



News in brief

* Happy New Year!

- From all of the committee, we hope you all enjoyed the Christmas break, and are looking forward to a healthy and productive 2010 running individually and for the club.

This month marks 25 years since the club first began which we are very excited about. We have the 25th Anniversary Presentation Evening on 5th March and lots of other ideas to mark 25 years of Kirkstall Harriers up our sleeves to look out for these throughout the year and let us know if you have any ideas of your own! Tom has also announced that he will be unveiling the new-look website in the new year so we will let you know as soon as this goes live.

* Start Times

The As of Monday 4th Jan we will be doing announcements at 6.50, and starting the runs at 7.00. This seems to be the preference of the majority. Anyone wanting to leave a change of clothing or anything, especially on Monday evenings when the LPSA may be closed, can leave them in the lockers at the Leisure Centre. All you will need is a £1.00 coin which is returnable.

* Long Training Runs

It's that time of year to start the long training runs for the London and

Edinburgh marathons, and any others that you may be running in the next 3 to 5 months. **Patrick** (and Diane?) have put together a provisional list for long runs and races in January. Anyone interested in joining them would be welcomed, please let them know in advance though.

* Sun 3rd Jan – Central Lancs ½ marathon

* Fri 8th – Training run – Kirkstall – Pool – Otley – Kirkstall 1.30pms start from the Leisure Centre

* Wed 13th – Training run Gildersome 1/m route 6.30pm start KLC

* Fri 15th – Kirkstall – Pool – Otley – Kirkstall 10.00am start KLC

* Sun 24th – Brass Monkey ½ marathon

* Wed 27th – Training run – Leeds 1/m route 6.30pm start KLC

* Sat 30th – Rombalds recci or Golden Acre – Pool – Otley – Golden Acre – Harewood - Golden Acre

* Cheeky Request

If you have any unwanted gifts from Christmas, please feel free to donate them to the club! We are hoping to have a tombola at next years Kirkstall Festival to raise money for ourselves and Wheatfields as in 2009. If you have anything or you find anything while you are having a Spring clearout please bring them to Jill's attention - thanks!

* Happy Retirement

Long standing member **Ian Brown** celebrated his retirement on Christmas Eve. Please wish both himself and Ann a very happy future, and I am sure Ann has plenty of chores to keep him busy!

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Key Dates for your diary

- Sun 17th January - PECO XC, Nell Bank, Ilkley
- Sat 23rd January - Northern XC, Blackburn
- Sun 31st January - PECO XC, John Smeaton
- Sun 14th February - Liversedge 1/2 Marathon (1st Championship Race of 2010)
- Sat 27th February - National XC, Roundhay Park, Leeds
- Fri 5th March - 25th Anniversary Presentation Night, LPSA
- Sun 7th March - PECO XC, Idle (2nd Championship Race of 2010)
- Tue 2nd June - Yorks Vets race hosted by Kirkstall Harriers, marshals required!



Ann and Ian at the Christmas Meal 2009

Christmas Do & Fuddle - 17th / 21st December 2009

The third annual Christmas meal took place again on December 17th and once again proved to be popular. A good time was had by all and some even won on the quiz just to break with tradition!

Despite the weather there was also a good turn out for the annual Christmas Fuddle on December 21st, though not many took part in the very icy short run beforehand!!

Bal did not let us down with her pakoras and a new queen of the kitchen made herself known when Diane brought some rather lovely cakes! Thanks to all who bought or baked, especially as I did my usual and bought something in Tesco's!!!

Jill Stocks



PECO Cross Country - 5th December

A very big thank you to all those on the day who ran, marshaled catered or did all 3.

We had 12 lady runners – it would have been 13 had Jill Stocks not had to marshal, and 19 men. Very good considering it was a Saturday morning – and Leeds Utd were kicking off at 12.00...

I'm sure everyone enjoyed the slightly hilly and slightly muddy terrain which included the running track. At least poor Sheila King who works at Trinity, was not made to rake it clear by the groundsman on Monday!

The ladies finished an excellent 2nd behind Abbey in the Premier league. Gemma Smith leading the ladies home with 1st lady overall, followed by Alex 12th, Helen T 14th, Sheila 24th and Eleanor 30th, with Collette, Kimberley (doing very well after her altitude training up Kilimanjaro) Laura De Graff, Alyson, Lizzie, Bal and Carol pushing the runners from the other clubs further back in the scoring.



Some of the team after the race at Horsforth

The men came 1st again in the First division – and 4th overall, with Peter Branney leading the men home in 2nd Matt Marsh 6th (nice to see him in the club colours again) Leon 11th, Sam Ostermeyer 35th, Dean 42nd, Gary 56th, Randolph 71st Martin 72nd, then Bent, Kevin B, Chris G, Liam, Stuart R, Ben R, John H, Matt H, Peter H, Richard H and Patrick supporting the scoring.

In the junior races Lloyd King (Sheila's son) was 7th overall in the 2 mile event.

The next two races are both in January:-

Sun 17th Jan is at Nell Bank Ilkley, race starts at 11.00. People wanting lifts or share transport should meet at the LPSA at 9.30 unless you have to be there for the junior race starting at 10.00.

Sun 31st is at John Smeaton on the Barwick road out from Cross Gates, starting at 11.00. Again I suggest we meet at the LPSA at 9.30 for those wanting lifts.

The overall position of each club depends on the scores of all 5 races, so the club cannot be complacent at this stage.

At the moment our ladies team are 3rd in the premier division but only just behind Horsforth, and our men are soaring ahead at the top of the First Division and 6th overall. In the Vets league our ladies are 10th and men are 6th.

WE DO NEED AS MANY OF YOU AS POSSIBLE TURNING OUT FOR EACH RACE. Good luck in the next races and thanks to ALL who take part!

Northern and National Cross Countries

These are the big ones! This year the **National** Cross Country is at Roundhay Park on Sat 27th Feb and even though we may not win the team prize – we can say that we were there. If you fancy running in this prestigious event please let Martin, Collette or Peter know. We need 6 men and 4 women. For the Nationals on 27th Feb at Roundhay Park, the women start at 2.15pm and do 8km, the men at 3pm and do 12km. They need entries by 11th Jan so please let Martin know asap if you are interested on 07967 642702.

However to enter the National we must enter a team in the **Northerns** – even if we do not turn up(!). This year the Northerns are at Blackburn – not too far away, and is on 23rd Jan. If you fancy a run in this then again please let the above contacts know asap. At the moment we have 4 interested ladies - Collette, Gemma, Helen Thorpe and Alex, but we are in need of men as we only have 2 interested so far and we have 6 available places. Ladies race is 8km and at 1.40pm. Mens is 11.5km and at 3.05pm.

MARSHALS FOR THE NATIONALS – As a club we are committed to providing some marshals for a small part of the course. We need as many volunteers as possible. It starts early – about 8.00 am to mark out the course. It continues throughout the day whilst all the races are being held until about 3.00 when the course is cleared. If you can make yourself available, even for a couple of hours during the day, or would like to marshal and run, the club needs you. Please let Jill Stocks or Peter Hey know if you are available and at what times. The theory is if we all do a small bit then the whole event will be a success.

Yorkshire Vets

We have heard – 2nd hand, that the 1st Yorkshire Vets race for 2010 is the same day as the last Peco race. We will update you once we know for definite. If this is the case and we know we have sufficient runners for the Peco race for the men to be promoted and the ladies avoid relegation, then any Vets can make their own decision on which race they prefer to do. These races are for any club member who is aged 35 or over. The routes are normally a mixture of off and on road, with lots of friendly competition between individuals and clubs. The more runners we have the more points the club scores so please try to enter some of these if you can. If you compete in 7 or more of the 10 races you also count as an individual for trophies at the end of the year.

TUESDAY 2nd JUNE 2010

As one of the top ten clubs for both men and ladies, we have put our name forwards to organise a race that evening. Some of the other clubs, who stage races regularly for the YVAA, are wanting a break. Therefore we would require about 20 marshals and some catering on similar lines to the Peco race back in December. So if you can make a note in your diaries, we will keep you posted of the progress.

New Members

Please welcome to the club **Bent Holm-Peterson** from Leeds 11. Bent is Alex's salsa partner / running partner... He just failed to count in the strong Peco cross country team we had out in December, so we look forward to him running in other club events. We now have 101 members – another pb!!!

If you were members last year and have not paid your subs yet, your name will soon be deleted when we start renewing memberships in March, and you will not be eligible for the £2.00 discount on race entries. Please send your cheques to Tony Downham at 17 Stainburn Avenue Leeds LS17 6PQ – Male subs £18, Female Subs £16 – cheques made payable to Kirkstall Harriers.

PBs and other worthy mentions

Just one PB that we know of this month - **Helen Goldthorpe** got a 5 mile pb at the very festively named 'Rudolph's Red Nose Race' in Blackpool with a time of 39.38 - one second faster than her previous best over this distance!

If you know something worthy of a mention in the newsletter, please mention it to a committee member or drop us an email.

Bargains

For those looking to stock up on running gear you could do worse than heading to Sports Direct on the Headrow in Leeds (opposite TK Maxx and near Up and Running). They have all sorts of Karrimor running gear including ladies and mens shorts and longer trousers (from £7), hi viz and other jackets (from £15) and for the cyclists and skiers amongst us they have a small but very reasonable selection of clothing. For those who wear Asics shoes they also have these at a very reasonable price. Shoes are upstairs and head downstairs to the back for running and other bargains.

Member Profile - Richard Thomas



Name: Richard Thomas

Age: 48

Occupation: Quantity Surveyor

Richard joined Kirkstall Harriers on Day 1 of the club's existence. He is also a long-standing committee member and former Club Secretary so we were excited to get his Member Profile for this 25th Anniversary edition of the newsletter.

Richard was born and bred in Leeds and for the past 8 years has resided in Burley in Wharfedale which is technically in Bradford but he tries not to mention that!

When did you start running, and why?

I dabbled in running at school (mainly to avoid contact sports) but it wasn't until the formation of Leeds Postal Harriers back in 1985 that I did any kind of training or what was then mainly Road Running. My main motivation was to keep fit as the only other sport I played at that time was squash

Can you tell us how Kirkstall Harriers began and how you were involved?

In January 1985 a group of postal engineers arranged a meeting at the LPSA with a view to starting a running club. My connection was that my father was an Engineer and my brother Alan was a Postman at the time so I decided to give it a go. I was asked at that meeting by the then Secretary Steve Batley what my running ambitions were, I answered that I would one day like to complete a marathon as this was the running boom time and marathons were more common. I saw this as the ultimate challenge. It was only a few short months later that I completed the Bramley ½ Marathon followed in September of that year by the Leeds Marathon in a time of 3 Hours 39Mins realising my ambition. Obviously I now had the running bug and I have continued to run ever since. I'm proud to say I was a member of LPSA Harriers from

its inception through to April 14th 1996 when I was the first member of Kirkstall Harriers to compete in a race and wear the new Purple Colours (Wakefield City 10 – Time 41.06 for the record)

What are your motivations for running?

To keep fit and keep my weight down which for those who have known me over the years my figure has not always been the svelte like one you see today.

What are your greatest running achievements?

From a running point of view this must be my vintage year (1994) when everything seemed to click. I achieved PB's in most distances.

Stoke Marathon – 3 Hours 17 Minutes

Top 30 Position in the Horsforth ½ Marathon 1:23:15

Horsforth 10k – 37:14

Guy Fakes 10 Mile – 61:12

Holmfirth 15 – 1:37:17

16th Place in the Nidderdale 8 – 48:32

All these achieved within a few months – it all went pear shaped after that..

What are your best running related memories?

Apart from the PB's mentioned above some of the best memories are the many and varied events that just the simple act of putting one foot in front of another lead you to.

I have competed in road running with the club in events across the country and beyond which bring to mind of our many foreign trips be it the yearly jaunts to Benidorm in November for the ½ Marathon along with people like Ron Hill and his many words of wisdom (mainly regarding how many pints you can drink the night before a Marathon), or trips across the north sea to Holland for the City-Pier-City and Brussels 20k. Across the pond to sadly on this occasion spectate at the New York Marathon in 2000. From competing in my first run (Family Fun Run in Horsforth hall Park in 1985 – I won a plastic football as a

spot prize) to Running 8 of the 10 Vets races in 2009 and achieve 8th in my age category for the year. From completing the 3 Peaks (Training Run) to the "Airedale 3 Day Challenge". From the "Tour of Tameside" to the "Great North Run".

From National X/C Championships and London Marathons, from the shortest fun run to the Rombalds stride. It's just the taking part that counts. Although I've competed against Internationals my only claim to fame is that I've never come last and I've always finished.

...oh and I met Diane at the running club in 1993.

What are your worst running related memories?

My worst memories like most runners are my injuries and ailments over the years. Which include Glandular Fever which I contracted at the Paris to Versailles ½ in 1989 which laid me low for a few years and the more publicised broken ankle during leg 4 of the 2004 Bradford Millennium Way a break only diagnosed after completing the remaining 3 miles of that section. (a section which included running within 50 yds of the Airedale hospital x-ray department I ended up at).

Any words of wisdom for your fellow harriers?

Just focus on what you want from running and go for it. Try a few little sacrifices which may lead to a better performance for there is no greater feeling than to achieve or to surpass your goals.



Photos: Top: Richard and Diane at Horsforth 10k, Sept 1994
Above left: West Yorks XC race at Otley, Oct 2008
Above right: With son Benjamin at Cystic Fibrosis Yorkshire 10k, Newby Hall May 2008 - Richard ran the 10k and Benjamin the 2 Mile Fun Run

RACE REPORTS

Chevin Chase - Boxing Day 2009



Feeling fairly festive I thought I would give the Santa suit another airing at this years Chevin Chase. Obviously I was outdone by the rest of the fancy dress crowd, one of whom actually came dressed as a Christmas tree, complete with crackers, but it's the thought that counts!

The atmosphere was cheery as usual as several hundred of us, many with hangovers (though not me for a change!), headed off towards the beautiful surroundings of the Chevin. Initially the surface was runnable but it some became increasingly treacherous! There were several parts of the course which were only barely passable and the conversation did not flow as easily as it had in previous years as people concentrated on staying upright! The view from Surprise View at the top of the Chevin, after several steep climbs, was beautiful as usual and even more so in the wintery weather.

Despite the conditions I really enjoyed the race once again and also the post race pint in Coopers! The tshirt was decent quality and also hi viz which is useful. Well organised and well marshalled (with thanks to our very own Tony for his help too!) and well recommended but usually sells out fairly quickly so get in quick if you fancy a Boxing Day race in 2010.

Jill Stocks



Jolly Hog Jog - 28th December 2009

I have always considered myself to be pretty sturdy and not frightened of many things. The Jolly Holly Jog however seemed to test my mettle a bit too much for my liking! I'm pretty frightened of falling over and I knew it was going to be slippery in sections but when we found it near impossible to make it to the start line I knew I was in trouble! And as I reached the one mile marker in 16 minutes (yes, sixteen) that was exactly the case and I gave serious thought to turning back.

The first couple of miles are on roads, which thanks to the recent weather were sheet ice. Most of us resorted to clinging on to the wall for dear life. Unfortunately the off road bits of the course proved to be not much better as we slipped and slid up hills and down hills and across bridges. I reached 3 miles and a water station after 56 minutes. By then I had pretty much given up on any thoughts of running but we did get a little bit of respite on a small section of treated road past the deer in the park. But it was soon back to the sheet ice and it must be some sort of miracle that I made it round without injuring myself or landing on my backside. I have never been so grateful to finish a race and as half a dozen of us ran in on the final section to the finish as the last runners I felt pretty relieved. Until of course I remembered the walk back....

I must admit that had I known the state of the course before the start there is no way I would have taken part. I have run in most conditions; cold, hot, torrential rain and wind, hailstones like golf balls and the like. But this quite frankly scared the hell out of me. Should it have gone ahead? Possibly not but I wouldn't have wanted to be the one making that decision! The marshals however were exceptional with one chap in particular running back to escort those of us at the back across the particularly dangerous parts of the course, which we were very grateful for. By far my slowest ten k at One hour forty seven minutes but given the conditions I don't think it counts really!

And what did we get for our troubles? A multi-functional head tube. Which can be worn as a scarf, head band and balaclava amongst other things. It goes rather well with my new coat and gloves actually. But really I am just pleased to be back in the safety of my house!!

Jill Stocks



Left: Patrick and Jill at the One Eyed Rat, and above: Jill modelling the various uses of the multi-functional head tube!

Kirkstall Harriers Club Championship 2010

Following the announcement of the 2010 races in the last newsletter, we would also like to draw your attention to a couple of adjustments we have made to the points system for this year. Firstly, the person who comes first after handicaps have been applied will now get 20 points instead of 15, 2nd place will get 19, 3rd 18 and so on. As before, everyone who runs a race in the championship will get a minimum of 2 points and your highest 6 race scores will count if you run more than 6 races overall.

As well as the 10 races selected (see website for details of these) we are still using the **parkrun 5k events** in Hyde Park every Sat 9am, but instead of selecting certain dates, you can run it as many times as you wish from Sat 2nd January 2010 through to Sat 27th November 2010 and your best time of the year will count. Just remember to tell us at the end of the year what your best time was, and what date you ran it so we can verify your time.

We have also introduced a '**Marathon Bonus**' which will be a flat score of 15 points for completion of any marathon distance race in the year. This will count towards your overall score as any other race. You will only get the bonus once though!

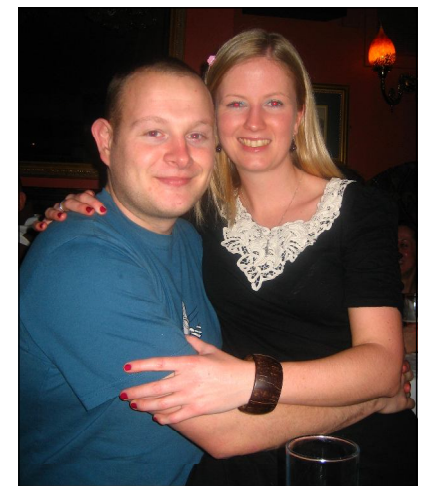
ALL that you need to do at this stage to be included in the championship is let Peter, Eleanor or Matt H know your recent* PBs for 5k, 10k, 10 mile and half marathon. And then enter and run some races!! If you have already given us your PBs last year you do not need to give them again.

Championship Rules and points to note:

- You must be a fully paid up member of Kirkstall Harriers to be eligible to score points.
- When entering races please ensure you indicate that you belong to Kirkstall Harriers as this will help us find your results. If you have entered a race prior to becoming a member and subsequently pay to join before the race, please let us know so that we can look out for your name in results.
- Please ensure you wear your club colours at **all races!** Running in anything but your club colours will result in no points. However, if you are running a championship event in aid of a charity and wish to run with a vest provided by the charity, we do understand this but please mention it to Eleanor or Matt beforehand.
- There is no minimum requirement of races to obtain an end of year ranking. You will receive points for every race you run, and your highest 6 scores will count overall.
- If we don't have PBs for a particular distance, the runner scores 2 points then the time counts as their future PB.
- Championship Administrator's decision is final.

* recent = approx last 2 years

More Christmas Harriers Photos!



Top Left: After the Christmas Lights Run at LPSA, rest: Christmas Meal, West End House. (Photos taken by Jill and Eleanor)

Edinburgh Marathon / Half Marathon trip - 23rd May 2010

After the success of last years' trip we are arranging another trip to Edinburgh for the weekend of the Marathon and the first Scottish Half Marathon. The Marathon is £40 to enter and starts at 10am. It is very popular with people who were rejected through the ballot for London. The half marathon is taking place for the first time this year and entry costs £27.50 and starts at 8am. There is also a four leg marathon relay if anyone would like to put together a team for that. More information and online entry is available at www.edinburgh-marathon.com.

Even if you are not running in any of the events you are more than welcome to join us in Edinburgh to cheer on our runners in the events and I am also looking into voluntary opportunities at the event, such as marshalls etc, if you would like to do that.

The plan is to travel up on the Saturday and stay on the Saturday and Sunday nights, travelling back Monday. We can arrange transport nearer the time when we know who is going but I am looking at accommodation in the Edinburgh Central Youth Hostel, which is working out at approximately £20 per person per night.

If you would like to come, to run, cheer, volunteer, sightsee or have a beer please let me know as soon as possible as I feel this will be a popular event so I would like to get accommodation booked pretty quickly. We had a great time in a great city in 2009 so lets have a great weekend in Edinburgh in 2010!!

Jill Stocks

Hi-Vis Clothing

Yes it's that time of year again! Just a reminder that the dark nights have arrived and that you should be wearing a hi-vis vest or some sort of hi-vis clothing both while running with the club and alone! As always Carol in the Clothing department has a range of hi-vis items with and without the club logo. Please ask her for details.

Upcoming Races for your diaries...

January 3rd – Central Lancashire Half Marathon, Pennine 10k

January 17th – Shell Four Villages Half Marathon, Cheshire

January 24th – Brass Monkey Half Marathon, York

February 6th — Rombalds Stride

February 7th – St Wilfrids Muddy Boots 10k, Ripon

February 14th – Liversedge Half Marathon

February 21st – Great North West Half Marathon

March 28th – Wakefield Hospice City 10k, Baildon Boundary Way Half Marathon, Wilmslow Half Marathon

More details and online entry available at www.ukresults.net or runnersworld.co.uk.



January Birthdays

Happy Birthday to the following members this month:

* **Chris Glover** * **Martin Savage** * **Alan Wood** * **Helen Bradshaw** * **Julie Cleverley** * **Cassie Garbutt**
* **Tori Lethaby** * **Tim Foreman** * **Ian Brown**

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

Please visit our website for more info:

www.kirkstallharriers.org.uk

Please email eleanor5446@hotmail.com if you would like to contribute to the newsletter, all articles and member profiles gratefully received.

