



# Kirkstall Harriers Newsletter

No. 73 December 2009



## News in brief

### \* Club Championship

The first Kirkstall Harriers Club Championship has drawn to a close! Well done to those who made the final race, Thirsk 10, and thanks to everyone who has taken part in any of the races during the year. See page 3 for the final league table, and details of the races selected for the 2010 Championship.

### \* 'Santa's Chilly City Saunter' AKA Christmas Lights Run

We are doing the annual Christmas lights run into town and back on Tues 8<sup>th</sup> Dec, from the LPSA club, NOT the Leisure Centre as there will be too many due to Horsforth joining us for a 7.30 start. A free buffet (**but donations welcomed!**) will follow afterwards in the concert room. Again, and for the benefit of our newer members, this will be an opportunity to dress up in anything resembling Father Christmas or some other festive figure. Let's hope anything too revealing from the ladies (or men) will not result in any bus running into the back of a car as in years past...

### \* Winter Time Trial #1

The first time trial of 2009/10 saw 12 runners "keen" to test their speed over the hilly 3 mile route, including 2 faces back after a while - **Kimberley** after her altitude training up Kilimanjaro, and **Helen Goldthorpe** after her many ultra runs on and off road. We also had 2 new faces to the event, **Amy** and **Phil**. The weather was also on our side as the heavy rain of the day had stopped, and hopefully there were not too many puddles along the way round

Taking away the fastest and slowest time (even if only to make it look better) there was only 2 minutes and 25 secs separating the 9 runners. The first 3 across the line was **Sam Ostermeyer** in a run time of 18.59, **Richard Hancock** in 24.31, and **Patrick** in 25.41. Coming in at the back end for the booby prize was **Jenny Aitchison** who just had a bad night. Please see the table of results on the website.

### \* PECO XC

Well done to all those who turned out for the first of 5 races at Golden Acre Park. Only 20 out of a membership of 95 ran

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## Key Dates for your diary

Sat 5th December - PECO XC, Horsforth Hall Park  
 Sun 6th December - West Yorks XC, Nunroyd Park, Guiseley  
 Tues 8th December - Christmas Lights Run with Horsforth Harriers  
 Thurs 17th December - Christmas Do, West End  
 Mon 21st December - Christmas Fuddle, LPSA  
 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)

which is disappointing, especially as these are club events and there is some "friendly" rivalry between clubs – and a lot of pride at stake. Let's have more of you at the next event on **Sat 5th Dec** at Horsforth Hall Park. Please see page 4 for more details.

### \* West Yorkshire XC

The date for the last race is **Sunday Dec 6th** at Nunroyd Park, Guiselsy. If you are available to run please let Martin or Peter know asap. Please note **this is the day after the PECO XC**. The ladies races are due to start about 1.45, with the men starting about 2.15. If you are not running but are free that day it would be nice for you to support our club runners especially as it is a local venue.



## News in Brief continued...

### \* Christmas Do - Thurs 17th December

Very few places remain for the Christmas do at the West End on Thursday Dec 17<sup>th</sup>. To book one of the final places please email [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com) as soon as possible.

### \* Christmas Fuddle - Mon 21st December after training

We will be holding our annual Christmas Fuddle on the 21<sup>st</sup> this year when we will also be announcing who has been awarded the club places for the 2010 London Marathon! A fuddle basically means that we all bring along some sort of buffet type food (Bal usually brings homemade bhajis and while others cop out and buy flapjacks from Morrisons!). Sandwiches, quiche or sweet stuff is all welcome. It will take place after the club run in the LPSA Club.

### \* 25th Anniversary Presentation Evening

Just a quick update! The Presentation evening will take place on **Friday March 5th** in the LPSA Club concert room. You will shortly be receiving an invite to the evening via email with details of ticket cost and how to book your place once final arrangements have been made. If you would like to help in some way please email [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com).

### \* Leeds Half Marathon

The Leeds Half Marathon 2010 will take place on **May 9th 2010**. Online entries are already available at [www.runnersworld.co.uk](http://www.runnersworld.co.uk) and paper entry forms will be available soon.

### \* National Cross Country 2010

The National Cross Country Competition will next year take place at Roundhay Park in Leeds on **Saturday February 27th 2010 at 11am**. We have been asked to provide a team of marshals to set up and marshal part of the course. We are also hoping to put a team in but it will be possible to both run and marshal at the event. We need as many volunteers as possible to make the event a success so please bear the date in mind and to volunteer your services now email [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com).

### \* Abbey Dash Support Crew

Thanks to **Diane, Matt H, Tom and Bal** who helped me to cheer on the Abbey Dash Runners outside Kirkstall Leisure Centre. Despite the cold we all managed to remain enthusiastic for long enough to see almost all the participants through and saw some excellent running from those taking part.

Jill Stocks

### \* Treadmill Trot Monies

Please could anyone owing sponsorship monies for the Treadmill Trot to post it to Diane at:

Diane Shaw, Network Rail, Leeds City Station, New Station Street, Leeds LS1 4DY

The event raised £4,500 for Sue Ryder Care which is brilliant, but would be even better if we could help make it up to £5,000. Thanks again to everyone who took part.

### \* A Special Birthday!

We mentioned that **Dave Spink** celebrated a birthday last month. But what he sneakily kept to himself was the fact that it was actually his 50<sup>th</sup> Birthday!! Congratulations Dave!!!

### \* New Arrival!

We are delighted to announce that **Liz Covey-Crump** gave birth to Anthony Alexander Fowler, weighing 7lb 9oz on 29th November. Mother, Father and Baby all doing well - Congratulations!



*Jill, Diane and Tom supporting at the Abbey Dash outside KLC. Photo taken by Matt H.*

## Yorkshire Vets

The last race at Spen saw 5 Kirkstall men and 3 ladies running over some very muddy conditions. The final positions after 10 races are ladies 7<sup>th</sup> overall out of 25 clubs in All to Count and First 4 to Count, they never had sufficient runners to qualify in Rest to Count. The men are 9<sup>th</sup> in All to Count, 8<sup>th</sup> in First 4 to Count, and 9<sup>th</sup> in Rest to Count, out of 34 clubs taking part.

Individually, Collette is 9<sup>th</sup> in her age group having done 3 races, Sheila is 7<sup>th</sup> from 6 races and Bal 9<sup>th</sup> having done 8 races, Diane Shaw 14<sup>th</sup> from 4, and Julie H 21<sup>st</sup> from 2. In the men Stuart Reardon is 12<sup>th</sup> from 6<sup>th</sup> races Richard T 8<sup>th</sup> from 8 races and Kevin B 9<sup>th</sup> also from 8 races. Chris Glover 28<sup>th</sup> from 3 races, Graham Curtis 34<sup>th</sup> from 2, Gary Carlisle 52<sup>nd</sup> having only done 1 likewise Richard H 61<sup>st</sup> from 1 race. Peter H is 7<sup>th</sup> from 9 races, Patrick 32<sup>nd</sup> from 2 and finally John H 20<sup>th</sup> from 1 race. It is the best 7 scores that count in total and you must do 7 races to qualify for prizes.

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 for 2010. The first race is usually end of Jan/early Feb, at Horsforth Hall Park. Full details can be found on the yvaa website or see January newsletter if details are available by then.



Well done to those who braved the weather for our final club championship race - Thirsk 10. This was chosen for being a flat 10 mile race and good for PBs, of which we know of 2 - Diane Shaw and Collette Spencer. Due to frantically trying to get the newsletter ready for 1st December we do not have any race reports or photos from Thirsk but needless to say despite the PB-potential of the course unfortunately it did not sound like the most popular race of the championship...

Read on below for the overall championship results, and the announcement of the races to be included in the 2010 championship.

### Club Championship 2009 Results!



#### Club Championship 2009

##### Overall League after all 10 races

Position	Name	Points
1	Sam Ostermeyer	77
2	Rob Owen	62
3	Jill Stocks	60
4	John Hutchinson	58
5	Eleanor Franks	54
6	Neal Shotter	47
7	David Spink	46
8	Peter Hey	42
8	Sheila King	42
10	Collette Spencer	41

#### Congratulations to **SAM OSTERMEYER**

who has become our first ever WINNER of the Kisktall Harriers Club Championship with a stunning score of 77. After a long battle for 2nd place, **ROB OWEN** scooped this with 62 points, just beating rival **JILL STOCKS** who came 3rd with 60 points.

We'd also like to mention **Patrick Nesden**, who completed 9 out of the 10 races, as did **Jill Stocks**. Patrick was just tipped out of the top 10 in the final race by Collette.

We hope to have the full table of results available on the website shortly. We are delighted to note that **71** club members took part in at least 1 race over the year, with many of you completing several races.

#### Race #10 - Thirsk 10

##### Points Awarded

Position	Name	Points
1	Dave Spink	15
2	Diane Shaw	14
3	Collette Spencer	13
4	John Hutchinson	12
5	Pat Shepherd	11
6	Jill Stocks	10
7	Alex Saunders	9
8	Rob Owen	8
9	Patrick Nesden	7
10	Isaac Dell	6
11	Liam Mealey	5
12	Peter Hey	4
13	Bent Holm	2
14	Julie Hustwit	2

### Club Championship 2010 Races

Many thanks to all those who took the time to feed back on the 2009 races and made suggestions for races to try in 2010. We have switched a few races as you will see, but once again at the end of 2010 we will review all the races and potentially change them again to try some new ones. The most popular races of year without doubt were Liversedge Half Marathon, Leeds Half Marathon and Otley 10 mile, with requests for fewer 10k races and more 10 mile races.

As well as the 10 races listed opposite, 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 - Sat 27th November 2010 and your best time of the year will count.

We are also introducing a 'Marathon Bonus' as a way of recognising the hard work and achievement of those who decide to take on this challenge and who may miss shorter races due to their marathon training. Full details of this, and the slightly revised Championship rules, will be announced in the January newsletter so please look out for this in the new year.

#### Club Championship 2010 Races

(dates subject to change)

FEB 14th: Liversedge Half Marathon

MAR 7th: Eccleshill PECO (4-5mile)

APR 4th: Guiseley Gallop 10k

MAY 3rd: Rothwell 10k

MAY 9th: Leeds Half Marathon

JUN 9th: Otley 10 mile

JUL 11th: Eccup 10 mile

AUG: Members Meander club handicap race (7.1 miles - date tbc)

OCT 3rd: Harewood 10mile

NOV 20th: Harriers V Cyclists (6 miles)





## PECO Cross Country

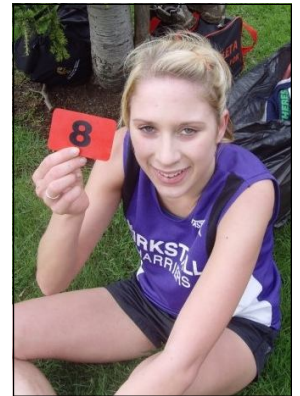
Well done again to all those who turned out for the first of 5 races at Golden Acre Park.

The ladies came 4th in the Premier league with 142 points behind Abbey, Horsforth and Ilkley. Alex led the ladies home in a brilliant 8th place, with Rachel 22, Sheila 28, Rhian 30 and Alyson 54 scoring, supported by Carol, Bal and Jill Stocks.

The men came 1st in the 1st division – and we need to stay there to be promoted, with the welcome return of Peter Branney 15th place, Gary 68, Malcolm 73, Richard T 75, Martin 76, Stuart 82, John H (over 60!!) 93, and Chris Glover 107 scoring, with Randolph, Peter H, Richard H, and Neal supporting.

9 of those above are rarely seen at training – so where were all you others?!

We even had 2 juniors taking part, Aston Reardon coming 2nd in his age group, and Lloyd King making his debut finished 5th in his age group. Thanks to Alex and Bent for the photos below.



Photos - Leading man home Peter Branney, Martin Savage, Team Kirkstall complete with Sheila's dog and Jill Camm our pregnant supporter, Alex with her '8' card, Rhiann, Alex, Sheila and Bal all looking happy (was this at the start perhaps?!), Rachel Pilling, our 2nd lady home.

### NEXT RACE – SAT 5TH DEC – HORSFORTH HALL PARK

We know already that we will be at least 2 down from the 1st race due to Saturday working so we really do need as many as possible turning up for this one. Due to the number of clubs and runners taking part – over 250 at Golden Acre Park - we are helping Horsforth with the marshaling and post race catering.

**This is the day before the West Yorkshires at Guiseley so if anyone wants to do the West Yorkshire but not the PECO, maybe they can help marshal the PECO.. But at the same time we do not want to lose too many fast runners as we don't want to miss out on promotion for the men!!**

### MARSHALS

We need 8 marshals so hopefully those who have a good excuse for not running can assist with marshaling, which will leave more members free to run. Alternatively, if you have a relative or friend who can help out on the day, this would be appreciated. Please let Peter Hey know in good time if you are marshaling.

### CATERING

We also need to supply some buns/cakes and sandwiches, most of which has already been organized but we may need some last minute volunteers. Any costs will be re-imbursed if you keep your receipts.

For the above reasons can we please meet at the cricket pavilion in Horsforth Hall Park at 9.00, or LPSA at 8.45 for those wanting lifts. There will be very limited parking so can we share cars wherever possible.

The junior races start at 10.00am and the senior races at 11.00am, but the senior runners can help marshal the juniors. This will enable the marshals for the senior race not to stand around too long, especially if the weather is cold or wet – or both!

The other 3 races are still Sun 17th Jan Ilkley, 31st Jan at John Smeaton Cross Gates, and 7th March at Idle.



## Northern / 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 still say that we were in it! If you fancy running in this prestigious event please let Martin, Collette or Peter know. We need 6 men and 4 women. The race distance is about 6 mile for men and 4 for the ladies. To enter the National we must enter a team in the Northern – even if we do not turn up. This year the Northern 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.

**MARSHALS FOR THE NATIONALS** – As a club we are committed to providing some marshals for some of the course. We need as many volunteers as possible, and it should be possible to both run and marshal. It starts early – about 8.00 am in marking out the course, and continues throughout the day until about 4.00 when the course is cleared. If you cannot run, or would like to marshal and run, or can only do a couple of hours – 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 successfully, then the whole event will be a success.

## 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](http://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

## Post Dash Hash - 22nd November

Several hardy Harriers took part in an "official" Yorkshire Hash House Harriers hash run after supporting or running the Abbey Dash from the White Horse on Armley Town Street. Maurice and our hashing friend Martin (aka Cheesey Grin) assisted by Neal laid the trail, with a shorter option and a longer option for those who had or hadn't already taken part in the Dash that morning. This hash is an annual event after the Abbey Dash. We all had a great time with some very friendly people and some beer and laughter. Neal won a rather fetching purple waterproof in the raffle. Though unfortunately we found out the next week as we made our way through horrendous weather in the Dales that the jacket was not in fact waterproof after all! The next big Yorkshire Hash is the Christmas Extravaganza from the Grove in Holbeck on **Monday December 14<sup>th</sup>** at 7.30pm. Anyone is welcome to join in a hash run. For more details please visit [www.yh3.org](http://www.yh3.org).



Photos: Two of our newer members Sam Carroll (left) and Isaac Dell (right) running the Abbey Dash on 22nd November.

Sam and Isaac ran 42.02 and 53.42 respectively, so well done to them and everyone else who ran as we had very good results all round.

Our photographer for the day Matt Hooban did take photos of more of you but due to some being less than flattering we thought we would not print all of them!!!





## RACE REPORTS

### Hell Up North, Delamere Forest - 1st November 2009

The first challenge of the day was to get out from under the duvet at 6am, as the wind howled and the rain poured. The second challenge was to find Stuart in Wortley, which we did eventually but not before he got thoroughly soaked. The third challenge was for Bal to try and motivate me and convince me that the day was going to be fun, which she did manage, eventually. Bal very kindly drove myself, Kev and Stuart to the Delamere Forest in Cheshire where the event was held. All the way there the rain continued, making me feel very, very worried about the depths of the 'Bog of Doom'. As if by magic when we pulled up into the car park the rain stopped, (if there is a Rain God, thank you). We walked to the start of the event which is a probably about a mile from the carpark, it was still cold and windy but bearable. At the start of the event we met Sam.

The race started 10 minutes late due to a queue for the baggage tent. After the initial climb up quite a long steep hill, we dropped down onto the forest tracks, where I heard some one shouting 'come on Kirkstall Harriers' this was Sam's father, which I thought was great. The sun came out and the occasional gust of wind was blowing the pine needles off the trees which gave the forest a magical quality. Just as I was thinking how much I was enjoying the race the first bog appeared, wading waist deep in a bog was a very scary experience for me. All I can say was the course from then on was very muddy, undulating and challenging. When I hit the big bog I knew that I was near to the end and I was really, really happy to be in that bog, in fact I've never been happier. And just to finish it off the last half a mile was up hill and then a final descent to the end. The goody bag was choc full. I would class the event more of a challenge than a race. Would I do it again? Probably not but everyone should do it at least once just for the experience. It certainly was what the label stated 'Hell Up North'.

Diane Shaw



I can't remember exactly when I finally took the plunge and entered Hell Up North, but it was fairly early on in the year, and after hearing people's reports from the 2008 race, it was something I looked forward to with anticipation, but also wearily. So when I was woken up at 6am by the wind lashing the rain against my bedroom window, the eagerness had somewhat disappeared, and I wanted to sink further under my duvet! Alas, I forced myself out of bed, into the shower, and quickly put on my running gear (and waterproofs.)

It rained all the way to Delamere forest, and it was still raining as we made the kilometre walk to the start line, but as we approached the start the weather actually picked up a bit. By the time it actually came to lining up for the start, I believe the sun had actually come out!

I lined up with Stuart, and I was hoping to use him as a pace marker as I was aiming for around the same time as him, but as we ran up the first (large) hill right at the start, I had lost him in my eagerness, and it was pretty much single file up the track, so I thought I'd just keep going and see what happened. Running down this hill, people began to fly past me, but I wasn't concerned as I

thought I was too far forward in the field anyway! However, after the hill, people seemed to stop overtaking, as people settled into early race pace. From here on in it was running on tracks and then up and down through woods for the first 5 miles or so – part of this was running on a thick layer of pine needles which was a strange experience, kind of like running on marshmallow I imagine! The water stop was meant to be at half way, but as I approached this at around 30 minutes, I knew something was amiss. I felt good though, and still I held my race position as I tackled the first bog. I managed this fairly well, only losing one leg in the mud up to my knee, but the guy behind me completely misjudged it and fell face first into it, which was quite interesting to watch! Then it was more up and down, back through marshmallow woods and onto the 'hills of hell.' Hills was quite a kind name in retrospect, some of them were pretty much vertical rock faces with a weekends rain on them!

Thankfully I had made a journey to sportsshoes a few months before to purchase some trails shoes, and these really helped. I passed quite a few up these hills, as I was still running, amazingly! This deteriorated a lot at around 10-11 miles though, and became a plod until I reached a flat. Just when I was thinking that I could not carry on, I heard the crowd at the infamous 'bog of doom'. Now this was interesting... I don't think I've ever been chest height in a muddy river before. Running was not an option, rather wading or simply falling over were the only options! The cold water certainly woke me up anyway, and refreshed my muscles a bit, whilst providing entertainment for the crowd! I stumbled out eventually, and then it was the final half mile to the end, up more hills, and thankfully over the finish line. I had aimed for under 1.45, and I came home in 1.41.02, which I was delighted with. Even more so, when I discovered the day after that I had come 66th overall!

Hell Up North was great fun, and certainly worth having dirty feet for weeks after! I shall definitely be returning next year, and I am even thinking about doing Hell Down South. Join Me!



Sam Ostermeyer



## RACE REPORTS

### Guy Fawkes 10 - 1st November 2009

The weather is usually pretty bad for this race and this year was no exception! As myself and Eleanor sat in the car listening to the pouring rain we gave serious consideration to opting out altogether! We dived out of the car and ran the short distance to the start which was inevitably delayed thanks to the number 36 bus as it is every year. The race itself is very hilly and very well organised, even with a chap dressed as Guy Fawkes en route. It is usually a sell-out and attracts a wide variety of different types of runners. The weather was persistently poor all the way round but I had a good run and for the third year running I ran all the way, even up the Birstwith Brute which comes at about 4 ½ miles. It is a real killer of a hill, voted one of the worst in the country in Runners World, though those of us who have climbed up Trooper Lane could say it's definitely not *the* worst. Anyway I managed to shuffle up and then you are rewarded with some much kinder ground but with more uphill to come. The finish is up a hill too before you turn into the grounds of Ripley Castle to be handsomely rewarded with a good quality and very wearable t-shirt, and a goodie bag bursting with stuff! This years included a jar of coffee, big bars of chocolate and sweets of all descriptions! We headed back to the car pretty quick and made our way home for a nice hot bath. A great race, just a shame about the weather!!

Jill Stocks

### Newcastle Town Moor Marathon - 22nd November 2009

I wasn't sure what to expect from the first running of this 5 lap race across Newcastle's Town Moor. I had been talked into it by a friend who subsequently pulled out and with only 100 runners (actually only 90 finished) I knew it was likely to be a tough and potentially lonely race, as I much prefer the big city marathons where you always have company and plenty of crowds cheering you on. I'd also never done a race with so many laps.

Luckily my parents came up from London to watch me and my boyfriend's family all live in Newcastle so I had plenty of supporters, and the laps and twisty nature of the course meant they were able to see me 3 times per lap, so 15 times in total!

I started too fast which is a familiar story for me, but I think part of it was trying to keep up with a friend so that I would have company.. we stayed together until about 15 miles and finally I let him go ahead. I had already had to stop once and catch him up at 8 miles when a blister started developing on my right foot and I had to take my shoe off to adjust the strapping I use (why do these things never happen in training?!).

The worst parts of the course were the muddy uphill section and the mile-long drag right across the centre of the moor into the wind, which seemed to get worse each lap. The lowest point of the race for me was going across this part on lap 4, totally alone, feeling like I was not even moving forward into the wind, and then the rain started again and I got really cold. I wanted so much to burst into tears and ask for a hug from the next

person I saw!! But I ploughed on, and between 20 – 22 miles had 2 nice surprises as first my boyfriend decided to run half a mile of a very lonely stretch with me, and then another friend who was spectating at the start/finish of each lap also decided to run a mile leading into the final lap with me.. all I could find the energy to blurt out by this stage was *"I don't want to do another lap!!"*. I also had the lap counter accidentally tell me I still had 2 laps left at this point and I think if looks could kill he certainly knew how I felt about this simple mistake even though he realised straight away and hastily corrected himself.

I was hoping to sneak under 4 hours and was still on target at 20 miles but knew I was getting slower, paying as always for the mistake of setting off a little ambitiously at 3.50 pace. As I approached the muddy hill half way round the course for the final time I promised myself I would let myself walk up it just this once for a break, but when I got there and started to walk I realised this hurt just as much, if not more, than running! So I got my head down and ran the whole thing yet again, literally crying out in pain by this time! At the top of the hill a girl came flying up behind me much to my astonishment, and it turned out she and the other lady not far ahead of me were in 5<sup>th</sup> and 6<sup>th</sup> place so it was a nice surprise to come 7<sup>th</sup> even though my finish time of 4.06.29 was not what I had hoped for.

Despite the slightly depressing nature of running round this twisting, seemingly endless course with several sharp turns in the mud and a pretty nasty hill, there were some real plus points. Some really friendly marshals would recognise you from previous laps and were really really encouraging... one even ran a few metres with me in both the 4<sup>th</sup> and 5<sup>th</sup> laps shouting at me to stay strong and dig in, and another who you passed twice on each lap always recognised me would offer me drinks, bananas, gels etc. Even when running alone I would often see other runners I knew or just recognised from earlier in the race when the course doubled back on itself and we'd wave or shout to one another, creating a real sense of camaraderie and reminding me that I wasn't the only one on this horrid long journey! A wonderfully friendly and very personalised marathon experience although I may stick to the safety of nice big city flat road marathons in future...

Eleanor Franks



## Member Profile - Tom Keeber



**Name:** Tom Keeber

**Age:** 29

**Occupation:** Software Engineer

Tom is out techi-man and manages the Kirkstall Harriers website. Originally from Leicester, he has also lived in Sheffield where he went to University, and Halifax, and moved to Leeds 4 years ago.

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

While living in Halifax, I found myself putting on a lot of weight, and decided to do something about it. I was never a huge fan of

running growing up. But decided to give it ago and soon got the bug!

### **When / why did you join Kirkstall Harriers?**

I joined in June 2006. I was really looking for something different and more social than going to the gym. I'd thought about running with a club for a long time, and finally got around to joining the Harriers.

### **What are your motivations for running?**

I spend 8 hours a day in front of a computer, so I enjoy anything which involves me keeping fit and gets me outdoors. I'm also very competitive, love racing and pushing myself!

### **What are you greatest running achievements?**

Completing the Leicester Marathon and getting a sub 40 minute 10Km time.

### **What are your best running related memories?**

Having my parents there watch me complete an Iron-man 70.3 last summer and attempting to 'chat-up'

my girlfriend (fellow harrier) Kimberley by, amongst over things, making fun over her Santa cape!

### **What are your worst running related memories?**

Any which involves me thinking I've not done my best and could have gone faster. The Huddersfield 10km early this year springs to mine. And, of course, being injured!

### **Any words of wisdom for your fellow harriers?**

Your legs will do as they're told, so keep them going. Have a goal, focus, and get there.



*Photos: Tom ready in wetsuit for his Ironman 70.3 race, and nursing sore feet after the Leicester Marathon 2007.*

## Message from Ex-pat Stuart Moore

Hello Peter,

Cheers for the email; hope all's good with Kirkstall Harriers. Have been most impressed with your newsletter! Finished top of South Wales fell league! Hurrah! Thanks are due to you and Neal for taking me over to Wadsworth Skyline (?) nr Rochdale for a fell race induction many years ago! More good news too - Seth will be a big brother in February. We're quickly heading back into babyworld! Rebecca and bump doing well. Unfortunately, the baby's due date is just two days before National XC in Leeds, otherwise I'd have loved to come and run it! Maybe next time. Seth's quite excited - little does he know how a younger sibling can ruin his prime current position! Hellos to all the old and not so old faces. Could do with a Sheesh Mahal trip tonight...

Cheers, Stuart





## PBs and other worthy mentions

Well done to **Liam Mealey** who got a new PB at the Lancaster Half Marathon of 01:33:54.

At the Abbey Dash 10k **Rachel Pilling** got a new PB of 43.35, and **Marion Muir** also with 46.20 and we think there may have been more, so if you were one of these people please let a committee member know before January and we will include your name in the next issue, thank you. Also at the Thirsk 10 **Collette Spencer** got 1.25.53, knocking 3 mins off her previous best, and **Diane Shaw** got 1.26.41, knocking approx 4 mins off her previous best. Well done everyone!

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

## New Members

Please welcome to the club **Amy Richards** from the nearby Stanmore's, who is training up for the Edinburgh and Helsinki marathons. Also **Laura De Graff** from the Leeds 10 area who bravely stepped in on her first night at the club to make a team for the Leeds Country Way. We now have 96 paid up members but **we STILL have some members from last year who have not paid!!** 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.

## Virgin London Marathon 2010

The three members who have been awarded club places for the Virgin London Marathon will be announced at the Christmas Fuddle (see page 2 for details).

As mentioned in the last newsletter we are hoping to once again have a cheering point at mile 22 (and 13). If you would like to join us at the cheering point or have a place through the ballot and would like our support please email [stox78@hotmail.com](mailto:stox78@hotmail.com). Jill hopes to have details of volunteering at the VLM in the new year.

## Upcoming Races for your diaries...

The following races are FULL:

Chevin Chase, Brass Monkey Half, Four Villages Half, Snake Lane Ten.

And almost Full:

Jolly Holly Jog, Baildon Boundary Way Half.

December 20<sup>th</sup> – Travellers 6 (Denby Dale)

December 26<sup>th</sup> – East Hull 10K, Ward Green 6 (Barnsley)

January 3<sup>rd</sup> – Central Lancashire Half Marathon (Preston), Pennine 10K (Brighouse)

January 31<sup>st</sup> – Meltham 10K

February 7<sup>th</sup> – St Wilfrids Muddy Boots 10K (Ripon), Dewsbury 10K

February 14<sup>th</sup> – Liversedge Half Marathon

February 21<sup>st</sup> – Great North West Half Marathon (Blackpool)

March 28<sup>th</sup> – Wakefield Hospice City 10K, Wilmslow Half Marathon

April 4<sup>th</sup> – Guiseley Gallop

More details at [ukresults.net](http://ukresults.net) or [runnersworld.co.uk](http://runnersworld.co.uk).

## Santa Claus(es) are coming to town!

St Gemma's Hospice are holding two Sponsored Santa Dashes in Leeds this year – two festive fun runs where every participant is dressed as Santa!

On **Saturday 12 December** the 5k timed and measured Santa Dash will take place at Hyde Park, Woodhouse Moor, Leeds and on **Sunday 13 December** their 1 mile Santa Dash will take place in the city centre.

To join in what is a fabulous, fun, event for all the family, visit <http://www.st-gemma.co.uk/santadash/index.html> or email [laurar@st-gemma.co.uk](mailto:laurar@st-gemma.co.uk). This event is kindly sponsored by Little Tokyo, Real Radio, Park Run & University of Leeds and Up & Running.



## December Birthdays

Happy Birthday to the following members this month:

\* **Randolph Haggerty** \* **Francis Klonowski** \* **Matt Marsh** \* **Darren Moulds** \* **Mike Twinem**

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

Please visit our website for more info:

[www.kirkstallharriers.org.uk](http://www.kirkstallharriers.org.uk)

Please email [eleanor5446@hotmail.com](mailto:eleanor5446@hotmail.com) if you would like to contribute to the newsletter, all articles and member profiles gratefully received.

