

Kirkstall Harriers Newsletter

No. 65 April 2009



Editor's Letter

I don't usually do this but after being presented with a 'Special Achievement Award' at the AGM last month, in part for my work on the newsletter, I am feeling a little self-indulgent and thought I would say a few words just this once!

March was a busy and exciting month for Kirkstall Harriers, as is reflected I feel in the length of this month's newsletter. There's not even room to put a photo on page 1! Lots of bedtime reading for you to digest and lots of things to look forward to. Thank you to everyone who has written pieces this month, and as always do not hesitate to send things over if you would like them printed.

Eleanor Franks, Newsletter Editor

News in brief

* AGM 2009

Many thanks to the 32 people who stayed for the AGM, and contributed £32.40 towards the buffet. It went really well and some interesting comments were put forward. For a full report on the AGM including who won the prestigious Sportsman and Sportswoman 2008 awards see page 2.

* SUBS

At the AGM it was voted to increase all subs by £1.00. Although the LPSA and England Athletics subs have not increased it was felt prudent and accepted by all to charge an extra £1 as value for money, and that subs only account for 25% of all the clubs income. Male subs are now £18, and female subs £16. For discounts for new members and more details see 'Club Finances' on page 3. Anyone wishing to pay by cheque can post their membership to Tony Downham, 17 Stainburn Avenue, Leeds, LS17 6PQ, payable to Kirkstall Harriers.

* Free Sports Massage!!

Over the next couple of months the lovely Charlotte and Marie, assisted by Ward, will be providing free sports

massage in the LPSA club every Monday after training. Please bear in mind that it is sports massage and can be quite gruelling but very beneficial. First come first served!

* Edinburgh Marathon Social Event

"I know a few others are doing the Edinburgh Marathon, which just so happens to be on my birthday (31 May). After the race I'm planning to go to a post race party at the Police Club in Edinburgh City Centre. There will be a buffet and DJ, and we have the room booked from 7pm til 12pm. Tickets cost £10 per person and I can sort these out for you if you fancy joining me to celebrate." -Helen Goldthorpe

* 3 Mile Time Trial - 25/03/09

We only had 14 runners for this final winter time trial, is this because of the training for London, or people prefer the longer runs anyway?

If there is a demand for the occasional 3 mile time trial to see if one is getting faster, say every 6 – 8 weeks, we could incorporate this into the Members Meander over the summer and find a measured 3 mile distance from the start by the canal, do a 3 mile time trial, then jog back the rest? Please let us know what you think of this, or any other options.

On the night the first across the line was a new face Jackie, but the first 3 members were Clare Chapman, Sam and Stella. Bringing up the rear was Tony D

The results of the time trials are available on the web, along with a list of runners this winter with their pb's.

* Cheerful Chill

Richard & Diane have booked the maximum of 30 places at the Cheerful Chill on Otley Chevin for Thurs 7th May. The full banquet will cost £16.50 but the first 30 names with £5.00 deposit will

secure your seat. It is not licensed to sell alcohol, but you can take your own.

* Kirkstall Valley Trail Race

Despite clashing with the Great North Run we are hoping to hold our race which will be open to the public, on 20th September if we can get permission from all the parties involved. This keeps the race in September whilst not clashing with other local events. Please keep this date free as we need as many marshals as possible to make the race a success. We will keep you informed of future developments.

* Club Championship

PLEASE give us your PBs for 5k, 10k, 10mile and 1/2 marathon distances if you have them as soon as possible in order that we can work out your points and add you to the league table! Email kh.championship@googlemail.com or give them to Matt H or Eleanor. See page 4 for reviews and photos from the 2nd race of the championship, the Bradford 10k. The overall league table for the 2 races so far should be on the website now. Kimberley has stormed into the lead with 26 points, with Wendy and Sam in joint 2nd place. Plenty of time for this to all change though so get entering those races! See the website for all details of the club championship.

* Bradford Millennium Way

This relay race run in pairs is on Sunday 14th June this year. Depending on how many of you are interested we are hoping to enter 1 or 2 teams. Please speak to Martin or Peter if you are interested. The first recce, of leg 1, is going to be on 19th April, and following that there will be more in May.

And another date for your diaries - **Leeds Country Way** is on Sunday 6th September this year.

Kirkstall Harriers AGM - 18 March 2009

The main items discussed were as follows:

ELECTION OF OFFICERS

The same committee was re-elected with the addition of Eleanor Franks and Matt Hooban, so committee members now include Bal Sandhu, Carol Moran, Collette Spencer, Helen Thorpe, Martin Savage and Richard Thomas, with Jill Stocks as Secretary, Tony Downham as Treasurer and Peter Hey as Chairman.

RUNNERS WORLD AWARDS - Please see page 8 for reports on these awards.

CHAIRMAN'S REPORT 2008/9

2008 has been another very good year for the club for the runners in the team and individual events and also socially and financially. To date we have 99 paid up members which is pb and with 3 members we failed to collect money from, this makes it over 100 for the first time ever.

Thanks to the committee for all doing their share of the work, and the several other members who help out at the training nights/club championship and team events. We have also had several social do's which have all helped in making the club a friendly one to belong to. Another huge improvement to the club is the newsletter thanks mainly to Eleanor who now must dread the approach of every month, plus a big thank you to Tom who kindly took on the task of looking after and improving our website. Another thank you must go to Eleanor again along with Matt Hooban who together took up the idea of a club championship, and now have the unenviable task of sorting out all the results of the club championship races.

On the down side we have lost one member, Steve Blades, a very good runner for his age, who sadly passed away last year due to Cancer. We have also lost a couple of other runners hopefully temporary through long term injuries – Peter Branney, Neal Shotter and Eleanor, and now more recently Ian Brown and possibly Sean who may be missing for quite a while. Along with the other "normal" injuries and sicknesses and personal reasons, I'm sure if we can get it all together, the club has got even more potential.

We had 2 teams in the Bradford Millennium Way, coming 3rd in the mixed category, and 36th out of 42 teams. We had 3 in the Leeds Country Way with the ladies coming 4th, the men 8th and a third team finishing 33 out of 38 teams. For the first time ever we even had a team in the Calderdale Way Relay, and thinking of the competition we did very well coming 88th out of 117 teams. We also did the usual short relays in the summer. The ladies did well in the Peco coming 3rd in the Premier, but sadly the men were relegated. Hopefully we can challenge for promotion next year. We also entered a men's and ladies team in the Northern Cross country. Finally despite a very low average age of members the ladies finished 13th out of 22 clubs in the Yorkshire Vets, and the men 9th out of 35.

Our first attempt at the Kirkstall Valley Trail went down very well so thanks to all those who contributed and marshalled on the day. The fact that we only got 197 entries may have helped on the day, but from the feedback we hope to see more this year. We also raised more than £500 for Wheatfields.

This is your club and I always say that if a few of you have any ideas for future events then the club will generally give you support as long as its open to all other members to participate.

SPORTSMAN & WOMAN 2008



As the club has now grown to 100 members, to select an individual from each sex is becoming more difficult, especially with the mixed bunch of talent the club has. If we give out 50 or more awards I'm sure we would still leave some worthy people out. Lots of new faces have filled up team places at short notice, like Suzi and Annie for the BMW, Laura and Fiona to name two for the LCW, and Kevin, Kelvin and Alex for the Cross countries. (Sometimes not knowing what they have let themselves into). We also have several reliable members for team events you never see at training, like Alyson and Chris Glover, Graham Curtis, Dave Spink and John Hutchinson – though you may see the latter two in the bar on Wed evenings. I have seen improved performances this year from Stuart Reardon and Richard Thomas. Then we have members who travel from afar for training, some who rely on public transport or the bike such as Laura and Steve Jones, to name just a few. In addition to that we then have the "fast" group, who without them would not get the team as high in competitions and also help to recruit faster members.

Many thanks to those who took time to nominate people, your help was extremely useful in making a decision. For the men the decision was quite one sided with the following nominations - Mario, Matt Hooban, Matt Marsh, Peter Hey and Martin Savage, the clear winner being **Matt Hooban**.



**Sportsman and woman 2008 -
Matt Hooban and Helen Goldthorpe**

For the women it was a much closer event with Sheila King, Eleanor Franks, Bal, Helen Thorpe, Helen Goldthorpe and Jill Camm nominated. The committee decided that **Helen Goldthorpe**, who had just missed out the previous year, and had still shown improvement over the last 12 months as well as doing many runs to assist others and various charities, should be awarded the sportswoman prize. In addition the committee can award a special achievement award if necessary. Therefore due to her time and effort in putting the new look newsletter together every month, as well as getting involved with the new club championship AND doing the Paris and London Marathons in the space of 8 days and both in reasonably good times (which may explain why she has not run for several months), the committee awarded **Eleanor** a special achievement award. We must also mention Bal who 12 months ago struggled running, especially on the hills. Now she has entered several races and is doing quite well along with a tremendous improvement in her running. This now almost matches her skill and ability behind the minibus wheel when she has kindly driven the "team" to a couple of events. Finally a thank you to Jill Camm, Sheila and Helen Thorpe, for turning out and being the backbone of the ladies team events.

CLUB FINANCES

The Treasurer (Tony Downham) circulated a copy of the club accounts. He noted that whilst the accounts showed a slight profit (£129.58) this was artificially high as the club had received LPSA donations for 2007 and 08 in 2008: a truer figure was a loss of £120.42. Tony also noted that the expenditure per member was approximately £23.70, so the club's activities were strongly supported by the LPSA Donation and the profit on the KVTR. Looking at expenditure Tony drew particular attention to the cost of subsidising vests for new members and the cost of catering at club events (including the AGM). The meeting felt that it wanted to continue to participate in events at the same or even a greater level in 2009. Therefore it was decided to raise the cost of a vest for a new member to £10.00, to put out an 'honesty' box when the club provided catering and to increase the cost of subscriptions by £1.00 across the board. Therefore male subs are now £18, and female subs £16. New members who joined after 1st Jan this year will get the next 12 months free, whilst the following discounts will apply: New members joining after 1st Nov only pay 25%, new members joining after 1st Aug only pay 50%, new members joining after 30th May only pay 75%. A full list of new members and what they pay will be available at club nights.



Eleanor receiving her Special Achievement Award

Yorkshire Vets - 22 March 2009, Meltham

Only Richard, Peter & Bal turned out for this scenic but tough course – made worse by the strong wind and Richards brush with a horse! Bal is now 5th lady in her age group and she kept the ladies team in 6th position after 2 races out of 20 clubs, in 2 of the 3 team events. The men's team are now 8th in all to count, 11th in 1st 4 to count and 7th in rest to count, out of 30 clubs, so all still to go for in the next lot of races. The next race is at Walton near Wakefield 31st May.

To be a vet you have to be 35 or over but under 35's can run as guests. These are a "friendly" club and individual series of races, very similar to the PECO cross countries and should anyone come last, will still score valuable points for the club, so please let's get as many of you out as possible.

PECO Cross Countries

Despite a chaotic finish to the series, caused by the weather and not normally associated with this league we managed to complete 5 races at a blustery cold and muddy Eccleshill – which is becoming the norm there!

The men came 5th in the race but sadly finished bottom of the league, so it looks like we will be going for promotion again next year. Gary Carlisle finished 22nd overall in the league, narrowly beating Richard 24th. We do have a winner though with John Hutchinson getting 2nd in his age group.

The ladies finished well coming 3rd in the last race and narrowly beating Ilkley and finishing 3rd overall in the league. Jill Camm was 6th lady in the last race and 6th lady overall in the league and winning 3rd prize in her age group. Sheila King finished 9th overall in the league, getting 2nd prize in her age group. Helen Thorpe finished an unlucky(?) 13th overall.

Finally a big congratulations to Aston Reardon, Stuart's son who was 4th boy overall in the Junior event. Hopefully Stuart will take some consolation from this after leading the Kirkstall men, but failing to run the last two races through injury.

Leeds Half Marathon 2009

Places are filling up fast for this years Leeds Half Marathon on May 10th! Get your entry in soon so that you don't miss out on this club championship race. I have booked a room for runners and supporters for a post race social at Mr Foleys on the Headrow opposite the library and not far from the finish line from 11am onwards. Charlotte and Marie will be "on hand" for post race massages and the pub also serves food from twelve. See you there!!

Also, I have been asked by Leeds City Council if we could provide marshalls for the course from the club, perhaps members who aren't taking part due to injury etc or their partners, friends and family. I'd like us to get a team together so that we can marshal as a club at the junction next to Kirkstall Leisure Centre. It would be a great opportunity to publicise the club (we can put the banner up!) and we also get paid a fiver a marshal!! It would provide a great boost to those of us running as we head down the oh so familiar stretch down Kirkstall Road towards the finish. I'd also like someone to be around that point in the position of official club photographer. Please email me on stoxy78@hotmail.com or let me know when I finally manage to get to training if you or anyone you know can help. Thanks! Jill.



Unusually for me this was a race I have not done before, but it was only in its 2nd year. It certainly was not flat, and not very scenic but I thought the organisation

Our second Club Championship race of the year had another very good turnout for a chilly morning and particularly early start due to the clocks going forward. We had 16 finishers which included several PBs and very good first 10k race times. (See PBs and other worthy mentions on page 6)

As for myself, it was a bit of a dream race. Having been injured for 6 months and only been back running for just over 3 weeks I was not expecting to do any particular time but more to just get round and enjoy being able to race again. So it was to my complete astonishment that on reaching the 7km marker and doing some quick maths that I realised I might be on to get a PB, or at least sub-50 minutes. I didn't look at my Garmin at all in the last km but instead concentrated on catching Peter ahead. I managed to find the energy for a final burst right at the end to overtake him, and couldn't believe it, a new 10k PB of 47.57! My first in 2 years and a whole minute quicker than my previous PB. I haven't stopped grinning all day.

The course itself was pretty dull scenery-wise as expected but it was well organised with a good atmosphere and I thoroughly enjoyed the whole day.

Many thanks to Rob Owen for taking all the photos on this page (see page 7 for more), and to Rob and Patrick for coming and supporting us.

Eleanor Franks

A fast, flat race on a beautiful day. Although the route was unimaginative, it was great for team morale! We ran up one long road, turned round and ran down the other side. It meant that I got to cheer for, and in some cases high five all the Kirkstall runners - regardless of whether they were in front or behind me! A super choice for the second championship race.

Alex Saunders

Race No.2 - Bradford 10k

Points awarded

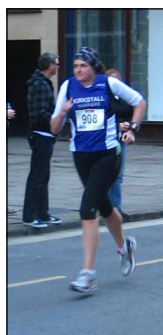
Position	Name	Points
1	Sam Ostermeyer	15
2	Kimberley Ridout	14
3	Gary Carlisle	13
4	Ed Richards	12
5	Alex Saunders	11
6	Eleanor Franks	10
7	Martin Savage	9
8	Paul Miller	8
9	Peter Hey	7
10	Malcolm Denison	6
11	Graham Curtis	5
12	Chris Glover	4
13	Alyson Glover	3
14	Helen Goldthorpe	2
15	Mario Kokes	2
16	Tori Letherby	2

This is not a scenic run and had a few sneaky hills in it but a good run if you're looking for a PB. The sunshine helped of course!

Kimberley Ridout

Hillier than I expected in the first half, but a nice flat finish with wide roads and plenty of room to run in. The sun made up for the slightly cold start, and made it feel almost continental sitting outside Starbucks with a coffee after the race! My result and position was texted to my mobile before I picked my bag up.

Helen Goldthorpe



The next Club Championship race is the Rothwell 10k on bank holiday Monday, 4th May 2009. See www.rothwellharriers.org.uk for more info and entry details.

Member Profile - Alex Saunders



Name: Alexandra Saunders

Age: 22 (just!)

Occupation: Account Manager at Giant Systems Ltd (a web design agency)

Alex has been running with the club for around 7 months. Originally from Chapel-en-le-Frith in Derbyshire, she has lived in Leeds for 4 years. One of our youngest members, she is bubbling with enthusiasm and I was very excited when she agreed to write a member profile for this issue! Take it away...

When did you start running, and why?

I guess I should say that I started running at school, because for one of the youngest members in the club- school was not too

many moons ago! By the age of 13 I discovered that I was quite good at it, and not being one to drop a talent I ran in lots of schools championships.

Unlucky for me though there was a distinct absence in other girls my age wanting to compete, so I ended up doing a lot of events with older girls and boys I didn't know! This resulted in only a luke warm team spirit, and meant that running became only about winning. So when I left school I went through college and University without donning my running shorts again.

Meanwhile, come last summer I found myself graduating from the University of Leeds with a steady 9-5 job, fewer friends (as they had all moved back home) and a lot more spare time on my hands! So I joined the Kirkstall Harriers....

What are your greatest running achievements?

My post school running career is comparably short compared to the members you usually see in these profiles! But one of my proudest achievements is when I qualified as the 8th fastest senior girl in Derbyshire, and I ran in the 2005 Schools National Cross Country Championships. This was also good because I had been the squad's First Reserve 3 year's in a row, so I finally got to run! Ironically I hated every minute of it, so when I was asked to step in to do the Calderdale Relay, my first event since the nationals, I was nervous...

On the big day Sheila and Jill C really helped to settle my nerves before the race. Sheila (who will now forever be my running buddy!) ran with me for all the crazy 7.6 (felli!) miles of our leg. And with legs like lead from wading through mud up to our shins we finally got to the finish to see everybody from Kirkstall waiting, and clapping! I was so happy, because this was something that I'd never really experienced before! An amazing way to mark my return to running, and since then I've been hooked.

What are your motivations for running?

Back home I live really close to a reservoir, and for 10 years I raced dinghy at my local sailing club. This was great for keeping fit, but I sadly had to give it all up when I moved to Leeds because I couldn't commit to it. I missed being out in the open air, and the banter that comes with racing in a club. So getting back to a club has given me a new way to keep fit, and has allowed me to make new friends that I can run and also socialise with.

What I didn't expect was that it would be so addictive! Before I joined a club I used to fall off the solo bandwagon very easily, but now I keep getting told off for not taking time out to rest injuries!

And lastly, now that I am finally getting back into racing I am fully motivated to get round my first ever half marathon, the Leeds Half Marathon in May.

Marathon Training

Matt Hooban and Tony Downham are continually working on the marathon training runs. These are mainly on Saturdays and most routes do have turn off points if they are too long for you, so please keep an eye out on the website or ask at the training nights if interested. See below for a report on the March training runs by Matt. The April training schedule should be on the website.

Marathon Training March Report

March is traditionally the marathoner's month of high mileage and this year has been no exception, from a personal note I have never run 30 miles plus a week before and had always thought the idea of your

five longest runs adding up to 100 miles nothing more than a running myth. But would you believe it for the first time ever I have achieved this most unattainable of targets with a long run to spare!

Now that we have put the nasty white stuff behind us for another year March has shaped up to be a brilliant month for running long. We kicked things off in style with a brilliant run along the Dales Way. Starting out from Ilkley, we ran up to Bardon Bridge and back running along the river Wharf, passing through some of the most spectacular countryside I've ever had the pleasure to run in and coming from a lad who grew up in Snowdonia that I think you'll agree this is high praise indeed. Running through Bolton Abbey ruins on the way back was the

icing on the cake (a fat rascal from Betty's was the cherry on top!) Everyone should do this run!!

The following weekend found just me and Patrick doing the long run. We had planned to do legs 5 and 6 of the Leeds Country Way but this was not possible as we only had one car between us. So we did one of Patrick's old favourites instead, his Harewood/ Eccup reservoir loops. It was a good day out but really tough going and I would be lying if I said I didn't think about packing it all in and getting a taxi home at times but we persevered and ended clocking up our longest run of the campaign, a whooping 23miles!

East Hull 20! That was the next training run that Patrick, Tony, Martin, Peter M, John and I found ourselves doing. There is a separate race report on this monster of a race so I won't go

over the same ground twice (my legs wouldn't be able to cope) but it's was definitely a real stern test of stamina. I think we were all more or less pretty pleased with our times and we are all feeling quietly confident of a good day out in London next month.

I missed the last long run of month which was a second attempt at the Legs 5 and 6 of Leeds Country Way. I assume everything went according to plan this time but I didn't do the run because I went on holiday instead. I promised to try and seek a long run in whilst I was away in Scotland with my long suffering running widow of a girlfriend Leann but as we have often said in these pages 'you should never trust a runner'. Do you honestly think I even took my kit with me?

Matt Hooban

Dentdale Run - 14 March 2009

I have learnt in my years of running is that several pints the evening before a hilly 14 mile race is probably not a great idea. Not that it stopped me on this occasion! I woke up feeling pretty sparky considering and started the morning with a sprint to the shop to get some milk for my coco pops. Then headed out to meet Helen and Gary for the trip to Dent. It's a long but scenic drive and well worth the trip. Having rehydrated during the journey I was feeling ok at the start. Unfortunately that didn't last! The course at Dent is pretty challenging with plenty of testing uphill but the scenery more than makes up for the effort. It is on quiet country roads and any traffic is generally quite patient, though I did have a bit of a hairy experience with a truck a few miles in! This is the second time I have done Dentdale and I noticed again that the race is vulnerable to the elements. The sun shone on the first half of race and I found myself stripping off at 5 miles, but it wasn't long before the layers went back on again on the second half of the course! The race has a very friendly atmosphere and a real sense of the whole community being involved. It attracts runners from all over the country with many clubs bringing bus-loads of runners! At 11 miles my legs failed me and I ended up walking most of the last three miles, encouraged by several of my fellow runners. But I still completed it and it didn't spoil a great day. The support from the local community is brilliant too. After the race, runners can collect their free tea, sandwiches and cake, supplied by the locals and the WI. And I had the nicest piece of chocolate cake ever!!! We then headed to the pub for a couple of lovely pints of Dent Brewery beers. The race is sponsored by the local brewery and they had brewed this beer to commemorate this being the 25th running of the Dentdale Run. All in all a great day in great company amid some of the most fantastic scenery this country has to offer. This is one of my favourite races and despite the tough course and long journey there and back I would recommend it to anyone.

Jill Stocks



Helen, Gary and Jill rehydrating after the run

Haworth Hobble - 14 March 2009

Me and Mario were the two intrepid (!) explorers doing the Haworth Hobble this year. This is a 32 mile "run" around the Haworth, Hebden Bridge/ Calderdale area so as you can imagine has some good hills in it (4400 feet of climbing!) and nice scenery. Most of it is off road but there is some hard surface stuff. Hobble is a very apt name for it and it takes you to a different sort of place endurance-wise. Having said this I thought it was a great event, several hundred people were running, walking or (mainly) a bit of a mixture and there was great support on the way. There were 9 check points of which several had refreshments like cups of tea and donuts! You get a good stew and a brew at the finish too. We got round in about 6 1/2 hours with one of us having a lot of cramp problems. I'd definitely recommend it and surely it must be good marathon training!

Martin Savage

East Hull 20 - 22 March 2009



I've heard stories about the East Hull 20, a lot of people have said to me this is the perfect race preparation for London, chock full of PB potential and as flat as a pancake to boot! Whoever said that hasn't run the last half mile! It may not be the biggest hill in the world but I nearly cried when it loomed into view. I mean come on, of all the places in a twenty mile race to put a hill, why would you put the only significant climb 350 yards from the end of the bleeding thing? I think they are a mean sadistic lot over of the east coast. Of course it was a good race and it is the perfect pre London race to test your legs and stamina. I may have been a little ambitious and ran the first half or so far too quickly (for which I paid for in the last 3-4 miles and now have really sore legs) but I still managed a PB of nearly 30mins which is amazing! Well done to the East Hull Harriers for organising a great race on a breezy yet lovely sunny late march morning and for giving out a very handy fluffy red towel as a race souvenir at the end. If you ever find yourselves training for a spring marathon you should definitely enter this race, it's the ultimate acid test. This is a mad, mad race all killer and no filler!

Matt Hooban

PBs and other worthy mentions

It's been a good month! **Helen Goldthorpe** got a pb at Dentdale (see report above) which is 14.2miles, of 2hrs 19 seconds which was a 3 minute improvement. **Jill Stocks** impressively managed to get 2 pbs in one weekend - a mile pb by 51 seconds of 7.41 and a 5 miles pb by 2 minutes of 47.19 at the South Leeds 5 the following day. At the East Hull 20 mile race - **Matt Hooban** got a whopping 30 minute pb of 2.57 and **Tony D** knocked approx 3 minutes off with 3.03. This race was also Patrick and Martin's first of this distance and both did very well - **Patrick** got round in 3.22 and **Martin** in 2.32. The Bradford 10k saw 6 members with new pbs - **Ed Richards** knocked a minute off his previous pb and got round in an incredible 35.05, **Kimberley** knocked 4 minutes off her time with 51.53, **Eleanor** knocked a minute off her time with 47.57, **Gary Carlisle** clocked 40.27, **Martin** got 42.10 and **Sam Ostermeyer**, although it was his first competitive 10k, managed to knock an incredible 11 minutes off his predicted time with 42.38, making him the highest points scorer in the Championship for this race. This was also the first 10k race for **Alex Saunders** who managed a very commendable 46.30, and on her birthday as well!

More Bradford 10k photos...



Photos (L-R): Sam, Ed and Graham all sprinting confidently towards the finish line, Eleanor and Alex at the start, Eleanor overtaking Peter in the final stretch!

All photos taken by Official Kirkstall Harriers Photographer of the Day, Rob Owen.

Kirkstall Harriers to be published?!

"Memories sweet memories!"

As you may have heard, there was a suggestion made at the AGM to possibly create a book to celebrate the 25th anniversary of Kirkstall Harriers running club, which is next year. The idea at the moment is to collect a series of 25 anecdotes and photos from club members and present the club history in full for the first time.

But to do this we need your help! If you have a great story to tell about a club event, local race, a great photo to share or just an especially good training run that you think other people would enjoy reading about please submit your memories to us at newsletter HQ or any committee member.

This will be a book for the club about the club, and most importantly written by the club, so please please take a trip down memory lane and let us know what you find, we cannot do this without you.

New Members

Please welcome to the club the following new members: Francis Morrell from Leeds 6 area, Dr Jonathan Reid from Kirkstall, Victoria or Tori Lethaby from Rawdon, Alan Wood from the Woodsides and claiming 100th member is Clare Chapman from Alwoodley. Our first new member for the 2009 and 2010 year is speedy Paul Miller from Armley, who did a very good time at the Bradford 10k.

Online Forum

The online message forum on the website is running well, and we really would like to encourage as many members as possible to utilise this social facility. I do occasionally feel like I am talking to myself on it (what's new?!), so do drop by to keep myself, Matt, Jill, Tom and Richard (the regulars) company!

We will always send out emails when there is important news that cannot wait until the next newsletter, however the forum has the potential to be a useful tool for discussions, ideas, arranging lifts to races and that sort of thing, especially for those members who are not able to attend training sessions regularly. Check it out and see what you think!

Club Noticeboard

For those of you who may not know, we have a club noticeboard which is meticulously and lovingly updated regularly with the latest news, photos, race results and more by Jill Stocks. It is located on the lower level of Kirkstall Leisure Centre, at the bottom of the stairs by the ladies changing rooms. Don't forget to check it out from time to time!

Request from Frank at LPSA

Frank, one of the members of the LPSA Club, is looking for people who have any books to donate. He is selling them to raise funds for the British Heart Foundation. If you have any books you would like to go to a good cause please drop them at the club for Frank's attention or let me know at club night or by email at stoxy78@hotmail.com. Thanks! Jill.

Hoodies / clothing

Anyone wanting to buy a hooded top are asked to contact Carol or at least pass a message on. The quality is very good Gildan or Fruit of the Loom and are available in various colours and depending on the order quantity are about £16, and come complete with the Harriers logo on. But I believe steps are afoot to come up with something suitable for summer for the ladies, and not bikinis and bras as someone suggested.

RUNNERS WORLD AWARDS 2009 - CLUB OF THE YEAR NOMINATION

A nomination for the Runners World club of the year award has been made on behalf of Kirkstall Harriers. With our 25th anniversary coming up at the end of the year it seemed the perfect time to make this nomination. The Harriers have a very good chance of doing well in this competition as the club is chock full of talented, enthusiastic runners of all levels. The membership has now surpassed the 100 mark and still growing. There is a very good balance between men and women, with the ladies often outshining the lads in the various leagues we participate in. As yet we do not know the outcome of this nomination but as soon as we do you'll be the first to know!

Matt Hooban

VETERAN OF THE YEAR NOMINATION

Bright spark Matt Hooban decided that nominating the club for RW club of the year was simply not enough and suggested we nominate Ian Brown for the Veterans Award. I was more than happy to put something together. Ian, and his wife Ann, have been great supporters of Kirkstall Harriers and running in general and on a personal level they have been great friends to me and Ian has helped me enormously in training and races.

Ian was presented with a framed copy of the nomination, signed by members, at the AGM in honour of his achievements and contribution to running.

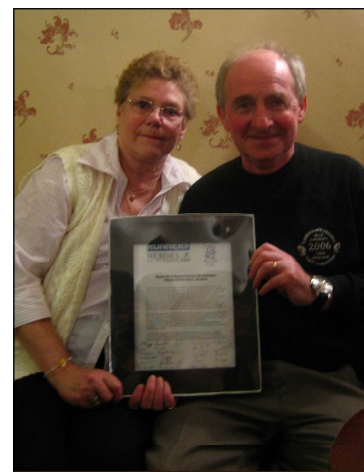
Award winners will be notified in the next couple of months so fingers crossed! Below is a copy of the nomination I put together for RW. I'll keep you informed as soon as I hear any news!

Jill Stocks

"Ian Brown was born in County Durham and has lived in Leeds for almost 30 years. He started running 24 years ago when he was 40 and has since taken part in many, many races. He has completed 156 half marathons, with a pb of 1:28, and 38 marathons, with a pb of 3:30:10. He has taken part in 12 London Marathons, his favourite race, as well as several ultra distance events, such as the Haworth Hobble, and several other challenge events, such as the Tour of Tameside, incorporating several races over 7 days. He also completed the National Three Peaks with a group of club members in just under 24 hours. In 24 years Ian has pulled out of only three races, all due to injury. It is thought that he has covered enough miles over the years to go twice round the world!

Ian has been married to Anne for 41 years. She has been to every one of his races with him and is a huge supporter of the sport herself. All of their holidays, with the exception of one, for the past 24 years have incorporated a race. He even ran the New York Marathon on their 25th wedding anniversary!

At Christmas Ian suffered a tragic ankle injury, leaving his running future uncertain, but he has not allowed it to get him down and has given himself new goals for his return. He has been a member of Kirkstall Harriers for many years now, providing support and friendship throughout that time. His commitment to and love of running is much admired and he is a well known and much loved member of the local running community. Long may he continue to be associated with our sport."



Marathon sponsorship

Kerry and Mark are running the Edinburgh Marathon at the end of May and are raising money for a charity local to Kerry's home in Sheffield. To sponsor them go to www.justgiving.com/kerryandmark

Newsletter Contributions

If you have any contributions for the next newsletter it would be really, really appreciated! Race reports, photos, anything you would like to share with other members, or if you would like to volunteer to be the subject of the next Member Profile, please email me at eleonor5446@hotmail.com Thank you!

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

