

# Kirkstall Harriers Newsletter

No. 63 February 2009



## Newsflashes!

### \* AGM

We have set a date of **Wednesday 18<sup>th</sup> March** for our Annual General Meeting. This will be after a short training run and we hope to start at 8.30 prompt in the lounge at the LPSA Club. This is the ideal opportunity to find out how the last 12 months have gone, and how best to plan for the next 12 months, along with any suggestions and comments from yourselves. For those staying for the full meeting, there will be the usual buffet reward.

### \* Sportsman and Sportswoman 2008

Nomination forms are now available for you to nominate the sportsman & woman for 2008. This could be for one or more of many reasons. Not just the one who can run the fastest for

the club, but maybe the most improved runner, most enthusiastic for the club in training or races, or the one who helps to organise club races and social events – or some other reason?

There will be a closing date of Wed 4<sup>th</sup> March, so that we could name the winners at the AGM. We are hoping to put the nomination slips online, but will definitely have the forms available at the training nights – along with some pens.

### \* Curry Night

Thursday 19<sup>th</sup> February at 7.30pm has been fixed for a social at the Sheesh Mahal on Kirkstall Road, our sponsors of previous races. We would look into doing more social events on a regular basis of about every month/6 weeks, changing

the venues and the day, to cater for all members.

### \* Xmas Lights Run

We have received a letter and certificate from Sue Ryder Care thanking us for raising **£100.66** from the Christmas Lights run.

### \* Club Championship

The Liversedge Half Marathon is now full up. Good luck to all those who are running it! The first positions on the championship league table will be in the March newsletter. Looking ahead, the Rothwell 10k date has been announced and this will be **Monday 4<sup>th</sup> May** (the 3<sup>rd</sup> race of the championship)

### \* Complaints Policy

The club has no formal complaints policy as such, and being usually a fairly small and friendly group, have had no reasons to implement anything of this nature. It

has, however, come to the attention of the committee, that some members may have wanted to raise a formal complaint. To cover this it has been suggested that anyone with any serious complaints against the club or individual, should put it in writing and handed to the Chairman, currently Peter Hey (unless of course the complaint relates to the Chairman in which case it should be handed to the Secretary). The letter should contain as many facts as possible, dates and if relevant any witnesses.

Any other lesser complaints or comments can be raised at training nights before or after the run as we would appreciate any feedback to ensure the club is meeting the wishes of its members.

## Northern Cross Country 24 January 09

We got a mens and ladies team out for the Northern Cross Country Championships on 24th January over at St. Helen's, round a very, very muddy\* Sherdley Park!

The ladies came a very commendable 21st out of 29 teams, with Gemma Smith coming in 46th out of 238 in a strong field. Well done also to Jill Camm, Alex, Helen Thorpe and Sheila (with a bad hangover).

Matt Marsh was our first male through- to say he was 281st out of 596 shows how tough it was. Rob Owen, Martin, Mario and Kevin Longmate also made it round by their race it was truly a quagmire- special thanks to Rob Owen for recruiting his cousin and uncle from over that way to help make the men's team up. They came in 40th out of 45 - could have been worse!!

\*According to Helen Thorpe "to say it was muddy is an under-statement, we felt like race horses (or rather Shetland ponies in my case!) on a ground 'good to soft' but lacking the 'good' bit. Think of pigs and their pens, and think worse..."



The ladies team: Helen, Sheila, Jill, Gemma and Alex  
(thanks to Alex for the photo)

## PECO Cross Country

Another big thank you for the large turnout at John Smeaton, again the ladies did very well coming 4<sup>th</sup>, and not far behind the other 3 ladies teams. Despite a good run from all the lads, it looks like we are slogging it out with Woodkirk in the relegation zone. But we still need good turn outs in the last two remaining runs.

The next events are:

Sunday 8<sup>th</sup> February – hosted by Rothwell at South Leeds Stadium. Anyone wanting lifts or sharing transport, please meet at the LPSA at 9.45 a.m

The final event is on Sunday 1<sup>st</sup> March – Woodkirk, Shaw Cross.

All clubs can have several 2<sup>nd</sup> claim members running, but only the first one home for each sex can count – so if anyone is interested please let us know asap.



Kirkstall Harriers at PECO cross country at John Smeaton last month.

## Yorkshire Vets 2009

The 2009 series starts off at Horsforth Hall Park on 1<sup>st</sup> Feb at 10.00am. The second race is at Meltham on 22<sup>nd</sup> March at 11.00am. All races are about 6 miles in distance and are normally nice routes with a mixture of on and off road. You have to be 35 or over to qualify as a vet 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 lets get as many of you out as possible.

## Race Report - Four Villages Half Marathon, 18/01/09

Of the 3 Harriers taking part in the 4 Villages sadly only 2 of us made it to the start line in Cheshire, Jill Stocks who tried to break in her new Walshies the Friday before on the Chevin only succeeded in breaking herself, with two cracking blisters on both heels! That left Patrick and me to fly 'the purple flag' for the Harriers.

The race is run over some very pleasant country lanes starting out from the village of Helsby and forming a loop through other sleepy little hamlets, farm land and finishing up across the road at the local school which was very well supported it really gave you an added boost to charge the finishing line. Amazingly I got back in time to get a hot shower (that's got to be a first for me) tea and biscuits!

The 4 villages was certainly a race of two halves, the first 10k was pancake flat with everybody posting good times, but the second half was a big of a slog with a good 3 mile section of continuous incline, not too steep to bother the elite runners but a bit tiring for us mere mortals in the main bunch. Still, the last mile was all down hill so we at least got a fast finish.

The weather was perfect (we ran in shorts and vests), the organisation faultless and even the park and ride worked perfectly, so next year when you get rejected from the Brass Monkey get yourselves booked onto this race it's a cracker.

*Matt Hooban*



## Winter Time Trial - 28/01/09

There was a record 32 people down for the time trial – whether they knew about it or not, I've done races with less runners! We had several new starters plus a few extra new faces – hope we see them back another night, so the timings may have been a bit dodgy, come back Jill I heard someone say. 1<sup>st</sup> 3 club members over the line and winning "prizes" were **Tony D, Kimberley** and **Kerry**, with **Liz** bringing up the rear – looking after one of the new faces presumably. The full list of times and places should be on the website by the time you get this newsletter.

## PBs and other worthy mentions

Recent pb's are – Brass Monkey ½ marathon - **Stuart Reardon** 1.31.42, **Helen Thorpe** 1.40.45, and pb's for age **Richard Thomas** – 1.32.53 **Peter Hey** 1.49.15.

At the 4 villages out Helsby way **Matt Hooban** got 1.48.48, and at the Dewsbury 10k **Kerry Wheldon** did 50.54, a pb of over two and a half minutes.

If you know something worthy of mention, please pass it onto the committee.

## New Members

Please welcome to the club the following new members:

**Darren Moulds** from Farsley, **Christopher Young** from Bramley, and his friend **Craig Hewitt** who travels all the way from Castleford. Our training runs must be good !!!

People who have yet to rejoin for 2008 can send Cheques to Tony Downham, 17 Stainburn Avenue, Leeds, LS17 6PQ, payable to Kirkstall Harriers.

## ★ Member Profile - Collette Spencer ★

**Name:** Collette Spencer

**Age:** 36

**Occupation:** Paediatric Nurse

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

In 2002, after getting very bored on the treadmill and realised it was much more fun running outside than watching mtv in the gym.

### What are your greatest running achievements?

Biggest running achievement has to be crossing the finishing line of London Marathon, 2007.

Winning Kirkstall Harriers Sports-woman of the year in 2006 (I think).

Winning a trophy for the female with the most points in Kirkstall Harriers for peco cross country (2006).

I feel a great sense of achievement when I obtain a pb, no matter what distance.

### What are your motivations for running?

Keeping fit and maintaining a healthy weight. I lost 2 sizes in clothes when I first started running. Being in a club, especially Kirkstall Harriers, keeps me motivated. They are like my family; everyone is so friendly and sociable and I have made lots of friends. I always look forward to training nights, where I can run and catch up on the gossip with everyone. I also love entering races, both for the competition and the atmosphere (and there's always a drink and some food at the end).

### What are favourite running related memories?

Again, finishing London Marathon in 2007.

Completing my first half marathon, which was the Great North Run, in 2003.

Getting together with my fellow

members on cold frosty mornings at the peco cross country races.

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

Keep motivated, come rain or shine. Once you're out there, it makes you feel a whole lot better.



## 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 January training runs by Matt and also the schedule for February.

### Marathon Training January Report

The first month of marathon training has dashed by in the blink of an eye! But there's still lots to be done between now and the 26<sup>th</sup> of April or

whatever the date of the event you are training for happens to be - always trying to be inclusive here at Kirkstall Harriers!

Run one on the 3<sup>rd</sup> of January was a real shock to the system - well mine anyway, too many mince pies, but there's no better way to start the New Year than a nice gentle 13miler-ish! We combined our trail race with the Horsforth 10k to create a figure of eight route with something for everyone including road, trail, hills and of course the old favourite the canal.

Still the Saturday morning runs are already paying dividends as a few of us marathoners posted good

times at Brass Monkey and the 4 Villages Half's earlier this month. So if anyone is planning a spring marathon or may be thinking about entering their first Half (Hopefully the Leeds Half which is part of the Club Championship - hint, hint!) and needs to start putting in the miles come along with us. We generally meet at KLC at 9am. Check out the club training schedule for more details on upcoming runs. Don't be put off by the high mileage as there is always a short cut or a pre-arranged meeting point for people to join in on route. Speak to Tony, Patrick or myself for more info. Remember its only two hours of running and then

the rest of the day's your own, the perfect way to start the weekend!

And finally, why you should never trust a runner! This month Tony managed to convince me to join him and Pat on a recce for part of the Rombold Stride - a race I hadn't even entered, by suggesting it was only a 12mile trail route. It turned out to be more like a 16mile fell run over Ilkley moor and included a run/crawl up the Chevin at the end! Still, it turned out to be a brilliant run so thanks Tony for that and good luck to all the other Harriers mad enough to be attempting the Rombolds!

Matt Hooban

### February Marathon Training runs:

**Sat 7:** Rombolds Stride 24m / Calverley 1/2M **13.1m**  
(Sun 8: Peco XC Otley or Rothwell 5)

**Sat 14:** Canal: KLC - Saltaire - Riverbank - KLC **20.2m**  
(Sun 15: Liversedge 1/2M KHC-championship)

**Sat 21:** KLC - Meanwood Valley - Eccup Village - Golden Acre - Horsforth - Canal - KLC **19.5m**  
(Sun 22: Snake Lane 10)

**Sat 28:** KLC - Golden Acre - Pool - Otley - KLC **20m**

## Hill Club

Just a reminder that Hill Club meets every Thursday at 6.30pm at KLC for a mile warm-up then reps of the Normans - as many as you can manage! At the time of writing we are thinking of changing the meeting time to 7pm to be in line with the main Mon and Weds club training sessions. If you have a preference one way or the other please make this known to Matt Hooban who is managing Hill Club in Eleanor's long-term injury absence!



Not quite the Normans....

## Online Forum

Thanks to the 27 members who have registered and everyone who has posted on the new chat forum so far. The more people we can get to contribute to this the better, as it could prove to be a very useful communication tool so please check it out if you can! You can reach the forum from the front page of the website.

## Messages from Members

It's a real mixture of messages this month. We'll start with the happiest, from Sarah Twigg...

### **Sarah Twigg**

Our son Oscar was born on 1st Jan weighing 6lb 10 Oz. He is great and I am recovering slowly, but I think it will be a long time before I am running again!

Please could you pass on our news to the club - see you all in a few months.

### **Fiona Cosson**

Hi everyone. As some of

you know, I recently began my PhD at the University of Northampton. My plans to move there have been brought forward, and I'm actually moving this coming Friday. (*this was back in Jan!*) I haven't been with the club very long, and commuting to Northants has meant I haven't run with the club as much I would have liked to in the past two months.

My last KH run will be on Wednesday 7th Jan, but I hope I can have the odd honorary run with Harriers when I am in Leeds for visits or work. Hopefully I'll see people

at races here and there, but all should be warned I do plan to defect to Northampton Road Runners!

Thanks for making running so much more fun.

### **Sean McEvoy**

Sean's recent absence on the training runs has come to light. After numerous medical tests and examinations, he has been told that he needs a hip replacement which should happen in the next 4-6 months (NHS waiting times permitting). The cause is down to arthritis

and his footballing and wicketkeeping over the many years. Not necessarily the running hopefully. Whilst waiting for the op, he has decided to pop down for the usual runs as usual, as it cannot get much worse.

### **Ian Brown**

Another of our stalwart members has also had a disastrous start to 2009, our Geordie "Duracell" Ian Brown. A freak accident whilst playing with his grandkids had him rushed into Bradford Royal Infirmary on Christmas Day with a

severe break to his ankle. During the next 3 weeks (including New Years Eve) he had two plates put on his foot and numerous pins inserted. Unable to put any weight on his foot for a few more weeks, he is at last home and feeling a bit more chirpy. He has been told though that he may never run another marathon, and may only be able to do "fun" runs, but are not all races fun?! With almost 40 marathons and over 150 half marathons under his belt, along with all the trips and falls he has had (like any other normal runner), we are sure given half the chance he will prove the doctors

wrong.

I'm sure we all wish him and his wife Anne (who has knitted many a garment, whilst waiting for him to finish his races) all the very best and a full and speedy recovery.

### **Stuart Moore**

Stuart Moore, our agent in deepest Herefordshire, has kindly sent an entry form for the Crocodile 8. This is an 8 mile multi terrain course from Burghill CP school where he teaches. The course includes 105 step woodland climb up the crocodile's back, 13 stiles, kissing gates and wonderful scenery, music

and surprises en route and a huge family BBQ, presumably after the race. The date for the event is 24<sup>th</sup> May. Further details can be found at [crocodile8@mail.com](mailto:crocodile8@mail.com)

### **Eleanor Franks**

Lastly, your very own newsletter editor remains injured and out of action on the running front... After 5 months of scans, consultants and physios, I still have no definite diagnosis but it appears to be a stress fracture to my tibial plateau (bone just below the knee). So I'm just playing the waiting game for answers on when I can start

running again. I miss the club training runs and seeing everyone's friendly faces terribly!

Let's hope next month we'll have more of the happy-type news and less injury stories. Take care of yourselves everyone!



## Is Kirkstall Harriers the UK's best running club?

We think so!

Runner's World magazine/website have launched their annual search to find the UK's best running club, and yes, we have been nominated! Our number of members is currently at a PB of 90, our first Kirkstall Valley Trail Race last September was a huge success, we raise a lot of money for local charity Wheatfields Hospice and hopefully you will all agree we are a very friendly, sociable and encouraging running club to be a part of. So why shouldn't we win? Entries close early March so we will keep you posted after then if we hear anything. Fingers crossed!



According to Runner's World:

**"Clubs are the lifeblood of running..."**

They drive the competitive landscape and provide the organisers, officials and marshals that are essential to so many races. They offer an access point to newcomers, and guidance, encouragement and competition to improvers, but importantly they also create a social and sporting hub for the communities they operate within. Without clubs, running as we know it would not exist."

### Plea for subjects!

I am final year student at the University of Leeds. As part of my degree I am carrying out a research project investigating the effect of hyperhydration using glycerol on performance. For this project I need approximately 12 male subjects between 18-50 who can run a half marathon in

90 minutes. Each subject would be required to have an ECG and then attend two lab sessions where they would be asked to run for 90 minutes in a warm environment. This study is incredibly important to my degree so I would really appreciate it if you could ask members of your club if they would be interested in participating. I have attached the subject information sheet containing more details (*email Martha at the address below if interested in helping*) but if you or anyone else has any further questions please do not hesitate to contact me.

Thank you so much for your help,

Martha

**bs06mef@leeds.ac.uk**



### Dark Nights

Just to remind all runners to wear light coloured clothing – or better still fluorescent tops, when running in the evenings. Carol (our bag lady) has limited stocks of fluorescent tops and bibs. If you cannot get hold of any, we may be able to order some more.

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)**

### Hoodies

Anyone wanting to buy a hooded top are asked to contact Carol or at least pass a message on. The quality is very good Gilden 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.

### 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 **[eleanor5446@hotmail.com](mailto:eleanor5446@hotmail.com)**.

A huge thanks to **Alex Saunders** for sending the brilliant photos from the cross countries featured in this month's newsletter.

