

Kirkstall Harriers Newsletter

No. 67 June 2009



News in brief

* Club Championship

We've had 2 championship races this month, Rothwell 10k and Leeds Half Marathon. These races saw our smallest and largest turnouts of runners respectively but both events seemed to go down very well. Congratulations to the 43 or more runners who turned out at the Leeds Half, giving Eleanor and Matt plenty of work to do regarding the club championship results and points! We also believe this is a 'pb' number of Kirkstall Harriers at one race in the 25 years that the club has been running which is fantastic.

See pages 3 - 4 for results of both the Rothwell 10k and Leeds Half.

In June, we have the Hyde Park 5k on Sat 6th, for which you have to pre-enter online at www.parkrun.com. The following week is the Otley 10 miler on Wednesday 10th June – which unfortunately clashes with the Yorks Vets race at Pudsey. We shall leave it to individual choice if anyone has a preference for one over the other as they are both good runs and either way promote the club.

Also a reminder that entries are open for the Woodland Challenge at www.woodlandchallenge.com or using the form in the red box. This race sold out last year and as it was voted 7th best race in the country last year in Runners World, it is likely to again this year so get in quick! There are also some forms for Horsforth 10k on 27th September in the red box at the LPSA.

* Yorkshire Vets

At the time of writing the results of the Walton race are not available but well done to all those who did the race. The next two races are at Pudsey on Wed 10th June, but this clashes with the Otley 10 which is a club championship race (see above). The Pudsey race starts at 7.45, but give yourself plenty of time

as you normally register at Pudsey Leisure Centre, and the start is a good mile and half away somewhere near Bankhouse Lane. There is another Yorkshire Vets race on Tues June 23rd at Meanwood – Old Leos rugby club we think, starting at 7.30. 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.

* Summer Relays

Dates for the summer team relays are as follows (all require teams of 3)

Danefield Relays – Weds 1st July

Golden Acre Park – Weds 8th July

Washburn Valley – Friday 17th July

If you are interested in running in any of these events please pass your names to Martin, Collette or Peter.

* Kirkstall Festival - Saturday 11th July

Volunteers are required to man a stall we have for promoting the club on the day. Even if you can only attend for an hour, your assistance will be appreciated. Please give your names and times you are available to Jill Stocks.

* Kirkstall Valley Trail Race - Sunday 20th September

Everything seems to be going okay for this – 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 some

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.

* Curry Evening

We are hoping to organise another social curry night at the Sheesh Mahal (sponsors of our race) on Thursday 18th June starting 7.30. Please pass on your names to Peter Hey to reserve a seat.

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News in Brief continued...

* **Sheffield Half Marathon**

Apologies to two of our newer members who were omitted from the Sheffield half marathon results in the last issue. This was mainly due to rushing to get things into the newsletter at the last minute. **Chris Young** got round in 1.42.22 (then got a stonking pb of 1.33.53 a few weeks later at the Leeds Half!), and **Craig Hewitt** in 1.59.50 after coming back from a serious football injury.

If you have been omitted from any results please do let us know, especially if you have achieved a pb.

* **Advance Warning**

Just to plant the seed in your mind! The ECCA National Cross Country Championships have been announced for Saturday 27th February 2010 at Roundhay Park. In 2008 we had a team of marshalls at the Northern Cross Countries which were also at Roundhay Park and it was a great day. I will be

putting together a team of volunteers so even though it seems a bit early, if you'd like to help then please let me know in person or by email at stoxy78@hotmail.com. Thanks! Jill.

* **Race Trip to Lune Valley and Howgill 10 mile road race**

We are hoping to take a minibus to the first Lune Valley and Howgill Road Race on Sunday 5th July. The course takes in some of the most beautiful scenery in England and is part of a day of fundraising events, including a bbq and car boot sales, to raise money for the local football club and school. Entry is £10 for club runners and the entry form is available on UK Results or from the red box at the LPSA club. To book a place on the minibus please speak to Jill or email stoxy78@hotmail.com

* **Cheerful Chilli**

Thanks to Richard, Diane and Jill (who had the unenviable task of collecting

names / deposits and sorting out all the money!) for organising this meal which was a great success. Photos below!

* **Upcoming Social Events**

Thursday June 18th – Curry night at Sheesh Mahal

Saturday June 20th – Kerrys Birthday night out, Headingley (Fancy Dress Theme!!)

Sunday July 5th – Trip to Lune Valley and Howgill 10 Mile Road Race

Saturday July 18th – Jills Birthday Bonanza, somewhere in Leeds, venue undecided

Wednesday August 12th – Members Meander / Kirkstall Valley Trail Race (Championship race)

For more info on any of these events please see Jill or email stoxy78@hotmail.com.



Bradford Millennium Way - Sunday 14 June

5 legs of 9.9miles, 9.9, 8, 8.7 and 11.6 miles – to be run in pairs

The teams as at 22 May are:

Open team:

- 1: Mario and Richard
- 2: Matt Marsh and Ed
- 3: Sam Ostermayer and Kevin Blackhurst
- 4: Martin and Stuart Reardon
- 5: Jill Camm and Tori

Mixed team:

- 1: Peter and Julie
- 2: Laura Mayo and Matt Hooban
- 3: Maxi and Claire Green.
- 4: Amanda Seims and Paul
- 5: Tony and Cassie

Based on the pairs running 7 min mile pace (unlikely but lets be optimistic) the earliest and latest set off time for each pair are:

- Leg 1 Beckfoot Lane Bingley to Marsh Lane nr Oxenhope 10 miles 8.00 am prompt
Leg 2 Marsh Lane to Laycock Village 9 miles - 9.10am, or cut off time 10.00am
Leg 3 Laycock to Silsden 8 miles - 10.15 or cut off time 11.15
Leg 4 Silsden to White Wells Ilkley 8.5 miles - 11.15 or cut off time 12.30
Leg 5 White Wells to Bingley rugby club 11 miles - 12.15 or cut off time 13.45

Please bear in mind that there could be parking issues, so please allow plenty of time to get there, park up, register, change and warm up.

Anyone wishing to see the event and cheer them on would be appreciated.

The essential ingredient for each pair is to make sure you recci your leg before the day – the routes are not marshaled, and route descriptions are available at www.stbedesac1.pwp.blueyonder.co.uk/index.html

Good luck to everyone running this, it should be a good day out!

We had just 10 runners brave this rather cold and rainy bank holiday Monday and this meant everyone who turned up scored well in the Championship regardless of what time they finished in, but there was still a great number of pbs achieved (80% in fact!) on this super-fast, flat course so well done to everyone.



Collette, Sheila, Rob, Jill C, Patrick, Eleanor, Jill S, Neal

Race #3 - Rothwell 10k Points Awarded

Position	Name	Points
1	John Hutchinson	15
2	Sheila King	14
3	Collette Spencer	13
4	Rob Owen	12
5	Jill Camm	11
6	Eleanor Franks	10
7	Neal Shotter	9
8	Jill Stocks	8
9	Patrick Nesden	7
10	Alyson Glover	6

Race Report by Jill Stocks

In my usual stupid fashion I decided it would be a good idea to do the Club Championship race at Rothwell the day after ten miles plus up the worst hill in Yorkshire at the Bluebell Trail. However, I reasoned with myself that this could be classed as a warm-down on a flat course.

Of course this went out of the window when I set off like a bat out of hell. What an idiot. I passed 5k in just over 26 minutes. Oh dear. A good two minutes off my 5k pb. So obviously the second half was pretty hellish. Nonetheless as we approached the end a pb was still possible and I managed it by getting round in 55:36, knocking a minute off. Perhaps if I hadn't set off so quick it might have been more? Still a good day was had by all with several pb's and a nice black t-shirt with some sort of hog type creature on it for my troubles. Recommended for pb hunters especially!!

Position	Name	Points
1	Rob Owen	32
2	Jill Stocks	31
3	Sam Ostermeyer	30
4	Wendy Richardson	28
5	Kimberley Ridout	26
6	Sheila King	22
6	Eleanor Franks	22
8	Jill Camm	20
9	John Hutchinson	17
9	Collette Spencer	17
11	David Spink	16
12	Gary Carlisle	15
12	Matt Hooban	15
14	Neil Maxwell	14
14	Neal Shotter	14
16	Alyson Glover	13
16	Peter Hey	13
18	Alex Saunders	12

Club Championship Overall League Table

After 4 races things are starting to look interesting at the top of the league table! Rob Owen is in the lead with 32 points but on his tail only 1 point behind is Jill Stocks. Again only 1 point behind Jill in 3rd place is Sam Ostermeyer. 54 members have taken part in Club Championship races so far and the full league table should be available on the website now. A summary of the top 38 in the league is below.

For full details of the Club Championship please see the website. The only thing you need to do to be included is send us your pbs to enable us to work out a fair handicap for you. Lastly, just a reminder that there will be no points awarded after the Hyde Park 5k on 6th June as these will be calculated after the final of the 3 Hyde Park races on 8th August.

Position	Name	Points
19	Alan Wood	11
19	Edd Richards	11
19	Patrick Nesden	11
22	Lisa Martin	10
22	Kerry Wheldon	10
24	Gemma Smith	9
24	Martin Savage	9
26	Mark Vickers	8
26	Paul Miller	8
26	Chris Young	8

Position	Name	Points
29	Graham Curtis	7
29	Helen Goldthorpe	7
31	Malcolm Denison	6
31	Chris Glover	6
33	Tori Letherby	4
33	Mario Kokes	4
33	Stella Darby	4
33	Kevin Longmate	4
37	Matt Marsh	3
37	Tom Keeber	3

Congratulations to our 43 runners who did this event, the turnout was fantastic and it was lovely to have a sea of purple the whole way round the course. We must mention both our leading lady and leading man for their fantastic results - Gemma Smith came 3rd lady overall with a pb of 1.24.16 and Matt Marsh also got a pb of 1.21.41 and came 48th overall. John Hutchinson also came 5th in his age category with 1.39.20 so well done to him too.

Huge thanks to all the Harriers who marshalled and spectated around the course, and also to Jill for organising our post-race bash at the pub and Ward and Charlotte for the massages. There was a lovely atmosphere in the pub afterwards, and a visitor-friend from Sheffield even commented that Kirkstall Harriers were such a friendly group of people that he wishes he could commute from Sheffield to train with us! A list of all our finishing times from the race is on the notice-board in the leisure centre.

Race Report by Matt Hooban

Standing at the start line for the Leeds Half I couldn't believe how many runners from Kirkstall turned out ready to race, all around me there where runners sporting the mighty purple club vests. Apart from the normal pre race jitters I was filled with an enormous sense of pride that so many of our members had committed to our club championship. I think I can safely speak for both Eleanor and myself that this was exactly what we had hoped for when we put the championship together.

So surrounded by good friends I set off on the traditional 1 lap course of Leeds (no need to explain the route in any great detail as I guess most of us already know it like the back of our hands) I was feeling pretty good, more or less fully rested and recovered from London add to that the near perfect racing conditions I was really confident of posting a good time. I passed a few Harriers on the way round more passed me. I spent most of the race clinging onto El's vest, gaining on the hills only for her to race off again on the down and flat sections.

Had the race been a 10 miler I would of posted a great time but by 11 miles I was feeling it slowing a little in the closing stages I eventually finished in a respectable 1 hr 50 not good enough to make impression on the championship top ten but very pleasing none the less to have got round in one piece.

Many thanks to Jill for organising the massage team to be on stand by in Mr Foleys (an inspired move) a great pub choc full of lovely local beers! Only thing left to say is do we have to race up Stonegate Lane every year? Really its absolute pain in the...

Race Report by Jill Stocks

This turned out to be a great race for me as I knocked eight minutes off my pb! Totally unexpected. Really enjoyed the race. Some great support on the course and lots of people I knew on the way round. The course was a bit congested on the ring road but thinned out a bit after that. A big thank you to Kerry, Mark, Alex and the crew who were outside the leisure centre with the Kirkstall Harriers banner. I started to struggle a bit from the leisure centre and I was pleased to see some friends near the finish who got me over the line just short of two hours. I was absolutely shattered when I crossed the line but soon recovered to head to the pub for my massage and a pint! A really good day with a great atmosphere and great to have so many Kirkstall Harriers representing the club with some excellent performances.

Race #4 - Leeds Half Marathon

Points Awarded - Top 10 only!

(please see website for full results)

Position	Name	Points
1	Sam Ostermeyer	15
2	Neil Maxwell	14
3	Wendy Richardson	13
4	Jill Stocks	12
5	Alan Wood	11
6	Lisa Martin	10
7	Gemma Smith	9
8	Chris Young	8
9	David Spink	7
10	Rob Owen	6



Neal and Jill in the pub!



Photos L-R: **Matt Marsh** (48th overall), **Gemma Smith** (3rd lady), **Sam Ostermeyer** (Club Championship Race Winner) Thanks to Carol / Bal for these photos - see page 9 for lots more!

See next page for artist's interpretation from the day!



A huge **thank you** to Richard's son **Benjamin** (aged 10) who has drawn us a brilliant picture of the Competitors at the Leeds Half Marathon. It shows some of our runners being lead by our mascot 'Chip' the Monk, swiftly followed by one of the golden owls which has left its perch on the Civic Hall to join in the fun!

Messages from our friends all over the globe

We recently received the following email addressed to the whole club from Edd Richards:

Kirkstall Harriers,

It is with great regret that I will be leaving the club as of the end of June. This is because I am leaving Leeds and moving to Newcastle. I know I have not had the best attendance at training. This was never anything personal it was down to a combination of a different kind of training schedule and also the odd injury here and there. You have been without any shadow of a doubt the nicest group of people I have ever had the pleasure of training with.

I will be running the john carr 5k on may 20th, and I have also been roped into this crazy millenium relay business in june so hopefully I'll see you all there.

All the best for the future, Edd Richards.

And for all those who remember Stuart Moore, please note his position in the South Wales Summer Hill Series, there was 107 runners listed but we have only shown the top 3. Good job he's not down in our Club Championship! His comment was "It wont last..." but lets hope it does.

SOUTH WALES SUMMER HILL SERIES 2009 (BEST 4 RESULTS TO COUNT)									
				Mynydd Troed		Cribyn		Stretton Hills	
Pos.	Name	Club	Cat.	Time	Score	Time	Score	Time	Score
1	Stuart Moore	Wye Valley Runners	MS	65.55	93	64.29	93		
2	Helen Fines	Calder Valley	FS	71.16	84	64.34	93		
3	Dave Austin	Calder Valley	MS	72.51	81	70.23	83		

Vancouver Marathon - 3rd May 2009



The Vancouver marathon has been running since 1972, but the course has changed considerably. Originally, runners simply ran around Stanley park - five times! The weather is perfect in May: bright, mild and low humidity. The 7.30 start might sound early, but I was still adjusting to the time difference. It felt like having a lie in and then doing a long afternoon run. Three other events also run on the same day: the walker's marathon, the 8k and the children's MaraFun (1.6k). My route gave me a great tour of the city, taking in China town, False Creek, Stanley Park, Kitsilano and Pacific Boulevard. The course is quite hilly, but this is unavoidable since Stanley Park and the bridges involve gradual climbing. The only way to make the course flatter would be to make it less scenic. I hit the wall at 22 miles, but managed to push on, eventually knocking five minutes of my PB (3:45:21 in Amsterdam, 2007) and finished up with a respectable 3:40:03. I really enjoyed it, and forgot the pain within a few days. Talking to other runners, the only criticisms made of the race are that the markers appeared at every kilometre and every 5 miles (not useful if you train in miles). There was also some confusion and panic caused by the race information, which said that mp3 players were banned (it turned out that you would only be disqualified if you caused an accident). The crowd turn-out wasn't spectacular, but people lined the streets for the last few miles, which is where we need them! All in all, a fantastic experience and highly recommended. Next year's Vancouver Marathon is on 2nd May 2010.

Gareth Hagger-Johnson

Bluebell Trail - 3rd May 2009

This is the third time I have done the Bluebell Trail having been talked into it by Stuart the first time round. However the sense of impending doom and fear and dread I felt as the race approached has not lessened.

The Bluebell Trail is mainly off-road, nearly 11 miles and takes in the biggest hill in Yorkshire, and possibly the world – Trooper Lane. The hill now holds an almost legendary status among Bluebell runners and most runners saunter up it at a leisurely walking pace, as it is almost un-runnable. Those who do manage to shuffle up at slightly more than walking pace will receive a few muffled out of breath “well done’s” from fellow runners who will secretly be thinking that they wish they could do it, or that said runner is stupid.

Myself and Neal decided to run together and had a great run. The race has a very friendly atmosphere, takes in some lovely scenery and runs through some challenging woodland. The piece de resistance though must be the river crossing at the end. It adds another interesting touch to the run and provides the spectators with something to cheer and the finish is quite literally a few metres away as you clamber out. Neal, always the gentleman, let me finish slightly before him and at just over two hours we had managed to knock ten minutes off my previous time on this course. Result!

My advice for potential Bluebell Trail Runners? Do it but expect to be knackered and don't wear new shoes!! And of course I will do it next year again despite the fear and dread!

Meanwood Valley Trail - 16th May 2009

The morning did not start well. Having been to a wedding the previous day I had expected a hangover and trying to resist the urge to be sick on the way round to be my primary concern during my third Meanwood Valley Trail. However, the hangover was nowhere to be seen. Instead, in my hurry out of the door I jumped over the wall from my house into the leisure centre car park and pulled my hamstring. Hmm. In my infinite wisdom and despite the potential consequences for my fitness I still decided to run the race anyway. Oh dear. Anyway at one mile I had the option to pull out as this is the nearest point to the clubhouse but I still didn't. Stubborn or stupid? Hmm. I kept going dragging the gammy leg behind me which was a silly decision on reflection but there you go. Funnily enough I enjoyed the race as usual. A lovely course not far from home with an interesting climb right at the end. Friendly runners, good presentation and sandwiches after (and the bar of course). Without the bad leg I probably would have beaten my time from previous years hands down but never mind. Well worth the bottle of beer at the end!!

Ilkley Trail Race - 24th May 2009

This is a lovely race taking in some great scenery on Middleton Moor. This years race was only the second but I was impressed once again with the organisation. The course is a challenging 7 miles, with the first four uphill! The atmosphere was very friendly and I had a good run, knocking 12 minutes off my previous years time. Then I won some lager and chocolate in a competition to guess the winning runners time! There is also a cake stall and, as last year, the weather did us proud. Highly recommended.



*Bluebell Trail, Meanwood Valley Trail and Ilkley Trail reports all by **Jill Stocks** (someone likes trail races!)*

Jill and Patrick after Ilkley Trail Race

Member Profile - Sam Ostermeyer



Name: Sam Ostermeyer
Age: 24
Occupation: Trainee Quantity Surveyor for Morrison Utility Services (although making moves for a career as a Primary School Teacher)

Sam has lived in Leeds since he came to University here in 2004 and is originally from Stafford in the West Midlands. His interesting surname is Dutch/Belgian, and dates back centuries -

there was a French Olympian called Micheline Ostermeyer who won 2 golds at the London Olympics in 1948 though! Sam is currently 3rd in the Club Championship.

When did you start running and why?

I'm lucky in that my whole family has been blessed with being fairly good all round sportspeople. I am the youngest of four, and I have three older sisters(!) who used to do a lot of track and cross country. I was dragged all round the country to watch them and I used to hate it! I did however run for my primary school in cross country, and I came 2nd in every race unfortunately! I did a few county cross country's, but being an angry teenager I couldn't be bothered running the distance events at high school, and so I went into hurdling, and I represented Stafford and District at it, this despite my school only having 3 hurdles! Then being a male, I chose to play football which took up all my time. I got back into running whilst training for Leeds Half Marathon 2008.

What are your greatest running achievements?

My greatest running achievement is probably

knocking 2.5 seconds of my high school 110metre hurdle record! I believe it still stands, so my name gets printed in the programme every year which is pretty cool. I think I must have been the only person half decent at hurdling in my school, or the only one interested in it. More recently, completing two Leeds Half Marathons, and getting a really good time in the Bradford 10k, all at pb's.

What are your motivations for running?

My primary motivation when I joined Kirkstall Harriers was to get fit enough to do the Leeds Half Marathon - I had always wanted to do one, but due to having knee problems I only gave myself 3 months to go from sporadic 3 mile runs to 13! It also helped that I had just moved back to Headingley so the club is just down the road. After that I've just got the bug, I love running again and I really enjoy running with the Harriers - I am hoping to compete lots more in my purple vest! (its my favourite colour) I find it a lot easier to motivate myself when others are running as well. I am quite a shy person when I don't know people very well however, so I'd like to get to know you all a lot better! I just enjoy the freedom of running. I get nervous before races, and have restless sleep the night before! My motivation now is to push myself as much as I can. I have more interest in running than football at the moment, which people who know me would be shocked at. This is what supporting Blackburn Rovers has

done to me...

What are your favourite running related memories?

erm...I think it must be from primary school. When taking part in sports day, one lad in the 200m track race (I think) decided half way around to leave his outside lane and head straight for my inside lane for no apparent reason whatsoever! He must have thought it was the 800metres. There is photographic evidence somewhere of me and my mate almost collapsing in laughter as we crossed the line. Another is a big headed guy bigging himself up in the hurdles, only for him to connect with the first hurdle and completely stack it!

Any words of wisdom for your fellow harriers?

Always allow time for an injury to heal regardless of how frustrating it can be doing nothing! Stay motivated, and most of all enjoy everything that you do, don't take life too seriously, as its too damn short!



Many thanks to Sam's parents for digging out these photos of Sam from his school athletics days. Photo above: Sam with trophy after coming 3rd in last summer's Members Meander.

PBs and other worthy mentions

The Rothwell 10k saw the following pbs – **Jill Camm** 42.59, **Rob Owen** 43.59, **Sheila King** 45.03, **John Hutchinson** a 'recent pb' of 45.19, **Eleanor Franks** 46.46, **Collette Spencer** 49.33, **Neal Shotter** 54.48 and **Jill Stocks** 56.00.

The other recent Club Championship race, the Leeds Half Marathon, also saw a fantastic number of pbs set: **Matt Marsh** 1.21.41, **Gemma Smith** 1.24.16, **David Spink** 1.27.26, **Chris Young** 1.33.53, **Tori Letherby** 1.34.56, **Chris Glover** 1.35.43, **Maxi** 1.35.44 (10 minute pb!), **Jill Camm** 1.36.30, **Alan Wood** 1.36.37, **Rob Owen** 1.37.05, **Lisa Martin** 1.42.09, **Kevin Longmate** 1.43.32, **Peter Hey** (an 'OAP pb!') 1.46.26, **Sam Ostermeyer** 1.47.39 (10 minute pb!), **Wendy Richardson** 1.51.32 (8 minute pb!), **Mick Amos** 1.56.04, **Neal Shotter** 1.56.26, **Jill Stocks** 2.00.36 (8 minute pb!)

A little further afield, **Gareth Hagger-Johnson** got a pb of 3.40 at the Vancouver Marathon so very well done to him.

If we have missed your pb out, please do let us know and we'll include it next time. It's great to see so many this month so well done to everyone, some brilliant results.

New Members

Please welcome to the club the following new members – Kevin Blackhurst from Rodley who has kindly stepped into the Bradford Millennium Way team, Richard Hancock from Rawdon, and Amanda Burd from Halton who made her debut in the purple colours at the ABC off road run at Apperley Bridge, along with her very white trainers, fully rested from her last run at the Jane Tomlinson 10k almost 12 months ago. And just in time for this newsletter is also Lynne Tapper from Headingley.

We currently have 57 paid up members for this new year starting April, but will soon be hunting those down who have not renewed from last year... If you have not paid you can send your cheques to Tony at 17 Stainburn Avenue Leeds LS17 6PQ – Male subs £18, Female Subs £16 – cheques made payable to Kirkstall Harriers.

Many thanks to Matt Marsh and Lisa Martin who both overpaid their subs this year but have kindly donated the extra to the club funds.

Moment of Glory - and those not so glorious!

To continue our moments of glory...

- Amanda Seims 2nd Lady overall 2002/2003 Sports Direct Cross Country
- Amanda Seims 3rd Female overall 2004 Airedale Triple Challenge
- Amanda Seims 3rd Female overall 2004 Meanwood Valley Trail

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.

Race the Train - 15 August 2009

'Race the Train' will be taking place possibly for the last time ever, on the 15th of August. This is a wacky multi terrain festival of running made up of a series of multi terrain races over varying distances, including a great 10k and finishing in the afternoon with the main Rotary Challenge of approx 14 miles. All the events are run along side the famous Talylyn Railway in one of the most picturesque valleys in Wales.

I have already booked my place for the race and bought train tickets for the family. One of the best bits about racing the train is the fact that your supporters get to ride on the train to cheer you along. It was one of most surreal and brilliant moments of last year for me without doubt.

If people are interested in doing this race please follow the link to the website and check out the video it is really very lovely at: www.racethetrain.com

There is camping close by to Tywyn as well so if people are interested I was planning on driving down after work on the Friday, camping over the weekend, do the race, go to the evening do on the Saturday and after bacon butties on the Sunday morning drive back to Yorkshire.

If you enjoyed Hellrunner last year you will love this race. Trail or Fell shoes are a must as it will rain for at least part of the run because it is an August weekend event in Wales and that's standard. One last thing - it is a very popular race and it will definitely sell out before the closing date so if you are interested get entered asap!

Matt Hooban

Our Website (www.kirkstallharriers.org.uk)

Tom has been working hard as always on our website and is going to be giving it another overhaul in the near future. He would really like to hear from members on:

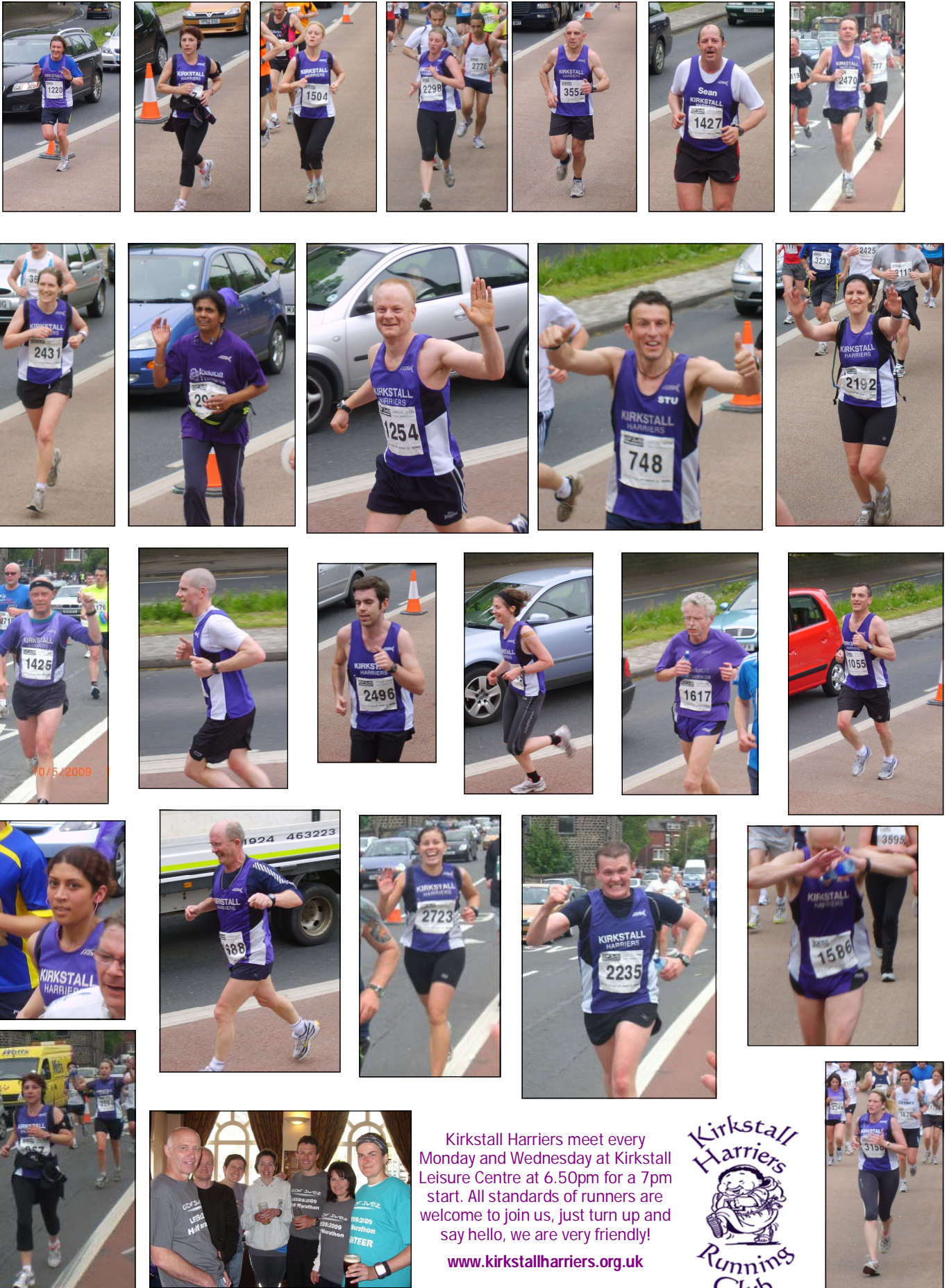
- 1) What you use the website for and
- 2) What you would like to see on it / see more of. All suggestions and ideas welcome and gratefully received. Please email Tom at kirkstallharriers@goolemail.com or speak to any of the committee who will pass your comments on.

Newsletter Contributions

If you have any contributions for the next newsletter it would be really, really appreciated! Race reports, photos, anything you would like to share with other members, or if you would like to volunteer to be the subject of the next Member Profile, please email eleanor5446@hotmail.com Thank you!

Photo Gallery - Leeds Half Marathon 2009

Many thanks to Carol and Mark for taking these.



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!

www.kirkstallharriers.org.uk

