

# Kirkstall Harriers Newsletter

No. 101 April 2012



## News in brief

### \* Editor's Note

So did you enjoy our celebratory 100th edition of the newsletter? Wasn't it great, I particularly enjoyed the 'Golden Ode to Peter' dug out of our dusty all archive. Along with his interview and the handy cut out and keep committee information cards, (perhaps we could make a pack of Kirkstall Harriers Top Trumps). I think a big round of virtual applause for Eleanor for putting it all together and also managing to get it out before she jetted off to Lanzarote, for a training camp (more later). Well enough back slapping, father time marches ever forwards and although its nice to look back now and again we have far more interesting stuff to look forward to including Peter's legendary summer night runs, the relays, the beloved canal and of course marathon season!

### \* PECO Presentation/Muddy Fools 1st April

This year the organizer's are trying something new to attract more people to the presentation. They are holding a Muddy Fools run on Sunday 1<sup>st</sup> April at 11.00 am at the John Smeaton Centre off Barwick Road. It is a 5 mile cross country with plenty of mud hopefully. The cost is £5.00 and all finishers get a

bottle of beer. You can enter on the day. The presentation is expected to start about 1.30 and people who cannot run on the day or are doing the Baildon Boundary Way, can still turn up for the presentation (*which is nice— Ed*).

### \* Kirkstall Harrier's VET Race

As you may be aware we are organizing race 3 on Tuesday evening 22<sup>nd</sup> May. The race will start and finish in the grounds of Kirkstall Abbey, with registration and presentation being held in the Burley Rugby Union club adjacent to the Abbey. Peter will be needing volunteers to mark out the course from about teatime that day – or earlier if possible. A couple of runs around the route will be held on training nights so everyone can see the route and various marshaling points. I would like to think all our vets who can run on the night will be running, and all those who are under aged, or injured to help marshal the route – we need at least 24 marshals to make the event as safe as possible. Peter will be asking for names shortly.

### \* Hollywood Bowl

We are organizing a 10 pin bowling night at the Hollywood Bowl complex on Kirkstall Road on Thursday night 19<sup>th</sup> April – 7.30pm. The consensus at the

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## Key Dates for your diary

Sun 1st April: You Muddy Fools 11am and PECO Presentation (5m ish) John Smeaton

Sun 1st April: Baildon Boundary Half Marathon, Baildon/ShIPLEY Glen

Fri 6th April: Brid 5 Mile Dash, Bridlington

Sun 8th April: Guiseley Gallop 10k, Guiseley (**Club Championship Race 2**)

Sat 14th April: Meanwood Valley Trail, Old Leos (7.5m)

Sun 15th April: Wakefield 10k, Wakefield

SUN 22nd APRIL: THE VIRGIN LONDON MARATHON

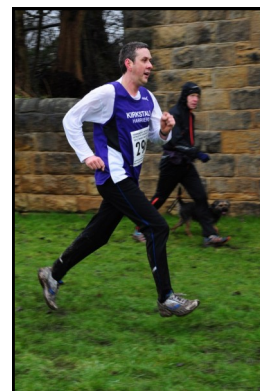
Sun 29th April: Fleetwood 10m, Fleetwood

SUN 29TH APRIL: THE GREATER MANCHESTER MARATHON

*Further ahead:*

Sun 13th May: Leeds Half Marathon

Sun 27th May: Edinburgh Full and Half Marathons



*Colin Chapman enjoying his first cross country race!*

moment seems to be one game of bowls then off for a curry, but if anyone wants 2 games – please let Peter or Alyson know. The cost per game is £5, and the money would be appreciated with names. Please let Peter Hey know or a committee member if you are attending. Curry will be at Sheesh Mahal.

## News in Brief cont...

### \* A Sad Farewell

Sorry I haven't been in touch for a long time. I had a lot of health problems over Christmas and the New Year and have had to give up University and move back home to Cumbria whilst I recover. So unfortunately I won't be renewing my Kirkstall Harriers membership. Please pass on my best wishes and thanks to all at the club for their friendship over the past couple of years.

Claire Warner

*I'm sure all of us who know her wish her a full and speedy recovery. Hope to see you again soon! –Ed*

### \* A new book by Phil Hewitt - KEEP ON RUNNING

The book is the story of my addiction to long-distance running, which comes out on April 2. The book looks at most of my marathons from New York to Paris, from Rome to Berlin, from London to Mallorca etc etc, but

it is also about motivation and obsession (yes, I admit that might be the best word!) – and fitting it all in with family and work life. The book has got its serious elements, but mostly it's very light-hearted and above all, it's intended to be fun. Very best wishes and keep on running, Phil.

*Sorry to disappoint you folks but this is a different Phil to our committee representative – but you never know what the future may bring!- Ed*

## RACE REPORT

### Chairman's Chase 2012



*You'd be hard pressed to find a better bunch of runners anywhere.. In Leeds!*

Well done to the 26 runners who ran the Chairman's Chase - and most of them in club colours too. This was a record in itself. As usual it's so difficult to predict everyone's time on the night so apologies to you who did not win. Hopefully the experience of chasing the slower runners - or being chased appealed to them. The handicapping is made worse by having so many new faces, especially if they have not competed in any events yet, and are not showing their true talents on the training runs. Maybe the fact that they are training with us, is making them faster anyway.

Third over the line in a run time of 48.34 was Helen Thompson who we all know is gradually improving and yet still protested that she should have started sooner because she was quite really slow! 2nd over the line was the very new face of Sean Cook running for the first time in his club vest in a cracking debut time of 45.51 (*hope he likes cross country-Ed*). Finally leading them all home was Ruth Harding in a fantastic run time of 58.11.

Fastest runner on the night was Phil Hewitt in a run time of 39.04 who started second from last and came forth overall. There was only 6 minutes between the first and last one home so it was not too bad considering (*proving that Peter's handicapping does work-Ed*).

Many thanks to Eleanor and Matt on the night for doing the time-keeping. This meant that the Chairman had to take part and realise how hard it is to "race" up Leeds and Bradford Road after so many years of getting out of the event. Thanks also to our two valued marshals Adam and Kevin making sure no one took the wrong turning - which has been known in previous years.

**Peter Hey**

*Full results are available on the website.*



*And they're off... notice the steely determination of our Helen, eventual third place finisher. A class act I think you'll agree.*



## PECO Cross Country League - Otley Chevin

Congratulations to everyone who took part in this years cross country series. We had a bumper turn out with 36 men and 23 ladies taking part. Quite a few of these were new faces to the PECO so hopefully they enjoyed the routes and will be looking forward to the next series starting in November. Despite tough competition from all the other clubs and record turn outs at each race you the members did a grand job. The ladies finished 3<sup>rd</sup> overall after 5 races. Most of this is due to Rachel Pilling attending each race and for her efforts finished an excellent 3<sup>rd</sup> lady overall. Backing her up at all 5 races too was Eleanor Gallon who managed to be our 2nd lady counter in all 5. The only other lady to attend all 5 was Carol Moran. The good result was also down to the support of all the other ladies who turned out when they could.

The men were more of a mixed bunch this year, but at least we had more then 8 good runners to count for each race, with so many people missing the odd one or two. Most missed was Peter Branney who only managed 2 races this season then had a few injury problems. The only other 2 men to do all 5 races were Adam Moger and Peter Hey. We do have a prize winner in the men though – Paul Glover was 1<sup>st</sup> male overall in his age group. Well done to our 2 prizewinners and all those who took part, and ensured both teams will be in the Premier league once more next year.

### RACE REPORT



*Rachel taking on her rivals*



*Great shot of Phil taking down the field*



*New member Liz Henstock*

*(Photos courtesy of Phil McGeever of Horsforth Harriers)*

Missing the 3 top men, more through holidays, illness or niggles, and with several running the Spen20, we had only 12 for the fifth and final Peco. But we still managed a solid 6th place, also our position for the season, led home by Phil H & Matt W with myself, Ed, Kevin L, Colin (1st peco), Liam, Mark, Mosa, John Potts (1st peco), Paul G & Peter H. The course was tough - two uneven laps with gradient, mud, tree roots and stumps - but the weather glorious and the post-run food at Adel sports club superb, with more desserts than could be eaten (though I tried...). The ladies also lacked several regulars but featured an impressive number of new runners including Rebecca Streets, Liz Henstock & Dot Harrison. An excellent 3rd place on the day took them up three places to 3rd in the final table. Rachel was 5th lady and took 3rd overall in the individual competition, a prize-winning performance. Eleanor, Catherine, Carol, Karen, Rhona, Diane Thomas & Bal completed the strong team.

A topsy-turvy season saw both teams have a race propping up the table, but strong running saw us right in the end. The men will need to be on form next year with two very strong teams being promoted, but the women are clearly a match for any. A total of 36 men and 24 ladies ran for Kirkstall in the competition, with 5 running in all 5 races. In the "best 4" competition, as well as Rachel there were notable performances from Eleanor in 19th, Catherine 28th, Paul Glover's age category performance, and Matt Woodhouse pipping Phil by a single place in his first peco season to be top male, despite Phil winning 2-1 in the races where they competed head to head.

**Adam Moger**



*New Member Rebecca streets going well*



*No-one like the camera more than Mosa..*



*..Expect maybe Carol !*

*(Photos courtesy of Phil McGeever of Horsforth Harriers)*

## Yorkshire Vets Results

This is a club and individual series of races throughout the year. Everyone who finishes gets points for themselves – and more importantly – for the club. The race series caters for runners of all abilities over 35, and most of the routes are interesting mixed terrain, usually about 6 miles. Full details can be found on the yvaa.org website.

The other races to date are

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

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

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

June 26<sup>th</sup> Tuesday – 7.30pm start – Meanwood

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

Oct 7<sup>th</sup> Sunday – 11.00am start – West Vale

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

It is possible another race may be added to make 10 in the series. Full details can be found on their website [www.yvaa.org.uk](http://www.yvaa.org.uk)



*Paul Newton, in his second race of the day, leading the Vets. Photo by David Elliot of Pudsey Pacers*

After 2 races the men are back in 7<sup>th</sup> place in ALL and REST to count and 9<sup>th</sup> in FIRST 4 TO COUNT out of 27 clubs. The ladies are having a cracking start and are now 5<sup>th</sup> in all 3 competitions, out of 18 clubs. So come on all you oldies over 35 – lets give this seasons races a go, and get as many as possible at each race. See Adams race report.

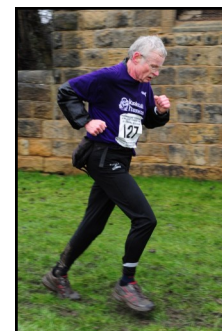
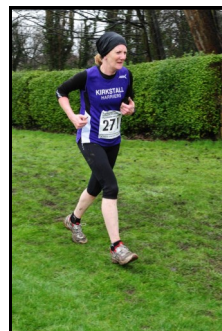
## RACE REPORT



Wet weather and the same day as the rescheduled Dewsbury 10k, but a strong turnout from the purple army for a race where few knew the course. It turned out to be 80% hard surfaces, with the remaining 20% really slippery mud, and no footwear worked on both. First Kirkstall lady home, a deserved 3rd place prize winner in her category, was Sheila, 14th overall. Alyson, Sandra (first Vets appearance), Collette, Carol, Rhona (first Vets) and Bal completed our strong team, giving the ladies 4th in "Top 4" and 3rd in "All", not far behind Pudsey Pacers, out of 15 clubs. An excellent performance and up to 5th out of 18 clubs after two races.

Chris Glover started his Vets campaign as he spent most of last season - first Kirkstall home. Blaming a cold, I finished 4 places back despite overdoing it a bit, with 3 in a row shortly after: Kevin, Paul Newton and Gary, with Paul running his first Vets having also run hard at Dewsbury the same day. A few places behind and in not just his first Vets but his first cross-country was Colin Chapman. Andy, Peter Hey, Burjor (tweaking his hamstring in his first Vets outing) & Patrick (making up a long run) meant our creditable "1st 4" position of 7th was outdone by our strong "All" position of 5th, out of 22 clubs, and we're up to 7th overall after 2 races.

The next race isn't until 22nd May but it's a big one - hosted by ourselves, with hopefully plenty of sub-35s having the Tuesday night free to help out and guide the OAPs round the course. **Adam Moger**



*Photos courtesy of David Elliot, Pudsey Pacers*



## Member Profile - Marion Muir



*Marion at Windermere 18 mile point — still smiling!*

**Name:** Marion Muir

**Age:** 36

**Occupation:** Product Developer for Morrisons

**Originally From:** Huntly, Aberdeenshire, Scotland (AKA: the sticks)

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

My earliest running memory is age 5. My Dad was a teacher at my school and I used to run alongside him every morning as he fast walked the one mile journey to work. As a result I always did well at sports at school and since then, apart from a blip during my Uni years where I was completely lazy and didn't do a thing, I've never really not run.

**When/ how did you end up joining**

**Kirkstall harriers:** When I first moved to Leeds I lived near Roundhay and used to go running on my own all the time but never felt alone as there were always

loads of other runners out and about. Then, about 4 years ago, I moved to the bright lights of Armley to live with Adam. Somehow, I never felt quite so comfortable running on my own around the Armley 'hood. After a bit of research I thought Kirkstall Harriers sounded like a friendly club to run with and how right I was!

**What are your motivations for**

**running?** 1) For the unbeatable feel good factor it gives you 2) so I don't become obese; I develop new products for Morrisons which requires me to taste chocolate and biscuits everyday for a living! (*How awful?-Ed*)

**What are your greatest running**

**achievements?** Ooh that I came 2<sup>nd</sup> in the Chairman's Chase in 2010! I love that running with Kirkstall Harriers means you can be recognised for improving as a runner, and not just for being the fastest.

**What are your best running related**

**memories?** I loved everything about the one and only Marathon I have run – Windermere 2008. My training went well, I felt really fit and I had no expectations of myself other than to cross the finishing line. I rarely have

those feelings going into a run!

**What are your worst running related memories?** Leeds half marathon 2004.

You know how some people can just turn up to a run having done hardly any training and still do okay? I'm not one of them. I got a crap time and I was very, very sick at the end. It was not my finest moment. Worse of all my housemate did quite well, hmpfh!

**Any words of wisdom for your fellow**

**harriers?** Don't want to teach anyone to suck eggs but...breathing's really important! After reading about it, I use "rhythmic breathing" during running all the time now. You inhale for 3 steps and exhale for 2, meaning you always take longer breaths in and you breath out on a different foot each time which helps prevent a stitch. Plus, it makes you count your steps in your head which can be therapeutic on a long run – Paula Radcliffe says so, so that's good enough for me!

**An interesting fact about yourself?**

Nowt to do with running but - I've been on The Apprentice twice!

*Marion at the Bath Half Marathon*



## MINI RACE REPORT

### Dewsbury 10k

Rescheduled from a snowed-off weekend, at least 6 Kirkstall were entered but only 3 made the rainy start line, Helen Goldthorpe having the best excuse after an incident on her bike with a little old lady in a car. Liam ran a strong race with a "comeback PB" of 41.08, Paul Newton wasn't far behind in 41.33 and less than 4 hours later was running another hard race at the Otley Vets. Richard Hancock ran 59.13, as always enjoying his running and chatting to the runner next to him as he came in. **Adam Moger**

## Captains Corner

This is a new idea that we have dreamt up at Kirkstall Towers! The idea is for you to get to know your captains and vice versa to promote running events, such as the PECO's, The West Yorkshire and National Cross country races, The Yorkshire VETs and the many relay events at we participate in throughout the summer. But don't fret it won't be all nagging! We hope it will be a bit of fun too, maybe there'll be a few training tips here and there, perhaps they'll answer the odd question or two that you the reader might like to send in? (*Hint, hint*) Just for the newbies our Club captains are:

The Men are captained by **Phil Hewitt** and **Paul Glover** and the Ladies are captained by **Collette Spencer** and **Alyson Glover**.

First order of business is:

### **BRADFORD MILLENNIUM WAY - SUNDAY 10<sup>th</sup> JUNE**

This interesting and mostly off road relay race is a great "international" team competition and again we are looking to enter at least one team. We need 5 pairs of runners per team. Each pair running between 8 and 11 miles per leg and must start and finish together. The first leg starts at 8.00am at Bingley and the route takes in Howarth, Laycock near Keighley, Silsden Addingham and Ilkley before finishing back at Bingley.

Teams from far away as Belgium, Holland and Lancashire have been known to enter. It's not a case of the fastest runners - a recce or two of your leg ensures you could easily overtake quicker pairs from other teams who do not know where they are going. The routes are not marshalled but there are BMW signposts dotted about the place to help. If you are interested in taking part please give your names to our club captains or committee members at training sessions or races, or even send your name into the club website. If you have a preferred leg or a time slot mention this too. The sooner we know how many and who, we can then start selecting teams and pairs and which legs for you to run. Where possible help will be given with any recce's. So folks you better get your name in quick to avoid disappoint!

## **LiRF (Leader in Running Fitness) Course - 17th March**

Attended this course along with Adam and Sheila with the intention of starting some beginner running groups.

I really enjoyed the day, which lasted from 9-5pm, and met lots of lovely people. It consisted of both theory and practical and learnt all sorts of useful tips from risk assessment to training plans to motivate those people wanting to get fit. They even got us running around the track outside; it was all getting very competitive.

So we are all fully qualified running coaches now, once everyone has their CRBs. Apparently I am the first fully qualified coach, as I already have a CRB from when I applied to be an official/marshal. At least that saves me filling one of those boring forms in!

I am starting one up with work colleagues after Easter, and they are all quite keen for me to get them motivated. I am also hoping to start one with a few friends, probably around Roundhay/Chapel Allerton area. If anyone knows of anyone who would like to join, please let me know. I would love to pass my motivation on to as many people as possible and show them how rewarding running can be. **Collette Spencer**

## **PBs and other worthy mentions**

Another good month of racing from the harriers result in a glut of new PBs.

Adam Moger ran 19.45 and Rachel Pilling ran 20.00 for new Hyde Park PBs & 1st girl (*Ahem- Rachel got 1st girl not Adam*)

Well done to Louise S who got a PB at snake lane (by 10 mins!!)

Congratulations to Alyson Glover who ran 59.16, Karen Longfellow who ran 52.37 and Colin Chapman who ran 41.09 at the Bradford 10k

And finally a special mention to Eleanor Gallon who ran a new PB at the Wilmslow Half marathon in a time of 1:39.24 knocking a further 11 seconds off her time. Thus proving that high altitude training is not just for Paula and the other elites but in reach of the common club runner!

*Please do not forget to tell us if you have done a pb – either by shouting out at the training nights (or a whisper in someone's ear if you are shy) or send us an email.*

## RACE REPORTS

### Snake Lane

Hosted by Pocklington Runners, this was a superbly organised race: enthusiastic marshalls, decent parking, access to a clubhouse, and a choc bar/mug at the finish. Every race should end with a Mars Bar or Snickers. The only blight was the starter nervously giving the air horn a test toot - whereupon 600 of us set off. Getting us back behind the line took some time, but made me decide to start further forward to avoid having to overtake slower runners. Jostling with the front pack meant a 20.06 first 5k, far too fast, & I later slipped from 83rd (as called out by a marshall) to finish 127th, but with a 4-minute 10 mile PB of 67.08 that I was very happy with. **Adam Moger**

### East Hull 20

Managed to complete this race, 2 days after getting back from a 10 day ski holiday. Don't think my legs had quite got over the aches and pains of being stuck in ski boots. However, felt that as I hadn't ran for 2 weeks, needed to get back into the miles in preparation for London Marathon.

The weather conditions weren't bad. Was a bit colder than I first thought, so had a quick change of clothes before starting the race. It was just Mark Skinner and I that were from our club, so wished each other good luck and we were off.

The course consists mostly of country roads and tracks, and then through a housing estate towards the end, so a fairly pleasant run. Although it was just a bit too quiet for my liking. There were hardly any supporters throughout the course, especially for such a long distance. However, I really appreciated some children at one cheering point who were very musical with tambourines and shakers, who perked me up a bit.

Managed to run it all, so felt quite pleased with myself, completing it in 3.19, especially after a very hectic ski holiday. Thanks to Mark, who I'm sure had been waiting a while, being much faster than me, who cheered me in at the end. **Collette Spencer**

### Bradford 10k



*Isaac loving life at the Bradford 10K*

Flat it was not, but great running conditions and several PBs from the Harriers in attendance. First home for the men in a cracking PB of 41.09 was Colin Chapman, followed by Chris Glover, myself, and Isaac Dell. For the women, PBs from Alyson (49.16) and Karen (52.37), both running really well.

**Adam Moger**



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## Subscriptions and New Members

### SUBS ARE NOW DUE – PLEASE PAY PROMPTLY

We have three new members to start the new membership year off. Juliet Mabaweesi, new to running and who resides in the Normans. Sean Cook also fairly new to running and Jon Potts a seasoned runner, but wanting to improve his times. Both live in Horsforth. Jon made his debut for the club at the Otley Peco and finished an excellent 10<sup>th</sup> for the club.

The subscription fee is £20 per person unless you are a member of the LPSA in which case it is £15. If you joined after June 2011 your subs for 2012 will be adjusted pro rata – please ask a committee member how much you owe. 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.



## RunWildRunFree Running/Triathlon Training Camp



Eleanor, Lou, Steve, Carl, Ian, Alison (from Hyde Park Harriers)

### Club La Santa, Lanzarote 1st - 8th March 2012

I literally signed up for this trip a whole year ago so after all that time looking forward to it I was hoping it would live up to expectations and it certainly did. The camp was lead by Olympic Marathoner Liz Yelling, her husband and co-presenter of my favourite podcast 'Marathon Talk' Martin Yelling, and Ultra marathon running guru Ian Corless. Rather than gush in flowery language about what an amazing and inspiring time I had running in the sunshine for 8 days I thought I would just give you a quick run down of the training I managed to pack in.

**Thurs** - Arrived mid afternoon, quick 'easy' 5 miler round the lagoon early evening. Learned straight away that Liz Yelling's idea of easy is a world away from my idea of easy. Felt sick as ate omlette too soon before run and legs felt stiff from the flight, bleurgh, not a great start.

**Fri** - 'Run Challenge' day. Split into teams and armed with a plastic

backed map with locations of cryptic clues around the area which easily rubbed off in sweaty hands, we set off to see how many clues we could pick up and get back to the running track in no more than 2 hours. Full route was 16 miles so my team managed about 10 miles of it and spent far too long looking for one clue which we never found but the route was challenging, mostly off route and along the coast so very beautiful and a nice way to get to know some of the people I'd be running with all week. Legs felt much better and no omlette-belly either. That was the afternoon, think we did 5 miles easy in the morning.

**Sat** - easy run in the morning, hard intervals in the afternoon. 5 x 1200m on the track with each rep having a different emphasis, eg steady, one lap steady/one lap fast/one lap steady etc. Great fun!

**Sun** - long run day. 2pm start on hottest day of the week. 21 hilly, windy, dusty, lonely (as there were only 4 of us who did the full route and I was at the back by myself!) hot miles. Tough day but finished strong and a consistent pace (9.13 minute miling, target was 9.15) so very happy with that.

**Mon** - morning off! me and 3 others escaped on a coach trip to the volcanoes the other side of the island and paddled in the sea, bliss! evening - easy 4.5 miler round the lagoon.

**Tues** - morning - half marathon. Only about 40 runners so I was just relieved not to come last! Hilly and hot (despite starting at 7.45am!) and similar route to Sunday's run. Finished in 1.47.58 though I took an accidental short cut knocking .1 of a mile off, oops! afternoon - easy (ish! was only me and 2 faster runners) 5.5 miles off road along some different trails. Probably regret this run the most, what was I thinking after a hard 13 miles in the morning?!

**Weds** morning - hard 'tidal' intervals. Liz found what she claimed was the flattest and least windy spot she could although it was the windiest day so running the loop in one direction was very tough indeed, but you felt like you were flying in the other direction. The session involved starting together and running a certain time (10 min, 6 min, 3 min) in one direction round the loop, having a static rest wherever we got up to and running in the opposite direction for the same time back, the idea being you got back to where you started! evening - easy 5 miles. But by this point my legs were so trashed that I didn't know what 'easy' felt like anymore!

**Thurs** - easy (as in proper easy, stopped several time on the way round to take photos etc) 5 miles before catching bus to the airport and coming home. 91 miles in 8 days. Legs trashed!

As well as the above I managed to swim almost every day and fit in a couple of gym classes too. Oh and a massage, of the painful sports variety. I didn't go to bed later than 10pm and got around 9 hours sleep a night on average, absolute bliss.

Unfortunately I'm paying for this now, as 2 weeks on my legs still feel wrecked and although I managed a half marathon PB 3 days ago I am now having to have the rest of the week off, argh! So whilst I would recommend a trip to Lanzarote to run your little socks off, I would also recommend thinking very carefully about how much rest time you can afford to take afterwards if you are going to completely beast yourself like I did. **Eleanor Gallon**

*(Wow what a holiday..? For those that don't know El, she's really a party animal, loves a glass of wine never in bed before 10pm! Something must of happened to her out there—Ed)*



Some Irish Pro Triathlete whose name I've forgotten (!), Liz Yelling, Carl, Ollie, Alison (from Hyde Park Harriers), Eleanor, Steve





*Enjoying the south yorkshire 1/2!  
photo taken by Andrew Thrippleton*

### Dewsbury 10k & South Yorkshire Half Marathon

Leaden sky's and heavy rain greeted the 587 runners who had turned out for the Dewsbury 10k on the 4th of March. The race had been postponed on the 5<sup>th</sup> of February due to snow. Fellow harriers Liam Mealey and Paul Newton were also on the start line whilst roadside support was provided by Adam Moger. Three harriers at the start, could it be a Kirkstall 123 on the winners podium? The rain had eased up and at 9am the race commenced. Starting on the Dewsbury ring road the race then turned right and we ran along the Bradford road out of Dewsbury and into Batley. The race pack was already beginning to fragment as we ran up the gentle incline of Bradford road. Past Batley's major landmarks we ran on my left I past the Tesco extra and on my right the Frontier club. Okay I know a Tesco extra isn't a tourist attraction but the Frontier club was formerly the Batley Variety club where in the 1960s and 1970s entertainment was provided by the Bee Gees, Shirley Bassey, Tina Turner, Tom Jones, Morecambe and Wise and many other top names of that era. With Tina Turners song 'simply the best' in my head I increased my

pace as I ran up the road however any thoughts of a Kirkstall 123 on the podium were soon to fade. As I ran past the 4k mark Liam closely followed by Paul were running back down the road at the 6k mark! At the 5k mark it was a sharp turn past the cone in the middle of the road and I was on the way back to Dewsbury. Past Wilton Park I ran my waterlogged trainers and the wet conditions were not helping me as I struggled down Bradford Road. A few hundred yards from the finish there was Adam shouting words of encouragement as he took a few pictures as I ran past. The last few yards and the Hancock aquatic sprint came into play and I was able to nip past a rain sodden runner to move a place up the results table. Despite getting soaked to the skin it was another enjoyable race. Liam finished in 41.08 coming 141<sup>st</sup>, Paul finished in 41.33 coming 153 whilst I came home in 59.13 finishing 527<sup>th</sup> out of 587 wet runners! Many thanks to Adam for his support and photos.

A sunny spring morning and 379 runners eagerly anticipated the start of the 2<sup>nd</sup> running of the South Yorkshire half marathon. The race started at Manvers Waterfront Park near Wath upon Dearne, it's a mile run out from Manvers before you start a two lap circuit before mile run back to the finish. The race was off at a frantic pace and the front runners could be seen stampeding up Dearne road whilst at the back of the race it was a far less frantic pace! Up into Bolton on Dearne I ran before a right turn onto Mexbrough road and I was running down hill and into the South Yorkshire countryside. Left turn at the roundabout and onto Sticking Lane and I started the first climb of the race. Having wheezed my way up the climb there was a bit of respite as a short sharp decent followed. On I ran past the Manvers Arms pub where the aroma of the Sunday roast wafted out of the kitchen window and teased my taste buds and brain with the thought of a full roast with a foaming pint! A very short climb and it was left turn at Harlington and back into the countryside. At the end of the country lane we were back on the main road and heading into Goldthorpe and then into Bolton On Dearne. I had run about 5 and a bit miles when the leader of the race sprinted past me, any moment now and the rest of the field will be here. However the rest never came and I was able to start my second lap before I was lapped by more runners. The second lap was harder than the first because the hills became steeper and the roast dinner at the pub smelt even more tempting. I was moving along at a steady 10 min mile pace up to the 10 mile water station, as per usual I walk at the water stop and when I started to run my left knee decided that it didn't fancy running anymore! After a bout of cursing and knee rubbing I was off again and ambled along the remainder of the course. Back into Bolton Upon Dearne and soon I was back on Dearne road and the finish was in sight. As there was no one in front or behind me the sprint wasn't required and I coasted over the line in 2.16.58 finishing 353 out of 379 runners. I enjoyed this half marathon and I can see me running here again in the future.



### Birthdays

Happy Birthday to the following members who celebrated their birthdays in April:

\* John Hutchinson \* Diane Thomas \* Stuart Rayner \* Amanda Stevens \* Kimberley Ridot \* Gary Carlisle \*  
\* Gillian Booth \* Karen Wilton \* David Wilson \* Paul Ashton \* Stephen Corcoran \* Mosa Abdulwahid \* \*

### And finally...

We would like wish a speedy recovery to Richard Thomas our Training Schedule Editor and life long member of the Harriers, who has recently gone under the knife to sort out his knee problem. We hope the old Saw Bones was gentle with you and look forward to seeing you out with the club training and racing soon.. PECO is only 8 months away and we need you Richard!

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.

