds fun perhaps you might like to watch this

You Tube video about the OMM:

http://www.youtube.com/watch?v=sjWBODfduWk&feature=player_embedded

Rambling Richards Race Report



531 coming up on the rails at Market Rasen

Market Rasen 10k and Clowne half marathon

Unfortunately the old arthritis trouble in my left knee flared up again and I had to cancel my run at the Guy Fawkes 10 on the 6th of November.

With the all important Abbey Dash coming up I decided to test my knee by running the Gainsborough and Morton Striders Remembrance Sunday 10k trail race at Market Rasen, Help for Hero's being the race charity. Prior to the race the runners and spectators observed a two minute silence to honour our brave service personnel.

Starting on the race course were we under starters orders and off at 12:30. A lap of the race course and then I followed the field through the stewards enclosure and round the back of the main stand before heading off down the road and out of Market Rasen. The course then followed the road for a mile or so before I turned left turn and I was trotting into the woods. Here the uneven ground took its toll on a few runners and the I was able to overtake a couple of the fallers! Past the water station at the half way mark and I was out of the woods and running up a slight incline back towards the race course. Once again it was a lap of the race course and with the finish in sight and the going good to soft number 531 in the colours of the Kirkstall stable put in his usual last furlong dash and galloped over the line in 55:33 finishing 260th out of 493 runners. The race was well supported by a large number of spectators and its the last race in the West Lindsay Race Series, the other two runs being 5ks. I found this to be a enjoyable race, an ideal warm up for the following weeks Abbey Dash!



No Clowning about its a new PB!

Having given it my best shot at the Abbey Dash on the 20th (53:38) I was again suffering with a bout of runners knee! Sunday the 27th I was due to run the Clowne half marathon, I couldn't cancel two runs in one month could I? No was the answer. 10am I was up and running and starting the race. Leaving Clowne on a very cold and windy morning the race route climbed steadily for the first 3 miles and the vast majority of the runners were over the brow of the hill before I was starting the climb! Once at the summit there was the welcoming decent into the village of Whaley. Once through Whaley I was back climbing again this time up to Elmton village. Once through Elmton there was another decent that took me into the former pit village of Creswell. From the 8 mile mark at Creswell it's a steady climb to the 13 mile mark! At the 9 mile mark I began to suffer with a few aches and pains but the support and merry quips of my fellow runners who like me fall into the sick, lame and lazy category helped me along the climb! At the last water station at 11 miles I began to feel better and in a moment of madness I took a wet sponge and squeezed its freezing contents over my head! This ice cold aquatic therapy did the trick and I forget about my aches and pains and set off at a frantic pace towards the finish. Past the 12 and 13 mile mark I ran I was heading towards the finish at the speed of a rocket and my usual 100 meter sprint become a 200 meter sprint! I crossed the line in 2:08:11 a pb knocking 2:27 of my best time and I finished 450 out of 509 runners. Clowne road runners were the host club of this race and I can say this is the best half marathon I've done this year, but then I may be biased due to getting a pb!!!!!!!!!!!!

Messages from Members Home & Aboard

Richard Thomas

I have had a scan on my knee which show a torn meniscus which will need keyhole surgery so that will be within the next 18 weeks, hopefully a lot sooner than that. So the Purple vest will remain in the drawer for a while longer. But in the words of Arnie "I'll be back". We all wish Richard a speedy recovery and hope to see him out running in the purple vest again soon.

Martin Savage

Having fought back to fitness after breaking his back last year in a bicycle accident Martin has suffered a slight set back, nothing to do with his back but a re-occurrence of an old IT band problem (I feel your pain Martin I have know only to well what that's like– Matt). We wish him a speedy recovery and hope to see him back at training and at the cross country races soon.

Club Championship 2012

Now in its third year it certainly seems to have achieved what it set out to do. It is encouraging club members to run in the same races, and generate plenty of healthy competition between them. Congratulations to Eleanor and Matt who have the difficult job of maintaining your pb's and sorting out all the results as well. They have also undertaken a survey of your thoughts, so we look forward to another year of races in 2012.

Due to the great response to the survey and the feedback it received, we have decided to wait until the January Newsletter before we announce the 2012 season of races. There are a lot of great races to choose from and we want take a bit more time to put together the best selection we can, that covers the following criteria, Affordable, Local, Challenging but with good PB potential. Also we will hopefully include some new races next year and a couple of ever present ones maybe we will even throw a surprise or two. We've got some good ideas and a few tweaks to make which we feel will make the 2012 season the best yet.

If you have any more ideas or a favorite race that you think might fit into the criteria above drop a line to kirkstallharriers@googlemail.com or catch Eleanor or Matt at training.

Birthdays



Many happy returns to the following members who have birthdays in December:

* **Maurice, Randolph, Matt M, Sam C, Danielle, Peter B, Geoff, Louise, Richard J, Karen L**

New Members

The dark nights seem to be bringing fresh faces to the training nights and we are glad to report the following have become members within a week or two of coming down – so hopefully we are doing something right. If you have not met them yet please welcome Richard Joyce and Tashi Thornley, both living in Headingley. Tashi found out about our club on the starting line of the Liverpool Marathon where she bumped into Diane Shaw.



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 newsletter. All articles, member profiles etc gratefully received.

