

Kirkstall Harriers Newsletter

No. 103 June 2012



News in brief

* Chairman's Birthday Drinks

Another reminder that Peter Hey invites you all to celebrate his 50's with a birthday drink at the LPSA club on Friday night 8th June, between 7.00 and 11.30 in the concert room. If you have not told him yet that you are coming please do, so we can cater for you all. Dress code is casual as there will be a Celidhi band for you ALL to participate in. No presents allowed. Just another club social.

* Welcome Back

For It was nice – and a shock to see Kimberley Ridout back training after 12 months away in Australia and New Zealand. Threatening to come down training soon too was her partner Tom Keeber. I think Kimberley was equally surprised to see all the new faces and probably seems a new member as well now.

* Olympic Torch Relay 24 June 17.51

The Olympic torch is coming through Kirkstall/Headingley on Sunday 24th June and we'd like to get as many of us



Burjor enjoying Leeds Half Marathon

as possible along to support this event. The plan at the moment is to meet outside KLC at 5pm then walk up to the junction where the torch is due to start from there and decide where to pitch up. Please wear your club vest / t-shirt (over layers if it's not warm enough for bare arms!) If anything changes we will send out an email out and announce it at clubnights. Hope you can make it!

* Marathons

It appears the marathon season is coming to a brief rest over the summer period. After many members doing Paris, London and Manchester in April and early May, **Catherine Elvin** did the Marathon of the North in Sunderland (in a cracking time - see PB section!) and **Mark Skinner** and **Richard Joyce** should have done the Edinburgh Marathon by the time you read this newsletter. Outdoing everybody was **Diane Shaw** who managed the 10 marathons in 10 days around Lake Windermere. We are short on words to express the effort that she must have put in to complete them all. Well done to everybody and for sporting the purple colours for the club. No doubt the long training runs will be starting again soon for the autumn marathon season so watch this space.

* Bradford Millennium Way

This takes place on 10th June so just a quick good luck message to our team and we look forward to reporting on it in the July newsletter.

* Leeds Country Way

This year's date is 2nd September. This may seem a long way off, but if we want to get one or two teams into this competition and do well, we will have to start collecting names and allocating legs asap. Those interested please give your names and any preferences to our team captains. We need 6 pairs of runners per team, running between 10 and 12 miles. The event starts

Inside this issue:

News in Brief	1
Club Championship	2 - 3
PBs and other worthy mentions	3
Yorkshire Vets	4
New Members & Subscriptions	4
Race Reports - parkrun 'mob run', John Carr 5ks	5
Summer Relays	5
Richard Joyce's First Marathon Experience	6 - 7
Kirkstall Festival	7

and finishes at Garforth, and takes in Stanley Borstal, Thornburg (no I've never heard of this place either! - Ed), Golden Acre Park and Thorner.



Bal, Sheila & Collette at Yorkshire Vets race, Kirkstall (thanks to Chris G for the photo)

Club Championship Race #3 - Leeds Half Marathon

Well done to all who ran in our big local race last month, especially all those who got PBs or ran their first half marathons on what is not a very flat course! We had a great turnout which is a great advertisement for the club. See below for a race report from Adam. In championship points terms, **Ian Brown** stormed the league table this race with a comeback PB since his injury of 2.25.38 followed by **Louise Skidmore** who knocked an incredible 9 mins off her previous PB set at Liversedge this year with 1.44.20 for 2nd place and then **Dave Wood**, also with a comeback / 'recent' PB of 2.06.19. Results are below and top 10 after 3 races is on the next page along with more photos. Full results are on our website as always.

Kirkstall Harriers Club Championship 2012 Leeds Half Marathon

Position	Name	Points
1	Ian Brown	20
2	Louise Skidmore	19
3	David Wood	18
4	Stephen Dalton	17
5	Sandra Warren	16
6	Alyson Glover	15
7	Liam Mealey	14
8	Kevin Blackhurst	13
9	Colin Chapman	12
10	Ed Barrett	11
11	Chris Glover	10
12	John Hutchinson	9
13	Richard Joyce	8
14	Collette Spencer	7
15	Peter Hey	6
16	Paul Newton	5
17	Burjer Langdana	4
18	Baldish Sandhu	3
19	Paul Miller	2
19	Adam Moger	2
19	Jill Camm	2
19	David Spink	2
19	Jill Stocks	2
19	Helen Goldthorpe	2
19	Isaac Dell	2
19	Patrick Nesden	2
19	Karen Longfellow	2
19	Rhona Cameron	2
19	Adam Juniper	2
19	Jason Buckley	2
19	Rhian Millar	2
19	Justin Newall	2
19	Abdulwahid Mosa	2
19	Sean McEvoy	2

RACE REPORT

34 Harriers competed in the Leeds Half Marathon, with many of those returning to Mr Foleys afterwards for a massage from Ward Jefferson. Good conditions - if a little breezy, and chilly at the start - saw some great debut times and a number of PBs. I hadn't enjoyed the race last year (perhaps too close to VLM) & running in fancy dress made it far more enjoyable, with plenty of whistles from the crowd (from both sexes!) The race seemed better supported than in previous years - including great support from Kevin L, Gary, Eleanor, Carol, Hilary and Anna amongst others. The only criticism is one levelled at all the RunForAll events: there's always congestion and "pinch points", particularly near the start, which makes good times all the more impressive.

Adam Moger



Top: Adam 'Hula Boy' shows his feminine side. Ian waving his way to a PB
Bottom: Colin looking very fresh, Helen shows off her fabulous socks!

Club Championship - Leeds Half Marathon cont.

Kirkstall Harriers Club Championship 2012

Overall League Table

Top 10 after 3 races

Position	Name		Points	No of races
1	Richard	Joyce	46	3
2	Sandra	Warren	44	3
3	Colin	Chapman	43	3
4	Stephen	Dalton	41	3
5	Alyson	Glover	40	3
6	Louise	Skidmore	35	2
7	Chris	Glover	34	3
8	Ed	Barrett	31	2
9	Liam	Mealey	29	2
10	Ian	Brown	27	2



Photos clockwise - Patrick, Paul and Richard all looking strong as they stride past our cheering crew at KLC

Left - some of the cheering crew at KLC, Carol, Anna and Eleanor, ready to shout and cheer at our KH comrades!



PBs and other worthy mentions

Firstly this month we have **Ian Brown** who was told he might never run again a couple of years ago due to serious ankle breaks, did the 10 mile Settle Saunter and just missed out the prizes by finishing 4th in 3.12, only 13 minutes behind the winner.

At the John Carr 5k series **Adam Moger** PB-ed with each of the races with a final time and new PB of 19.13! We think **Alyson Glover**'s time of 23.10 was a PB too, and **Karen Longfellow** ran quicker at each of the races too with a final time of 24.23.

At the Leeds Half Marathon we had loads of PBs which is amazing so well done to the following (in no particular order!)

Kevin Blackhurst 1.31.40

Colin Chapman 1.35.47

Louise Skidmore 1.44.20

Ian Brown comeback PB of 2.25.38

David Wood 2.06.19

Stephen Dalton 1.40.26

Sandra Warren 1.55.10

Alyson Glover 1.54.51

Liam Mealey 1.30.57

Paul Miller ran his 1st half marathon in a cracking 1.27.41

At the Marathon of the North in Sunderland **Catherine Elvin** ran an amazing 3.27.59 which was an 18 minute PB and 6th lady. Hot off the press is that **Richard Joyce** ran a 22 minute PB at the Edinburgh Marathon finishing in 3.04.56 (those numbers are nice and neat!) and even had a calf injury, running against the words of warning from Eleanor and Adam!

As always please do not forget to tell us if you have done a pb – either by shouting out at the training nights (or a whisper in some ones ear if you are shy) or send it to kirkstallharriers@googlemail.com. Please do let us know if we have missed your PB too, apologies if this happens, just a gentle nudge as a reminder should do the trick though, ta!

Yorkshire Vets - Kirkstall 22/05/12



A very impressive number of Harriers were involved with our race, either running, helping or marshalling. Amazing weather (far too hot for those hills!) and a new record turnout at the Vets of 290, 316 including guests, with 8 Kirkstall ladies and 14 gents. A couple of "unscheduled walk breaks" on the hills saw me beaten by two M60s and an M65, as well as 2nd claimer Rachel who ran as a guest. I'm also regretting informing Chris Glover before the start of the season that this year, I'd turn the tables and beat him in every Vets race. There's a 100% record so far, but it's not in my favour! Despite that, due entirely to not having missed a race, I'm sitting pretty atop the table as first M35 and enjoying it whilst I can.

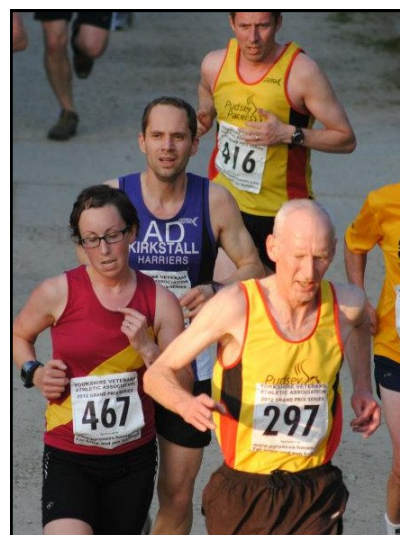
Adam Moger

Many thanks to all of you who ran the event, but more importantly those who marshaled. Without your assistance the race would not have happened. It may have appeared organized chaos to onlookers on the night – and it was, but everything appears to have been a success thanks to all your help. Yet again the Kirkstall race has broken the Yorks Vets record of number of entries by at least 50. There were 113 ladies 177 gents and 26 guests according to the provisional results. But Adam did spot two of our ladies in the men's results.

This is a series of races for the club and individuals throughout the year. Everyone who finishes gets points for themselves – and more importantly – for the club. The race series caters for runners of all abilities if you are 35 or over. Most of the routes are interesting mixed terrain, usually about 6 miles, with plenty of friendly competition. Full details can be found on the yvaa.org website.

The next races are listed below and please note the extra race just added on 29th July at John Smeaton. We have been told the route will be similar to the Peco cross country course. At the time of writing it appears the team results will not be available until early June. Races this month are:

**** June 12th Tuesday – 7.30pm start – Pudsey ** June 26th Tuesday – 7.30pm start – Meanwood ****



Photos: Eleanor showing Chris and Dave safely over the bridge, Carol leading a pack of ladies and Adam catching up with his rival Rachel (thanks to Russell Gallon and Chris Jones for taking these)

New Members & Subscriptions (OVERDUE for 2012/13!)

Please welcome to the club **Adam Juniper** and **Andrew Kirby** both from Headingley. And Jill has finally persuaded (!) Jason Buckley to join also. Last but not least, we are glad to also welcome to the club **Andrew Greaves** - eventually. He started filling in his membership details then we had to evacuate the LPSA club due to a gas leak, and he has only just returned!! He has joined as 2nd claim, as he is working in Horsforth, but is a member of Peel Road Runners in Tamworth where he lives.

We now have 69 paid up members but did have 106 last year. This means quite a few of you have not paid yet. If your subs are not in by the end of June your membership of the club will have deemed to be ended. As well as losing your UK England status it also rules you out of the Club Championship and other entitlements. If for any reason you are not re-joining, you should send us a letter/e-mail of resignation and we would appreciate the reason why – even if it's a criticism of the club. Thank you. The subscription fee is **£20** per person. If you joined after June 2011 your subs for 2012 will be adjusted pro rata – please ask a committee member how much you owe. Alternatively if you cannot get down personally to pay your subs please send your cheques to Tony Downham at 17 Stainburn Avenue Leeds LS17 6PQ – cheques made payable to Kirkstall Harriers.

RACE REPORTS

Hyde Park parkrun 5k 'mob run' 5/5/12

Yet again the club members put on a magnificent show. 2nd fastest team, behind Leeds City with 22.45, and 3rd with highest number of runners with 21, behind Hyde Park Harriers and Valley Striders. We could have been equal 2nd if 3 of our runners had remembered their barcodes??! Beating other clubs such as Horsforth, Pudsey & Bramley, Pudsey Pacers and Abbey Runners just to mention a few. Our members who beat the team average were Paul Miller 15th 19.04, Phil Hewitt 24th 19.38, Chris Glover 33rd 19.48, Liam Mealey 47th 20.18, Kevin Blackhurst 20.33, Adam Moger 20.35, Kevin Longmate 20.49, Gary Carlisle 21.25, Ed Barrett 21.54, Abdul Mosa 22.05 Sheila King 22.40 and just missing out and giving herself an injury Eleanor Gallon 22.58. Well done everybody who ran.

Peter Hey

John Carr 5k Series

My first attempt at this "net downhill" 5k series at Esholt, run on 3 consecutive Wednesday evenings. A great PB course, reflected in the number of rarely-seen clubs - Dragons, Longwood, Hallamshire, Rossendale, Doncaster, Barnsley. There were 8 different clubs in the top 10 finishers, which saw Kirkstall old boy (in a 2nd claim rather than Vets sense) Peter Branney run a PB to finish 15th in 16.18. First Kirkstall vest belonged to Chris Glover in 18.57, almost matching his PB from last year. Despite having Manchester marathon in my legs, I ran 19.31, with cracking PBs too from Alyson (23.10) and Karen (24.52). Choice of Mars Bar or Snickers at the end is the perfect way to end any race. The only negative was seeing someone trip on a speed bump in the first 100 metres, leaving skin on the road.

The second race, in pouring rain, saw me just pip Chris with 19.24, though he had the weekend's Bluebell Trail in his legs. Alyson ran 23.59 and Karen PB'd again with 24.42. The third race saw better weather with the 4 Kirkstall competitors picking up a bottle of beer for completing all 3 races. I managed a new PB of 19.13, in part thanks to taking Leeds Half easy at the weekend and using Chris as a pacer, but he took the cumulative result for Kirkstall, whilst Pete Branney finished 2nd - and 2nd in the series - with a stunning 15.46. Alyson finished 3rd in her age category, and there was a 3rd consecutive PB of 24.23 from Karen. A great race series, but don't let the "net downhill" tag or the fast times fool you into thinking it's easy - I'll need a year to forget the effort involved before entering again!

Adam Moger

First Kirkstall - Chris
3rd F45 in the series - Alyson
3 races and 3 PBs - Karen & Adam

Thanks to Jack Verity for the photos below of Alyson, Chris and Karen all looking strong!



Summer Relay Races

Now we have had a bit of sunshine its time to think about the summer relays, which are all in July. We need 3 runners per team all running about 3 miles each. If you are interested in one or more of these events please let one of your team captains or a committee member know.

Wed 4th July - DANEFIELD RELAY - from the Chevin car park 3 per team each runner running the same 3 mile route

Fri 13th July - WASHBURN RELAY - from Fewston Reservoir 3 per team each running about 3.75 miles

Wed 25th July - GOLDEN ACRE PARK RELAY - from Golden Acre Park, 3 per team each running the same 3 mile route

My First Marathon Experience

By Richard Joyce, aged 27. World Major Marathon - Virgin London Marathon 2012

Introduction

In May of 2011 I officially entered my first planned marathon, the Edinburgh Marathon which is due to take place on Sunday 27th May, however, little did I know at the time of entering Edinburgh that my first marathon would actually be the world famous London Marathon.

My sights were firmly set on Edinburgh being my first marathon, however, as it has always been a dream, even a fantasy to run the London Marathon, when the opportunity came to apply for a Golden Bond Charity Place with Macmillan Cancer Support through my work company, Boots The Chemist, I entered my application right away, however, with only 4 applicants in the whole of the national company allocated places, my chances were slim, and my application sadly failed.

Two days after finishing the Liversedge Half Marathon in a PB time of 1:24:15 in February I was 'buzzing', when in the morning I received a phone call out of the blue from the Boots The Chemist Volunteer Scheme asking me if I would be up for running the London Marathon on April 22nd at short notice for Macmillan due to the unfortunate news that one of the 4 applicants had dropped out through injury. I absolutely jumped at the challenge, especially as I felt the fittest I think I ever had physically before and was running at my best breaking a PB every race, I was very confident I could train in time. Everything was last minute, as I only had 2 months to both train and raise £2,000 for Macmillan, but I was up for the challenge and I was all set by the time the marathon came.

The BIG Race Day

The morning of the race was going to plan, although I didn't get as much sleep as I would have liked (I only managed about 4 hours and the hotel was like Fawlty Towers), I still felt very fresh and fit when I woke up and I ate my bananas and had my isotonic drink, but the plan began to go a bit pear shaped on my journey to the starting line. I stupidly didn't realise just how long it took to get from the side of London I was at to the start and this made me nervous, I was worrying about getting there on time and to cap it off, I needed a wee really bad and the journey took over an hour on the trains which had no toilets. Then the second train I had to get on only went and terminated unexpectedly, which, along with all the other late marathon runners also on my train journey, I started panicking. Thankfully another train soon pulled up within minutes and we all made it, although we had to start right at the back. An experience I will have to learn from for future marathons I enter.

Now to the race, starting right at the back of the charity runners despite my official starting Pen been number four, it did help me settle my nerves a lot, knowing that thousands of other people around me are in the same boat and to be fair, my personal race doesn't start till my chip crosses the line, so it gave me a chance to relax and enjoy the amazing atmosphere I was absorbing. I don't think I was quite prepared for just how big the London Marathon really is and I was probably a little unprepared for the emotions running a marathon can bring but I loved every minute of it.

My Marathon Journey Kicks Off

Right from the off, I was having to pace myself well below what I planned, as the masses of runners was just too tight and close to wriggle your way through or into any kind of rhythm, which did frustrate me a bit at the start because I was aiming to run the race under 3 hours 30 minutes, but I just decided to enjoy the moment and soak up the atmosphere and enjoy the emotions of the day, rather than worry about my pacing and time, as I gathered that in the second half marathon I would probably find more gaps between the runners to get a clearer run.

The atmosphere and camaraderie of this race was amazing, there were mascots of all kinds all over the place, fellow charity runners and fun runners supporting each other, in this section of the race, there weren't too many club runners so it didn't have that 'competitive' feel to it and to be honest I enjoyed the race in a different way because of that, there wasn't any pressure to have a 'battle' with a competitor as I tend to enjoy in the 'club races'.

I soaked up every bit of emotion the crowds had to offer, which was an awful lot. All the kids along the course had their hands out ready to hi five us runners and I really thrived on that, it was great fun interacting with such wonderful supporters and the roar the Macmillan cheer points made was really encouraging. There was also a real party carnival atmosphere, there were bands along the way and pubs blearing out dance music, at one point, under a bridge there were fans playing bongos, which to me was one of the most euphoric rushes I've experienced toppled with adrenaline, it sounded amazing echoing under the bridge, it really speeded me up when I heard it. Another thing about the crowds and fans is they really make you feel like a star, then they are also handing out jelly babies and oranges to boost your energy levels, there is a real loving feeling about this race.

My Personal Performance (3:26:27)

My aim was the run the Virgin London Marathon 2012 under 3 hours 30 minutes, as a first marathoner I didn't really know what to expect. My plan was to run the first half at a steady pace, which I did (1 hour 41 minutes), but I was hoping to run it a bit faster however the crowded runners held me back, but maybe that was a good thing? I may well have tried biting off more



than I can chew. It was very strange really, I felt at the time I had ran the first half very slow, as usually I run half marathons around or under 1 hour 30 minutes and it felt very steady for me. I also stopped for a wee at about the 4 or 5 miles mark.

The second half soon came along and the atmosphere made it fly by, I was really feeling very fresh and I began overtaking runners left right and centre, I felt great and started using my carbohydrate gels and they worked a treat. I wouldn't say I hit the wall to be honest, but I didn't slow down a few times but worked through those times pretty quickly to gather my pace again. It wasn't until the 23 miles mark that I began having any kind of problems - CRAMP.

I was fine with cramp until I decided to eat my 'caffeine gel', which I had never tried before, probably a bad idea especially as I can be sensitive to caffeine drinks and I think it dehydrated me a bit causing cramps, but then again it was 23 miles so that probably did have more to do with it. It was frustrating me a bit because I wasn't out of breath and felt like I had loads more in the tank but my muscles were locking up a bit and it was hard to avoid the cramp as so many other runners were stopping randomly and causing me to dodge them suddenly. I pulled through it though with flying colours and through sheer determination and the atmosphere, ha ha, I was so 'in the zone' though that I didn't even notice I ran past 'THE BIG BEN', but I certainly noticed Buckingham Palace and the final Grandstand (where my sister Melanie, her boyfriend Dennis and the rest of the Macmillan supporters were sitting) finish where I had a strong finish overtaking and enjoying the moment.

The feeling when I finished was very strange, I felt very emotional when I finished, especially after seeing the Macmillan fans going mad, it was euphoric, but I don't think it really sunk in straight away that I had just ran and completed my first marathon and my dream London Marathon. I just felt so happy and proud I had achieved it and the medal really capped it off, it didn't leave my neck for a good day or so!

I wasn't actually sure what my time was, as I started over 15 to 20 minutes after the race had started I was confused when trying to work out if I had beaten 3 hours 30 minutes as it is hard working it out when your in your last few miles running a marathon, however my sister told me straight away at the Macmillan Recovery Centre that my time was 3:26:27, which made me feel even better because I genuinely thought I had failed to beat my target.

HIGHS OF THE RACE:

- + Running over 'Tower Bridge', it was a very surreal moment.
- + High fives with the fans - I loved it.
- + 18 to 20 miles mark I felt like I was on fire as other people were hitting the wall, I was overtaking for fun J
- + Of course, finishing at The Grandstand Finish - amazing euphoric feeling.

Conclusion

I managed to raise over £2,000 for Macmillan Cancer Support, thanks to everyone who helped me raise this and supported me and my work place also deserve a special mention as they helped me raise a lot of money with some in store events at Boots The Chemist in the Leeds Shopping Plaza.

I am now looking forward to my next marathon - Edinburgh Marathon, it is officially the fastest marathon in the United Kingdom and I cant wait to try and smash my London time, although I do have a calf strain.

Thank-you for reading my 'First Marathon Experience' report. Richard Joyce.

Kirkstall Festival - Saturday 14th July 2012 - Save the Date!

We need volunteers to look after our stall at the Kirkstall Festival and talk to potential new members etc. It's always a lovely friendly atmosphere to be a part of. We also need donations for the tombola that we hold. Please let Jill know asap if you can help out, many thanks!



June Birthdays

Happy Birthday to the following members who are celebrating birthdays in June:

* Peter Hey * Julie Hustwit * Richard Hancock * Helen Thompson * Burjor Langdana * Ed Barrett *
* Jon Potts *

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

Please email eleanor5446@hotmail.com or kirkstallharriers@googlemail.com if you would like to contribute to the newsletter. All articles, member profiles etc gratefully received.

