

# Kirkstall Harriers Newsletter

No. 96 November 2011



## News in brief

### \* Apologies

Firstly, apologies at the slightly late arrival of the newsletter this month. Your Editors do work hard to get it published by the 1st of every month but occasionally other life commitments can get in the way! Secondly, apologies for the technical hitch in October which meant that our website was down for approx 2 weeks. The problem has been fixed and should not reoccur, fingers crossed!

### \* Club Championship

The points of the final race, the Withins Skyline have been added onto the scores along with marathon bonuses and parkrun bonuses and we are delighted to be able to announce the winner and joint runners up on page 2!

### \* Christmas Do

Yes it's nearly that time of year again! We are having our annual Christmas meal at the West End Pub in Kirkstall on Thursday 8th December this year, hoping to avoid clashing with people's works dos as is often the case the following week. Please give your name to Jill asap if you would like to come—stoxy78@hotmail.com

### \* Virgin London Marathon

If you entered the London Marathon this year and have been rejected, hand in your rejection slips to Jill Stocks or a committee member as soon as possible. The club should have 2 or hopefully 3 places to give out and we whittle down those rejected by various criteria and possibly a ballot if necessary. The deadline for rejections is **Weds 9<sup>th</sup> November** (ie next week!) so please get in touch asap if you have been rejected and would like to be considered for a club place. The results of who the successful recipients are will be made at the quiz after the training night on Weds 16<sup>th</sup> November.

### \* West Yorks Cross Countries

We only had Gemma Smith running the first race at Yeadon, but she did finish 8<sup>th</sup> lady. The second run was the 29<sup>th</sup> at Knavesmire and at the time of writing we did not know any results. The ladies races start about 1.45. The next races are:  
Sat or Sun 19<sup>th</sup> or 20<sup>th</sup> Nov – venue TBC  
Sun 4<sup>th</sup> Dec – Thornes Park Wakefield

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## Key Dates for your diary

Sun 13th Nov: Yorks Vets, Spenborough (last of the season)  
Weds 16th Nov: Quiz night after training and announcement of VLM places!  
Sat 19th Nov: Harriers V Cyclists, Bingley  
Sun 20th Nov: Abbey Dash 10k  
19th or 20th Nov: West Yorks XC, venue tbc  
Sun 27th Nov: PECO XC Race 1 - Pontefract or Ackworth tbc  
Sun 4th Dec: West Yorks XC, Thornes Park, Wakefield  
Thurs 8th Dec: Christmas Meal, West End, Kirkstall  
Sun 18th Dec: PECO XC Race 2 - Middleton Park tbc  
Mon 26th Dec: Chevin Chase, Guiseley (nearly full at time of press, enter asap!)

### \* Cheap T-shirts for Sale!

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



## Club Championship 2011 Final Results!



We are very excited to be able to announce that **Chris Glover** is the winner of the Kirkstall Harriers Club Championship 2011! So a very well done to him, he has shown a fantastic commitment to the club, to racing and to steadily making improvements across a wide range of distances. He was also the only member to complete an impressive 9 out of the 10 championship races.

Congratulations to **Andy Cooper** and **Mark Skinner** who were joint runners up with 107 points to Chris' 114. It was a very close battle at the end and those who ran 4 or more parkruns throughout the year to gain an additional 10 points will certainly have noticed the benefit of this to their final scores!

Full results will be on the website shortly but just to give you a few statistics about this year's championship:

**\*\* 6 members ran 7 or more of the 10 races (with their top 6 scores counting) - Chris Glover (9 races), Peter Hey (8 races), Adam Moger (8 races), Chris Hunt (7 races), Rachel Pilling (7 races), Peter Britton (7 races)**

**\*\* 16 members ran a marathon this year meaning an automatic extra score of 15 points which would count towards one of their top 6 scores - Andy Cooper, Rachel Pilling, Adam Moger, Chris Hunt, Eleanor Gallon, Catherine Elvin, Collette Spencer, Gary Carlisle, Matt Sykes-Hooban, Amy Richards, Kevin Blackhurst, Diane Shaw, Laura DeGraff, Helen Thompson, Carl Lockwood, Matt Woodhouse.**

**\*\* 13 members ran at least 4 parkruns to gain a bonus 10 points on top of their 6 best scores - Chris Glover, Adam Moger, Andy Cooper, Rachel Pilling, Paul Miller, Eleanor Gallon, Helen Goldthorpe, Liam Mealey, Matt Sykes-Hooban, Phil Hewitt, Paul Newton, Patrick Nesden, Mark Skinner.**

**\*\* 58 members took part in at least 1 championship race (see website for details!)**

*Please let us know immediately if your name is not on any of the above lists and you believe it should be, ta!*

Many thanks to everyone who took part in the Club Championship this year. We will announce the date of the prize-giving occasion shortly which we will tie in with a social evening of some description. We will also be sending round a questionnaire prior to the setting of the 2012 races to get your thoughts on which races you most liked, or disliked, and any suggestions for next year so please do take a few minutes to complete the questionnaire as it is YOUR championship so we really do need your views, thanks!

***For results from the final race of the year, the Withins Skyline fell race, please see the website.***

**Phil Hewitt** scooped top points on a stunning return from injury, **Stephen Dalton** was 2nd and **Rachel Pilling** 3rd. Well done to the 12 brave members who took on this tough race.



*Chris at Liversedge Half Marathon, Feb 2011*

## PECO Cross Countries 2011-12

The first race is fast approaching. No doubt you will be reminded of this at the announcements on training nights. We do need as many of you running as possible. We do not ask you to break any world records – just come along and enjoy the run. It's surprising how many converts we have who thought they would be too difficult or too elitist.

The first race is - 27th Nov – Ackworth – possibly Pontefract race course or Ackworth School – full details to follow.

I suggest we meet outside the LPSA at 9.30 for those wanting a lift or share transport.

Other 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

They 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. 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.

## Northern & National Cross Countries

All we know so far is the Northern are at Pontefract on Saturday 28th January 2012 and that the Nationals are at Parliament Hill in London on Saturday 25th February. We have been talking about a club trip down to London and we think we can book a hostel near the race for approx £25 per person per night. Please speak to a committee member asap or email [kirkstallharriers@googlemail.com](mailto:kirkstallharriers@googlemail.com) if interested and we'll start coordinating this.

## Yorkshire Vets

### Last Race of 2011 - Sunday 13th November at Spenborough, 11.00am

The last race for this year is fast approaching and we need as many of you over 35's as possible to run to maintain our good position, or even better it. The men are currently 6th and 7th out of 30 clubs and the ladies 5th and 6th out of 22

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 at this last one of the year and hopefully whet your appetite for next years races. 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 group, 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.

## PBs and other worthy mentions

At the Harewood 10 both **Chris and Alyson Glover** got PBs - Chris with 1.15.42 and Alyson with 1.28.39.

**Adam Moger** got a 10 mile PB at the Wistow 10 upon trying out his 'run-walk strategy' prior to the New York Marathon with 1.11.58

We had 9 runners at the Liverpool marathon on Sun 9th Oct. There were 3 marathon virgins, with **Catherine Elvin** running a splendid 3.46.10, **Chris Hunt** 4.28.31 and **Helen Thompson** 4.37.18. Also running were **Kevin Blackhirst** 3.28.19 **Gary Carlisle** 3.43.20, **Andy Cooper** 4.27.30, and **Collette** 4.30.39, and finally **Diane Shaw** finished in 4.37.19. Rumour has it that Diane and Helen did nothing but chat all the way round! **Diane** also did the Mablethorpe marathon the week earlier and picked up 2nd ladies prize in her age group. All this is in preparation for her 10 marathons in 10 days next year (see training report on page 5) Well done to all the runners who had to endure a 55minute delay at the start due to local traffic on the course.

Also running a marathon in nearby Chester on the same day were **Rachel Pilling** who finished in 3.59.48, and **Amy Richards** in 3.54.12.

Nearer to home and also on the same day **Gemma Smith** finished in 8th place in the West Yorks cross countries. A very good performance considering the talent normally doing these events. **Paul Miller** got 3rd place at Leeds parkrun (Hyde Park) on Sat 8th Oct.

**Adam Moger** also got a pb of 1.34. at the Bridlington half marathon, and **Matt Woodhouse** got a pb at the Amsterdam marathon with a splendid time of 3.39, and is already thinking of Berlin for next year - is anyone else interested?

A very good month for some of our runners, well done!

## Messages from Home and Abroad

**Martin Savage** was recently spotted doing some secret training runs before coming down to the training nights proper – and threatened to be down soon with the Peco's fast approaching.

**Tom Keeber** and **Kimberley Ridout** are having a great time out in Australia by the sounds of things, and are obviously still running as they both completed the Sydney Half Marathon in September. A big thanks to Tom for helping out with our website problems from the other side of the world recently!

## New Members & Subscriptions

Please welcome to the club our latest new member **Liz Henstock** from Burley. She started coming a long while ago but after a few niggling injuries is now determined to be more of a regular.

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 - October

By the time you read this I should have completed 3 marathons this month:

Mablethorpe - 2<sup>nd</sup> October

Liverpool - 9<sup>th</sup> October

And the dreaded Newcastle Town Moor on Sunday the 30<sup>th</sup> October, please let the weather be kind.

I have also, somehow, managed to complete my 10 days training of 110 miles in 11 days, I know. This is how it went:

Day 1	Liverpool 26 miles	= 26 miles
Day 2	4 miles	= 30 miles
Day 3	Nothing, why did I do this, I thought I had plenty of time to catch up, but it was a mistake.	= 30 miles
Day 4	5 miles with the club	= 35 miles
Day 5	Panic mode, 10 miles am, 3 miles pm	= 48 miles
Day 6	Real panic mode, 16 miles along the canal	= 64 miles
Day 7	11 miles with Helen	= 75 miles
Day 8	13 miles with Helen, which felt really tough	= 88 miles
Day 9	7 miles along Kirkstall road with H	= 95 miles
Day 10	9 miles circling Pudsey with H	= 104 miles
Day 11	6 miles with the club (thank goodness)!	= 110 miles

The lessons I have learnt from this is to not miss a day, because it is too difficult to catch up. The other lesson is to try and get as much mileage in as is possible at the beginning of the 10 days, therefore, giving myself a better chance mentally and physically.

My plans for November are just the one marathon, Luton on Sunday the 20<sup>th</sup>, I shouldn't really write this but I am going to taper well for Luton and give it a really good go and try and get a good time, but we will see. I will also be aiming to complete 120 miles in 10 days and I really need to start working on some hill training as Windermere has 1,600 ft of ascent, that 16,000ft of ascent over the 10 days.

Diane Shaw

## RACE REPORT

### Mablethorpe Marathon - 2nd October

Or should it be Mab Hell Thorpe? Phew what a day, it should have been a great race, lovely scenery, flat as a Lincolnshire Pancake with a lovely cooling sea breeze. But it was a very hot 27 degrees and minus the breeze.

The marathon and half marathon started at a local school in Mablethorpe, the half marathon started 30 minutes prior to the marathon, which is a good idea, it means that the marathon runners don't go out at the same pace as the half marathoners. The local town crier started both events which was nice.

The course was a flat 2 lap course and mainly on quiet back roads. There was water stations every 2.5 miles and lots of lovely Marshalls along the route but it was just so hot. I started to flag at mile 15 and really struggled along the rest of the course, I walked between mile 20 and 22 and had an enormous mental battle raging in my head. Luckily for me there was a chap on a bike who for some reason picked me out and kept coming back to me and encouraging me to run. I must admit I did feel like pushing him off the bike, leaving him and pedalling off into the sunset at the time but frankly I didn't have the energy, but thank you who ever you were. The last 2 miles were along the Promenade which was good and bad, good because you had to keep running and bad because you had to keep running. The people along the promenade were fantastic, clapping everyone as they came past. Boy was I glad to see that finish line, the lady in front of me wobbled and collapsed as she went over the line and I just lay down and burst into tears, so glad it was all over.

I did around 4 hours 40 and Kev did around 3 hours 40, which was ok. But unbelievably I picked up a trophy for second lady in my age group, what a wonderful surprise.

This marathon is worth doing if the weather is good, it would definitely be a good course for PB and it was cheap.

Diane Shaw

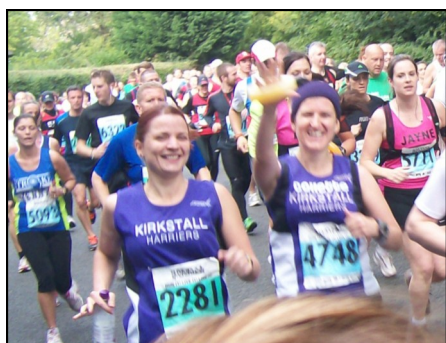


## RACE REPORTS

### Liverpool Marathon - 9th October

I have an Auntie that lives in Liverpool so that was handy for bed and breakfast on Saturday night, ready for the big run on Sunday. I was even treated to a pasta meal at the local restaurant the night before. I was slightly worried, as I unfortunately picked up a virus the week leading up to the Marathon, despite my efforts of trying to stay away from people who had the slightest of sniffles. I didn't feel totally 100%, but didn't really want to drop out, so took a few strepsils on the way to the start line (probably not the best start to running a marathon).

I had some moral support from my parents, who joined me in the journey to the start line. Arrived at Birkenhead park in good time, bumping into fellow Harrier Catherine on the way. Plenty of time to take in last minute energy supplies and a few toilet trips.



*Catherine & Collette looking fresh!*

Well, the marathon didn't get off to a very good start with a delay of 55 minutes, due to not getting police clearance on the roads, or so we heard. Disorganised or what?

It was a really nice atmosphere at the start with some 5000 competitors and away we went. The route consisted of a bit of everything including parks, a tunnel and a promenade, so a very pleasant run. I was really excited at running through the Mersey tunnel which was really good fun. You could hear the cheer of the crowds at the other end waiting for us to come out. I have to say the atmosphere was amazing coming out of the tunnel. Scousers are

definitely near the top of my list for their cheering ability. Not forgetting our support crew which included my parents, Jill, Eleanor, Marion and Patrick. Their support made such a difference, so thank you everyone who came to cheer us on.

The worst part of the race for me was between 18 and 22 miles, where I did find myself struggle a bit. Only having done one marathon, four years ago, forgot how painful it was. Sefton Park went on for ages and I just needed to get out of there. However lots of energy gels were being handed out, so that gave me a boost. I seemed to have a second wind after about 22 miles, knowing that I didn't have too far to go. The support of the crowds at the end was amazing which definitely spurred me on to get to that finish line – amazing! Was struggling to walk once I had finished, so went in the direction of the massage tent and had a massage for those aching muscles.

Thank you to my fellow runners who also completed it. You all did brilliant. The day ended up in a pub crawl around Liverpool to celebrate our achievements – Thanks guys.



*Collette, Catherine & Andy at the start*



*Collette high-fiving her fans*

Collette Spencer



### Bridlington Half Marathon - 16th October

First held in 1983, this is a reasonably quick half marathon run mainly on road, though some of it shared with traffic in both directions, and undulating rather than flat. Three water stations, some good views coming into the finish, and well marshalled. A medal at the end and plenty of venues for post-race fish & chips.

I set out to PB in 1.35 and thanks to a sprint finish accidentally begun a full kilometre before the line, recorded 1.34.53, but felt pretty battered (ahem) at the end. Ian Brown also completed the race in 2.41.32, comfortably inside the 3 hour race limit.

Adam Moger

## Member Profile - Phil Hewitt



**Name:** Philip Hewitt

**Age:** 26

**Occupation:** Evans Cycles

**Originally from:** York

### When did you start running and why?

A friend persuaded me to enter the 2008 Barcelona Marathon. I was a keen cyclist but had never done any running. I was pretty downbeat at the time, having just ended a 4 year relationship, so I decided a stress-busting hobby would be a good idea, and it worked! I started training with a run/walk schedule and built up to just 15 miles before the race. I completed it in 4hrs 2mins and didn't run again for 3 months because I'd destroyed my knees!

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

When I moved to Leeds in 2009 one of the first things I did was search for running clubs. Kirkstall was the obvious choice, just 2 mins walk away. Everyone was friendly, and running with a group improved my fitness no end. It is the first and only club I have belonged to.

### What are your motivations for running?

I enjoy spending time out of the house in the fresh air and switching off from the mundane pressures of daily life, allowing me to focus solely on the here and now. I also enjoy races because they provide a focus for training, and push me to perform better year on year.

### What are your greatest running achievements?

Finishing my first ever race, the 2008 Barcelona Marathon, and my first Yorkshire 3 Peaks race in 2011.

### What are your best running related memories?

Sprinting round the final corner of the Hyde Park parkrun on the day I got my 18:49 pb. I knew I had it in the bag and it was one of those special moments when you realise you are living through a moment of personal glory that you will look back on for a long time!

Running along a ridge at 3,000ft during the Fairfield Horseshoe race in the Lake District. It was spectacular to look across the fells and feel so free to be up there just wearing running kit.

### What are your worst running related memories?

The final 3 miles of the 2010 Leeds Half Marathon. For some stupid reason I had only eaten half a banana 3 hours before the race and taken no energy drinks. I slowed to what felt like a shuffle as I ran out of energy. I remember a spectator shouting "come on Kirkstall this is your patch, put some effort in!" I didn't have the energy to throw a punch! Also, about 2 months ago when I tried to run a lap of Beckett Park, but had to stop after just 100m when my ankle injury flared up. There's nothing worse for a runner than being fit, healthy and rearing to go, only to be side-lined by one small niggle.

### Any words of wisdom for your fellow harriers?

Some stolen quotes:

"I run because if I didn't, I'd be sluggish and glum and spend too much time on the couch. I run to breathe the fresh air. I run to explore. I run to escape the ordinary. I run...to savor the trip along

the way. Life becomes a little more vibrant, a little more intense. I like that." Dean Karnazes

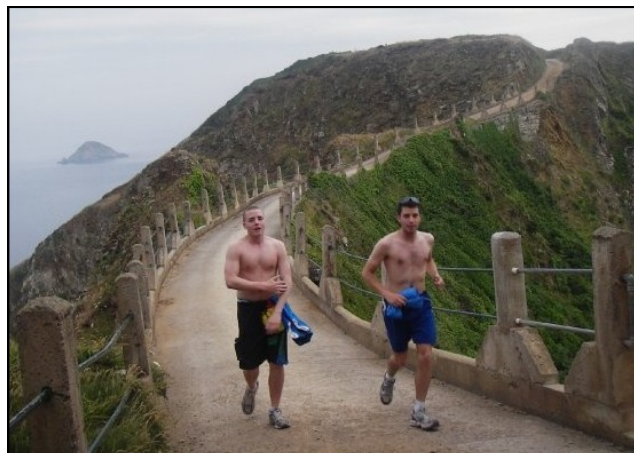
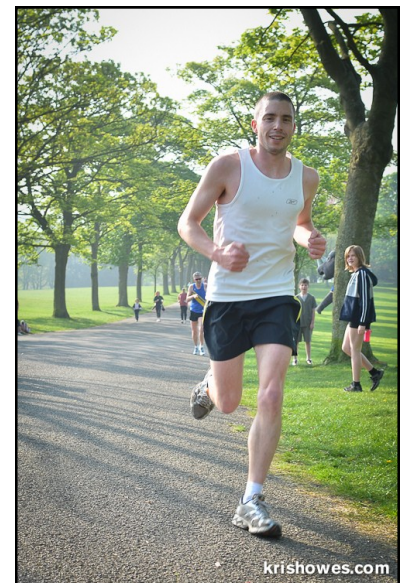
... and for those Marathon Talk devotees out there, when you hit 'the wall' repeat to yourself:

"F\*\*\* your legs, just F\*\*\* 'em!"

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

In addition to running, I enjoy mountaineering and sailing. In 2003 I crewed on a yacht across the Atlantic from Gran Canaria to Barbados, spending 24 days at sea.

I'd just like to add my thanks to everyone at the club who has given me support and encouragement in training and at races over the last two years, it really makes a difference. Special thanks to those long-serving committee members who shoulder the greatest burden of running the club, the rest of us owe a lot to you.



*Photos: Top left - Phil finishing the Withins Skyline Fell Race last month*

*Left - Phil running on Sark, Channel Islands with his brother*

*Above - at the 1st Roundhay parkrun event.*



## RACE REPORTS

### Cusworth Hall 10k - 2nd October

Sunday the 2nd of October and I was at the Cusworth Hall country park for the Cusworth Hall 10k hosted by Doncaster ac. A warm sunny autumnal morning greeted the 335 runners who had turned out for this undulating 10k. The majority of club runners were from the South Yorkshire area, the club vests of Rotherham Harriers, Sheffield RC, Adwick Triathlon, Askern and Team Manvers were to be seen amongst others.

Starting on the road outside the park there was a gentle climb before I ran down Back lane and under the A1 bridge. Once under the bridge I followed the country road to the right and started the long climb up to High Melton. The race was soon split into several groups by the severity of the climb and at the top of the climb I was able to look to my left and see the pace setters



passing the water station and on their way to Sprotbrough. The water station on the main road at 4 miles was a welcome sight and once I had taken a quick slurp of water I knew I was well on my way to the finish. The race then left the main road and I was now running through a small residential area of Sprotbrough, a sharp left turn into Spring Lane and I found myself running downhill back towards the A1. I passed under the A1 and new that I had the acute climb up Back lane to do before the finish was in sight. Once at the summit there was a short stretch of downhill road before I turned right under the archway and into the hall grounds. Here I put in my usual 100 yard token sprint and crossed the line in 55:53 finishing in 223 out of 335 runners. With mild climate making the Kirkstal lad sweat profusely this race had the feel of a summer run and not a end of year race! With my post race water bottle and blue t shirt in my sticky paw I was a happy lad as I limped back to my car as I had enjoyed this race and was thinking I'd probably turn out for it again in 2012.

Richard Hancock

*Photo: No. 434 stalking a female runner? (bottom of the climb up Back Lane, 5.5 miles)*

### Amberswood Spooky Woods Trail Run - 30th October

There are some scary places in the world. When you run around the corner who knows what you might find – the leering eye of a pumpkin, a cross strewn with the number of the last soul who ran this way. In the truly darkest of locations, beyond the towering corn, you may even find a Wiganer dressed as Freddy Krueger!

All these fears had to be faced down if Helen and I were to make it out of the Amberswood 'Spooky Woods' 4 mile Trail Run alive! This very low key event, organised by a small junior football club in Wigan, makes brilliant use of the variety of terrain on offer in the parkland around a local flash. From the football field it bounded across an overgrown pasture straight to the first of many very muddy paths. It wound its way around a twisty wood, over log hurdles and slippery boardwalks, through steep little climbs and fields of very high grass, often accompanied by eerie music, and many other 'spooky surprises'. After many numerous disorientating turns you returned to a familiar looking marshal who took a suddenly sinister impression; they beckoned you to venture woodward once again. With gasping lungs and burning legs you drove on, too scared to pause where who knows what lurks. To that marshal again, and this time to freedom; of course being Wigan they knew how to comfort at such times – with pie and peas! For many that draw is very strong, and future times may pull us back to those terrors in the pursuit of such culinary greatness.

Liam Mealey



*Spooky Helen in the Spooky Woods...*

## RACE REPORTS

### Bramham 5k / 10k - 9th October

This 5k or 10k is run through Bramham Park on rough tracks and is in aid of Cancer Research UK. Keen to beat my time from last year in the 10k, I noticed that last year's 5k winner had run slower than my PB. Although described as "...Particularly suited to occasional runners and families who want to walk", I wondered about ignoring that and going for a first race win.

Turning my ankle the previous week at the Harewood 10 gave me a genuine excuse to run the 5k. Unfortunately, "best laid plans.." as I was beaten on the day by not one, not two, not three, but four juniors. One was about my height, but I doubt if the combined age of the other 3 kids was much beyond mine. (And the course was 250m too long, which meant last year's winning time hadn't quite been within my reach after all).

As a good run and day out I can recommend it; the race was started by Richard Strachan, GB 4x400m runner, and race sponsorship ensures all entry money goes to Cancer Research UK. But next year I'll stick to trying to beat the adults in the 10k...

Adam Moger

### Wistow 10 - 24th October

A fast, flat, on-road 10-mile near Selby, though flat enough to be a tough run if it's windy. With the New York Marathon just two weeks away (see next newsletter) I decided now was the time to try out "run-walk" in a race.

This has to be done properly - the euphemistic "adopt a run-walk strategy" refers to tiring too badly to continue running. This system, developed primarily by US Olympian Jeff Galloway, involves taking walking breaks before getting tired, including in the very first kilometre. Knowing how irritating people suddenly stopping is, I designed myself a t-shirt (see photo)

It was tough psychologically, running for 3 mins and walking for 30 secs, as well as tough physically to run fast enough to compensate for the walking. The race became a 10 mile interval session with 19 breaks, to the slight consternation of runners around me, one of whom I traded places with almost every time.

I finished in a PB of 1.11.58 so clearly the system can't be dismissed; but I felt I'd have gone faster just running (not as obvious as it sounds - the 30 second breaks make a big difference to the 3 minute runs). Where it should come into its own is on much longer distances, the walking giving running muscles a break. But will it make me go faster in a marathon I'm slightly under-prepared for than if I just ran? With less than 2 weeks to go, I still can't quite decide...

Adam Moger



### November Birthdays

Happy Birthday to the following members who are celebrating birthdays in November:

\* David Spink \* Phil Hewitt \* Claire Warner \* Alyson Glover \* Ben Mason \* Liz Covey-Crump \*  
\* Helen Roberts \* Matt Sykes-Hooban \*

Kirkstall Harriers meet every Monday and Wednesday at Kirkstall Leisure Centre at 6.50pm for a 7pm start. All standards of runners are welcome to join us, just turn up and say hello, we are very friendly!

Please visit our website for more info:

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

Please email [eleanor5446@hotmail.com](mailto:eleanor5446@hotmail.com) or [kirkstallharriers@googlemail.com](mailto:kirkstallharriers@googlemail.com) if you would like to contribute to the newsletter. All articles, member profiles etc gratefully received.

