

Kirkstall Harriers Newsletter

No. 69 August 2009



News in brief

* Club Championship

We had 4 men and 3 ladies out at the 2nd of the Hyde Park 5k of the Championship on Sat 4th July. The last chance to compete in this race is 1st August if it's not already passed.

The next event is Weds 12th August at the club training session when we will incorporate the members meander handicap race. The route is the same as the Kirkstall Valley Trail race, but starting and finishing near the tennis courts in the Abbey Grounds. Can we please try to meet there at 6.50 for the slower runners to start (this includes Peter Hey also!!) As with all races and Championship events as per the rules, please can we request that club vests are worn on this night. If we have enough members turn up we are also hoping to take a group photo to go in the book we are creating to celebrate our 25 years. So please make the effort to come along to this if you can.

There will be a full update on the Championship in the September newsletter when we have the results of the final Hyde Park 5k and the handicap race on the 12th.

Entry forms for all remaining Club Championship events this year are now available – Horsforth 10k on 27th September, Woodland Challenge on 11th October and Thirsk 10 on 29th November.

* Kirkstall Festival

Our stall at the festival went down well and was a lot of fun to run so a massive thanks to Jill for arranging this. See page xxx for a full report on the day complete with photos!

* Next Social Dining Event - Tues 18th or Thurs 20th Aug

We are hoping to organise a meal out – possibly at Da Mario's on the Headrow

opposite the lights. They are currently doing a special deal – any pizza or pasta £5.99 Sunday to Thursday, but cannot guarantee those prices at the time of writing for mid August We cannot book until the beginning of August. We will advise you asap of the time and place, but will be trying for a Pizza Pasta rather than a curry. If you are interested please let us know.

* Kirkstall Valley Trail Race - Sunday 20th September

Preparations continue apace for our second annual trail race on Sunday 20th September. We urge all members to try and keep this date free as we will need as many helpers as possible! We will start to ask for names of marshals in August, so if you have a particular job or place on the route you would like to do, tell Matt Hooban or Peter Hey.

We are also happy to announce that this year we will be having a trophy for the first local runner home, the 'Stephen Blades Memorial Trophy', which will be kindly supplied by his mother, Edith, and will be awarded each year. We are also hoping to have some cheerleaders at the start this year and also a cake stall as last year. There are plenty of copies of the entry forms so if you know of anywhere where we could distribute them or if you will be at a race and would be able to hand some out there please get in touch and we can give you a supply.

* Ladies fit t-shirts

Jill, Eleanor and Helen T recently received delivery of the new fitted ladies t-shirts, as modelled in the photo (right). These are perfect for showing your support for the club during the summer and very reasonable value at £9. Please place your order with Carol, who as always can also supply a wide range of other club clothing also.

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Jill and Eleanor modelling the new t-shirts at the Kirkstall Festival

News in Brief continued...

* Club Flyers

We have recently acquired some rather snazzy club flyers. If you know of anywhere where we could distribute them, such as leisure centres or gyms for instance, please let us know and we can give you a supply.

* Leeds Half Marathon

Just to let members know we recently received a payment from the council in recognition of our club members who assisted at Leeds Half Marathon. They have also made a donation of the same

amount to the nominated charity, Andreas Gift. Many thanks once again to **Ian and Anne, Liz C-C, Francis K, Helen G, Dave W, Diane and Benjamin, and Alex Saunders.**

* Members Meander - Weds 12th August

This is an annual club handicap race where we start the slowest ones off first and the fastest last. The theory is we all cross the finish line together!! This year we are changing the route to the Kirkstall Valley Trail route, starting and finishing

near the tennis courts in the Abbey Grounds. So that we can all enjoy the buffet laid on afterwards at the LPSA, can we meet by the tennis courts at **6.50pm** so we can start the slower runners off early and possibly take a group photo beforehand. There will also be trophies for the 1st 3 members across the line. If you do not want to be part of the handicapping you can still run round the route, but will not qualify for the Club Championship. Club colours are essential or you may get docked some time!!!! See Club Championship on page 1 also.

Yorkshire Vets

At the half way stage – 5 races (Meanwood) the team positions are as follows:

Men – are 8th in all to count, 9th in 1st 4 to count and 9th in the rest to count. Not bad considering we only have 9 men in total, with about 4 or 5 at any one race, and there are 31 clubs in the league.

Ladies – are 7th in all to count and 7th in 1st 4 – Again a very good showing as we only have 5 ladies who have run so far, and there are 20 ladies teams in the league.

At the time of writing the results of the 6th and 7th race at Honley and Knavesmire are not known but we did have 4 lads and 3 lasses doing the new but even hillier Honley run.

The next race is Thursday Aug 20th at Starbeck nr Harrogate, which is relatively flat, with a 7.30 start. I suggest we meet at LPSA 6.20 for those wanting a lift or share transport. Full details can be found on the YVAA website.

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.

Individual placings are:

MEN

Over 40's

Stuart Reardon – 5th overall having run 4 races, with 43 in the age group

Over 45's

Richard T 12th o/all, 3 races, out of 52 in age group

Kevin B 15th, 3 races – a bit of internal competition here!!!

Chris Glover 25th, 2 races

Graham Curtis 26th 2 races – very close!

Gary Carlisle 37th, 1 race

Richard Hancock, 48th 1 race

Over 55's

Peter H 6th, 4 races

Over 60's

John Hutch 16th, 1 race, 24 in age group

LADIES

Over 35's

Collette 8th, 2 races

Over 40's

Bal 6th from 4 races – 24 in age group

Sheila King 13th from 2 races

Over 45's

Diane Shaw 17th 2 races, 30 in age group

Julie H 27th from 1 race

Leeds Country Way Teams

We currently trying to get enough names for 3 teams for this relay event on **Sunday 6th September**. We are therefore still taking names to complete the teams and also for reserves, as in experience there are always lots of last minute (literally!) injuries etc. Its also nice to have some back up on the day if anyone is available.

All legs need reccies. Please see Martin or Peter for any assistance, Mario is a good bet too. You will find a leg description on the Kippax Harriers website. Phone Martin 07967 642702 if you have any queries - the teams can be mixed up if need be but need confirming sooner rather than later. If you want to change partners etc please get in touch. You can also email Martin on: maritimesalvo@yahoo.co.uk

Mens:

- 1: Dave Spinks and John Hutchinson
- 2: Kevin Longmate + Sam O / Randolph
- 3: Martin Savage and Stuart Reardon
- 4: Mario and Kevin Blackhurst
- 5: Tim Foreman and Richard Thomas
- 6: Mark Vickers and Liam

Ladies:

- 1: Eleanor and Cassie
- 2: Alex and Helen Thorpe
- 3: Collette and Marion
- 4: Tori and Gemma? (TBC)
- 5: Tor and Sheila
- 6: Bal and Jill

Mixed:

- 1: Tony Downham and Matt Hooban
- 2: ?
- 3: ?
- 4: Peter Marshall and Irish John
- 5: ?
- 6: Patrick and Trish

Summer Relays

A huge thank you to Martin and Collette for organising the teams for the 3 summer relays last month. We had a fantastic turn out for all of these evening off-road relays on some challenging courses with a competitive field. Well done to all of you who took part, even those who just made it with 10 seconds to go before running! You all did the club proud, and for those who were doing them for the first time, hopefully you enjoyed the "friendly" competition and will be looking for other club events to take part in.

Danefield - 1st July: A tough course on Otley Chevin (especially that last hill) saw us with 5 teams out- winning the "club with most teams entered" category. There were 43 teams in total.

<u>Mens A: 13th</u>	<u>Mens B: 21st</u>	<u>Vets: 26th (7/12 vets)</u>
Paul Miller 23.02	Martin 23.18	Stuart R 23.56
Tim 22.52	Kevin Longmate 24.17	Kevin B 24.10
Matt Marsh 20:20	Richard T 23.34	Randolph 24.59

<u>Ladies A: 37th (7/12 ladies)</u>	<u>Ladies B: 43rd</u>
Helen Thorpe 27.32	Cassie 29.27
Alex 27.35	Collette 29.45
Sheila 27.16	Kimberley 28.50

Golden Acre Park - 8th July: Again we won the "most teams" category this time with 7 team entered (even though it was organised chaos at the start!). Out of 56 teams we got 2 in the top 20, with Matt Marsh getting the 2nd fastest leg time. See below for photos.

<u>Mens A: 9th</u>	<u>B: 19th (7/15 vets)</u>	<u>C: 26th</u>	<u>D: 33rd</u>
Paul Miller 17.37	Kevin B 18.06	Kevin L 18.25	Rob O 19.01
Matt 15.45	Richard 17.54	Sam O 18.14	Martin 18.39
Tim 17.42	Stuart 18.17	Tom K 19.33	Randolph 19.47

<u>Ladies A: 43rd (4/12 ladies)</u>	<u>Ladies B: 47th (7/12 ladies)</u>	<u>Mixed: 46th</u>
Helen T 20.54	Collette 24.26	Diane Shaw 23.52
Cassie 22.18	Kimberley 23.11	Bal 24.04
Sheila 20.26	Helen Thompson 21.47	Kevin B (again) 18.58

Washburn Relay - 17th July: We scraped together 3 teams for this relay (including nicking one bloke from Otley) which wasn't too bad seeing as it was persisting it down. Each leg was a bit different, running around the scenic Washburn valley near Otley- washed down with a pint at the Spite pub of course on the way home! There were 54 teams entered.

<u>A: 12th</u>	<u>B: 19th</u>	<u>C: 22nd</u>
Matt Marsh 18.29	Mario 22.37	Martin 21.40
Otley bloke 26.19*	Sam 28.11	Gary 29.20
Richard 21.43	Paul 20.20	Stuart 21.26

(*well done to this team for valiantly hanging in there after Matt set a blistering pace coming in second place - much to the horror of the bloke from Otley)



Thanks to Kimberley and Tom for these great photos from the Golden Acre Park Relay.

Kirkstall Festival - 11 July 2009

Following a conversation in the pub (well this is me you are talking about) with Kirkstall Valley Community Association Chairman John Liversedge, I was persuaded it would be a good idea to have a Harriers stall at Kirkstall Festival. I was promised it never rains at Kirkstall Festival. And he was right. Though Mario kindly brought the gazebo just in case! Kirkstall Festival is a great community event organised by the KVCA. With various local charity's and organisations represented it was only right that Kirkstall's own running club made their presence known.

It was an early start as myself and Peter picked up a table kindly lent to us by Pam at the LPSA. And then it was off to the Abbey to set up. Peter had brought his t-shirt collection- a t-shirt from every year of the 10k road race, which he hung up between the trees. I had painstakingly (?) put together a photo display which (I hope) covered the 24 and a bit years of the club.



A few days previous to the festival I had received an email from John suggesting we take part in the parade. I knew I would be able to talk round a couple of victims (sorry, volunteers) to assist me so that morning myself, Eleanor and Collette took the trusty banner and headed off to take part in the parade which covers a mile and a half circuit round Kirkstall and into the Abbey grounds and the festival. It was good fun and a bit like being back at school! In fact several schools take part in fancy dress and with banners, and there were also majorettes, cheerleaders and the local scooter club.



Back at the Abbey grounds the stall was manned by several volunteers during the day and several who also helped to take down and set up – Myself, Peter, Eleanor, Patrick, Cassie, Diane, Kevin and kids, Ian and Anne, Carol and Tony (and dog!), Martin and Gill, Tim and Mario. With plenty of volunteers there was also ample time to take turns to have a look round the festival

and take in all of the various activities which go on. Including the beer tent of course.

In terms of cold hard cash we raised just over £18 from the sale of books donated by members and £13 from the sale of t-shirts and a quiz, which is being donated to Wheatfields Hospice. We also had several enquiries about the club and even an entry for the trail race.

Having a stall at the festival and taking part in the parade was a great way of raising awareness of the club and letting everyone know who we are, what we do and how friendly and approachable we are. I'll book us in for next year!



Jill Stocks

New Members

Please welcome to the club the following new members – **Helen Hilton** from Kirkstall, **Helen Thompson** from Pudsey and **Adam Hanslip** from Headingley.

We now have 79 paid up members but we still have some members from last year who have not paid. There is a list of the paid up members for this year on the website. If your name is not on this list then please pass your payment onto a committee member, or send your cheque 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

There have been no PBs this month that we know of, however **Helen Goldthorpe** has been busy running some impressive long distance off-road races. She ran her first Ultra-marathon, the Osmotherley Phoenix which is 33 miles, followed 2 weeks later by The Moors the Merrier off-road marathon in Calderdale - see page 6 for her race reports on these. Well done Helen!

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

RACE REPORTS

Lune Valley and Howgills 10 mile - 2009

The long journey on the back roads to the start of this race in Sedbergh, in Yorkshire but near the border of Cumbria, was well worth the trip. The scenery was magnificent (see photos), the race was well organised and for a good cause, the local football team.

But boy, what a hard course! For those of you who have done Otley Ten Mile or Guy Fawkes 10, I can assure you this one is harder! As I ran round with a friend we both agreed that surely eventually there would come enough downhills to even out the killer ups but alas no! I eventually succumbed to a walk up a mountain at 7 miles and again a couple of miles later.



But we were greeted enthusiastically by the locals at the finish, where there was beer for a pound a bottle, a Mars Bar for all runners and a car boot sale for those who fancied a bargain. They also presented a spot prize of £60, given to a runner who's running number was picked at random from those who had taken part.

Sadly it wasn't me but I was consoled with a lovely pint in a pub in Sedbergh with some friends. We were also told the story of Polish Pete, a rather miserable barman, who apparently had made the front page of the local rag that week for refusing to serve a lady with a guide dog, with the comment "no dogs". Despite his protests that he didn't realise it was a guide dog a public apology was made! Certainly an interesting chap! And so it was off back to Leeds but I will certainly try and return next year. Don't expect a techie t-shirt at the end or a big shiny medal, but this is a very reasonable race in wonderful scenery with a good atmosphere. This year was the first running but hopefully it will run for many years to come.



Jill Stocks

Northumberland Coastal Run - 12th July 2009

As well as a fine excuse to make a trip up North to the homeland, the Coastal Run has some of the most beautiful scenery in the world.

The course runs from Beadnall to Alnmouth and runs along the coastal paths on road, sand and trail. It is a challenging run with a few nasty hills but well worth it for the views and the atmosphere. And this years run was no exception.



Myself and Helen G set off early to Alnmouth where runners are shuttled to the start at Alnmouth. It was a great opportunity for me to catch up on some sleep as the bus went round all the back roads to Beadnall. Once there I suddenly decided I was hungry after all. And felt a bit better after a cheese and onion slice and a can of Red Bull, the food of champions obviously! This was swiftly followed by some Immodium, just in case!

The first mile and a half or so is on the beach before heading off onto the roads and coastal paths. At about half way you pass through the lovely village of Craster (famous for its kippers) before heading back on to the beach for the last couple of miles. It is approximately 14 miles long but several with Garmins measured it at 13.3. It also depends whether the tide is in or out!



Runners were greeted at the finish by a very enthusiastic crowd on Alnmouth beach, though by this point I was in a bit too much pain to appreciate it as I might have done having suffered with my shins from about halfway, which had progressively got worse as I stubbornly (stupidly?) insisted on finishing. Nonetheless I knocked 7 minutes off my previous years' time and finished in 2:20. Then I struggled to the pub for the presentation and now traditional post run pint with some friends in the Red Lion.

I can't recommend this race highly enough and it is well worth the trip up to one of the most beautiful parts of the country.



Helen Goldthorpe pounding the sand...

Jill Stocks

RACE REPORTS

Osmotherley Phoenix + The Moors The Merrier, July 2009

At the start of July I ran the **Osmotherley Phoenix**, which had 17, 26 and 33 mile routes. You could choose on the day which you wanted to do, and even switch from one route to another mid way round, but I turned up determined to do the full 33 after the disappointment of missing out on the Edinburgh Marathon in May. It was a trail race, and by far the furthest I'd ever run. I also had a suspicion it was going to be hilly! With that in mind I decided on a fairly conservative strategy, walking a lot of the hills to make sure I finished, even if it was far from fast.

It was a gorgeous hot, sunny day, and the views were spectacular. Much of the route is on the Cleveland Way and whilst there are some rather challenging hills, for the most part the race goes along good, wide, well maintained, and well signposted trails with the only challenging part navigationally coming shortly after the 26 mile route left the 33 mile route. A bit of map consultation slowed me down, but I made it round without incident and finished the 33 miles in 8:04. As the race was part of the UK Ultra Championships series there were some quality runners who finished well ahead of me, but I was just pleased to finish well inside the cut off.

I had a fantastic time and would recommend it to anyone who fancies something a bit different. Because it was also part of the "Osmotherley Summer Games" if you finished fast enough you could also take part in the welly throwing and the yard of ale!

Two weeks later I did **The Moors The Merrier**, an off road marathon (with a 21 mile shorter option) which started in Mytholmroyd, and which covered about 2 miles of the same route as Widdop. This was a Long Distance Walkers Association event but they were more than welcoming to runners. I'd done a fell race along part of the route on the Wednesday before, and knowing that it was already boggy up there I watched in horror as huge quantities of rain fell on the Friday.

It was a huge contrast to Osmotherley. It was wet and windy, the ground was saturated, and it used paths that were barely visible across the moors. When the instructions said to follow a faint path alongside a stream it was sometimes hard to tell which was the path and which was the stream, and I'm sure I picked the wrong one on a couple of occasions judging by the soaking my feet got. Picking out the paths across the heather sometimes required careful use of a compass to pick the right bearing, and there were long spells where there was no-one in sight to follow.

I managed to fall into, in no particular order, gorse bushes, long grass, a cattle grid, and several knee deep (or deeper!) puddles. As an idea of just how tough it was, I was only the 2nd lady to finish the long route despite it taking me nearly 8 hours to cover 26.8 miles and stopping for sandwiches and cake at half way!

All photos from the Osmotherley Phoenix

Helen Goldthorpe



Upcoming Races for your diaries...

- * August 31st – Spofforth Gala Trail Race (10k)
 - * September 13th – Fleetwood Marathon and Half Marathon, Wetherby 10k, Selby Striders Wistow 10, Yorkshireman off road marathon and half marathon, Para's 10 at Catterick Garrison
 - * September 27th – Horsforth 10k (Club Championship event)
 - * October 4th – Harewood 10 mile
 - * October 11th – Woodland Challenge (Club Championship event)
 - * October 18th – Bridlington Half Marathon
 - * November 1st – Guy Fawkes 10 mile, Hell Up North, Cheshire
 - * November 29th – Thirsk 10 Mile (Club Championship event)
- Enter online or for more details at ukresults.net or runnersworld.co.uk.

Member Profile - Helen Goldthorpe



Name: Helen Goldthorpe

Age: 31

Occupation: Solicitor

Helen grew up near Stratford, moved to Knaresborough with her family when she was 17, went to University in Manchester, and eventually moved to Leeds almost 6 years ago. She spends a lot of time in sunnier climates too...

When did you start running, and why?

The simple answer is that I started running to lose weight, but sometimes I wonder whether it was more that I started losing weight because I wanted to run. I always wanted to give it a try but didn't know where to start. One day I decided to give it a go, started building up slowly, and the weight came off as my running took hold. My first couple of races were charity ones and I was

surprised how much I enjoyed them, which inspired me to find new races to target and train for. At my lowest weight I'd lost 8 stone, but since then I've put some back on as I've settled into a happy balance between enjoying



myself a bit more while still keeping my weight vaguely in check!

When, and why, did you join Kirkstall Harriers?

I joined in October 2006 mainly because it was my first winter of running outdoors and I didn't want to run on my own in the dark. I

thought joining a club would keep getting me out there until the nights got lighter - and it worked.

What are your greatest running achievements?

Two spring to mind. Firstly, there was my marathon PB of 3:44 at Edinburgh last year. Running the London Marathon was always one of my dreams, and when I first looked into it seriously I realised that my half marathon times were fast enough to give me at least a hope of shooting for a Good for Age time and guaranteed entry. I actually got into London last year on a club place so had at least run London, but I was still gutted when I fell just short with 3:48 so I entered Edinburgh which was 5 or 6 weeks later with the sole aim of getting the sub 3:45 qualifying time I needed. I just about sneaked into the finish in time. It took the pain out of turning 30 a few days later too!

The other big achievement was running the New York Marathon with a severely disabled friend. He has a total spine injury and is paralysed from the neck down. To get him round the marathon it took a lot of pleading with the organisers to let us run, 6 support runners, 2 people on bikes carrying medical equipment and a wheelchair mechanic with spare batteries for the chair and his ventilator. The mechanic ended up having to get a rickshaw backwards down the course to rescue us when we needed a battery change earlier than planned after misjudging how long the wait for the start would be. Because of the battery problems we needed to push the chair for a long way - my parents complained that you can't see me on the finish photo because I'm right behind the chair pushing it over the line.

What are your motivations for running?

Mainly because I enjoy it. I still have one eye on my weight, but if I didn't enjoy running that alone wouldn't be enough to motivate myself to do it. I enjoy meeting new people through running. I've made some great friends since I took it up, and races can be a great excuse to meet up with them. I've recently discovered that I quite enjoy long off road events, even if I do them hideously slowly, so I'm enjoying getting out and exploring new places.

What are your favourite running related memories?

Crossing the line with Matt at New York, and winning a few of the parkrun 5ks when it was first set up and people hadn't discovered it yet - having someone call out "first lady" as I ap-

proached the finish put a huge smile on my face!

What are your worst running related memories?

Otley 10, every time I do it. If I sign up for it you can guarantee that it will be pouring with rain and I've never quite managed to get my eating right during the day before evening races, meaning there have been some rather uncomfortable moments! Other than that, the worst would probably be planning to run Edinburgh marathon this year on my birthday and waking up the morning before with the start of a bug, travelling up there anyway and spending the whole night before the race awake with a temperature and a throat like sandpaper. I was absolutely gutted to have to pull out of one of my favourite races so close to the start. My boss is convinced it was swine flu, although by the time I got home it was improving so I never got to the doctors to find out.

Why are you always jetting off to the Canary Islands?!

My parents live in Gran Canaria and I often turn out for races there. Racing in Spain is a very different experience to racing in the UK - quite often entry is free and you enter on the day, and two of the races I've done have had separate mens and womens races over different distances. I'm planning to do the first Gran Canaria marathon next year (although I've since discovered there are a couple of trail marathons over there too which also look interesting). I even picked up a trophy in a 3k race last Christmas which led to the bloke with the mike getting flustered as he tried to pronounce my name and club!



Photos: Helen running the London Marathon 2008, as a Sexy Santa at our annual Christmas Lights run, and after winning a trophy at a Gran Canaria race.

Moments of Glory - and some not so glorious!

Continuing in our preparations for our '25 years of Kirkstall Harriers' type book for next year's anniversary, Peter managed to dig out the below photo from the Stoke Marathon 1993, in 'Leeds Postal Harriers' t-shirts before the club became Kirkstall Harriers. How many of these fresh young faces do you recognise?!



Special Announcement

On their recent Holiday to Istanbul Matt Hooban and his long suffering running widow of a partner Leann Young (many of the regular race going Harriers will know her as the really loud cheering one!), have got engaged to be married. As it was a total surprise on Matt's part, plans and dates are far from sorted but rest assured there will be an engagement party just as soon as they get round to organising it! Congratulations to them both.

Upcoming Social Events

- * Thursday 6th August – **Hash Run** from the West End House led by Maurice
- * Wednesday 12th August – Members running of the **Kirkstall Valley Trail Race** (Club Championship event) at 6.50pm followed by buffet in the LPSA
- * Sunday 20th September - Post Trail Race drinkies in the LPSA

And **COMING SOON!** (or whenever the Social Secretary gets organised!)

- * Pub crawl in Otley!
- * Trip to the Races!
- * Bunkhouse Weekend!
- * Members and Family Picnic at Kirkstall Abbey!
- * Bowling Night!
- * Ladies Bingo Night!

For more info on any events or to suggest a social event please contact Jill at stoxy78@hotmail.com.



August Birthdays

Happy Birthday to the following members this month:

- * **Andy Brown** * **Stuart Reardon** * **Neal Shotter** * **Joanna Amos** * **Amanda Burd** * **Suzie Flexer**
* **Laura Mayo** * **Diane Shaw** * **Gemma Smith**

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

