

# Kirkstall Harriers Newsletter

No. 100 March 2012



## Your Newsletter is 100 this Month!!

Welcome to the 100th Kirkstall Harriers Newsletter. It really did creep up on us but thank you to my Co-Editor Matt Sykes-Hooban for pointing out last month when it was his turn that this month (my turn) would be our 100th edition and "why didn't I do something special for it?" Thanks Matt. Luckily doing 'special' things with the newsletter does float my boat so inside this bumper edition you will find a few special one-offs including:

- \* Chairman's Interview
- \* Highlights from the newsletter archive
- \* Committee Profiles
- \* Kirkstall Harriers' Top 100 Races

All this and your usual roundup of news, race reviews, results from the first Club Championship race of the year and much more! As always any contributions for the newsletter are always welcome, speak to a committee member or just send them to [kirkstallharriers@googlemail.com](mailto:kirkstallharriers@googlemail.com). Huge thanks to everyone on the committee and all those who submitted races for the Top 100 list, I couldn't have put it together without your help, you know who you are!

Eleanor Gallon, Newsletter Editor

## Sportsman & Sportswoman 2011

Once again with having over a 100 good club members, deciding who to select each year is proving very hard.

We had over 40 nominations for last year's Sportsman & Sportswoman, with 8 male and 8 female names put forward – and loads of good reasons why. The names in the hat for the men (in no particular order) were Richard Thomas, Richard Joyce, Peter Hey, Andy Cooper, Richard Hancock, Chris Glover and Isaac Dell. We are delighted to announce that the clear winner though for the men was **Adam Moger**. Amongst other reasons, Adam has been an enthusiastic team player, welcoming to new members, training hard and achieving PBs and helping the committee out with all sorts of tasks throughout the year.

The eight names for the ladies were Carol Moran, Collette Spencer, Sheila King, Alyson Glover, Eleanor Gallon, Rachel Pilling, just missing out on the award was Catherine Elvin, and making it as the winner was **Diane Shaw**, due to her incredible dedication in training for the '10 in 10' (10 hilly marathons in 10 days) in May this year.

Congratulations go to the winners, and commiserations to those who missed out this year. Let's hope there will be as many names to select from in the coming 12 months.



Sportswoman 2011 - Diane Shaw



Sportsman 2011 - Adam Moger

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# 100th Newsletter Exclusive: Chairman's Interview

We caught up with none other than **Mr Peter Hey**, our ever faithful Chairman to find out a bit more about his role and how the club has developed over the years. We hope you enjoy this little insight into the history of our great club.

## Firstly, when and how did you first join Kirkstall Harriers?

I first joined the Harriers at the end of 1986 after running their first ever Kirkstall Abbey 10k.

## And when and how did you become Chairman?

I became Treasurer on 6th Feb 1989 after the previous one left. I was the last one to step back after they asked for volunteers. I know the date because that's when the ledger book starts to have untidy entries and crossings out. I became Chairman on 28th March 2007, when Tony "kindly agreed" to take over – and make the ledger tidy again.

## What do you enjoy most about being Chairman?

I take it as a great honour to be Chairman, especially as the committee and all the other members make it such an easy job. The best thing about the club is meeting all the different people that come along. As the majority of them are young – it makes me feel young too. (Most of the time anyway). I still enjoy all the small tasks I do, especially when you know it's appreciated by the members.

## What do you feel the main strengths of the club are?

We have always encouraged runners of all abilities and did have a reputation that if other clubs had runners too slow, they recommended them to come to us. Most new faces say they like the more social type of training runs we provide. Now that we have so many members and varied abilities, it's even more important these training runs suit everyone, especially the faster runners who we want to stay. It was a special occasion when we noticed we had over 30 runners one training night – nowadays this is more common, and more often than not seems to be a foul night, weather wise.

## Can you tell us a little about the club's history?

The club was formed in November 1984 as Leeds Postal Harriers and soon had over 60 members. The Harriers were a sub section of the many sports groups within the Leeds Postal Sports Association. The big night was the presentation evening. You had to book tickets in advance and the concert room was full. The front stage was full of trophies for presenting to all and sundry. Only the Harriers and maybe the Darts and Doms still exist. During the mid 90's, numbers steadily dwindled, as did the running craze, so Alan & Richard Thomas in 1995 proposed we change our name to Kirkstall Harriers. We still patronise the LPSA club, but use the Leisure Centre as a base. Over the last 4 years or more it seems to be working well.

## You must have seen the club have some real highs and lows over the years. Can you tell us some of them?

Firstly the lows... Unfortunately on the way we have sadly lost some of our nicest members, Clyde Naden, our first ever member (back when annual subs were just £2), Paul Reynard and Steven Blades. We have also seen members who have pushed themselves to the limit to finish a race, only to collapse at the end – or were they just testing the St John Ambulance. Ian Brown at Blackpool, and I think we had a hat trick over 3 years at the Brass Monkey with Sean McEvoy and Tom Burden, and if I am right Richard Thomas. One year, a week before our 10k race, I went to Sportsfeet in the Merrion Centre for our T-Shirts, only to find the shop closed down and empty. Apart from Andi Barrett, now of Peco, who was the shop manager. Somehow he saved the day and managed to get some in time. Another bad moment was one of the first Christmas lights run. Everyone from Horsforth and Kirkstall were there. Unfortunately the then steward had not passed on my instruction and there was no buffet. It was still a good night. In 2002 after the Ackworth Half Marathon, our then secretary Alan Thomas got an official letter from the club to reprimand myself and Phil Trueman for urinating in the front garden of a resident near the start. It was not in their front garden but over the road in some waste land, and we had arrived late. I'm sure we all have had the urge before, just before the start of a race. But just a warning to others... The most recent disappointments and possibly the biggest, is losing Peter Branney and Rachel Pilling as first claim members. At least they have not severed links completely and staying as 2nd claim. Although they are doing it to further their racing possibilities which we understand, it would be nice if we could hold onto our fastest runners.

**Onto the highlights** of which there are many...The first one that springs to mind is Graham Evans and Stuart Moore leading all the teams in on leg one of the Bradford Millennium Way. Much to the surprise and shock of John Hutchinson and Dave Spink who were almost ready to start leg 2. We often hired a minibus to do such events as the Ormskirk half marathon, Great North Run (when it was not too busy), Stoke Marathon, Dent Dale run, and the 3 Peaks of the UK. Although we never won the Leeds Country Way, we were always well organised with a minibus to carry the full team to all the change over points. This we did for the first ever Calderdale Way Relay race, which was another highlight. After all these years we actually got a team entered and finishing. It's always nice, but rare, to see our members winning races. Those I can remember are James Kovaks, Peter Branney and Gemma Smith. Team prize winners also include Leanne O'Leary, Amanda Seims Julie Hustwit (Abbey Dash) Sheila King, Rachel Pilling and Amy Richards (Leeds Half Marathon). We also have several members picking up prizes for best in age group, again Sheila King, Julie Hustwit and Diane Shaw. For the men we had Paul Reynard, Steven Blades, Ian Brown, John Hutchinson, Dave Spink and Paul Glover – even I managed a third over 45 in the Cyprus half marathon one year. We had quite a few club trips abroad, The Hague 10k, Paris to Versailles, Benidorm and Cyprus being the more popular. I know the current members are keeping up this tradition of encouraging each other to take part and go as groups. The Liverpool and Edinburgh marathons in the past couple of years and Manchester and the National Cross country this year. Long may this continue.

I'm sure I have missed many moments out – so if anyone else would like to add to the above please feel free for future editions of this great newsletter.

# Club Championship Race #1 - Liversedge Half Marathon

Sixteen Harriers made the short journey to Robert Town on Sunday 12<sup>th</sup> February to take part in the fully booked Liversedge Half Marathon, the first Club Championship race of 2012. Conditions on the day were good, overcast skies and cool temperatures, ideal conditions for good performances.

In complete contrast to January's Brass Monkey, the Liversedge Half is hilly! In fact, looking at the course profile, there's no flat at all, you're either going up a hill or going down the other side! Not a course for a PB then... unless you're Richard Joyce, Rachel Pilling, Ed Barrett, Paul Newton, Louise Skidmore or Sandra Warren that is! Defying the hills and the odds, these Harriers put in outstanding performances. Richard finished 18<sup>th</sup> overall, setting a remarkable PB of 1:24:15. I would say that is going to take some beating, but Richard is just getting faster and faster, what can he do on a flat course?! Rachel Pilling was second Harrier and seventh lady home, also running a PB of 1:33:45, her second half marathon PB of the year! Not to be outdone, Sandra also chipped in with a new PB of 1:59:37, comfortable beating the 2-hour mark. Sterling efforts all!

Congratulations to all the other Harriers also for getting around a very tough course!



Matt Woodhouse

Thanks to Matt W for the above report, and please see below for the first Championship League Table of the year. It's fantastic to see so many PBs (and so many getting close to theirs) on a tough course such as Liversedge. Congratulations to new recruit **Ed Barrett** for shooting straight into the lead (training for his first marathon must be paying off!), with **Sandra Warren** 2nd and **Richard Joyce** in 3rd. See below for table of all points awarded.

## Next Races

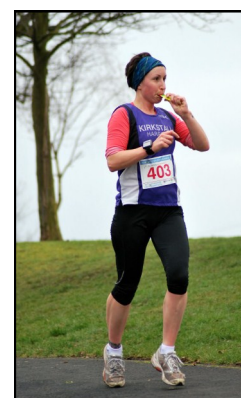
You have a little over a month to wait until the 2nd Championship race of the year which is Guiseley Gallop on Sunday 8th April (Easter Sunday) and after that is the Leeds Half Marathon on Sunday 13th May.

## PBs

Please do remember to always let us know your PBs so we can keep our Championship data as up to date as possible, and remember we do want realistic and fair PBs as much as possible so if you know you can't run as fast as you did when you set your PBs 5 years ago, give us a "RECENT PB" which we categorise as being within the last 2 years. Many thanks!

## Kirkstall Harriers Club Championship 2012 Liversedge Half Marathon

Position	Name	Points
1	Ed Barrett	20
2	Sandra Warren	19
3	Richard Joyce	18
4	Paul Newton	17
5	Louise Skidmore	16
6	Rachel Pilling	15
7	Stephen Dalton	14
8	Alyson Glover	13
9	Colin Chapman	12
10	Matt Woodhouse	11
11	Burjer Langdana	10
12	Peter Hey	9
13	Chris Glover	8
14	Ian Brown	7
15	David Spink	6
16	Patrick Nesden	5



Photos: Top row - Colin Chapman, Richard Joyce, Rachel Pilling  
Bottom row - Dave "because I'm worth it!" Spink, Alyson Glover



# PECO Cross Country Update

Race No. 4 Report by Adam Moger

Blue skies greeted the 32 Kirkstall runners for the 4th peco at Golden Acre Park. Undulating and sometimes slippery, spikes would probably have been the footwear of choice, with Chris Hunt for one doing well to finish after picking up a groin injury on a muddy bank.

3rd girl overall was our Rachel, following up her great run at Liversedge the previous weekend. (1st girl was international U23 triathlete Lois Rosindale, running as a guest). Solid running from Eleanor, Jill Camm, Sheila & Catherine completed the 1st 5, followed by Danielle (in her first race for the club), Marion, Louise, Alyson, Collette, Carol, Jill, Karen and in a welcome return, Diane Thomas, all pushing back runners from other clubs. This gave the girls an excellent 4th in the top division and guaranteed safety for next season.

The men were missing 2 of the fastest 3 but still achieved our highest placing of 5th, giving us 3 clear points over relegation. Led home by the ever-consistent Paul, following were Phil (showing form ahead of the Nationals), Matt (best finish at a peco), Ed (3 places ahead of me despite me having caught him at halfway), myself, Gary, Chris G and Kevin Longmate. Just outside the top 8 and improving all the time was Justin, followed by John, Jason Buckley (in his first race), Graham, Andy, Chris H, Peter H, Dave Wood (first race for Kirkstall) and Patrick, with Steve Knight involved in a great sprint finish at the end with Liz Jones of Hyde Park. Peter had the pleasure of overtaking many runners on the last lap, but only thanks to earlier losing a shoe in the mud and having to spend time digging it out! We were all cheered round by Mosa who'd missed the start due to parking issues. Food at the Adel Social Club afterwards was pie & peas - £3 for race & food can't be beaten.

Overall Rachel's still 2nd girl but that could change in final race as best 4 of 5. The girls are in 6th but on 20 points to 3rd place's 18 points, so room to move up (and 8 points above 7th place so can't be relegated, which I've included). The men are 3 points above 7th place, so could still go down if Ackworth get their act together and finish 3 places higher in the final race (eg 5th to our 8th) & correspondingly improve their countback score. Though seems unlikely with them having been 7th in all 4 races.



The Purple Army enjoying some pre-peco sunshine at Golden Acre Park

**The last race is 11<sup>th</sup> March on Otley Chevin, hosted by Hyde Park Harriers**

Let's make sure we can go out with a bang and show everyone what we can do with a full team, we hope everyone can make the final race and we'll see if we can get a record turnout.. 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 9.30am Full details can be found on the peco xc website.

## Presentation

This year the organisers are trying something new to attract more people to the presentation. They are holding a race called 'You Muddy Fools' run on Sunday 1<sup>st</sup> April at 11.00 am at 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. The presentation is expected to start about 1.00pm and people who cannot run on the day can turn up for the presentation – this is for those of you doing the Baildon Boundary Way (or long Marathon training runs the day before! - Ed)

## Messages from our agents at home and abroad

### MARK VICKERS:

There is a rumour that Mark will be back in England for a short while 4<sup>th</sup> to 20<sup>th</sup> May, and will be in Leeds for a wedding 11<sup>th</sup> – 13<sup>th</sup> May. Maybe we can persuade him to run the Leeds Half Marathon in purple again for old time's sake? Below is an extract from his e-mail to the club recently.

*"So as you can probably tell, the honeymoon period is well and truly over, overall life is good and I'm pretty happy, doing more or less the same things I used to do back home except in a warmer climate, with slightly more female flesh on show for more months of the year, and more time spent on vooooowels! I'm looking forward to the trip back in May and hope to see as many of you as possible then. Let me know if and when you'll be around, and also what you've been up to! I had 2 weeks before a marathon, bit of a wake up call for 2012! This was actually just a qualifier for an ultra marathon in the Blue Mountains called the 6 foot track I'm doing in a few weeks time. We've also just done a training weekend in preparation which went well, but this is gonna be the toughest event I've done by a long way. Pre-season footy training is also underway so looking forward to another season of listening to Ozzies whinge about a good hard British tackle (easy). Last season I scooped Player of the Year (not one to blow my own trumpet, hope I haven't blown it twice though!). Actually Manager's Player, which effectively just makes me teacher's pet."*

### TOM KEEBER & KIMBERLEY RIDOUT

We recently heard from Tom Keeber who says they are both well and currently making their way up the east coast of Australia in a campervan. They should be back in Leeds in May, but may well be going off again, charming!

## RACE REPORT

### Rombalds Stride

Officially a long distance walk, the 31st Rombalds Stride attracted a total of 457 walkers and runners (several wearing shorts) on a freezing February morning, with snow forecast for the afternoon. The gruelling circuit incorporates over 3,000 feet of climbing from Guiseley, taking in Esholt, the high points of Baildon Moor and Rombalds Moor, the edge of Ilkley Moor, and the Chevin.

Thick ice made the going slippery - everyone seemed to take a stumble at some point - but not having to wade through standing water & bogs meant winner Graham Pearce of P&B beat his own record by 10 minutes with an amazing 2.27. The runners had the advantage of being off the tops before the snow came, and usually having someone in front to follow, but the walkers were all accounted for by the end.

Despite rolling my ankle after 15 miles (much of the remaining 7 miles were slow anyway, including a 19 minute mile up the Chevin), Rombalds is a great race. £10 gets you a drink/cake/biscuits at every other checkpoint, a hot meal at the end, and a certificate printed with your time shortly after finishing. The mixture of runners/walkers makes it more friendly rather than less so, & there's a camaraderie with other runners who are having to walk up the same hills. I finished 50th in 3.27, with Matt Woodhouse (aggravating a groin niggle on the ice) 3.33, Burjor 4.48 (despite falling on his knee), and Patrick 5.36 (despite falling on his nose). The last walker finished in 9.52 (mindful of the weather, many had set out early) and we saw John Hutchinson and Carol on the way round. Already looking forward to it next year.

Adam Moger

### PBs and other worthy mentions

At the LIVERSEDGE HALF MARATHON we had some super results on the tough hilly course and the following all PB-ed which is very impressive: **Richard Joyce** 1.24.15 and finished 18<sup>th</sup> overall, **Rachel Pilling** 1.33.45, **Paul Newton** 1.36.42, **Louise Skidmore** 1.53.31 and **Sandra Warren** getting under 2 hours for the first time with 1.59.37. Finally, at the Snake Lane 10 **Adam Moger** managed a great 1.07.09, a 4 min PB!

As always please do let a member of the committee know if you have achieved a PB at any distance or achieved anything else that you think others may like to hear about and we'll give you a mention, thanks!

### New Members & Subscriptions

We have one new member to finish the year off with - **Benjamin Howcroft** from LS6 area who had a great run at the Temple Newsam Peco race – finishing 124<sup>th</sup>.

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 so get in touch and we'll let you know 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.

Subs for 2012-13 will be due from next month - APRIL - and we will really be clamping down this year on those late-payers.....

**You have been warned!!!**

## Yorkshire Vets Update

### WANTED: MALE OR FEMALE OVER 35 GSOH AND LIKES TO LIE IN BED

If you are over 35 and have a good sense of the harriers, please turn out for your club for the next Yorkshire Vets race on **Sunday March 4<sup>th</sup>**. **PLEASE NOTE THE RACE START TIME IS 1.00pm** – so you can have a nice sleep in that morning.

The registration and start is at the Otley Cricket Club on Poole Road LS21 1HE, same as the Otley 10 mile road race. The distance is 5.8 miles along roadside footpath, road and trail. There are no changing facilities at the start, but changing and showers are available at the finish.

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. 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

July - date tbc - 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

### Race No. 1 - Horsforth 12th February Report

236 over-35s from clubs as far afield as Knavesmire, Ilkley and Wakefield lined up for this, the traditional first race of the Vets season. Clashing with Liversedge Half, we just scraped the 4 men necessary to make a team but for the first time ever had more ladies than men with an impressive team of 6.

The course was made harder by the overnight thaw turning some of the path into quagmire; it's also a tough course for gradient and tougher still for choosing shoes, with very uneven track, serious mud, and a long section of road.

Carol Moran made her YVAA debut to prove she is over 35, and came 2<sup>nd</sup> lady for our club in an excellent 47th place. Bal made her comeback after the bunion op, and looks to have not lost much of her usual speed coming in 71st. Adding to the team points was a good run by Sheila as usual finishing 4th in her age category and just missing out on a prize (& 19th overall), Collette (after running there for her marathon training) 49th, Helen T and Diane 61st and 62nd.

We would have had 5 men had Gary realised the earlier start time, so he should be okay for the Otley run at least! I managed my 2nd best finish in a Vets race, 47th, dragged around following a Pudsey Pacer who ran over half an hour quicker than me at the New York Marathon in November, so I was delighted to finish just behind him. This was tempered slightly by failing to beat Chris Glover's time from last year! Kevin finished 83rd, his recent calf injury surviving the tough terrain, with Mark Skinner 89th and Paul Glover 94th, out of 147 men. The usual buffet and presentation followed, all for £3.50. With at least 8 more races to come this year, it's a great series to be involved in.

The ladies were 7<sup>th</sup> team which is about normal, and the men came unlucky 13<sup>th</sup> out of 27 clubs in 1st 4 to count, but it is hoped we can improve on that this coming Sunday with a fuller team.

Adam Moger



*Diane & Helen slug it out, cheered on by Sheila, Collette & Mark.  
Thanks to David Elliot of Pudsey Pacers for this great photo!*



## **Patrick's Long Training Runs - March 2012**

Wed 7th Leeds half Marathon (normal run Leeds City Centre and Meanwood Road)

Wed 14th Gildersome half (normal run Kirkstall Road, City Centre, return Armley or Tong Road Road)

Sat 17th Otley to Barden Bridge and back 20 mile Meet LPSA 9.00 am

Wed 21st Calverley half route (normal run - Leeds & Bradford Rd, Pudsey return via Bramley)

Sat 24th Kirkstall Otley Kirkstall - 20 miles - Meet LPSA 9.00am

Wed 28th Bramley half marathon route (normal run Kirkstall Abbey 10k with a twist!)

Sat 31st Kirkstall - Saltaire - kirkstall - 20 miles - Meet LPSA 9.00am

Please speak to Patrick or a committee member if you have any questions about any of these. It's always best to check that the particular session you are interested in is still going ahead before turning up. The Wednesday long runs start at 6.30pm from KLC although there is usually a group that leaves at 7pm as well.

### **Diane's 10 in 10**

Just a reminder that Diane Shaw is running 10 marathons in 10 days in May. Her justgiving site for sponsorship is [www.justgiving.com/Diane-Shaw0](http://www.justgiving.com/Diane-Shaw0) so please have a look at this if you've not already. Also to mention is Bingo Night at the Owl Pub in Rodley on Wednesday 4th April (sorry its a club night), £5 entrance to include 5 games of bingo and a free supper. There will be a raffle and play your cards right too. All proceeds to go towards The Brathay Trust. Diane would also like to know if anyone has a Bingo machine she can borrow please?! Finally, there are still some spaces at the Spring Ball, 5th May if anyone would like to come. Diane Shaw.

### **Run Yorkshire Leaders**

As part of the governments projects to get more people exercising West Yorkshire County Sports Partnership have been given funding for a number of running groups under the banner of Run Yorkshire. The Run Leeds (and Run Yorkshire) groups are aimed at beginners or those returning to running. As a result they are looking to set up a number of new groups and require run Leaders who might like to lead these groups as a part time job, leading say 5-10 groups per week at various times. You would need to qualify as a Leader in Running Fitness (a one day subsidised course) and you would be provided with expenses and support in setting up your groups and locating runners. We already have one group which I have recently started up again on Wednesday evenings at 6pm which I am happy to continue with myself but if you would be interested in starting more groups and taking on this project please email me on [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com)

In the meantime if you know of any beginners who may be interested in joining a group:

[www.runengland.org/groups.asp?section=93](http://www.runengland.org/groups.asp?section=93)

Jill Stocks

### **Leeds Half Marathon - 13th May 2012**

Entries are filling fast for Leeds Half Marathon and it will be upon us before we know it! Hope training is going well for those who are targeting this as their main spring race or their first half marathon.

If you haven't entered yet make sure you do sharp-ish... visit [www.forallevents.co.uk](http://www.forallevents.co.uk) and follow the links on the page to enter.

If you are not running for whatever reason we will once again be having a cheering point at Kirkstall Leisure Centre and we will be putting together a team of marshalls for the Kirkstall area. If you can help with either please email [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com).

As usual we will be meeting after the race in Mr Foleys on the Headrow where there will be food, beer and (hopefully) massages available.

### **Kirkstall Festival Tombola**

This years Kirkstall Festival takes place on Saturday July 14<sup>th</sup>. Once again the Harriers will be having a tombola stall to promote the club and raise funds for Sue Ryder Wheatfields Hospice. If you have any unwanted Christmas gifts you would like to find a home for or perhaps you want to take the opportunity to have a clearout please bring any contributions to the LPSA Club on training nights or let Jill know by emailing [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com). As usual we will require volunteers to help us run the stall and a volunteer to help me carry the banner on the parade. If you can spare even half an hour it would be greatly appreciated. Once again please let Jill know via email.

## National Cross Country Report - 25 Feb 2012

It was an early start for the National Cross Country Championships which were this year held at Parliament Hill, Hampstead Heath, London. I did have to question my sanity as I shuffled across Woodhouse Moor at 6.30 am on our way to the coach that we were sharing with Hyde Park Harriers with my mug of tea.

But after an entertaining, and traffic free, journey down we arrived at Hampstead Heath in great weather. It's an area of London I've never visited before, and what a pleasure it was. It's a lovely area and the views across the capital from the top of the hill are stunning.

To the race itself then, with the ladies race first and Kirkstall represented by myself, Rachel and Eleanor. 8K taking in one medium lap and one long lap. A tough course, starting uphill and continuing in the same vein! Not too muddy after the recent dry weather but challenging to say the least. I got round in a very respectable, by my standards anyway, 48:33 which I was chuffed with. Probably helped by the last few hundred metres which were down a steep hill which you could really fly down.

I then went and watched the men's race after climbing through some bushes to get a decent vantage point. The mens race was two laps over 12km. As with the ladies there was quite a spread of speeds from the very fast to the much slower chaps at the back. We got some excellent results from our men - Richard, Paul and Phil. Phil and Paul had also got up ridiculously early and taken part in the Hamstead Heath parkrun that morning where Paul came 3rd!

After the race we all headed our various ways and myself, Matt, Phil, Paul and my mam ended up in a curry house somewhere off the Strand in busy central London. Unfortunately somewhere in the melee I left my Walsh in said curry house and when I went back they had mysteriously disappeared! My initial anger then turned to relief as I realised I was finally rid of the Walsh my ex had bought me and could make a new start with a shiny new pair! And after a slight detour the club banner has made it back to Kirkstall now.

Big thanks to Hyde Park Harriers for their entertaining company, support and for organising the transport. Thanks to Kevin and Matt who also made the trip to support us and take pictures. Next years Championships are apparently coming North so make sure you are there!

### RESULTS

#### Ladies

Rachel Pilling 35.27 - 217th  
Eleanor Gallon 38.25 - 358th  
Jill Stocks 48.33 - 599th

#### Men

Paul Miller 47.48 - 689th  
Richard Joyce 48.51 - 783rd  
Phil Hewitt 51.35 - 1011th



*Matt, Kevin, Richard, Eleanor, Rachel, Jill, Paul and Phil enjoying the sun before the run.*





## Highlights from the Newsletter Archive

Unfortunately we couldn't lay our hands on every Kirkstall Harriers Newsletter ever produced, however thanks to our high-tech storage system (ie. the shelves in the shower-room at the LPSA) we were able to dig out newsletters from the last 10 years including several un-numbered newsletters, so I had a look through and picked a few items of news that I thought members might like to re-live or read for the first time. Enjoy!

First is an poem from the July / Aug 2002 Newsletter's 'Poetry Corner'. It appears to be a birthday poem written for Peter Hey by the then Chairwoman, Marlene Asquith

### **A Golden Ode To Peter**

Peter we're here to celebrate a special day for you  
And occasions like this are rare and few  
We want to say as members of the club  
You're our centre, our pivot, our hun.  
You send us out in winter, when folks should be inside,  
To do cross-country races, in places far and wide,  
And never on nice tracks, or clean bridleways,  
But in mud, streams, brambles and heavy clay.  
But that's not all, when summer comes  
You think up more adventurous runs.  
We pant our way up high steep hills  
Wondering if we've made our wills,  
Then you pipe up "its all downhill from now on",  
Then we know there is more to come.  
When we stagger behind unable to do more,  
You say 'one more mile' and we know its four.  
You encourage the poor, the weak and the lowly  
So they can go further (but even more slowly).  
You encourage the young and old and all,  
No one gets away from your call.  
Another thing when you specialize,  
Is in social events and exercise.  
With you there is no easy cuppa,  
We always have to run for our supper.  
Peter we could go on forever and far  
About how great we think you are,  
But there's not enough paper, so we'll say  
Have a really tremendous day!

### July 2004

Interesting Fact No 1 – Peter Hey has compiled a list of the 151 different T-shirts he has amassed for running. Anyone who desperately desires one before he tearfully discards some are welcome to view the list. Spookily enough he has also counted 151 medals hanging on his bedroom wall – should anyone wish a conducted tour of his bedroom. What a sad person he is, or just fed up with not enough running. He is now starting on his glassware, mugs and coasters !!!

### Oct 2006

Peter Branney ran a stunning 2.48 at the Berlin Marathon

### Oct / Nov 2002

Winner of a competition to suggest an alternative use for the LCW memento went to Carol Moran who suggest a 'replacement bathroom tile'! (she won a 'star prize'?!). The next competition was to suggest the 5 best Kirkstall Harriers related popular hits. 'Keep on running' is banned, as is 'The long and winding road'.

### Dec 2002 / Jan 2003

A thank you to the club from Jane Tomlinson, Rothwell 18th Nov 2002

*"Dear Richard*

*Thank you to you all at the Kirkstall Harriers for your kind donation. Mike had the good fortune to take part in the Kirkstall Abbey 10k & thoroughly enjoyed himself.*

*Yours sincerely*

*Jane Tomlinson"*

### Dec 2003

Leeds Abbey Dash 3rd team prize went to Julie Hustwit, Amanda Seims and Leanne O'Leary.

### March 2004

New members section included Patrick Nesden from Beeston who joined 7th January, another regular for training nights and has already done a cross country, which he says will be his last (haha!) and is currently training for the London Marathon.



*For more from the Newsletter Archive Read on...*

## Highlights from the Newsletter Archive

Finally, a tribute to the first ever Kirkstall Harrier written by Richard Thomas...

**Clyde Hylton Naden**

**12th November 1933 to 6th November 2002**

I first met Clyde Naden in January 1985 at a meeting arranged by various members of the Royal Mail Engineers at the LPSA. The purpose of this Meeting was to establish a running club, which was to be called "Leeds Postal Harriers" and what we now know as "Kirkstall Harriers".

By this token it could be said that Clyde was a founding father of this club, and from a personal point of view he will be remembered for this and a great deal more.

As well as being a very competent runner Clyde was also a keen cyclist and competed in many different events in both disciplines, most notable a mammoth pedal from John O'Groats to Lands End in 2000 in aid of charity.

It is his charitable nature that he will also be remembered as a Senior Soldier in the Salvation Army. For many years it would have been his devotion to the cause that would have stopped him from taking part in many more races on Sunday mornings.

Latterly, his close proximity to "Kippax Harriers" headquarters had split his allegiances, but it is a lasting tribute to Clyde that he retained his first claim membership with "Kirkstall Harriers", the club where he spent many a Monday night taking an hour to peel off his biking leathers knowing he would have to re-apply them later after his customary pint of Coca Cola.

It is a sign of Clyde's selfless character that the many tributes given at his funeral by friends and Salvation Army colleagues alluded to a man with a constant smile and warm heart.

The picture of Clyde that will last in my mind was during the running of the "Abbey Dash" when I had circumnavigated the Abbey grounds and was city bound only to see him being greeted by and acknowledged by many runners passing in the opposite direction and spectators alike. Clyde would have met these people through his many and varied associations, and they like me would be very saddened to hear of his passing.

Keep on running Clyde.

Richard Thomas.

*Copies of newsletters are in the changing rooms at LPSA and members are welcome to look through these whenever they please. Speak to Peter or a Committee Member if you would like to. They do make some interesting reading!*

## Rambling Richard's Race Reports - Huddersfield 10k



11am on Sunday the 26<sup>th</sup> of February I was ready for the Huddersfield 10k that starts at the rugby union club a mile from the town centre. At 11 sharp myself and the other 511 runners left the rugby ground and then took a sharp left turn and we were climbing up Meltham road towards Netherton. I had only run a couple of hundred yards and I was starting the first of the nine climbs! A mile gone and I was at the summit of the third climb in 11 minutes and once again I found myself in my all too familiar position at the rear of the race. After a short decent I was starting the mile climb up to Netherton, I knew it was going to be a tough climb as there were sherpa's, mules, oxygen tanks and other mountaineering equipment at the base camp! I maintained a slow but steady pace as I struggled up the hill to Netherton, past the post office and paper shop I ran and I could have sworn I saw a sign stating 'highest post office and paper shop in Great Britain' I think that was next to the sign stating that Ben Nevis was just around the corner! Finally at the summit and there was a short period of respite as I ran downhill before starting a short sharp climb. Now there was a nice bit of downhill before hill number six started. Up through Hanley old wood past the 3 mile mark into climb seven and I was running back towards Netherton. Another short decent and it was the penultimate climb of the race a tough half mile hill through Netherton. Over the summit and past the 4 mile mark and once again I could enjoy a downhill section this time for half a mile or more. A short last climb and I was onto Woodhead road and a mile from home. The last mile seemed to go on for ever and I felt as if I had swapped my trainers for a pair of lead lined diving boots! I was soon running up the rugby club drive and the finish was in sight, I hadn't any energy left for my usual sprint or so I thought. I could here cheers from the crowd and shouts of come on you can catch him I looked over my shoulder and a young lady was sprinting behind me, all of a sudden the Hancock sprint commenced and my running shoes cum diving boots were moving like grease lightning. The old sprint did the trick and I beat my sprint competitor. I finished in 65.08 coming 454th out of 511 runners. This was the hardest 10k I have ever done!

Richard Hancock

## AGM Report - 27 February 2012

Thanks to the 26 members who came along to the AGM which is an important part of the year for us all. We hope you all enjoyed being a part of it and also the buffet afterwards of course.

Following a very successful meeting we are delighted to announce:

- \* Congratulations and welcome to Adam Moger and Chris Glover who put themselves forward to join the Committee and were voted in, taking the places of Martin Savage and Helen Fearn.
- \* Many thanks to Chris Glover who has also volunteered to become our new Website Manager while Tom Keeber continues his travels with Kimberley out in Australia.
- \* Alyson Glover has stepped forward to take on the role of Vice Ladies Team Captain to help Collette in organising the ladies for team events. She has also volunteered to help Jill and Matt in organising a brand new Junior Race as part of our Kirkstall Abbey 7 race in September.
- \* Phil Hewitt and Paul Miller will continue as Joint Men's Team Captains (or one will be a Vice Captain? We are letting them decide themselves!) and in conjunction with the Ladies Captains are hoping to develop the roles and become the club contacts for events such as the PECO cross countries and Yorkshire Vets races.
- \* Due to the stable financial position of the club we are pleased to be able to keep the subscriptions at £20 for the year, and this is payable from now. If you joined the club part way through the year you may not need to pay the full amount so please speak to Peter or Tony about this.

Please see below for copies of the Chairman's and Secretary's reports for the year.

### Chairman's Report - February 2012

Many thanks for attending the AGM. I wish to say a huge thank you to all of those who have helped either in a large or small way to give the club another successful year. Just by coming down to the club for the odd social training run or helping out at one of the races, and sharing a chat or a joke is sufficient. I'm not happy mentioning individual names, as those whose contribution may appear only small, could be a huge effort for them, depending on their circumstances. So every little bit by many, makes the club what it is today. Even if I did mention names I would still forget some. It's always a bonus to see one of our members winning a prize but at the end of the day it is the camaraderie of the club that counts and I think this club has a lot of that. Having looked back at the membership, it was only 12 or 13 years ago that we only had 12 members, but we still managed a team for the Leeds Country Way somehow. I only wish I was 10 or 20 years younger so I could still keep up with you faster runners.

Having said that, I think it may well be time for me to stand down as Chairman after the next 12 months (assuming no one wants the role this year). Then some of you younger members can lead the club forward for many more years to come. I will

be 60 next year. With all the modern technology of keeping in touch with everyone the Blue currant phones? Faeces book and twater – I seem to be falling further and further behind – that goes for my running too.

This club is full of friendly, interesting and helpful people. Unfortunately due to our location and some of the members we attract, many have to move on and away. For each one that leaves there are plenty of memories and I hope this continues for many years to come. I have always said and will continue to do so, this is your club and provided your ideas are open to all members; the committee will give you their full support.

Peter Hey





## AGM Report Continued...

### Secretary's Report – February 2012

Firstly I am pleased to say that once again we started the year with over 100 members; 106 at last count. I'm proud to say that the members represent a wide spread of ages, speeds and abilities, reflecting the nature of the club as open to everyone. As well as our established and founder members we also have a number of new members who have already made a fantastic contribution to the club through their presence at training and events and their ideas.

Once again there have been some excellent team and individual performances and the club has been well represented by its members at all sorts of events all over the country and the world. As I was preparing this report I looked through the newsletter archives and I was proud of our members and all the different events and challenges they have taken on over the last twelve months.

Richard Hancock in particular continues to be a great ambassador for the club with his presence at races. Most recently the ladies team were 13<sup>th</sup> at the Northern Cross Country and Saturday saw some excellent individual performances at the National Cross Country Championships in London, and we had a small but successful team at the West Yorkshire Cross Country race series. Even if I did come last in the Adam for his help in getting teams have also had an excellent turnout The Yorkshire Veterans races are mature members. We can now even holder in our midst after Eleanors at last years London Marathon. a small part of her adventure last trips away to races, such as Liverpool be a lot more this year too.

We have also been well represented Washburn, Danefield and Golden retained the ladies team prize at including another win in the ladies also very well represented at the particularly by Adam, Patrick and have missed! I hope to be a more

The Club Championship continues to

members with a good mix of different types of races. Congratulations to the 2011 winners, Chris Glover, Andy Cooper and Mark Skinner, and a huge thanks to Eleanor and Matt for all their hard work. Thanks to both of you also for your hard work on the newsletter, as well as the website, which continue to be an excellent advert for the club and shows what an active and diverse club we really are.

Socially we are of course still very active too! There have been curry nights, and a rather healthy sponsorship cheque from Sheesh Mahal, Christmas do's, and the new quiz night is proving very popular. We continue to enjoy a good relationship with Horsforth Harriers, and will continue to hold the Summer Run and Christmas Lights Run with them.

Our annual race the Kirkstall Abbey 7 was a great success. We may not get huge numbers of runners but the main thing is that we have a race to promote the club and the area and that the runners are safe and enjoy the event. We intend to hold the race again this year with the possible addition of a junior race. Thanks to the LPSA for their support with the venue for after the race and also for the financial support they continue to provide us.

As secretary I continue to represent the club at Leeds Athletic Network and Leeds Endurance Athletic Forum, and I am now the Volunteer Co-ordinator for the Network. It is important to be part of the network for the support they provide with coaching and funding. And I hope by the time I read this I will have a new batch of runners for my Wednesday evening beginners group. I also hope that we will have been successful in our application for funding from the council which has been allocated to the Kirkstall community. I am intending to help out at the London Marathon start line again this year and of course provide cheering and support there and wherever else I can. I will always continue to promote the club wherever I can, whether it be in print or by the side of a road in the rain!

2012 brings with us a whole host of new possibilities and challenges. Special mention here should go to Diane Shaw who is running ten marathons in ten days! Good luck to Diane. May 2012 be a very happy and successful year for all of us on a personal level and as a team. Remember this is your club. If you have any suggestions or ideas or want to become more involved in any way we want to hear from you.

Jill Stocks



*Adam receiving Sportsman of the Year 2011*

final race. A huge thank you to together for these events. We at the Peco Cross Country races. also well attended by our more boast that we have a World Record performance in her wedding dress Thanks to Eleanor for letting me be year. There have been other great and Bridlington. I'm sure there will

at the relays; Leeds Country Way, Acre Park. And the Ladies team Leeds Half marathon in May, race for Gemma Smith. We are Saturday morning park runs, Rachel, with apologies to anyone I regular attendee myself this year.

prove very popular amongst

## Your Committee 2012/13

Name: Peter Hey

Age: 59

Occupation: Print Co-ordinator - Leeds Teaching Hospital Trust

Time as a Kirkstall Harrier: 26 years

Time as a Committee Member: 23 years

Special Committee Powers: power of forgetting things - like names, and getting facts wrong

Likes: most things

Dislikes: not a lot

PBs most proud of: Abbey Dash 37.25 -

almost 6 minute mile pace, and Tour of

Thameside double marathon - 5.56 - but 6 was races over 7 days



Name: Jill Stocks

Age: 33

Occupation: Barmaid (temporary position I took up 4 years ago)

Time as a Kirkstall Harrier: 6 years I think,

Peter may have to check

Time as a Committee Member: 5 years??

Special Committee Powers: As Secretary I can delete you with a click of the mouse

Likes: Beer, Cricket, Football, Music, the Yorkshire Dales, the Northumberland coast

Dislikes: People who are ignorant and rude.

There are a lot of them.

PBs most proud of: Leeds half 2009, 2:00:36, I sobbed. After I'd been sick.



Name: Tony Downham

Age: 46

Occupation: Trading Standards Officer

Time as a Kirkstall Harrier: 8 years

Time as a Committee Member: 6 years

Special Committee Powers: I control the money - ha ha hah hah!!!

Likes: Running and cycling; cooking, eating and drinking; live music; movies

Dislikes: Injuries, cliquey / self important people

PBs most proud of: London Marathon

2009 - 4:02:09 (I gave my all but couldn't

shave those 130 seconds!); 10 miles - 84

minutes - at Otley!



Name: Eleanor Gallon

Age: 31

Occupation: Auditor

Time as a Kirkstall Harrier: 5 years

Time as a Committee Member: 3 years

Special Committee Powers: Newsletter

Editor, Awarder of Club Championship

Points and co-inventor of complicated Club Championship Points System

Likes: Running, talking about running,

sports massages, holidays, pizza, live music

Dislikes: That there are not enough hours in the day

PBs most proud of: Brass Monkey Half

Marathon 1.39.35 Abbey Dash 10k 44.54



Name: Collette Spencer

Age: 39

Occupation: Community Children's Nurse

Time as a Kirkstall Harrier: 7 years

Time as a Committee Member: 4 years?

Special Committee Powers: Persuading new members to enter team events.

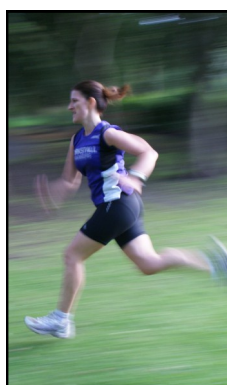
Likes: running, netball, mountain biking, lots of wine, spending time with friends, meeting new people

Dislikes: unreliable people.

PBs most proud of: London Marathon

(1st Marathon), 4.23, Rothwell 10k

49.30.



Name: Matt Sykes-Hooban

Age: 33

Occupation: Learning Officer Leeds Met

Uni & Theatre Technical Manager

Time as a Kirkstall Harrier: 4 Years

Time as a Committee Member: 3 Years

Special Committee Powers: Ability to

ramble off-topic at committee meetings and volunteer for too much stuff!

Likes: Sport mostly watching (sometimes competing) Allotment Gardening, Drinking Artisan Ales and Fine Whisky, Eating good food.

Dislikes: Injuries!! Paying for races then not running them. And Heathrow baggage reclaim... Life is just too short!

PBs most proud of: London Marathon 2011 - 4:04:49. (I will run sub 4 hours one day) Liversedge Half 1:47:02



Name: Richard Thomas

Age: 50

Occupation: Director of a Building Company based in York

Time as a Kirkstall Harrier: Since its inception in Jan 1985 - 27 Years

Time as a Committee Member: Too many years to remember, although I became Secretary around the time that Leeds Postal Harriers became Kirkstall Harriers back in 1995 passing on the reigns to Jill 3 or 4 years ago.

Special Committee Powers: Although injured at the moment I still try to get down to the club for committee commitments and try to find the most demanding routes for the training schedules (These routes *will* become less arduous when I'm back running!)

Likes: Running or walking in the great out-doors, Proper Movies (Everyman Cinema opening in Leeds soon), Reading, Dining Out and I'm a season ticket holder at Leeds United for my sins.

Dislikes: Not being able to run at the moment is source of great frustration. During the time that I have been away from the sport I've come to realise that in every race or training session I have always tried to give it 110% so I've vowed that upon my return I'll take more notice of the scenery and take it easy.

PBs most proud of: Not one race but a certain year - 1994 - I was running my best, ending the year with PBs for all those distances (PBs that stand to this day). To misquote Her Majesty it truly was my "Annus Mirabilis"



## Your Committee 2012/13 cont...

Name Carol Moran  
Age 50  
Occupation: Receptionist/Dental Nurse  
Time as a Kirkstall Harrier: 24 years  
Time as a Committee Member: 12 years  
Special Powers - bag lady (Most important job in the club - kitting out all the members in running and social gear - very good at measuring inside legs!)  
Dislikes - Bad manners & rudeness  
PBs most proud of: Four villages half marathon 1.47 and New York marathon 4.14



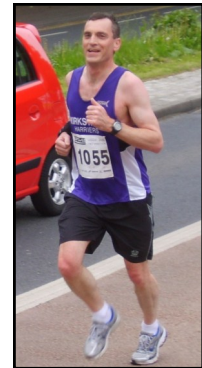
Name: Baldish Sandhu  
Age: 44  
Occupation: Supported Housing Officer  
Time as a Kirkstall Harrier: 5 years  
Time as a Committee Member: 4 years  
Special Committee Powers: I,m Minibus Driver  
Likes: Food , Socialising, and of Running  
Dislikes: Smoking , Rude people  
PBs most proud of: Completing Kielder Marathon under 5 hours



Name: Philip Hewitt  
Age: 27  
Occupation: I pretend to know about bikes  
Time as a Kirkstall Harrier: 2 years 5 months  
Time as a Committee Member: 1 year  
Special Committee Powers: Joint Men's Team Captain  
Likes: getting off the beaten track  
Dislikes: bureaucracy  
PBs most proud of: parkrun 18:49, Abbey Dash 38:40, 3 Peaks: 4:13



Name: Chris Glover  
Age: 51  
Occupation: Design Manager  
Time as a Kirkstall Harrier: 6 years  
Time as a Committee Member: 1.5 hours  
Special Committee Powers: Newly taken over the website!  
Likes: Off road runs in mild sunny weather  
Dislikes: Early mornings, nuts, olives  
PBs most proud of: 18.55 5k, 40.15 10k



Name: Adam Moger  
Age: 36  
Occupation: Investor  
Time as a Kirkstall Harrier: 18 months  
Time as a Committee Member: New  
Special Committee Powers: Facebook page; race reviews  
Likes: parkrun, racing rivalry, racing, analysing running styles  
Dislikes: the runner in front clearing his (/her..) nostrils as I'm gasping for breath behind  
PBs most proud of: twisting this question a little - most proud of my Sportsman of the Year award and want to thank everyone from the club for it.



### Key Dates for your diary

Sun 4th March: Yorkshire Vets race 2, Otley  
Sun 11th March: PECO XC race 5, Otley Chevin  
Mon 26th March: Chairman's Chase handicap 10k (training night)  
Sun 8th April: Guiseley Gallop 10k (Club Championship race)  
Sun 13th May: Leeds Half Marathon (Club Championship race)  
Tue 22nd May: Yorkshire Vets race 3 (hosted by ourselves)

Your committee are here to represent **you** and make decisions on behalf of all the members. Please do make yourself known to them and never feel shy to come to any one of us with ideas or suggestions for things you would like to see or do in terms of training, racing, social events, trips or anything else. With 12 super enthusiastic members forming the 2012/13 committee we are confident that we will see great things this year. Watch this space..!

### March Birthdays



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

\* Trish Conley \* Tony Moran \* Patrick Nesden \* Justin Newall \* Terry Wood \*



## Kirkstall Harriers' Top 100 Races

The committee & friends have had great fun putting the following list together so here it is, our Top 100 races, with notes where we felt like writing some and in no particular order (oh OK, I'll put them in alphabetical order to be tidy, how's that?)

### 1. Abbey Dash 10k

Super flat, fast and local. Lots of us moan at how boring it is but we do it every year anyway for the lure of a new PB. Peter Hey's PB of 37.25 was set here (he neglected to tell us which year...)

### 2. Apperley Bridge Canter 10k

### 3. Auld Lang Syne

One of the easier fell races, good route and good food at the pub after. Plenty of runners and camaraderie.

### 4. Baildon Boundary Way Half Marathon

Interesting off road local event.

### 5. Benidorm Half Marathon

### 6. Bingley St Ives Trail Race

### 7. Bishop Wilton Half Marathon

Good road run in the countryside, with beer tent at the finish.

### 8. Blaydon Race

Jill Stocks says "Follows the route of the Geordie anthem 'The Blaydon Races' from the Bigg Market in Newcastle to Blaydon 5.9 (ish) miles later. Great atmosphere, unbelievable support, and you get tripe, black pudding and beer at the end. Even the bus journey back to Newcastle is a laugh. As are the annual post race beers in The Bridge with my mates. This year is the 250th anniversary of the (original) Blaydon Races. "

### 9. Bluebell Trail

A tough 10 mile challenge, but great views from the tops, a lovely run through the woods and river at the end. A favourite of Peter Hey and Julie Hustwit.

### 10. Bob Graham Round

Approx 20 years ago Neal Shotter ran this beast. If you don't know what it is, google it and weep!

### 11. Bradford 10k

### 12. Brass Monkey Half Marathon

Flat as a pancake a few weeks after Christmas so great motivation to keep in shape over the festive period if you fancy your chances with a half marathon PB early in the year.

### 13. Bridlington Half Marathon

Tony Downham says "The most fantastic finish running along and down the cliffs to the finish on the Prom"

### 14. Burley Moor Run, Burley-in-Wharfedale 10k Fell

Matt Sykes-Hooban says "A cracking local fell type run on Ikley moor, the race had to change date after I entered due to small oversight on the part of the organisers it was originally scheduled right in the middle of the shooting season! I ran pretty quick that day!"

### 15. Burnsall Fell Race

### 16. Burnsall 10

Another good road run route in the Yorkshire countryside with option of doing the classic short fell race afterwards, or just sitting outside the pubs watching the gala – but you must take part in the egg throwing and catching competition – with a friend – or someone you dislike.

### 17. Cardiff Half Marathon

Despite running this with an injury, Eleanor Gallon had a good race here a few years ago with some Welsh running friends and technically it counts as racing abroad, right?

### 18. Chester Marathon

Eleanor Gallon got her current marathon PB at this race in 2010, the first year it was run.

### 19. City of Lincoln 10k

Richard Hancock says "I ran this race back in 2008 and I have wanted to run it again each year since then but I have never been able to do it. I remember there were spectators all along the route and the roadside support was fantastic. The race finishes at the cathedral and as you run up Nettleham

road to the finish you have a wonderful view of the magnificent cathedral. When I ran this race in 2008 I was a bit of a lardy lad I weighted in at 13.5 stone and at 5ft 6 you could say that my height to weight ratio and bmi was a bit out! I also had a bit of hair in 2008! As I approached the finish I was running with a man in a Elvis suit and a man in a Spider man suit, as we approached the line some comedian shouted "here come the USA all stars Elvis, Spider man, and Danny DeVito"! Oh how I laughed as I collected my xl race t shirt and medal and then made my way to Boots for a tin of slim fast! Hopefully I will do the race this year and as I finish I hope the comedian is in the crowd to see that I now weigh 11st and with my shaved head I no longer look like DeVito but now have the look of the late Jackie Wright the short bald Irish man from the Benny Hill show!"

### 20. Cleethorpes New Years Day 10k

Another recommendation from Richard H this one: "I think a great way to start the new year. The course is fast and flat, that's ok if your haven't been out the night before, however for the cheery booze hounds like myself who have enjoyed the previous night out its a slow flat course! . There is good support at the start and finish of the race and many a spectator must think 'crazy fools out running today' Maybe I am a crazy fool but I cant think of a better way to start the new year than going out for a run with a mixture of dedicated runners and hung-over old fools!! This year was my 5th consecutive race."

### 21. Coniston 14

13.8 (ie nearly 14!) mile road race in Cumbria

### 22. Danefield Relay

A couple of years ago Eleanor Gallon got lost in this race and got the ladies team disqualified...oops.

### 23. Dentdale Run 14

A bit of a trek to get to – but well worth it for this slightly-longer than half marathon distance race. Peter Hey says "Maybe a full weekend visit?"

## Kirkstall Harriers' Top 100 Races cont...

### 24. East Hull 20

Great marathon training on a flat course, just watch that coastal wind on the way home.

### 25. Eccup 10

Reasonably flat (compared to a lot of other 10 milers in Yorkshire anyway!) local race. Eleanor Gallon had her 'running hen do' at this race in 2011 and made 20 white tutus for Kirkstall Harriers and friends to wear.

### 26. Edinburgh Half Marathon

Same day as the below but starts a bit earlier and um, half the distance!

### 27. Edinburgh Marathon

A regular on the Harriers social calendar, several have PB-ed here in recent years. It was a first sub-4 hour marathon for both Helen Goldthorpe and Eleanor Gallon in 2007.

### 28. Exe to Axe

A very long way to go from Leeds, but worth it for this spectacular trail run along Devon's Jurassic Coast, if only to be amazed that Southern England has some hills!

### 29. Fairfield Horseshoe

Off-road race in the Lake District, a favourite race of Paul Glover and Phil Hewitt

### 30. Ferriby 10 mile

This race was mentioned in Richard Hancock's last rambling race report. He tells us "This is a superb 10 mile undulating run on the edge of the Yorkshire Wolds. It has good support at all the villages it passes through, superb scenery and a tough climb at the finish, its a superb race and I will be back in 2013 for my 3rd time. It was a difficult task to pick my top races, I have enjoyed all my races be it a 5 mile or a half marathon and as I'm always near the back of the race I can honestly say "its not winning its taking part"."

### 31. Four Villages Half Marathon

Carol Moran's half marathon PB was set

here. A good alternative to Brass Monkey in January.

### 32. Giants Tooth Fell Race

A New Years Day treat, a short little blast around some muddy woodland on the edge of Ogden Reservoir. The fourth of four races in two days Liam Mealey and Helen Goldthorpe did over the last New Year.

### 33. Good Shepherd Fell Race

### 34. Gran Canaria Half Marathon

### 35. Grand Yorkshire 10k, Bridlington

First running of this in 2011 and a club trip. Good PB course and a good excuse for a weekend away by the seaside.

### 36. Great Langdale Trail Race

10k and 20k options.

### 37. Great North Run

Largest Half Marathon in the world apparently. Expensive but such an incredible atmosphere and one to be experienced. Lovely sea-front finish.

### 38. Great North West Half Marathon, Blackpool

Matt Sykes-Hooban say "The first time I went under 2 hours for the distance thanks to the Runners World pacers. Also we ran an altered course due to the North Sea Ferry that ran ground that winter on the beach north of Blackpool"

### 39. Guadalest

Ian Brown says "...a hill top village inland from Benidorm, a down hill run finishing on the lake then back up for a picnic on the town walls"

### 40. Guiseley Gallop 10k

Usually run on Easter Sunday its a quick, muddy, fun off-road race that's local, cheap to enter and best of all you get a bottle of beer at the end, how nice is that!

### 41. Guy Fawkes 10

Another good road run in the Yorkshire countryside. Famous for some tough

hills and a goodie bag stacked full of chocolate!

### 42. Harewood Chase 10k

A favourite race of the Pillings and making its debut in the Club Championship this year.

### 43. Harewood 10 mile

Lovely scenery and 'nice' uphill finish

### 44. Harriers vs Cyclists

The first fell race to make it into the Club Championship... as the name suggests, runners chase cyclists / cyclists chase runners!

### 45. Hellrunner's Hell Up North, Cheshire

A 'fun' off road/challenge run featuring water obstacles including the legendary 'bog of doom'. In Nov 2008 a bus load of Harriers driven by Bal went down and it's been popular with club members ever since.

### 46. Horsforth 10k

Our neighbouring club's race which is an interesting route and popular with lots of members.

### 47. Hot Toddy

A lumpy just sub 10k road route from Todmorden, that finishes with a Hot Toddy.

### 48. Humber Bridge Half Marathon

### 49. JW Ultra

Popular 30 mile ultra marathon in Stratford-Upon-Avon. Helen Goldthorpe ran it dressed as a school girl once. As you do.

### 50. Kentmere Round

Off-road race in the Lake District, a favourite race of Paul Glover's

### 51. Kielder Marathon, Northumbria

Billed as the most beautiful marathon in the country it doesn't disappoint. Matt Sykes-Hooban paced Bal around the first half of the course on her first ever marathon in 2010.

## Kirkstall Harriers' Top 100 Races cont...

### 52.Kirkstall 10k

Race put on by Kirkstall Harriers for over 20 years until it got replaced in 2008 by the Kirkstall Valley Trail Race, which in turn was replaced by the Kirkstall Abbey 7 in 2010.

### 53.Kirkstall Abbey 7

Although our race doesn't attract as many runners as the old 10k used to with it being off road, those who have run it have given great feedback. Similar to 'Members Meander' training route, a classic favourite route which takes in a mixture of terrains including sections along the canal and the river.

### 54.Leeds Country Way

Annual relay race of 6 legs run in pairs at the end of summer hosted by Kippax Harriers. Best part is waiting to see what on earth the race souvenir will be each year!

### 55.Leeds Half Marathon

Reasonably challenging route and a long final few miles down Kirkstall Road which is far from inspiring but right on our doorstep with great support en route, especially past Kirkstall Leisure Centre and at the finish.

### 56.(Jane Tomlinson) Leeds 10k

Another local race up and down Meanwood Road, great for spectating. Our very own Rachel Pilling beat Paul Radcliffe in 2010.

### 57.Liverpool Marathon

Several Harriers' first marathon in 2011, the most notable debut performance probably being Catherine Elvin with a fantastic 3.46.10.

### 58.Liversedge Half Marathon

A club favourite and first race of the Club Championship every year since it began in 2009. Matt Sykes-Hooban says "My Half Marathon PB set at this race in 2009, I was on a role of PBing races (18 in row over all distances) in the run up to the 2009 London Marathon, probably the best I have ever run in a race."

### 59.London Marathon

A bit of a 'must do' if you fancy a marathon. Ian Brown who is currently training for this year's race admitted it

will be his 14th one! Eleanor Gallon set a Guinness World Record for 'fastest marathon in a wedding dress' here in 2011.

### 60.Longbridge 7

7 mile race in Lancashire

### 61.Major Series

Fun race with obstacles in Bramham Park.

### 62.Meanwood Valley Trail

Popular local race of around 7 miles with some fine scenery so close to Leeds

### 63.Members' Meander

Annual club handicap race, usually held in the summer with trophies for first 3 members over the line. Similar route to our current Kirkstall Abbey 7 race.

### 64.Morcescambe Bay Half Marathon

Peter Hey says "Definitely not one to do alone, could be a bit too flat and boring, but the river crossing in the middle makes for interest. A nice coach ride from the finish to the start adds value for money."

### 65.Mull of Kintyre Half Marathon

### 66.Newcastle Town Moor Marathon

5 laps of 5.25 miles - you either love it or hate it.

### 67.New York Marathon

Several Harriers have run this world famous marathon over the years. Most recently Adam Moger in 2011.

### 68.Northumberland Coastal Run

Favourite race of several harriers including Jill and Eleanor

### 69.Nottingham Marathon

Patrick Nesden of long-training-run-fame's favourite race.

### 70.Otley Chevin Fell Race

One mile up, one mile round, one mile down. If you have the bottle the descent will be the fastest you'll ever run!

### 71.Otley 10 mile

An incredibly hilly route where amazingly Tony Downham got his PB. Run on a Weds night in June to break the Sunday morning race tradition.

### 72.Para's 10, Catterick Garrison

Really tough hilly course with lots of memorable names for the hills, some unrepeatably. Matt Sykes-Hooban says "The weird/best moment of the race for me happened when out on the course a squad of heavily camouflaged and armed paras just burst out of the bushes on the side of the track, nearly scared the living lucozade out of me!"

### 73.Paris Marathon

A very scenic marathon with a great atmosphere amongst the runners.

### 74.Parkrun

Although they are now all over the country and the world, Leeds Parkrun in Hyde Park was one of the first in 2008. Back in the day Eleanor Gallon and Helen Goldthorpe even came 1st lady at least once each! **Adam Moger** nominated this as one of his top races, having completed 77 of them to date (and counting). It's totally free to enter and you even get t-shirts when you've run 50 or 100 of them!

### 75.Parliament Hill National Cross Country

6 of us ran this yesterday and flippin' loved it so it had to make the list.

### 76.PECO Cross Country races

Our cross country league, always guaranteed a good turnout from the purple army these days. Lots of local, muddy fun and cheap to enter often with great food afterwards. We will be hosting a race in 2013 but have had this year off.

### 77.Pudsey 10k

Very popular local race. Well known as a difficult 10k with a good souvenir at the end. Often run with hangovers due to inconsiderate people getting married the day before (who would do such a thing?! Oh yeah, sorry - Ed)



## Kirkstall Harriers' Top 100 Races cont...

**78.Race the Train, Tywyn North Wales**  
Runners race a steam train full of screaming family up and down a hilly, wet and muddy 14 miles of Welsh Valley. Matt Sykes-Hooban's favourite race and Gary Carlisle has beat the train on more than one occasion also.

**79.Rhayader Round the Lakes 20**  
Another of Helen Goldthorpe's favourite races (20 miles not 20km!)

**80.Robertstown 7**  
Ian Brown won the prize for 1st M55 vet once! (year unknown?)

**81.Rombalds Romp**  
Hosted by neighbouring club Abbey Runners, last year runners had a choice of a fell route or trail route, nice!

**82.Rombalds Stride**  
A favourite race of several Harriers. 20 plus miles back and forth across Ikley Moor in the middle of Winter: what could be better?! (you do get tea and buns on the way round)

**83.Rothwell 10k**

**84.Sandal 10k, Wakefield**  
Nice run near to where Matt Sykes-Hooban used to live in Wakefield, the course is mostly off road and takes you up the hill that the Grand Old Duke of York marched his 1000 men!

**85.Snake Lane 10 mile**  
The Yorkshire Wolds are seriously underrated

**86.Spen 20**  
Tough course similar to the Liversedge Half Marathon but almost 7 miles longer! Good hilly fun.

**87.Spopforth Gala**  
Ian Brown says "a good day out" - can't say better than that really!

**88.Stanbury Splash**  
A brilliant winter fell race above Haworth, one of several in the same area through the year. Steep muddy climbs and descents, fast moorland tracks, and

several river crossings. Jill Stocks's first fell race this year.

**89.Tadcaster 10**  
Nominated by Ian Brown who says it was a very popular race.

**90.Three Shires Fell Race**  
13 mile off-road race in the Lake District, a favourite race of Paul Glover's

**91.Top of Tantalus**  
A 7 mile trail race up Tantalus mountain in Honolulu, Hawaii on Easter Sunday (an alternative to Guiseley Gallop if you find yourself in that corner of the world at the time!) Eleanor Gallon says "I loved this race - ribbon in the trees shows you which way to go and a dead boar blocking the path at one point which was an unusual obstacle. Amazingly I didn't get lost but did have a bit of a nasty fall which nearly sent me down the side of the mountain!"

**92.Tough Guy**  
Amazing challenge with plenty of camaraderie, much more than just a run - freezing water obstacles, running through fire, climbing frames, underwater tunnels, electric shocks...

**93.Tour of Thameside**  
6 races over 7 days = 52.4 miles. Good runs and Peter Hey tells us he beat 6 hours one year. The only problem is travelling over M62 during week at evenings.

**94.Widdop Fell Race**  
A rather bleak moorland outing. The first time Liam did this he cycled up the hills to the start, arrived late, changed rapidly in the car park and spent the first few mins chasing up to the back of the field...

**95.Wilmslow Half Marathon**

**96.Windermere Marathon**  
Tough course but one particular Harrier, namely our Sportswoman of the Year 2011 is planning on running it 10 times in 10 days this May so it had to make the top 100 list we felt! Scenic route round Lake Windermere.

**97.Withins Skyline Fell Race**

**98.Yorkshireman Marathon/Half**  
For what basically is a lap of a windfarm, both of these routes are challenging in a gorgeous setting. Liam Mealey carried pies, butties, cake and beer around for Helen Goldthorpe and friends a couple of years ago, and decided to race the half last year. He still has the bruises!

**99.Yorkshire 3 Peaks**  
The ultimate challenge for the marathon runner. Great Yorkshire scenery. Phil Hewitt ran a stunning time of 4.13 in last year's race at his debut.

**100.Ythan Challenge**  
A "multi terrain adventure" race voted by Marion Muir as her favourite race ever. She says "It's an approx 11km race held in Ellon, Aberdeenshire. I ran it 4 years ago with my two brothers and I've managed to get a place this year - I'm very lucky as it filled up in 4 hours of opening" (a speed which surely rivals Brass Monkey?!)

*Many thanks to the following who helped compile this grand list: Peter Hey, Jill Stocks, Matt Sykes-Hooban, Tony Downham, Ian Brown, Patrick Nesden, Rachel Pilling, Marion Muir, Richard Hancock, Adam Moger, Eleanor Gallon, Helen Goldthorpe, Liam Mealey, Paul Glover, Collette Spencer, Phil Hewitt, John Hutchinson (and anyone we've forgotten to mention - apologies!)*

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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