

# Kirkstall Harriers Newsletter

No. 99 February 2012



## News in brief

### \* Sportsman/woman of the Year

It's that time of year again when we ask the membership to select their winners of the club's Sportsman and Sportswoman award. We will be giving out nomination forms at training nights or you can send your nominations to [kirkstallharriers@googlemail.com](mailto:kirkstallharriers@googlemail.com). Nominations can be as varied as you like, for example most dedicated member to turn out on training nights or for promoting the club, club spirit, entering races, or even editing newsletters (*that's not a hint honest—Ed*) Whatever the reason the main thing is to get your nominations in before the 20th February so we can announce the winners at the AGM.

### \* AGM

Our annual general meeting will take place on Monday the 27th February at the LPSA after a short run. A buffet will be provided afterwards (donations are welcome). The AGM is open for all to attend, if you would like to stand for election to the committee or have anything that you would like to have added to the Agenda for discussion could you please advise Peter Hey or a

member of the committee in advance.

### \* Donation

We would like to thank the committee of the LPSA for their kind donation to the Harriers of £250. This will help support the various team events and other purchases for the benefit of club members. Anyone not having visited the LPSA club for some rehydration after training, are encouraged to come back over for a social drink and chat now and again and reciprocate their support.

### \* Patrick's Long Runs

If you are training for a spring marathon and need to get the extra miles in or need to go long at the weekend don't forget that Patrick is running 13 miles on Wednesday nights, Starting from the Kirkstall Leisure Centre at 6.30pm. Also there are runs on Saturdays, he does about 20 miles starting at 9am. If you want to run with him let him know at a training night and keep an eye on the training calendar on the website.

### \* Message from members home & aboard

From Matt Marsh; 'I think I am available for Golden acre (PECO). We're doing the whole Kippax route of the LCW, I'm

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## Key Dates for your diary

Saturday 4th Feb: Rombalds Stride, Guiseley 23 miles

Sunday 5th Feb: Dewsbury 10k, Dewsbury 6.2 miles

Sunday 12th Feb: Liversedge Half Marathon 13.1miles (Club Championship Race 1)

Sunday 12th Feb: Yorkshire VETs, Horsforth 6 miles (ish)

Sunday 19th Feb: PECO Race 4, Golden Arce Park, 4-5 miles (ish) Organised by Abbey

Saturday 25th Feb: National Cross Country, Parliament Hill London

Sunday 26th Feb: Snake Lane 10, (Race full)

Further ahead:

Sunday 4th Mar: Yorkshire VETs, Otley 6 miles (ish)

Sunday 11th Mar: PECO, Otley Chevin 4-5miles (ish) Organised by Hyde Park

Sunday 11th Mar: Spen 20, Cleckheaton 20 miles



*Burjor at the Brass Monkey*

toying with a Bob Graham at the end of the summer so LCW is giving me a short term target to get some miles in and get back into running for a long time!

*Editors Note: We are very pleased to have Matt back running for us and its also nice to hear he is still bonkers, the whole LCW in one hit? WOW!*

Race 3 took place in the grounds of Temple Newsam, with its Capability Brown-designed gardens and some of the largest sections of the former Forest of Leeds. Missing our usual top two men (Peter Branney running at Great Broughton and Paul Miller "altitude training" on holiday at Kilimanjaro), we nonetheless had a third of the club turn out on a freezing Sunday morning, including a number of new runners. There was another record PECO turnout of 400+.

Expecting a mudfest, instead the frozen ruts caused a number of turned ankles and fallers, including a tumble from Kirkstall first girl Rachel Pilling. Several stiles also caused hold-ups. First for the men in his best finish so far was Richard Joyce in 32nd, with Matt Woodhouse overtaking me in the finishing strait to come 82nd overall. I made a schoolboy error after crossing the line by stopping to check on a collapsed friend from parkrun, whilst two finishers behind grabbed tags and disappeared: tag first, check the injured second.. Chris Glover, Ben Howcroft, Gary, Liam and Ed Barrett completed the 8, with plenty more backing them up and pushing down runners from other clubs.

The men propped up the table in 8th but it was a far from discreditable performance, and we're still hanging on to 6th place after 3 races. The women managed a solid 5th to make up for the disappointment of the last race and are also 6th, but with scope to climb higher being only 3 points off equal 3rd. There were first Peco appearances of the season from Marion, Kevin Longmate, Mosa, Ben Howcroft, Ed Barrett, Rhona Cameron and Tashi Thornley, the latter four in their first races for Kirkstall. In the individual competition, Rachel is an excellent 2nd overall, and Paul Glover currently 1st in his age category.

**Adam Moger**

*Due to the large number of runners turning up, it is important to get to the venue early to get a parking place. Runners wanting lifts or directions, please meet outside the LPSA at 9.40am Full details can be found on the peco xc website.*

***The next race is on Sunday 19<sup>th</sup> February and the venue is Golden Acre Park.***

***The last race is - 11<sup>th</sup> March – Hyde Park Harriers – Otley Chevin***

*It has been good to see so many new faces taking part – and coming back again for more. Let's try to get even more of you out for the last two– Ed!*

## Yorkshire VETs

**YORKSHIRE VETERANS ATHLETIC ASSOCIATION – FOR THE OVER 35's - SUNDAY 12<sup>TH</sup> FEB**

If you are over 35 and not doing the Liversedge half marathon we hope you will have a go at this race, on the same day. It will be about 6 miles long and takes in the area between the A65 at Rawdon and the river. Registration is on the day at Horsforth Hall Park cricket pavilion, and is about £3.00. The race starts at 10.30am. This is a club and individual series of races throughout the year. Everyone who finishes will get points for themselves – and more importantly – for the club. Most runners are over 35 – and of all abilities, so your input either great or small will be greatly appreciated. Full details can be found on the yvaa website.

The other races to date are:

March 4<sup>th</sup> Sunday – 1.00pm start Otley

May 22<sup>nd</sup> Tuesday – 7.30pm start – hosted by ourselves. So hopefully you youngsters will be able to marshal

May 29<sup>th</sup> Tuesday – 7.30pm start – Bingley

June 12<sup>th</sup> Tuesday – 7.30pm start – Pudsey

July tbc - 7.30pm start – Meanwood

Aug 8<sup>th</sup> Wednesday – 7.30pm start – Knavesmire

Nov 11<sup>th</sup> Sunday – 11.02am start – Spenborough

*(It is hoped to add another 2 races if possible)*

## National Cross Country: Parliament Hill London.

Saturday 25<sup>th</sup> February

Ladies Race (8k) 2.20pm. Team: Jill Stocks, Gemma Smith, Rachel Pilling, Eleanor Gallon

Mens Race (12k) 3pm. Team: Phil Hewitt, Matt Sykes-Hooban, Paul Miller, Richard Joyce

Accommodation/travel etc will be sorted in due course.



*Adam putting in the effort, Catherine really speeding up, Collette going well, Eleanor keeping up the pace, Isaac having fun?*

You have to be dedicated to get into the Brass Monkey. Armed with your credit card and knowledge of the exact moment that entries open, you keep jabbing 'refresh' on your internet browser until you see the entry form, and away you go! So it was on a windy and sunny January morning, thirteen dedicated Harriers lined up alongside 1700 other runners at the start of a half marathon known for being flat and fast, with high PB potential. To illustrate how fast, this year's winner polished off the 13.1 miles in less than 67 minutes, he must have been keen to get his hands on the Brass Monkey branded gilet jacket that was the finishing memento.

The Brass Monkey route winds south from York Racecourse through the villages of Bishopthorpe, Acaster Selby and (wonderfully named) Appleton Roebuck, before looping north back towards the racecourse and the finish line (and that hard won gilet with which to re-warm one's Monkey's...). The country lanes provided little to entertain the wandering mind over the flat course, and little protection from the mischievous wind! I say 'mischievous' wind, it was actually downright deviant as it always seemed to be against you! My excuses aside, top marks to Adam Moger, Rachel Pilling, Catherine Elvin, Andy Cooper (???) and Burjor Langdana for making the most of the course and nailing those PB's! Impressive stuff only a few weeks after the festive season! I for one am still carrying a portion of Christmas around – training ballast, I think I'll call it! I'll be taking another crack at that sub-1h30 time soon...

### Matt Woodhouse



*Matt dealing with that ballast, Patrick putting in the miles, Rachel running to a great PB, Richard H enjoying the flat! Shelia last minute run.*

Those PB times:

Adam Moger 1:33.30, Rachel Pilling 1:35.00, Catherine Elvin 1:38.33, Andy Cooper 1:46.45 Burjor Langdana 2:02.27

Congratulations on those new PBs and to all who took part on the day.



### Pontefract

Chilly but sunny, hilly but not mountainous, muddy but not too wet: the Northern XC was a good day out. In the women's race, Gemma finished a superb 32nd, with Rachel also making the top 100. Catherine, Marion, Collette, Jill and Lisa also ran well, with Jill in particular flying around the course. Whilst the women's race was 2 laps compared to the men's 3, it made for different pacing rather than an easier race. In the "best 4" team competition the girls came an impressive 13th.

Richard Joyce continued his good form to finish 340th for the men. The racing interest was further down the pack as Phil & I traded places a few times before he went ahead and reeled in Matt Woodhouse. At one point we ran 1-2-3, bringing several shouts of "good teamwork Kirkstall". But after pulling out a lead on the final lap, Phil saw himself pipped at the finish by Matt who came 441st, with me some places behind but glad to have been dragged round, particularly since the course was half a mile longer than expected.

The girls stayed behind after their race to cheer us round, which was much appreciated. A month's time sees the National XCs in London, with slightly altered teams, but I'm sure it'll be just as much fun.

### Adam Moger



*Matt Woodhouse running well*



*A great shot of Richard Joyce*



*Phil Hewitt putting in another good run*

Six Harriers Ladies and four chaps were there to take part. And didn't we do well! Even though the chaps didn't have a full team their individual performances were excellent and did the club proud. A great race from Richard to follow up a cracking third place at the Parkrun the previous week, and not much to separate Matt, Phil and Adam behind him! The ladies also did very well in a very strong field and came 13<sup>th</sup> team out of 25 full ladies teams, with Gemma first Harrier home in 32<sup>nd</sup> position. A brilliant performance from the girls!

On a personal level I was chuffed to bits to get round the 5.4 mile ladies course (even if it was flat!) in 49:27, quicker than I run on the road! Perhaps it was my "training run" at the Stanbury Splash the previous week! I wonder if I might have been even quicker if I had actually eaten breakfast? Perhaps I would have finally caught the Tyne Bridge Harrier I was trying to catch for the whole race (see photo!).

Well done to everyone. Onwards to the Nationals in February!

### Jill Stocks

#### Mens Results (12 k/687 runners):

Richard Joyce 51:57 (342)  
Matt Woodhouse 55:10 (443)  
Phil Hewitt 55:18 (445)  
Adam Moger 55:28 (451)

#### Ladies results (8k/ 235 runners):

Gemma Smith 34:27 (32)  
Rachel Pilling 38:21 (93)  
Catherine Elvin 42:09 (154)  
Marion Muir 45:36 (188)  
Collette Spencer 47:30 (200)  
Jill Stocks 49:27 (207)



*Go on Jill you can take that runner!*

## Member Profile - Paul Miller



**Name:** Paul Miller

**Age:** 30

**Occupation:** Decision Support Analyst

**Originally from:** Spalding, Lincolnshire

### **When did you start running and why?**

I was fairly active at primary school and used to win the sprints on sports days, but never really trained

specifically. Then when I moved to secondary school I became a lazy sod and didn't really do any regular sports or exercise for my first few years. After a couple of years I was persuaded to join a friend who went to our local athletics club and I started to do a bit of sprint training once or twice a week. After just a month or two, I surprisingly came 3rd out of 100+ people in my annual school cross country (previously I'd always been around 30th). I decided that if I could achieve this just by doing a few sprints a couple of times a week, then perhaps I should start doing some middle distance training instead so switched training groups. The following year I won both my school and my district cross country championships and got to run for my county for the first time, and I was sort of hooked!

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

I used to train and compete a lot when I went to Leeds Met Uni, but after graduating I then went travelling for a year. When I came back, I never really got started running again and didn't do any regular exercise. A few years later (and a lot less fit!) I decided I wanted to

get back into running again, and after looking around, decided Kirkstall seemed the most accessible and friendly of the local clubs. My attendance was a bit sporadic for the first couple of years due to exams, but now I'm enjoying coming down to club training and social nights and competing as often as possible.

### **What are your motivations for running?**

I've always loved competing in races, whether it be track, road, or (sometimes!) cross country. I also really enjoy the atmosphere of participating in team relays. These days, I'm not as fast as I used to be, so my aim is just to try and get as near as I can to the times I used to run. However, I don't enjoy training on my own as I find it hard to motivate myself (and it also feels more painful), so I like to come down and train and chat with other runners. I also enjoy the social events like meals, quiz nights etc.

### **What are your greatest running achievements?**

One of my best achievements was breaking the 2 minute barrier for 800m for the first time back when I was at Uni, as I had spent quite a few years hovering just above it but never quite getting there, which was really frustrating. I finally achieved this in my county track championships in my final year at university, when I came 3rd in a time of 1m59 off the back of my best ever winter's training. I was very happy with the position too, as the two people in front had both run for England, and the guy I just beat down the home straight had won the u17 national cross country the prior year. (I think it was the one and only time I beat him!). I also ran a massive 10k PB that year too - I went into the race with a PB of just under 36 minutes, not really expecting anything significantly faster. However, I was pleasantly surprised to cross the finishing line in 34m 17secs, absolutely smashing my previous best.

### **What are your best running related memories?**

About a month after having cracked the 2 min barrier, I ran another 800m race

in Manchester, where I took another 2 seconds off my PB. It was one of those rare occasions where everything in the race went perfectly and I felt really strong from start to finish. We had a pacemaker for the first lap who took us through in 57 seconds, at which point there was myself and one other guy battling it out for the lead. I followed him round the bend but with 300m to go felt like I had more in my legs, so took the lead on and started to increase my pace. The other guy kept on my tail, but as I went through 200m to go I was still feeling really strong and pushed the pace even more. Entering the final straight, I sensed I had a couple of metres gap and could hear my team mates screaming at me, so I just put everything I had into the last sprint, and was thoroughly shocked to see the clock stop at 1m 57 as I crossed the line in 1st place. I'm told I had a big grin on my face for hours afterwards!!

### **What are your worst running related memories?**

Probably one of the first National Cross Country Championships I entered many years ago - think it was my first year running as a senior. The race was in Bristol and when I got there, its fair to say the conditions were approaching what I can only describe as blizzard-like! I wasn't really ready for the 12k distance and running against the senior men for the first time, and it was absolutely freezing, and was a very miserable race.

On the other end of the spectrum, I also remember running a 10 mile race in Lincolnshire back in 2003 on the hottest day ever in the UK. It was 38 degrees with no shade anywhere on the course and it ended up being a case of surviving to the end without passing out. I had to run the last 5 miles with my mouth hanging open like a dog as if I closed it, my lips were actually sticking together due to the heat! The large dustbin filled with sponges in ice water at the end was a much welcomed relief!!!

*Profile continues on Page 6*

## Member Profile continued...

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

"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves...The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable."

-Sir Roger Bannister, first runner to run a sub-4 minute mile

"In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say, 'I have finished.' There is a lot of satisfaction in that."

"I've always felt that long, slow distance produces long, slow runners." - Sebastian Coe

"Many people shy away from hills. They make it easy on themselves, but that limits their improvement. The more you repeat something, the stronger you get."

### Interesting fact about yourself?

I enjoy trekking when I get the chance and in recent years have been lucky enough to have completed the Inca Trail in Peru, Everest Base Camp trek in Nepal, and most recently Kilimanjaro, which was by far the hardest trek I have ever done. Full report will be submitted for next month on this!!

## RACE REPORTS

### Stanbury Splash 2012



*Jill Muddy and loving it!*

Haworth and Top Withins, and no matter how many times you see it it still retains an amazing beauty. And if you are as slow as me you get the opportunity to take the view in a bit more of



*That's one heck of a hill!*

I have done a lot of fell-running in the past with Neal and visited some of the most beautiful parts of Yorkshire in the process. But I'd never actually done a fell race as such. So as myself, Phil, Mike and Liam set off on a cold January morning we discovered we had two fell race virgins in the car in the form of me and Mike. As everyone else headed off to Brass Monkey.

I had elected not to get involved in the hype that was the Brass Monkey. I have done it a few times before and it's very well organised but, in my opinion, flat and boring. I prefer something a bit more challenging. I'm not as bothered about PB's as I used to be after months and months of injury last year anyway! For the past few years I haven't entered but ended up with a number somehow but this year I vowed to be strong. So when Liam and Phil posted on the Facebook page about going to the Stanbury Splash I jumped at it.

And it certainly proved to be the right decision! I thoroughly enjoyed the atmosphere of the race, the challenging terrain and the beautiful scenery. The race takes in the fells around

There were some brutal climbs, which at some points were quite literally climbs, and some brilliant descents, one of which I found much easier to slide down on my backside. I finally finished in 1:40 for 7.5 miles, but really enjoyed it and given my current level of fitness for various reasons just making it round is enough at the moment. I didn't really struggle as such or feel poor but I was slower than I have been in the past (if that is possible). And imagine my joy when I was handed a curly wurly when I finished. I did however give them back the Soreen I had been given as I entered. Eugh.

Great race, well organised, great atmosphere, good mixture of abilities and a bargain at £3.50. Will be back next year. Thanks to Liam and Phil for giving me the opportunity to break my fell race duck.

### Jill Stocks

*Editors Note: Mike who is mentioned in the report is actually Phil's Brother possible new member?*



*Liam looking as rugged as the surroundings!*



## **Club Championship 2012**

So after a very exciting championship last year, eventually won by Chris Glover closely followed by Andy Cooper and Mark Skinner who came joint second. We are hoping for more of the same this year. We would like to thank everyone who gave us feedback on how we could improve the championship and which races people would like to do this year. We have made a few minor tweaks and changes, the full details can found on the website. The main things to point out is that the Park run bonus is still available for all runners who complete 4 Park runs at any registered Park run event. Run 4 and you'll receive an extra 10 points on top of your score for the other championship races. Also the Marathon bonus from last year has been renamed as the Marathon Score this is worth 15 points and will count as one of your best top six scores.

### **The 2012 Championship**

February 12th: **Liversedge Half Marathon** (event full)

April 8th: **Guiseley Gallop 10k** (this event will sell out in advance, we have entry forms in the red box)

May 13th: **Leeds Half Marathon** (enter online now for this event)

June tbc: **Harewood House Chase 10k** (This is an off road event)

July tbc: **Eccup 10 mile**

July tbc: **Pudsey 10k**

September tbc: **Horsforth 10k**

October tbc: **Fell Race (tbc)**

November 4th: **Guy Fawkes 10 mile**

November tbc: **The Abbey Dash 10k**

Good luck everyone and don't forget to enter early to avoid disappointment. We will update the website with race dates as they become available.

### **Park run update:**

Two more Yorkshire parkruns joined the parkrun family in January - York (on the Knavesmire, near the racecourse grandstand) and Harrogate (on The Stray). Usual rules apply - 9am start, bring same barcode as for "home" parkrun, entirely free. Parkrun continues to go from strength to strength with over 80 UK venues and 110 in total. This month Richard Joyce became 2nd-ranked Kirkstall at Hyde Park with a PB of 18.28.

## **The Kirkstall Harriers online!**

Just a quick note to say that our new and improved facebook page is really taking off, if you haven't joined the page yet I highly recommend that you do. We currently have 78 members (and counting) there is plenty of gossip, photos, training updates and racing opportunities, so what are you waiting for? And for those that Tweet (older members ask the younger ones about this on your next training run!) Our Twitter account is up and running and we have currently 58 followers! So if you need a quick hit of Purple news head along to our twitter pages, links to both sites can be found on our website. There really is no excuse now for not knowing what is going on and when!

## **Subscriptions and New Members**

We have 4 new members to introduce this month. Joanne Elsdon from Woodlesford. She is still a friend of Marion who brought her down to the club for her first training night which happened to be a torch run. Rhona Cameron from LS12, yet another of Alyson and Chris Glovers recruits. She made her debut in the purple colours at the Temple Newsam cross country. Ed Barrett from Burley, yet another runner showing his class at Temple Newsam for his 1<sup>st</sup> club run. Looks like he has also joined the Manchester Marathon group. Last but not least is Colin Chapman from Armley Ridge, who joined on his second training night, and looking at his pb's will be going out with the faster runners.

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.

As the name suggests this is a double marathon in Liverpool and we thought it would be a good way to see the year out and a great way to welcome the year in depending on your perspective and your idea of a fun time! No, ok then.

Myself and Kevin travelled over to Liverpool by train on the morning of the 31<sup>st</sup>, with I might say a certain amount of apprehension and trepidation. We got a cab to take us to the start point which was on the Atlantic Way, a path at the side of the Mersey and we only had about 5 minutes to spare. There were about 50 other runners there, all completely bonkers; well you would have to be wouldn't you. The start line was a Red Cowboy Hat with a white fur trim, this also doubled up as the turning round point, ooh it's not like London you know. The course was a 3.3 mile stretch along the Atlantic way and back again, and down and back and down and back and down and back, repeated again on day 2, but do you know what? I liked it. The race was started by Kaja the race organiser and a fellow competitor, she talked through some Health and Safety guidelines and then informed us that we needed to eat lots of cake and chocolate because she had brought it and did not want to take it back, I didn't see a problem with this part. So we set off at Mid-day in relatively good weather. Kev had decided we were going to run the first day at 10:30 minute miling and he had to keep me in check as I was doing my usual thing of getting giddy at the start and galloping off. Anyway it went well, it felt like a little family, you were lapped by the faster runners but they were kind and there were always words of encouragement from runners coming the other way. We crossed the line by our watches at 4hrs 29 minutes and 22 seconds. Back to the hotel, out for a huge carvery and then a few drinks, well it was New Year's Eve.

The next morning we set of to meet our little band of fellow runners for an earlier start of 10:00am with not so clement weather and we set off to do it all again, Kev went his own way and I plodded on and I must say it wasn't so bad, it got a little bit distressing at one point running against the wind and rain for 15 minutes but thank goodness it did clear over. Kev finished in under four hours and I finished in 4hrs 28 minutes and 48 seconds by my watch and we got a lovely red T Shirt and I may even do it again next year. I think we can now be called endurance runners!! By the way the cake was lovely.

### Brathay 10 in 10 training weekend



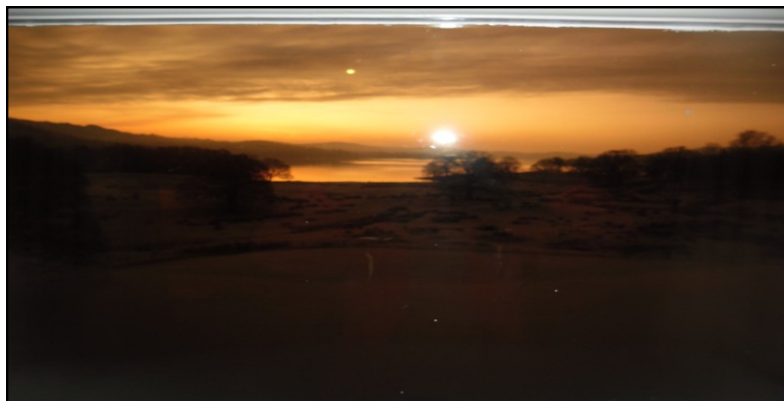
*Clearly they are all mad as most are wearing shorts in that frost.. Brrrr!!*

a lot fitter and a lot more experienced than me but some the same as me which is comforting. We were also filmed by TV Cumbria which should be coming onto the website very soon. Friday evening we met in the bar and had introductions, yes I'm liking this already, followed by Dinner, fantastic and a Health and Safety briefing with regards to the course and then back to the bar, yes really liking it. The bar had a massive roaring log fire and I believe Coleridge, Wordsworth and even Constable had partaken of an alcoholic beverage or two, whilst warming their cockles. I must mention that there was an unassuming chap called Steve Edwards who is a marathon God, he has run over 650 marathons and he is running 500 marathons sub 3hrs 15 and he is nearly at the end of this particular challenge, he has also completed the 10 in 10, 4 times, Google him he is amazing.

Saturday morning dawned early and very cold and we were given 4 and half hours to get around the lake or get as far as we could. Whoa, this is one hilly, mother of a course, but beautiful very beautiful. For most of the course I was alone, but we had two support cars, with coffee, tea, sweets and Jaffa cakes, the fuel of elite athletes. And guess what I managed to get round in the given time and even got lost, I was one happy runner. All this was followed by a shower, lunch, a media session, cakes, a fundraising session, operations, dinner and then the bar, yes the bar for more socialising and getting to know each other. I must come clean though, I was shattered and in bed for 9.30 eating grapes. (Continued on Page 9)



### Brathay 10 in 10 continued...



View from my bedroom window overlooking Windermere

Sunday morning was glorious but cold, some of my fellow runners went out for an early morning run with Steve Edwards but I am not up to 7 minute miling and I got lost in daylight, so sure as anything I would be lost in the dark. Instead an early breakfast, then a session from Team Nutrition and a session from Body Rehab about pain and ice baths, oh dear. I think everyone got really scared at this point as the chap, Graham from Body Rehab, who is a 7 time Ironman, stated, as a professional his advice is don't do it, as the 10 in 10 is bad for your body, you won't recover and you will get injured. At the same time he said it gives the students from Newcastle University some wonderful injuries to

work with, can't wait! Body Rehab are at Brathay with us 24/7 which is reassuring. The last part of our weekend was to take a tour around The Shackleton Lodge, which is a bunkhouse in the woods, where we are all going to bunk together in very basic accommodation, which I think, is a good idea. We don't want any luxuries or home comforts upsetting us do we?

What did I come away with from the weekend? I am going to be running alongside some fine people, with whom I shall be bound to by this experience for the rest of my life. The ten days are going to be life changing, the course is tough and the whole experience is going to be physically and mentally tough, much tougher than I thought and I think much tougher than I can imagine and I am genuinely frightened as well as excited but overall I feel lucky just to be part of it all.

Just a little note on this month's training, I have ran 193 miles this month but I have come down with cold again, so not sure how I can keep my immune system in tip top condition as I do need to up my mileage again in February. I have started doing work for my glutes and core at the gym, 3 times a week. At the Brathay weekend It was emphasized how important your glutes are as they are your engine and your core needs to be really strong especially as the body gets tired over the ten days. Steve Edwards stated 'don't run to get fit, get fit to run'. I am also cross training a couple of times a week and swimming a couple of times a week and I have completed 3 marathons this month. I do hope to run around 230 miles next month, 29. Something miles with Helen, sorry Helen. SO PLEASE, PLEASE SPONSOR ME OR COME TO MY SPRING BALL, I need your support, every penny counts, my website is [www.justgiving.com/Diane-Shaw0](http://www.justgiving.com/Diane-Shaw0) you may be interested to also follow the blogs of some of my fellow runners on [www.brathaywindermere-marathon.org.uk/blog.aspx](http://www.brathaywindermere-marathon.org.uk/blog.aspx) check them out. I hope to be blogging with them by the end of this week. Thank you for taking time to read this and thank you to all you who have supported me. Thank You.

Diane Shaw

### Predictor Run 30th January

Stop the Press!

The last training session in January was our 2.9 mile Predictor. Peter Hey official adjudicator on the night was very pleased that a new club record of 31 runners taking part was set on the night. The male winner was Martin Rocks with a difference of only 1 second which was very impressive! Collette Spencer was the nearest Lady with a difference of 36 seconds.

Other notable and not so notable times were:

Paul Miller was only 10 seconds away from his time, Chris was only 12 seconds off. A very good run by Patrick Neasden saw him finish 23 seconds off his time. Adam Moger 32 seconds off his time. These guys clearly have their Garmins in built!

However there are one or two members that probably won't be giving up their watches anytime soon! Naming and shaming would achieve nothing here. however you have to admire the optimism of the predicted times!

Besides it's the taking part that counts, a short run on a cold night followed by a pint and a quick quiz at the LPSA isn't a bad way to start the week.



### Birthdays

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

\* Shelia King   \* Rhian Miller   \* Manghanita Kempadoo   \* Lucy Needham   \* Stephen Dalton  
\* Lisa Smailes   \* Martin Rocks

# RACE REPORT

## Gloucester Marathon

**Sunday 22<sup>nd</sup> February**

Why am I doing this? Why am I doing this torturous marathon of 5 miles and 3 laps of 7, undulating miles? Why am I doing this marathon in the cold and wind, why oh why? Oh I remember, its because Kev did it last year and he did really, really well up until mile 22, whereupon he hit the sacred wall. Why did he hit the wall? He hit the wall because he had drunk too much beer the night before and after hitting the wall and finishing quite badly Kev decided he wanted to give it another go, so I thought why not. Why is Kev not running? Where is Kev now, you may ask, he has stood on the sideline cheering, handing out gels and bananas, while I am running this bl\*\*y marathon. Why is Kev not running? Kev got injured last week meaning he could drink beer again last night, feel great today whilst I huff and puff and groan and moan and curse and worse around this course.



*Fellow tits Rob Dallison, Matt Dunn, Davey Green (got a great book called - because I think I can - about running, can be found on his justgiving site), Jeff Prestige (got a great book called Beautiful Great Britain- again same thing) Jim and Diane.*



*Around mile 10, the chap with headscarf on behind me is Jim and the chap in front smiling into the camera is Rob both fellow tits as you can see a barefoot runner.*

Was it so bad, no not really, I was just feel tired after running Windermere last week. I came in around 4:37 which was ok. Gloucester has a small field of runners and the marathon starts and finishes in a village just outside Gloucester called Quedgely. The marathon starts from a school hall and finishes at the school hall and there is tea, cakes and homemade sandwiches when you get back made by the local women's institute. It was a great opportunity to see some of my fellow 10 in 10's (fellow tits) and get to know each other a bit better. Will I be running it next year, probably, will Kev be running it next year, you can bet your bottom dollar he will, beer or no beer, else they'll be trouble at t'mill, you can tell em.

**Diane Shaw**

*Editor's Note: We are massively impressed by Diane's efforts to complete the 10 in 10, I am knackered just reading about the training! One thing is for sure, it makes a good read! Looking forward to more of the same next month.*

## Rambling Richard's Race Reports



*Richard suffering on new years day*

### Cleethorpes 10k 1/1/12

11:15 am 1st of January and my mind is trying to recall last night's events, did I actually vacate the Fisherman's Arms public house at about 1am with a bottle of lager in one hand and a old Grimsby fishwife in the other, did I then stumble along Sea View street and call in at the kebab house for one of Cleethorpes finest kebabs before winding my way back to my bed! (minus the old fishwife) Unfortunately the answer was yes! Hardly the best preparation for a 10k! Oh how I laughed as the starter fired the gun (it sounded like a 21 gun salute to those who had over indulged in the juice of the barley the previous night) and I was underway for the Cleethorpes New Years day 10k. From the start on Daggett Road the race winds through the residential area of Cleethorpes before coming onto Kings road and at last your on the sea front. Another 2 laps of Daggett and Kings road and now the race was heading inland following the road to Louth. Oh how I regretted reliving my disco tech inferno dancing days whilst wearing my John Travolta Saturday night fever white suit the night before. I was aching from

head to toe, I obviously must have been doing a spot of break dancing as well as the twist, the conga and many other moves. Left turn and I was following the pack onto Humberston Road and to the water station. I was ready for my bottle of water as I was rather dehydrated due to my drinking tomfoolery the night before. Horror of horrors the water had been stolen, apparently at 11am 500 bottles of water had been left at the water station and by 11:15 some one had pilfered the lot!!! With my throat as dry as the sand on the beach and my mouth tasting like the contents of the Humber estuary there was only one thing to do, run as fast as I can to the finish for a drink! Onto North Sea Lane I ran heading back towards the sea and the only thought in my mind was how glorious and refreshing the water would taste. Finally it was left turn at the roundabout and I was back onto Kings road and the finish was in sight. Here the usual 100 meter sprint was performed and as I was running at the speed of a deranged lunatic who was mad for water I managed to pass a number of more well hydrated runners! I finally crossed the line in 56:39 finishing 318th out of 421 New Years day runners. Once I had removed my head out of the water trough I went to collect my superb race t shirt.

I think this is the 5th time I have done this race and hopefully I will be back in 2013 where I shall be a model of sobriety and minus the white suit!

Cleethorpes ac are the host club.

### The Ferriby 10 29/1/12

Having been blown off course by the strong winds at the Brass Monkey half marathon the previous weekend I was hoping for a less blustery day for the Ferriby 10.

With no wind or rain and a temperature of 5.5c it was going to be a good day for running and at 11am I was off from the start at Skidby windmill. A short decent into Skidby village and I was soon into the first climb that lasts all the way to Little Weighton. Here there is another short decent before I was back climbing all the way to the White Gap cross roads. The Little Weighton to the cross roads run is part of the Walkington 10k course another excellent run in this area. Left turn at the cross roads and I continued to climb, left at the next cross roads and I was heading to the water station and 5 mile mark at Riplingham. Once out of Riplingham I looked to my right and could see both towers of the Humber bridge. A run on the edge of the Yorkshire Wolds with lovely views and a glorious winter morning, what more could I wish for! It was downhill most of the way to Raywell and from there to Eppleworth I could enjoy the flat road. Past the 9 mile mark and I was feeling okay I had only the climb back up to Skidby windmill left to do. The last climb was hard work and a couple of runners overtook me however in the final dash for the line the Hancock sprint commenced and I managed to pass one runner. I finished in 1:34:15 coming 491st out of 559 runners. I gracefully received my water and a quality long sleeved t shirt with the windmill logo on it.

This is the second year I have done this race and I have enjoyed it on both occasions and I hope to be back next year for this Hull ac's 10 mile race.

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

Please visit our website for more info:

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

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