

Kirkstall Harriers Newsletter

No. 98 January 2012



News in brief

* Happy New Year

From everyone on the committee we wish you all a Happy New Year with plenty of running and lots of pb's.

* Members out of action

We all wish **Peter Britton** a full and swift recovery after his bike skidded on the ice recently and he suffered broken ribs and collarbone, hence his absence at training. Also on the injured list is **Bal Sandhu**, who after having a bunion operation will be missing for about 6 weeks. It seems we will have to wait a little longer for **Martin Savage** to return to the scene after his back injury as he's having ITB problems now, oh dear! Finally, **Matt Sykes-Hooban**'s back is still not quite right so get well soon to those 4 and anyone else who is 'on the bench' at the moment who we have not mentioned.

* Predictor Run & Quiz - Monday 30th January

Following on from what seems to be a welcome change to the normal training runs, we will be doing the 2.9mile predictor run, followed by a quiz in the LPSA. The quiz will be of a slightly different format this time – just in case

you have been swotting up on the Imperial and Metric tables, and other numerical data.

* Christmas Do

Many thanks to all who attended the Christmas Do at the West End and helped to make the evening such a success. We hope everyone enjoyed themselves and we'll do it all again next year. Huge thanks to Jill for organising it once again as it is quite a mammoth task!

* Committee Meeting 25th Jan

Just to remind the committee members that there will be a meeting in the LPSA starting at 8.30pm. If any member ever has any new ideas or thoughts that they would like the committee to discuss, please just let one of us know and we'll bring it to a meeting.

* Treadmill Trot

The Treadmill Trot was held at Leeds City Station on the 3rd of November in aid of The Brathay Trust and managed to raise a whopping £1553.39. Diane would like to say a massive thank you to everyone involved and watch this space it could be back again soon!! See page 5 for Diane's latest 10 in 10 Training report.

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Key Dates for your diary

Sun 15th Jan: PECO XC race 3, Temple Newsam
Sat 28th Jan: Northern XC, Pontefract Park
Sun 5th Feb: Dewsbury 10k
Sun 12th Feb: Liversedge Half Marathon - Club Championship Race #1
Sun 12th Feb: Yorkshire Vets race 1, Horsforth
Sun 19th Feb: PECO XC race 4, Golden Acre Park
Sat 25th Feb: National XC, Parliament Hill, London
Sun 26th Feb: Huddersfield 10k
Sun 4th March: Yorkshire Vets race 2, Otley
Sun 11th March: PECO XC race 5, Otley Chevin



Christmas Lights Run with Horsforth Harriers - an impressive number of running santas in Park Square

Club Championship 2012 Races

We are delighted to be able to confirm the races which will be in the Club Championship this year. Please note dates and races below are subject to change but we will do our best to keep you informed of any changes as soon as we are aware of them.

Deciding on the races is never an easy task as we want to do everything we can to please as many members as possible, although we know that it would be impossible to keep everyone happy. We want to sincerely thank everybody who took the time to complete the survey we sent round as there were many useful comments and interesting thoughts. A few points to note were that Leeds Half Marathon and Horsforth 10k were by far the most popular races so they are obviously in again for this year. The least popular were Bradford 10k and Castle Howard 10k so these have been taken out. We had several requests for Pudsey 10k, Abbey Dash 10k and Guy Fawkes 10 mile so these have been added in.

There were some interesting comments on the scoring of the championship which has prompted us to review this, the result being that we will not be changing the way the scores are awarded, however we would like to emphasise as we always do that we calculate scores on handicaps based on your **recent** PBs, which we have always defined as being the last approx 2 years. So we would like your PBs from 2010 - 2011. Time allowing, we always try and review the PB-data that we have prior to each championship race and reality check it. One change this year is that instead of predicting a time for somebody who has not run a race of a specific distance before from other PBs where these have been submitted, we will automatically give 2 points for races in which no PB exists, and the result of the race will then be used as the PB.

The marathon score of 15 points (counting as one of your race scores, top 6 scores to count) and the parkrun bonus of 10 points for completing at least 4 parkruns (any event) across the year are both remaining the same.

If anyone would like to know more about the logic behind either of these bonus scores or the scoring system in general (for example why it is quite frankly near impossible and unfair to score a PECO race or a 5k!) then please speak to results master Eleanor who will do her best to explain! The rules and more info are available on our website.

Club Championship 2012 Races

12th February:	Liversedge Half Marathon
8th April:	Guiseley Gallop 10k
13th May:	Leeds Half Marathon
tbc June:	Harewood House Chase 10k
tbc July:	Eccup 10 mile
tbc July:	Pudsey 10k (usually 2 weeks after Eccup 10)
tbc September:	Horsforth 10k
October:	TBC Fell race (suggestions welcome!)
tbc November:	Guy Fawkes 10 mile
end November:	Abbey Dash 10k (usually at least 2 weeks after GF10)

Liversedge Half Marathon

The first race, the Liversedge Half Marathon, usually sells out 6 weeks before race day which is any day now! So if you would like to run and haven't already entered, please go to www.roberttownroadrunners.co.uk straight away to enter. Alternatively if you are 35 or over there is always the first Yorkshire Vets race of the season at Horsforth on the same day.

We will announce confirmed dates and entry details of races as we come to know of them.

Club Championship 2011 Winners

Many thanks to all who came to the Christmas Fuddle where we also presented the winners of last year's championship with their trophies. Congratulations once more to Chris Glover who came first and Andy Cooper and Mark Skinner who were joint runners up.

Photo: Andy Cooper, Chris Glover, Mark Skinner with championship trophies



PECO Cross Country

The next race is on Sunday 15th January and the venue is Temple Newsam

Race No. 2 Roundup by Adam Moger

Race 2 took place on a chilly Sunday morning at Middleton Park, close to the Middleton Steam Railway, the oldest commercial steam engine route in the world (1812), first set up as a horse-drawn railway in 1758 to carry coal from the local pits. Another good turnout saw 28 of us tackle the 2-lap route, a mixture of track, grass, mud & woodland. Several steep hills separated the men from the boys and the icy conditions meant a bridge over a stream was out of bounds, causing wet legs early on. But the sun was shining and the marshals around the course gave plenty of encouragement.

The men again finished 6th out of 8, a decent result with a couple of "quicks" missing. There was a first Peco appearance from Steve Corcoran and first of the season from Gary, Tony, David Spink and Paul Glover. Finishing positions were generally lower in a more competitive race compared to race 1, but improved performances came from Peter Branney (14th to 11th), Paul Miller (40th to 35th), Justin Newall (172nd to 151st), and Graham Pilling (181st both times).

For the women, Rachel Pilling ran brilliantly to finish 2nd, behind only LUCC runner & UK U23 fastest marathoner Jocelyn Payne, who competes in the individual competition. Eleanor pulled out all the stops to once again beat her Hyde Park Harrier rival Alison (faster at all distances on road) and come in 25th. Alyson Glover, Collette and Helen Thompson made up the 5, with Diane, Carol, and in her first race, Karen Longfellow all finishing inside the top 120. This was particularly impressive from Helen and Diane, who also ran both to and from the venue as part of Diane's training for the Brathay 10. A tough competition meant a bottom place finish in the premier league for the girls, serving as a reminder that we need as many out as possible for every Peco.

Overall positions

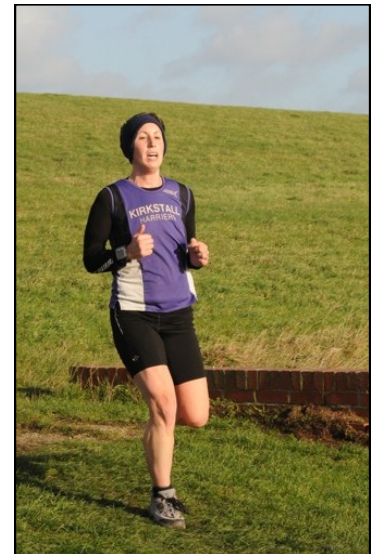
After 2 races and despite very tough competition from the other clubs we are not doing too badly. The men have had a very good side out for both races and have managed to come 6th in each. This will give us a chance of staying in the Premier league, but we do need as many as possible for all the other 3 races. One bad result can place us in the relegation zone, and the other clubs will be trying to get their best runners out each time in order to avoid the drop too. Please pass the word on to other members. After doing so well by finishing 3rd in the first race let's show the other clubs what our ladies can do if we have a full team.

Next races

15th Jan - Temple Newsam (hosted by Kippax Harriers)
19th Feb – Golden Acre Park (hosted by Abbey Runners)
11th March – Otley Chevin (hosted by Hyde Park Harriers)
Full details are on the peco xc website - www.pecoxc.co.uk

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.

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 in Bradford is a very good place to start looking, but if too far too travel then Up and Running at West Park or in the town centre (Boar Lane) may have some on special offer.



Our star lady Rachel at the first PECO XC race

PBs and other worthy mentions

It seems to have been a quiet month for PBs as none have been reported. However we feel a congratulations and mention should go to **Helen Goldthorpe** for completing her 50th parkrun just before Christmas - the first female Kirkstall Harrier to be able to claim this and second overall after Adam Moger whose 50th was earlier in the year.

As always, if you have run a pb or achieved something noteworthy (or know of another member who has) then please let us know so that we can recognise our collective achievements in the newsletter. Thanks!

Yorkshire Veterans Athletics Association

The Yorkshire Vets races start early this year with the first race being hosted by Horsforth on Sunday Feb 12, race starts at 10.30am. Unfortunately this does clash with the 1st Club Championship race, the Liversedge half marathon. This puts our Vets runners in a bit of a dilemma, and we can only leave to them to decide which they prefer and which competition they have set their targets on this year. Anyone over the age of 35 who is not running at Liversedge, we do ask you if possible to run the Yorks Vets race at Horsforth. Everyone who finishes does gain points for the club, and at the end of the year your points could make a difference to how our club finishes. We finished off last years Grand Prix series with our best position ever, both for the men and the ladies. 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. These races are about 6 miles and usually have a good mix of off and on road running. They cater for all Vets over 35 so there is a very wide range of abilities.

Races so far announced are:

Feb 12th Sunday - 10.30am start Horsforth

March 4th Sunday – 1.00pm start Otley

May 22nd Tuesday – 7.30pm start – hosted by ourselves. So hopefully you youngsters will be able to marshal, please keep this evening free if you can!

May 29th Tuesday – 7.30pm start – Bingley

June 12th Tuesday – 7.30pm start – Pudsey

July tbc - 7.30pm start – Meanwood

Aug 8th Wednesday – 7.30pm start – Knavesmire

Nov 11th Sunday – 11.02am start – Spenborough

It is hoped to add another 2 races if possible. Please see the yvaa website - www.yvaa.org

West Yorkshire Cross Country League

Following various injury problems in 2011 I decided more off road running was in order so I thought I'd committ to as many cross country races as possible. So I volunteered myself for the West Yorkshire Cross Country League. I missed the first one as I was in Liverpool for the marathon.

So my first race was at Knavesmire at the end of October. The field has been of a high standard but with plenty of us backmarkers making up the numbers. The course was pretty much flat and not all that interesting but nonetheless I had a good run so I was pretty pleased. And I managed to finish third from last.

The next race was at Shipley and a bit more challenging. Once again there was a strong field but somewhat depleted in numbers as it was Abbey Dash day. Once again I ran well and was pleased to finish second from last. Especially given the hangover from Matts birthday celebrations the previous evening. Nonetheless I managed to keep my breakfast down and got round in one piece.



The final race was at Thornes Park in Wakefield. A hillier course and an absolutely freezing day. And a much lower turnout. It was a slightly shorter course than the previous ones so the big guns were out and it was very eyeballs out. So I went one better again and managed to finish last. Oops. I really enjoyed doing the West Yorkshire races and would recommend them to all standards of runner. Even though the best of West Yorkshire turn out all are made very welcome. I hope we will see more present in the Kirkstall colours next year.

Jill Stocks

Jill, Rachel and Gemma representing us in the WY league

New Members & Subscriptions

Please welcome to the club 2 more new members, **Karen Longfellow** from Farsley, another of the Glover tribe recruits. She wore the purple vest for the very first time at the Middleton Woods Peco race. Hopefully she will be back for the Temple Newsam run. Narcresse Swan from Armley is our other new member. She regularly cycles to training and back – back up Armley Ridge Road.

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.

Northern and National Cross Country Races

Thanks to all who volunteered for the Northern and National Cross country Championships. Details are as follows:

Northern Cross Country

Date: Saturday January 28th

Venue: Pontefract Park, Wakefield

Ladies Race (8k) 2.15pm

Team: Jill Stocks, Catherine Elvin, Collette Spencer, Gemma Smith, Rachel Pilling, Lisa Smailes, Marion Muir

Mens Race (12k) 3.05pm

Team: Phil Hewitt, Adam Moger, Richard Joyce, Matt Woodhouse

National Cross Country

Date: Saturday 25th February

Venue: Parliament Hill, London

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. Good luck and thanks to everyone running!

Jill Stocks

TRAINING REPORT **Brathay 10 in 10 Training - December**

Well what can I say; it has been a little bit hit and miss during December. I embarked on 10 days running hoping to complete 13.1 miles a day. It was really, really hard the weather was freezing, icy and windy and it was the run up to Christmas and time was short. Helen ran with me on most days, which really helped too spur me on but unfortunately on day 8 I had to admit defeat. From day 2 I had been experiencing a niggle in my hip and lower back, which did not hurt when I was running but did hurt when I had stopped. The pain gradually increased over the days but stupidly I carried on, until eventually I could not carry on any more.

I did manage to run 91 miles within the week before I had to stop on the Tuesday. I visited my sports massage person and I also had some reflexology during that week and I felt well enough to run into work on the Saturday but I did pay for it later in the day. Another few days rest, a few ibuprofen and I have done two days running without pain. Which is good news as I am attempting, along with Kevin 2 marathons in 2 days, on New Years Eve and New Years Day in Liverpool so fingers crossed, (report to follow)?

So I have decided to change my training as I don't think the 10 day thing is working out for me, I am frightened of getting injured before the event. One of the other 10 in 10's, TIT's, suggested a book called Brain Training for Runners by Matt Fitzgerald. I have read the book and it really makes sense to me and I am following the level 2 marathon training programme with added extra miles, (the book also has programmes for 5k, 10k and halves). The plan involves running at lots of different intensities over 6 days, stretching, core training and cross training, I know a dirty word for runners. It also teaches your brain to get used to the pain and suffering that can be experienced during races, enough said, you will have to read the book for yourself. So it concentrates on overall fitness, flexibility and of course mileage, which is probably better for me than plodding away at the same speed for lots of different miles but we will see.

Anyway the reason I am doing this is so that I can raise £10,000 for The Brathay Trust which supports underprivileged children and young adults in Great Britain. At the moment I have only raised £2,000 and I am trying very hard to raise more money and I know that it's not easy at the moment but every £1 counts. Please support me, I need some of the Purple Army at the Spring Ball and I would love some sponsorship even ONE POUND. My website is www.justgiving/Diane-Shaw0

Diane Shaw

Patrick's January Long Runs

Now that Patrick is getting back to his normal self after his injury, there are some long runs planned in January for those who would like to join him and his other running partners. Please check with Patrick that all is as planned prior to the run.

Wed 4th – 6.30 from Kirkstall Leisure Centre for the slower ones or 7.00 for the faster ones – Headingley, Adel, Horsforth Railway Station, Rodley and KLC – Apprx 12.5 miles

Sat 7th LPSA 9.00am Rombald Stride Recci – approx 23 miles

Wed 11th – 6.30 or 7.00 KLC – Gildersome 12.5 mile route

Wed 18th – 6.30 or 7.00 KLC – Leeds half marathon route

Wed 25th – 6.30 or 7.00 KLC – Calverley half marathon route

Sat 28th – LPSA 9.00am – Ilkley to Barden Bridge and back

Wed 1st Feb – 6.30 or 7.00 KLC Gildersome 12.5 mile route

Richard's Festive Rambling Race Reports!

The Denby Dale 6 and The Ward Green 6

On the 18th of December at 11am with bright and cold weather conditions I along with another 167 runners started the Denby Dale 6 race. Due to heavy snow the 2010 race had been cancelled but race numbers issued in 2010 were valid for this years race. Starting outside the Denby Dale Pie Hall the race set off up the Wakefield road before a sharp left turn onto Miller Hill before we started the 1mile acute climb up Hollin Edge. Oh how I laughed as I struggled along the first climb, only a ¼ of a mile gone and already I was at the back of the race! Up the climb I ran (that is ran in the very loosest sense of the word) on past Pingle Nook Wood then onto Common Lane before finally reaching the summit of the first climb on Pool Hill Lane. There then followed a 2 mile decent down Bagden Lane where the purple faced and purple vested harrier was able to replenish his lungs with the finest moor land air! Left turn at the junction onto Bank End Lane and I was at the half way mark as I ran down a steep decent into Clayton West, however just before Clayton West it was left turn again and I was starting another unpleasant mile climb up Upper Common Lane, another left turn at the junction and I was halfway up the climb and now climbing up Bagden Lane. Once at the summit of the final climb I was able to enjoy the splendid views towards Holmfirth and beyond whilst I could here the whistle of the Kirkstall light railway steam train at Clayton West. A steady run back to Denby Dale and I was soon back on the Wakefield Road.

Here the usual last 100 yard sprint was performed, I don't know why I sprinted as there was no one in front or close behind me, force of habit! I crossed the line in 61:03 in 148 place out of 168 runners, not a very fast time but it was an enjoyable morning run. After the race the Denby Dale Travellers Club put on a splendid buffet for all competitors. This race is a testing hilly run, it's the second time I've done it and I'm sure I will be back in 2012, it was only £3 to enter and in my opinion its great value!



Richard all smiles half way up the final climb of the Denby Dale 6

Boxing Day 11:15am and this time I was enjoying the Christmas sunshine and strong breeze at the Ward Green 6 race held a few miles from Barnsley Town centre. Starting outside the Ward Green community centre I and the other 128 Boxing day runners were off at 11:15 sharp. It's a short climb up Green Lane before a left turn down Green Hill Lane and a descent to the 1 mile mark at Haverlands Lane. Here once again I was at the back of the field as the race ran along side the M1 before a left turn and I was running along a flat stretch of road for a mile. I ran past Worsbrough reservoir and country park. And there was plenty of shouts of support and encouragement from the walkers who were enjoying the delights of the country park on this glorious Boxing day morning. Just past the 2 mile mark it was left turn and I started the mile long haul up Vernon Road. Left again and onto Genn Lane at the summit of the climb, here there were lots of spectators cheering on the runners as they struggled up the hill. Past the start and it was lap two, oh deep joy!!! There was plenty of Boxing day cursing from the Kirkstall runner as I ran the second lap. Up the hill for the last time and the 100 yard yuletide sprint was order of the day as I crossed the line. I finished in 56:05 coming 119th out of 129 runners. I collected my race t-shirt and enjoyed a cup of tea before heading back home. This is the second year that I have run this race and hopefully it will be the hat trick next Boxing day! Barnsley AC are the host club.

Well that's the last race for 2011 I start again January 1st at the Cleethorpes 10k,!!!!!!

Richard Hancock

RACE REPORTS

RNLI 10k, Bramham - 4th December

Chilly, wet and cold, but no shortage of early festive goodwill at the RNLI 5k/10k at Bramham Park.

With few club vests on show (but a lot of antlers and several santa suits), I fancied my chances in the 10k. Just making the start had been an effort - the A64 was closed at one end for resurfacing and at the other due to an accident, so the warm-up became the jog from Portaloo to start line. The course wasn't too boggy in spite of the rain, was well marshalled, & I enjoyed some good racing. 5th early on, slipping to 11th, before pulling back to 7th and holding it to 9k where 3 people, including ironically an intermittent run/walker, came past. A final sprint brought me 9th place and the confidence to take two mince pies at the "free mince pie and a cup of tea" tent at the end.

Adam Moger

Jolly Holly Jog - 27th December



Cancelled last year due to snow and rescheduled to a Saturday in April, this year the Ripon Runners Jolly Holly Jog went ahead as planned the day after Boxing Day. Including some of the picturesque grounds around Fountains Abbey, it was a true cross-country experience, with plenty of steep uphill and incredibly muddy downhill. But it did a great job of blowing away the Christmas cobwebs - over 400 runners can't be wrong.

Adam Moger

Flying the flag for Kirkstall: Alyson, Chris, Karen and Adam

1,000 mile challenge by Adam Moger

The challenge is to run 1,000 miles in a calendar year - an average of 83 a month or 19 a week. Some will already be doing much more, but it's interesting to keep track, if only to know when you're due new trainers. It definitely pushed me to run more often - and further - including regularly having to turn out for both club runs in the last week of the month to make up some miles, and running to/from KLC. After passing 1,000 miles I aimed to also complete 52 races for the year, though had to count a few dubious ones to get there! 2012's challenge is to race at every distance from 100 metres to marathon, which is going to involve finding some rather obscure athletics meets..



January Birthdays

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

* Nacressa Swan * Andy Cooper * Ian Brown * Martin Savage * Chris Glover * Liam Mealey *
* Clare Doherty * Matt Woodhouse * Liz Henstock *

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

Please visit our website for more info:

www.kirkstallharriers.org.uk

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

