

# Kirkstall Harriers Newsletter

No. 64 March 2009



## News in brief

### \* Club Championship

The first Club Championship race of 2009, the Liversedge Half Marathon, was a great success. See page 2 for reports and photos from the day, and the results of the first race.

At the time of writing we are still not sure if the PECO Cross Country committee are going for the 29th March for the postponed Rothwell race, which is the same date as our 2nd Championship race, the Bradford 10k. We will inform everyone ASAP once we know ourselves what is happening. If the PECO Cross Country race does go ahead on this date then we will organise another 10k race later in the year to replace Bradford 10k in the Championship. We will also try to get refunds if anyone has already entered Bradford but prefers to do the Cross Country.

### \* Sportsman and Sportswoman 2008

The closing date for nominations is Weds 4<sup>th</sup> March, so if you have not filled one in, please do so, they are available on the website. It is hoped to select the winners in time for the AGM, but having had a peep at some of the nominations it could be a difficult decision this year,

as quite rightly so, several names have been put forward already from both sexes.

### \* AGM 2009

The AGM is Wed 18<sup>th</sup> March, after a short training run. Please come and attend as it the main opportunity for the club to hear your views and if we can do anything to improve how the club operates. We shall try to keep it as brief as possible and have arranged for a small buffet afterwards. It is also the time to fix the membership subs so you have no excuses if they are not to your liking if you miss the meeting.

### \* 10k Predictor Run - 25/02/09

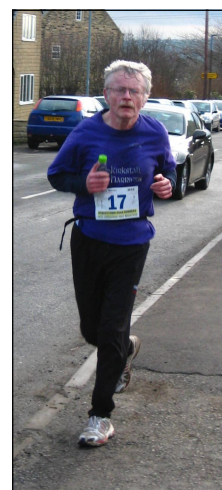
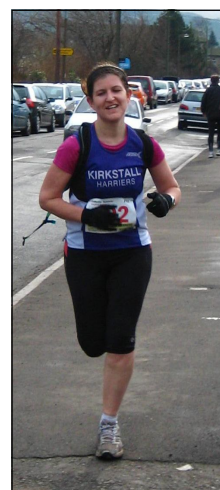
The second predictor run on Wed 25 Feb attracted 21 entrants who all seemed to enjoy this run yet again.

The most accurate predictions were Richard with 15 seconds closely followed by Liz with 30 seconds and then Collette with 31 seconds. The two unluckiest runners were Helen T and Alex who adjusted their times by 1 minute just prior to the start and instead of being 1 second out, finished being 59 seconds out. Due to the rush to get the results in this newsletter there may be the usual time-

keepers error, so if you spot any please let Peter Hey know. See the website for full results.

### \* Marathon Training

Word is out that we are going to maintain the Saturday morning runs after the London Marathon for those training for Edinburgh and the Leeds Half. It is hoped the Saturday morning run may become a regular training session - we will keep you posted! See page 4 for Matt's report on February's training.



Collette and Patrick at the Liversedge Half Marathon (see page 2 for more photos of our runners that day)

## Yorkshire Vets - 1 February 2009

The 2009 series started very well with 4 old ladies and 7 old men taking part – along with 1 young female guest. The ladies came 6<sup>th</sup> and 5<sup>th</sup> with all to count and first 4 to count out of 16 teams. The men came 5<sup>th</sup> and 9<sup>th</sup> respectively out of 25 teams. This was despite an unannounced change of route. Instead of a fairly dry solid track and road route as in the past, Horsforth, the organising team, decided to go North into Hunger Hills which was a bit muddy to say the least. Richard did have time though to get Diane out of bed and meet him halfway back home with a pair of much needed off road shoes, and then get to the start line just as the whistle blew.

**The next race is at Meltham on 22<sup>nd</sup> March, which is down as another 10.00am start, so we suggest anyone wanting to meet outside the LPSA club to share transport, meet at 8.30am.**

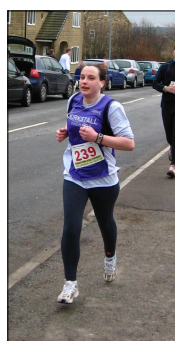
Again, ASSUMING the route is the same as previous, this is mostly off road, with an uphill start but a downhill finish with lots of nice views, and is similar to the Cinammon Chase, a summer evening run they organise. Let's hope we get another good turn out. To be a vet you have to be 35 or over but 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.

## Liversedge Half Marathon - 15 February 2009

Well done to all who took part in our first Club Championship race. See below for race reports, photos and the all-important opening positions in the league table!

"The 15<sup>th</sup> of February brought round my first half marathon of the year. Having had to pull out of the Four Villages Half in mid-January due to my blisters (grrr!) and having done very little training through December and January for various reasons I really just wanted to get round Liversedge by any means possible and try and get back to "normal". In 2008 I had a bad run at Liversedge and promised never again! Anyway, short of a half marathon for February I entered again like a fool. And on reflection I'm pleased I did! It is a very hilly course but if you are able to take advantage of the downhills you can make up your time. The scenery is fairly pleasant though there are some boring bits. And of course this year it was the first event making up the Kirkstall Harriers Club Championship. 18 Kirkstall Harriers finished the course, making us the most represented club present, and there were several pbs and good times (see the pbs section) despite the hilly nature of the course. On a personal level I managed a pb by 30 seconds and knocked 19 minutes off my 2008 time for the course. And I have another t-shirt to wear for bed. So my advice to anyone looking at Liversedge for next year is to do it, but prepare yourself for the hills!"

Jill Stocks



"Ouch!!!!

Thats all that needs to be said!  
Good butties & a cup of tea made it all worthwhile.

Oh almost forgot to mention the nice views."

Jill Camm

"This is the 'cream of the crop' of half marathons. Not sure I am qualified to say that as it was my first one. It is most certainly hard work and my legs felt it for 2 days after but all those hills are worth it for the fantastic views!!! Boy what a great race!!"

Kimberley Ridout

"**Hilly!** I took 6 minutes off my Liversedge time a week later..."

Helen Goldthorpe

**League Table (provisional)**  
Club Championship positions after 1st race

Position	Name	Points
1	Wendy Richardson	15
2	Rob Owen	14
3	Matt Hooban	13
4	Kimberley Ridout	12
5	Jill Stocks	11
6	Kerry Wheldon	10
7	Dave Spinks	9
8	Mark Vickers	8
9	Jill Camm	7
10	Sheila King	6
11	Helen Goldthorpe	5
12	Peter Hey	4
13	Tom Keeber	3
14	Collette Spencer	2
15	Patrick Nesden	2

"A undulating course which although challenging was made easier by the huge turn out by Kirkstall Harriers members. The hardest Half Marathon that i've done."

Tom Keeber

"Bloody hell! that weren't half hilly love I can tell thee. Did me legs tha power o' good an' rite in the hart of yorkshireeeee ta boot! best darn race of ol' bloomin year and nowt ta do now till next spring 'cept for the Kirkstall Valley Trail race"

Matt Hooban

**Photos:** Above league table: team Kirkstall before the race, Wendy Richardson, Rob Owen. Left: Mario, Jill C & Sheila shelter from the cold before the start. Below: smiles all round as our runners approach the final corner of the race. (All photos by Eleanor, Official Cheerleader of the day!)





## Member Profile - Ian Brown



Ian was born in Catchgate, County Durham, has lived in Leeds for almost 30 years and is one of our most stalwart veterans. A recent tragic injury to his ankle has left him on crutches with his running career looking uncertain, however Ian still came along to our curry night last week and kindly agreed to be interviewed for Member Profile over the dinner-table. A man of many stories, I spoke to him about his favourite races, the incredible support from his wife Anne over the years, and his injury.

**Name:** Ian Brown

**Age:** 64

**Occupation:** Porter for HBOS

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

I started running when I was 40, which was 24 years ago. I used to do sports like badminton but found running a lot more versatile as it's something you can do alone and at any time. You can also take part in the biggest race in the country, the London Marathon, and I mean you don't get to race in the Grand Prix if you like car racing do you?!

### New Members

Please welcome to the club the following new members: **Sarah King** from the Normans (we know the hills well!), **Kelvin Dawson** from Armley, **Rebecca Gowling** from the Warrels in Bramley, **Joanna Gordon** who did 1.46.20 at Liversedge (a pb we believe) and lives on the Kirkstall/Bramley border, **Julie Cleverley** from the Abbeydales and **Nikki Eastwood** from Roundhay. This makes 95 paid up members to date and with only a few weeks left before the year ends – can we get that magic 100?!!

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

### What are your greatest running achievements?

About 10 years ago a group of us from Kirkstall Harriers completed the National 3 Peaks (Ben Nevis, Snowdon, Scarfell) in just under 24 hours. I was on constant paracetamol the whole way up Snowdon for the pain and cramp I was in by then, I must have had about 10.. on the way back down I had such awful cramp I actually fell down and had to be strapped up but kept on going and felt absolutely grand by the end! The very next day I went on a caravanning holiday with my wife and could barely move or leave the caravan for 2 days.

I have run 38 marathons and 156 half marathons. The marathons include 12 'Londons' and several abroad also. My marathon PB is 3.30.10 at the Sheffield Marathon (I never quite managed to get under 3 hours 30 minutes!) and my half marathon PB is 1.28. In all the races I have done there has only been 3 I've had to pull out of, one due to pulling my achilles, one due to severe flu and one groin strain. I have 100s of medals and t-shirts from races filling up the house, I've kept every single one.

### What are your motivations for running?

At the moment to get out of the house! You can run on your own but it is also a very social sport. You can go as fast or as slow as you like. You don't lose in running; everybody wins.

### What are favourite running related memories?

I ran the New York Marathon on my 25th wedding anniversary. We had booked a week in New York to celebrate our anniversary but I only told my wife about the marathon just as we were leaving!

She took it well though. She has been to every one of my races supporting me, even the ones abroad, and I couldn't have done them all without her. All our holidays for the last 24 years have had a race included in them! The only one that didn't was our 40th wedding anniversary when we went to Mallorca.

The Tour of Tameside was very memorable, it was 52.4 miles (2 marathons) held over 6 races in 7 days. Other long-distance endurance races I've done include the Haworth Hobble, 8 Rombalds Strides, and the 'Super Rombalds Stride' held one year, called the Nettle Run, which was 36 miles. In Cyprus I ran a series of 3 races, the last one being a coastal run which ended on the beach. As soon as I finished I literally kicked my trainers off and ran straight into the sea, it was lovely and warm and the perfect end to the race. I also ran the Ilkley Half Marathon when they measured the route completely wrong and it turned out to be 14 miles long instead of 13.1!

### Tell us about your recent injury..

I was just playing with my Grandson on Christmas Day and managed to fall down the stairs! In all the years of races I have managed to stay relatively injury free and couldn't believe it when this happened. My new goals are to be able to do a Fun Run with my Grandson by the end of the year, and, to come last in a half marathon! I will keep trying no matter what, there is no point in giving up. And even if I cannot run, I will still come and watch and support Kirkstall Harriers. And on the plus side for Anne, now that I am not running she can pick where we go on holiday this year as it doesn't have to revolve round races I want to do!

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

Take the advice you give to other runners yourself!

## Race Report - Snake Lane 10 - 22 February 2009

One week after surviving the Liversedge Half Marathon, on the 22<sup>nd</sup> of February, it was off to Pocklington, near York, for my third Snake Lane Ten. The course has good pb potential, and with entries selling out fast because of this, only three Kirkstall Harriers, in the shape of myself, Matt and Patrick, were gathered at the start line. The course is basically flat with a couple of little undulations (though nothing as bad as we are used to running in Leeds) and the scenery is pretty good as it is mainly through countryside, though you should bare in mind that the last couple of miles back into Pocklington are on a busy road and you should be careful of the traffic. Buoyed by my run at Liversedge I ran this one pretty well and managed to knock five minutes off my ten mile pb, narrowly missing a sub 1:30 (next time!!!). The course produced fast times all round with the first man home in 48:47 and the first lady in 58:16! I even received a spot prize at the finish, though this actually turned out to be an empty carrier. Always useful for putting dirty washing in I suppose??!! As in previous years we all received a mug, which I will add to my collection, and a mars bar, which I will eat. We all then headed to The Feathers for a fine pint of Hambleton Sweet Chariot to celebrate. And a good day was had by all.

Jill Stocks



## Race Report - Huddersfield 10k - 22 February 2009

If you enjoyed the Liversedge Half the week before then you'd love this shorter, but equally tough 10Km. A difficult start with a huge incline in the first mile, followed by some very challenging up and down hills (seems like mountains!). Its a hard one - shown by my second worst 10Km time ever and actually stopped to walk up some of the biggest hill!! Shocking!

Tom Keeber

## PBs and other worthy mentions

**Joe Ward** after a couple of months missing due to football and other commitments, showed his face recently to report a pb at last years Berlin marathon of 3.52, and remarking on how good an event it was.

Despite being a very hilly course we had 4 pbs at the Liversedge half marathon. **Wendy Richardson** achieving a sub 2hrs in 1.59.35, **Jill Stocks** with 2.08.36 (her "official" time - also 19 minutes quicker than on the same course last year!) **Matt Hooban** with 1.47.02, and **Rob Owen** knocking nearly 6 minutes off with 1.41.38. Although not an official pb, it was **Kimberley's** first half marathon and got round in 2.03.46, so hopefully on an easier course there is potential for an improvement.

**Jill Stocks** got another pb at the Snake Lane 10 miler, knocking off 5 mins 14 secs to get 1:30:22. Again, not an official pb but this race was also **Matt Hooban's** first 10 miler and he managed a very respectable 1:21:05.

## Marathon Training

Matt Hooban and Tony Downham are continually working on the marathon training runs. These are mainly on Saturdays and most routes do have turn off points if they are too long for you, so please keep an eye out on the website or ask at the training nights if interested. See below for a report on the February training runs by Matt. The March training schedule should be on the website.

### Marathon Training February Report

*"Well time is flying by... only nine weeks till London".* This was the cheerful fact that Patrick helpfully reminded me of at the end of Snake Lane 10

the other day, his timing impeccable I think you can all agree. He's right of course, time is flying but the miles are being clocked up at a mighty rate to reflect this, the marathoners are now regularly knocking out 20mile runs on Saturday mornings.

It has been a mixed bag this month what with the weather, Liversedge Half and Snake Lane 10 all interrupting the planned training runs. Normal service should resume this month, with regular training runs.

Peter's route up to Eccup Village via Meanwood Valley on the 21st was abandoned due to extreme conditions (snow melt or rain?); I think Tony's quip 'even I think this

will be silly!' sums up the conditions under foot. It was decided that a trip up to Saltaire and back would be nicer/safer, shame only Tony made the trip. I wimped out at the Railway pub in Rodley and did our trail route with Bal. Everyone else it seems stayed in bed which may have possibly been the easiest option but not necessarily best one!

Now that we are well into the marathon training program the runs are all getting quite long but never fear there usually points along the route for people to meet up and join in and turn offs for those who don't want to do the full route. Check out the club training calendar or ask Tony, Patrick or

myself on a club night for more details. If you are planning to do an event this spring you should definitely join us on Saturday mornings 9am at the KLC.

And finally reasons never to trust a runner 2; When Cassie asked Tony what the conditions up to Harwood House via Meanwood Valley would be like, Tony replied innocently that it would probably be fine this time of year, and you'll be fine in road shoes! What followed was an epic trudge through mud that the organisers of Hell up North, would have been proud of. If looks could kill the last resting place of Tony D would have been somewhere around Emmerdale!

Matt Hooban

## Dwain Chambers - Athletics Event

We have received the following invite to an exclusive presentation event for local clubs and athletes:

Ford and Warren would like to invite you to an exclusive presentation with Dwain at their Leeds office (Westgate Point, Westgate, Leeds LS1 2AX) on Friday 13 March 2009. Dwain will be taking questions on his experiences over the last 12 months including his thoughts on his High Court battle against the British Olympics Association, his hopes for the coming athletics season and what the future holds for him.

His lawyer, Nick Collins will give an insight into the behind the scenes battle with the BOA and what the decision means in relation to future anti doping offences and challenges to sports bodies such as UK Athletics.

The evening will be a great opportunity to meet Dwain and to get to know the athlete at the centre of the biggest legal sports story of recent times. Dwain will also be signing copies of his autobiography 'Race Against Me'.

Drinks and buffet reception begins at 5.00pm. Places are limited, to book yours please contact:

Gurpreet Birdi Tel: 0113 243 6601 E-mail: [gurpreet.birdi@forwarn.com](mailto:gurpreet.birdi@forwarn.com)

## Exchange Trip?

This is something to think about for the future - Martin's aunt from Amsterdam is coming over the weekend of 17th-18th October with a party from her running club there, planning to stay somewhere near Bolton Abbey / Ilkley. They are over for a social/ running/ cultural trip and we have been asked if we might want to get involved in any runs, either training or maybe there's a race on, with them. They particularly want to experience some real hills and traditional Yorkshire terrain! More details to come later, but the other side is that this could be a possible "exchange" opportunity over to Amsterdam next year - only for running of course...

## Hoodies

Anyone wanting to buy a hooded top are asked to contact Carol or at least pass a message on. The quality is very good Gilden or Fruit of the Loom and are available in various colours and depending on the order quantity are about £16, and come complete with the Harriers logo on.

## Dark Nights

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



## Contributions

If you have any contributions for the next newsletter it would be really, really appreciated! Race reports, photos, anything you would like to share with other members, or if you would like to volunteer to be the subject of the next Member Profile, please email me at [eleonor5446@hotmail.com](mailto:eleonor5446@hotmail.com)



Photos: Collette and Kimberley battling the hills at the Liversedge Half Marathon (photo courtesy of flaming photography), and happy runners after the race.

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

Please visit our website for more info:

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

