

Kirkstall Harriers Newsletter

No. 68 July 2009



News in brief

* Club Championship

We only had 4 runners out on the cold wet Saturday 6th June at Hyde Park 5k, but there are another two of these races on 4th July and 1st August to come – with your quickest time out of the 3 counting for your championship points.

The Otley 10 was better represented with 14 runners. See page 3 for race reports and league table details.

For the Hyde Park 5k on Sat 4th July and Sat 1st August, you need to pre-enter online on parkrun.com but entry is free. The next championship event after that is our own Members Meander / Kirkstall Valley Trail Race which will again be free and held on a regular club night – Weds 12th August, so all you need to do is turn up for this one.

Looking to the end of the year, entry forms for Horsforth 10k on 27th September, Woodland Challenge on 11th October and Thirsk 10 on 29th November are all on our website now. The Woodland Challenge especially is likely to fill up very soon with only XXX places left so please enter this one asap to avoid disappointment.

* Kirkstall Festival - Saturday 11th July

The festival is fast approaching and though we have several volunteers the more the merrier! We are also asking that if members have any books they would like to donate that would be great. We'd like to sell them on the stall as a way of attracting people over and also to raise funds for the club and for Wheatfields Hospice, our "nominated" charity, though the main purpose of the stall is to promote the club, the trail race and running in general. For those thinking of volunteering bear in mind that it is always a nice day for Kirkstall Festival and has never rained yet! And you won't be tied to the stall all day.

There will be ample opportunity to have a look round and have a beverage in the beer tent. If you would like to volunteer to help out, even if it is only for a short time, then please contact Jill at stoxy78@hotmail.com. Lastly, if anyone can get hold of some screens or something similar, we may be able to display the range of T-shirts we have issued to finishers at our races over the last 15 or so years.

* Bradford Millennium Way - Sunday 14th June

Well done to the twenty runners who ran this relay under the hot sun.

The teams were

Open team:

- 1: Dave Spink and Richard Thomas
- 2: Matt Marsh and Ed Richards
- 3: Sam Ostermayer and Kevin Blackhurst
- 4: Martin Savage and Stuart Reardon
- 5: Matt & Mario

Mixed team:

- 1: Peter Hey and Marion Muir
- 2: Kevin O'Hara and Tori
- 3: Laura Mayo and Matt Hooban
- 4: Amanda Seims and Paul
- 5: Tony and Cassie

Well done to Martin Savage for getting the teams sorted despite the more than usual last minute changes. Plus thanks to Marion, Dave Spink, Tori, and the two Kevins for stepping in. And a very special thanks to Matt for coming to our rescue at the very last minute.

Our Open team came 13th and the Mixed team came 37th out of a total of 44 teams.

The next team events are...

* Summer Relays

Dates for the summer team relays are as

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follows:

Danefield Relays – Wed 1st July – starting at 7.15pm teams of 3 each running about 3 miles

Golden Acre Park – Wed 8th July – starting at 7.00pm teams of 3 each running about 3 miles

Washburn Valley – Friday 17th July – starting 7.15pm, teams of 3 each running about 3.8 miles

If you are interested in running in any of these events please pass your names to

News in Brief continued...

Martin, Collette or Peter, The first two events you can turn up (in good time) and we can enter on the night, the latter event Washburn Relay, we do need names in advance. Due to the popularity of this race there is now a limit of 60 teams, on a first come first served basis.

* **Leeds Country Way - Sunday 6th September**

This is 6 pairs of runners per team varying between 9 and 11 miles. Entries are now open so we are hoping to get our teams sorted as soon as possible. Please pass your names and if any particular legs suit you, to Martin, Collette or Peter. The secret of getting the team round in the optimum time is to do the recci's, and I think Tony and Matt have some recci routes on their long runs calendar. The route is the same as previous years but in a bid to improve route findings Kippax Harriers who organise it have reviewed a number of the route descriptions following feedback they received last year, and have provided links to the routes plotted on Map My Run website. For full details have a look at: <http://www.kippaxharriers.org.uk/lcwv2.htm>

* **Kirkstall Valley Trail Race - Sunday 20th September**

Everything seems to be going okay for this still – please keep the date free so you can make the race a success by being involved in some way on the day.

* **Speed Sessions**

If anyone is interested in doing speed work on a track please let Peter Hey, Eleanor Franks or Matt Hooban know, as we have a plan if there is sufficient interest.

* **Race The Train - Saturday 15th August 2009**

If anyone is interested we have entry forms for the Race the Train, in mid Wales. It is one of the best and daftest races there is, as you actually race a steam train up a gorgeous Welsh valley and back whilst your family ride the train shouting encouragement, all quite bonkers but quite brilliant!

Matt Hooban is planning a camping / running / drinking weekend, leaving Leeds after work on the Friday and coming back Sunday afternoon. So no need to take any precious holiday time

off work even! If you want to come let Matt know ASAP as the race is filling up fast!

* **Yorkshire 3 Peaks - 22nd August 2009**

If you would like to participate in the Yorkshire 3 Peaks Walk on 22nd August please contact Diane Shaw at Diane.Shaw@networkrail.co.uk or send a text to her phone 07749 525460 and she will get back to you. The plan is to camp at Dalesbridge in Austwick on 21st and 22nd August. Some of the group are doing the walk for the charity 'Help For Heroes' and some are doing it just for fun, so the more the merrier.

* **Massages**

Sadly the fantastic services offered by Ward, Charlotte and Jade have come to an end, but we have been told that Charlotte and some new faces may start coming down again in September. Jill Stocks has had a quick whip round, but anyone who would like to add to the collection can do so by passing the money to Jill or Peter whenever convenient, and we will ensure this thank you is passed on.

Yorkshire Vets

We had 5 men and 2 ladies at the Walton run, and despite clashing with the Otley 10, at Pudsey we had 2 females and 3 men out for that. At Meanwood we had 2 ladies and 4 men running, but are still waiting for the official results. Positions after the Pudsey run are the ladies are 7th in all team categories, and the men are 8th, 10th and 9th respectively. The races in July are Sun 12th at Honley the other side of Huddersfield, starting at 11.00am, then Wed 29th July starting at 7.30 at Knavesmire York. Anyone wanting a lift or share transport, I suggest 9.30am at the LPSA for the Honley one, and 6.00pm for the Knavesmire one.

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.

Supporting at Races

If you've never cheered on or marshalled a race before then we would highly recommend it as it is a lot of fun and a great way to still be involved with the race even if not running. It's obviously a lot more fun when there are people you know running, but if you are a member of Kirkstall Harriers there is a good chance you will always have bodies in purple vests to shout at at the majority of local races around the Leeds area.

A special mention must go to all our Harriers who were either official volunteers or part of the KLC cheering squad at the Leeds Half Marathon this year. We had a fantastic turn out along the course as well as those running it, and it really makes a difference seeing friendly faces along the way. We won't mention them all by name for fear of excluding somebody but left are two of our cheery official volunteers outside KLC on the day – Helen and Francis.

Right - our banner hangs proud at our cheering point at this year's London Marathon.



Club Championship Race #5

Otley 10 Mile

Race #5 - Otley 10

Points Awarded

Position	Name	Points
1	Tony Downham	15
2	Tabby Merrilees	14
3	Sam Ostermeyer	13
4	Mario Kokes	12
5	Richard Thomas	11
6	Neal Shotter	10
7	Eleanor Franks	9
8	Collette Spencer	8
9	Jill Stocks	7
10	Peter Hey	6
11	Matt Hooban	5
12	Patrick Nesden	4
13	Helen Goldthorpe	3
14	Gareth Hagger-Johnson	2

We had 14 runners turn up for what turned out to be a very wet Wednesday night for this race, however all got round safely and some excellent times were run, including several 'near miss' PBs! Please see below for Championship points table and race reports from Matt and Jill, and see the website for current overall league table.

When we planned the championship series at end of last year the thought of doing a mid week summer run like the Otley 10 seemed like a great idea, but predictably it lashed it down and our glorious British 'summer' weather as usual didn't disappoint. Still, the inclement weather didn't deter some hardcore harriers from blasting around the course with Tony Downham amongst others producing brilliant times considering the very tough hilly middle section.

I had a race of two halves. I found it hard to get a good rhythm going on the flat early section but by the time I got over the hills my body suddenly decided to play ball and I finished quite strongly, even chasing down and beating a young lady on the line. Now I know that it wasn't very gentlemanly to do this but we had been running along together for most of the race, constantly switching positions on the hills, but alas she tired up in the last couple of hundred yards. She wasn't amused to put it mildly! I did manage a breathless apology afterward but to be honest - all's fair in love and running and all that ... I won! If it hadn't been for those pesky hills I may of even PB'd this race so I think I will give it another crack next year!

Matt Hooban

I had been warned about how hilly this race was and they were right! Stainburn Bank was actually featured in a recent Runners World article as one of the worst hills in UK races. It comes about 4 and a half miles in and carries on for a mile and a half. That is followed by another hill at about 7 miles. Add to that the pretty miserable weather and it was set to be a long night! As it goes though I quite enjoyed it and managed to run (well shuffle) all the way up. There are also a couple of quite enjoyable down-hills which I took advantage of to make up a bit of time. I finished in a respectable 1:37 which I was quite pleased with and was rewarded with a bottle of beer - "To Hill and Back". We then made our way to the Junction, one of the finest ale pubs in the country in my humble opinion (though pubs are something I am somewhat of an expert on), for a couple of pints of Wensleydale Ale. A very tough race but well worth doing.

Jill Stocks



Mario at Otley 10

PBs and other worthy mentions

Well done to **Tony Downham** who got a PB of 1.22.48 at the Otley 10, meaning he scooped top score in the championship for this race. **Kevin Longmate** got a new PB at the Leeds 10k of 43.48, and **Gemma Smith** came 2nd lady at the Askern 10k with a PB of 37.41 so a brilliant result there.

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 the following new members - George Chilcott from the Burley area and Kevin O'Hara, from Yeadon, who has joined as a 2nd claim member.

Our membership currently stands at 74, but we still have about 20 members who have not paid since last year. We now have a list of 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.

Messages from our Friends all over

For those of you who remember Claire and Stuart Rayner, they had child number 3 a couple of months ago, Hannah Grace weighing in at 7lb 3oz, and all are doing okay. Congratulation to them all and we hope to see them soon. Stuart has kindly offered his services again to do the results of our Kirkstall Valley Trail Race, so we hope to see them then if not sooner.

Member Profile - Peter Hey, Chairman



NAME - Peter Hey

AGE - 57

OCCUPATION - Print Administrator

Peter has been Chairman of Kirkstall Harriers for 3 years, prior to which he was Treasurer for approx 9 years. He was born in 1952, "breast fed on Tetleys" and brought up just behind the Cardigan Arms on Kirkstall Road.

Have you always been into sports?

I was not a sporting type as a child, living in a street with mainly girls, skipping, hoola hoop or whip n top were the main pastime.

I went to Kirkstall Secondary School which was a Rugby League school, but rarely made the team - the others were too good, or was I just a whimp? It wasn't until the last year at school staying on to do CSE's, that we were able to make a football team and I played more regularly - or were there only 11 lads in the class?! I continued to play after leaving school for Burley United and Partizan Cross Gates emulating my hero Jackie Charlton as centre half, using my heading prowess to score quite a few goals, mainly in my own teams net.

When did you start running and why?

In '74 I moved to Oldham to work, eventually marrying a Leeds lass and buying a house in Royton. I still played football but found getting a regular game hard to find. Being asked to come on as sub for the last 15 minutes after standing in the freezing or wet conditions was not my idea of fun.

It was around 1982 I started to run, when the marathon boom started. It took me about a month of sneaking out of the back door in the dusk so the neighbours could not see me, before finally managing about a mile loop into the park and back without stopping and the taste of blood drawing through the lungs.

My first race was the Middleton Moonraker (near Oldham) - 14 miles with one of my colleagues, closely followed by the Bolton Leeds & Stockport marathons please notice the latest running gear of the times in photos attached. There was no looking back - other half's and full

marathons soon followed. I did join Royton and Oldham running club but can only remember turning up for 1 training run, the main reason was to save the £1.00 or £2.00 per entry on running races.

In 84 I returned to Leeds and one of the first races back home was the Kirkstall Abbey 10k. After chatting to an organiser I turned up for one of their training runs and soon became a regular.

The club, Leeds Postal Harriers had many 2nd claim members. Most of them good runners for other clubs, but who all worked for what had been known as the General Post Office, made up of the Royal Mail and British Telecommunications. This was a good excuse for them getting days off running in Civil Service or Royal Mail events. Also in its heyday the LPSA was a very rich and enthusiastic club, supporting many sport sub sections. In fact one of their busiest nights was the Annual Sports Presentation awards night, where our Sportsman and woman first started. We also organised many running trips at home and abroad including Paris, Brussels, Benidorm, Cyprus and New York.

What are your greatest running achievements and memories?

Thanks to the club and its members, I started entering all sorts of races and by the age of 40/45 was "peaking". My 10k pb stands at 37.28 at the Abbey Dash, 66.08 at the Tadcaster 10miler, 1.27.38 for the Horsforth Half Marathon and 3.18.15 for the London Marathon, but I can claim a 5.56 for a double marathon. This was the Tour of Thameside, 6 races over 7 days totalling 52.4 miles. Other significant achievements are completing the 3 peaks of Yorkshire fell race 4 times, but never getting off the last page of the results, doing the Tough Guy 3 times (don't ask me why) and the 33 mile Howarth Hobble a couple of times (and appearing with Ian Brown in the July Fell Runners calendar). I have also completed the 3 peaks of UK in under 24 hours, done a couple of



Photos: Peter as a young lad, after his first race with a colleague and during his first marathon at Bolton, with a stitch!



mini triathlons, walked the 42 mile Lyke Wake walk in 19hrs, and organised and completed the C2C cycle ride from Workington to North Shields with 15 other riders.

There have been some less notable achievements, like coming last in a York's Vets race, going over on my ankle, and continuing on only to be overtaken by the rest of the field and following the chap in front who did an extra loop of the course so ended up doing about 8 miles instead of 6. I was out for about 4/5 weeks after that. One of the many fell races I did with Neal Shotter, was the Hellifield Gala (back by popular demand?) only to find 18 runners at the start. Like many village fete races, it started off in the middle of the arena with everyone watching. So off we shot as fast as possible only just keeping up with the bunch. As soon as we were out of sight we reverted back to our normal "race" pace and soon found ourselves in 16th and 17th place, with the 15th runner about half a mile ahead, and 18th runner about the same distance behind. The terrain was mostly peat and heather with lots of peat trenches which we kept falling down, but getting back up as though nothing had happened. It was straight out and back, so we soon saw the leaders returning, doing exactly the same. It looked like a shooting gallery, with all these runners heading towards us then disappearing into the ground only to get back up again!

What are your motivations for running?

Despite being diagnosed with "old and worn knee joints" and suffering patellar tendinitis - torn muscle under the foot, I still enjoy the running as a fairly good for age vet, I'm not yet coming last and its nice to see the buzz of the club with all the new faces coming and going.

Any words of wisdom?

Don't be afraid of entering something that appears challenging - most others have the same feeling, and you only get one chance in life of having a go, even if you don't win - its unlikely that you are going to come last.

Blaydon Race - 9th June 2009



The Blaydon Race is a great celebration of Geordie culture (yes, I did say culture, it can take many forms you know). So when I missed this years online entry I sent off my entry form and cheque with a panicked note on the back of the envelope begging the organiser, Bob, to give me a place. And it worked.

This was the 29th running of the Blaydon Race. The course follows the route described in the local Geordie anthem "The Blaydon Races", leaving from Balmbras in the Bigg Market and "ganning along the Scotswood Road" to The Geordie Ridley pub in Blaydon, crossing the Scotswood Bridge on the way. It is just under 6 miles long and always takes place on June 9th, no matter what day it is, in-keeping with the tradition of the song.

The start area fills up pretty quickly as runners and spectators gather to watch the band, Coffee Johnny and the Mugs, and the young ladies from a local dance troupe who perform the Can-Can. Then the Blaydon Belle is awarded her sash and there is a rousing (well actually pretty poor) rendition of "The Blaydon Races". In amongst this activity there are several trips to the loos in the pubs of the Bigg Market as the queues for the portaloos are so long.

And then we were off "along Collingwood Street that's on the road to Blaydon". Club runners are able to start at the front, no matter what speed, which unfortunately meant that the first mile or so was quite hazardous with faster runners from the back (mainly the men I should add) trying to push through at speed and clipping everyone's heels in the process in the dash through the crowds. Once the runners had thinned out though it is a fairly flat course with a couple of little inclines along the way. There are several bands along the course and plenty of support from the local residents. This year we were also cheered on not far from the start by several groups of women on their way to see Boyzone at the arena. The course is urban and not particularly scenic as such but this is so that it sticks to the traditional route as described in the song and the atmosphere more than makes up for it. There is a huge amount of support at the Blaydon finish from the residents who really love the event and come out in droves to line the final half mile, making it quite an uplifting finish. The finish itself was a bit crowded this year but once through the queues I was duly rewarded with a techie tshirt, a certificate, a souvenir programme which lists all the participants, and a ham and pease pudding sandwich (there is a cheese alternative). There was also a bottle of Newcastle Brown and many of the competitors, myself included, got straight into the beer, assisted by the handily placed bottle openers attached to the fence. There is also a stall where you can help yourself to other local delicacies such as pickled onions, black pudding and tripe.

Then it was back on the shuttle bus provided to the Bigg Market to meet some old friends for our now annual post Blaydon meet up in The Bridge nearby. Several pints of fine Northumberland ale, a photo-call and some catching up followed before I went home for a hot bath.

It was good to hear that a local lad, Ian Hudspith from Morpeth Harriers, won the race, the first local since his brother Mark in 1997. An exiled Geordie, Justina Heslop who now runs for Clapham Chasers, also won the Ladies race. As a Geordie it is especially good to take part in this race, but I would recommend everyone make the trip up North to take part and take in a bit of Geordie Culture.

Jill Stocks

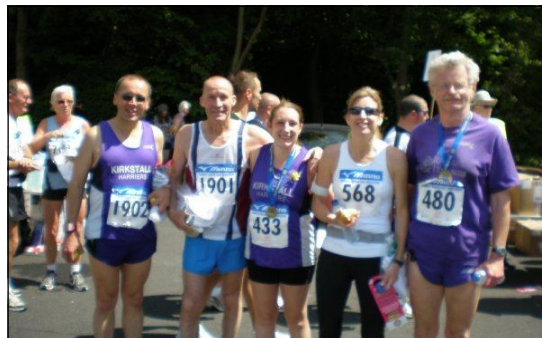


Jill and friends after the race

Humber Bridge Half Marathon - 14th June 2009

As predicted the weather turned out to be very hot for this race! After working a late shift and a bad nights sleep the omens were not looking good. But in the end it turned out to be quite a successful day and I finished in 2:06 ish, my second best half marathon time.

Before setting off I covered possible and hoped that there gradually sweated off! Luckily I escape sunburn. But I couldn't local residents who lined the and sponges for the runners. The absolutely brilliant as they through. The marshals and were also very good. The course the Humber Bridge, through bridge towards the finish. There runners, non club runners, local



covering all speeds and abilities, making it a very friendly race and very welcoming for any first timers. Last year the race raised more than £35,000 for charity. All in all a very hot day, and the heat did slow me down in the last few miles especially, but I made sure I took in plenty of water to get round safely (though admittedly I did bring it all up at the finish!!). A very enjoyable race.

Jill Stocks

RACE REPORTS

UK Ironman 70.3 at Wimbleball Lake, 14th June 2009

As a change from running I decided to try my hand at an Ironman 70.3 - Swimming 1.3 miles, Biking 56 and running 13.2, totalling 70.3 miles. Always one to jump in at the deep end this was my first ever triathlon, let alone a Half Ironman! So a weekend down in Exmoor started with packing a crazy amount of gear and hoping I'd not forgotten anything vital (like my bike!). Saturday was spent panicking and generally flapping around trying to sort out my transitions (from swim to bike, and bike to run) with my supportive parents looking on wondering what they had done to drive their son to this! (their words!).

The race started at 7.15am after a hour and a bit delay. The start of the swim was a spectacular sight, with a thousand odd athletes lined up in the water ready to kick and stroke their way across Wimbleball Lake. Apart from the odd kick in the head and clash with other swimmers the swim went very well. In fact the hardest part was getting out of my wetsuit! Something everyone else seemed to be able to do with ease.

The cycle leg - for me - was by far the hardest. I quickly fell down the pack as the miles drew on. As more and more cyclists passed me (with me getting more and more annoyed about it!) I promised myself I'd see them again on the run.

I'm sure all Harriers will be glad to hear that the run was by far my strongest part of the race. Many of my competitors who seemed so quick on two wheels were definitely were not as confident on two legs! I managed to complete the run in under 2 hours and feel I could have done it quicker if I had not got the number of laps that you needed to do mixed up!

I would definitely recommend a Half Ironman to anyone who fancies a slightly different challenge and Wimbleball Lake definitely lives up to its name as one of the hardest in the world!

Tom Keeber



Photos (L-R) Tom all suited up at the start, still smiling on the run, still smiling at the finish!



Jane Tomlinson Leeds 10k - 21st June 2009

Normally I would not pay £20 to run a 10k but when I got to Millennium Square on race morning I suddenly realised how massive this race has become in such a short space of time!

I have done all 3 and the first one was big, comparable to the Abbey Dash, but now it must be one of the real big city races on the racing calendar. Standing on the start line with Stuart and Kevin I didn't realise there was close to 11,000 people behind us, not until I had run the first loop of the town centre and passed runners that still hadn't started.

I had a really good run. I was a little concerned at the start that it would be really congested and I would not be able to run a good time but as the course is completely traffic free there was plenty of room to motor! I got round in 50.03 which I am really pleased with, it was great to see our editor-in-chief Eleanor at the turn around point taking photos as usual, I hope this time I didn't look so knackered!

Talking of support, the people of Leeds should be thanked they made it a real carnival atmosphere everyone was brilliant! This race is great - the entry fee goes towards some brilliant causes and it remembers one of our most loved national heroes Jane Tomlinson. By the way if you haven't read the Tomlinson's biographies 'The Luxury of Time' and 'You Can't Take it With You' I suggest you do, they are fantastic, very emotional and totally inspirational! I loved them.

Matt Hooban



Halfway, looking good!

Coming Up

Hell Up North - 1st November 2009

After the success of last year's trip we are hoping to organise another club trip to 'Hell Up North' in the Delamere Forest. A few of us have already entered and Bal is going to see if she can get the minibus for us again. At time of writing the organisers have advised that they are close to the entry limit and expecting to close entries in the next month so do enter soon - go to www.hellrunner.co.uk for details and if you would like transport from Kirkstall speak to Eleanor or Bal.

WALK REPORT

UK 3 Peaks Challenge - 24 hours, 13-14 June 2009

By Collette Spencer

Kimberley, Bal and myself were very excited about the challenge of walking the 3 peaks, along with 6 others, which involved (for those of you who don't know) Ben Nevis, in Scotland, Scafell Pike in the Lake District and Snowdon in Wales, all in 24 hours.

We all met at John's house early on Saturday 13th June. I'd not met most of our fellow walkers before, so after brief introductions, we loaded up the minibus with our many bags and were away by 8.30am. We also had a very nice driver, Mick, without whom we would not have been able to complete the challenge. Life on the minibus was very civilized with John supplying plenty of tea and coffee, and I knew straight away I was in for a fun weekend.

We arrived at the foot of Ben Nevis and after contemplating the challenge ahead and a quick toilet stop set off on our first peak at 4.40pm. After much hill climbing and scrambling and just one or two brief water stops, we reached the summit, even coming across snow, at about 7pm. How amazing did we all feel?! The views were absolutely outstanding too. With not much of a break, we set off on our descent, reaching the bottom about 9.30pm. Mick had a cup of tea ready and waiting for us when we finished – what a star! Then before we knew it we were off on our way again to Scafell Pike in the Lake District. A few of us snuggled up into sleeping bags on the minibus to try and catch up with a bit of sleep, to energize us for the climb of Scafell Pike.



We arrived at the foot of Scafell Pike at about 4.30am and got on our way straight away. There was slight drizzle when we set off but before we knew it, the rain stopped and we were stripping off layers once again. This mountain was definitely a climb and a half and very much more challenging than I expected, as everyone had said Scafell Pike was easier than Ben Nevis. However, we plodded on, and kept on breathing! We reached the summit about 6.30am (I think). Once again, there was another cup of tea waiting for us by our fabulous driver when we'd finished it and even sizzling sausage sandwiches that Ian had bought along.

With two down and one to go, we set on our way to the last peak, Snowdon, at about 8.30 and finally set off walking on our last peak at about 1.20pm. We'd had enough of carrying bags by this point, so we set on our way with just a jumper and a bottle of water each. Another pretty steep climb even though I was told Snowdon was the shortest. We reached the summit of Snowdon at about 2.45pm; not bad going even if I do say so myself! We were off again, after taking a few more

shots of the gorgeous views, but not wanting to waste too much time, to complete this amazing challenge. Kimberley and Bal raced ahead of me, obviously better than me at the downhill. However, I managed to catch them up a bit further ahead, with the adrenalin kicking in. The last little bit included a few windy paths that seemed to go on forever. We were absolutely determined to do this challenge within 24 hours, so added a bit of a spring to our step and even managed a bit of a run towards the end. We finished the challenge with 20 minutes to spare. One of our party had even bought along some beers, so a bottle of beer or two was well deserved by all.

All in all, I had an absolutely fantastic experience completing this amazing challenge with some fabulous people and we couldn't have asked for better weather. Anyone up for it next year?



Come Hashing!

Maurice Lewis has kindly agreed to lead the Harriers on a "hash run" on Thursday August 6th. To quote the website: "hashing is a form of non-competitive cross-country running with the main objective of working up a decent thirst. Great emphasis is placed on the social aspects - particularly the communal boozing session at the après-hash. It's a fun activity and not be taken at all seriously."

Hashers generally meet at a pub and follow a trail of blobs of flour/chalk/sawdust returning to the pub after about 4-7 miles or an hour and a half. In the interests of familiarity the first Kirkstall Harriers Hash will start and finish at The West End House next to the Leisure Centre at 7pm. For more information please visit www.hhh.org.uk or please email Jill at stox78@hotmail.com.

Moments of Glory - and some not so glorious!

Well done to Gemma Smith last month who did the Askern 10k in 37.41 and came 2nd lady overall.

To continue our 'moments of glory – or not so glorious', if you have any, please let us know.

We are hoping to put a book together to celebrate our 25 years, so any achievements or funny anecdotes are going to be appreciated. Please check out your medals etc and if you have won anything for the Harriers or have an interesting moment to tell – please let us know over the coming months.

EVENT REPORT

Harriers Trip to Edinburgh Marathon - 31st May

Several Harriers were due to take part in the 2009 Edinburgh Marathon and several more tagged along for the weekend! I was taking part in a leg of the "Hairy Haggis Relay" with a group of friends. Due to illness and injuries several Harriers were unable to take part but determined to make the most of the weekend in this beautiful city. Mark V and Kerry W very kindly sorted out some accommodation and Helen G and Matt M were kind enough to give me a lift there and back. On the way up myself and Helen G stopped at Albert Park Time Trial, one of the Park Run series, which is 5k set in a very pretty park in Middlesbrough. Saturday was spent finding our way around and I very sensibly stayed in Saturday night with an early start on the Sunday. The race itself was on a very hot day and runners struggled in the heat and with a lack of water so after I had finished my relay leg



and made my way back to the finish area I was pleased to see everyone getting back safely. Maxi, Fran Morrell and Tori Lethaby all finished for the Harriers in very good times, as did my relay team. We then made our way round several more of the pubs in Edinburgh via Helen G's birthday celebrations. The trip was topped off by a stop off at Alnmouth beach on the way back to Leeds on the Monday where we lazed around on the beach recovering in beautiful sunshine. I have reservations about the organisation of the race (both the relay and full marathon) which I won't bore you with here! But I would highly recommend Edinburgh for a visit.

Jill Stocks

Treadmill Trot - Leeds City Station, Tuesday 6th October 7am-7pm

Diane Shaw is looking for people to participate in the 3rd annual Treadmill Trot. The event is being held for Cancer Research UK and Sue Ryder Care (Wheatfield's Hospice). All you need to do is Walk/Jog/Run/Cycle on a treadmill or a cycle for 30 minutes and raise a minimum of £20 for the above charities. There will be 4 machines on the go for 12 hours so you will always be with 3 other people and there will be 96 participants altogether. In 2 years £22,000 has been raised so they are hoping to add a considerable sum to that figure. If you would like to participate please contact Diane Shaw on Diane.Shaw@networkrail.co.uk or send a text to her phone 07749 525460 and she will get back to you.

Upcoming Social Events

- * Tuesday July 14th – **Summer Run** with Horsforth Harriers
- * Saturday July 18th – **Jill's Birthday Bonanza**, starting at the Scarborough Hotel in Leeds from 7.30pm
- * Thursday 6th August – **Hash Run** from the West End House led by Maurice (see page 7 for more info)
- * Wednesday 12th August – Members running of the **Kirkstall Valley Trail Race** (Club Championship event) followed by buffet in the LPSA.

Coming Soon!!!

- * Pub Crawl in Otley!
- * Trip to the Races!
- * Bunkhouse Weekend!
- * Members and Family picnic at Kirkstall Abbey!
- * Bowling Night!

For more details about any of the social events or to make any suggestions please contact Jill at stoxy78@hotmail.com.



July Birthdays

Happy Birthday to the following members this month:

- * **Tony Downham** * **Tom Keeber** * **Mario Kokes**
- * **Kevin Longmate** * **Stan Miller** * **Rob Owen**
- * **Marion Muir** * **Sarah Scott** * **Amanda Seims**
- * **Saran Stanton** * **Jill Stocks**

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

