

Kirkstall Harriers Newsletter

No. 66 May 2009



News in brief

* Club Championship

The next Club Championships races are:
- Rothwell 10k, Monday 4th May, 10am, entry available on the day until 9.30am from Rothwell Sports Centre.

- Leeds Half Marathon, Sun 10th May. Entries have closed but if you would like to still be involved please see page 2.

Looking ahead into June we have the Hyde Park 5k on Sat 6th June and 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.

Looking ahead to 11th October, entries open for the **Woodland Challenge** on May 1st, online or using a paper form. The race has a limit of 300 and sold out pretty quickly last year so this is one to enter soon if you can. It was voted one of the top ten races in the country in Runners World last year meaning it could fill up even quicker this year! It is a very well organised race with a great goodie bag on a challenging course. For more info go to www.woodlandchallenge.com or grab an entry form from the red box.

* Summer Relays

Dates for the summer team relays are as follows:

Golden Acre Park – tbc but looks like Tues 30th June – teams of 3.

Danefield Relays – Wed 1st July – teams of 3.

Washburn Valley – Friday 17th July – teams of 3.

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

* Bradford Millennium Way - Sunday 14th June

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

We are still in need of runners for this event and almost have enough to field an open and a mixed team. Provisional teams are as follows:

Open Team:

- 1) Richard Thomas and Mario
- 2) Stuart Reardon and Martin
- 3) Matt Marsh and?
- 4) Rob Owen and Sam Ostermayer
- 5) Jill Camm and Torre

Mixed Team:

- 1) Julie and Peter
- 2) Matt Hooban and Laura Mayo
- 3) Amanda Seims and boyfriend
- 4) Maxi and?
- 5) Tony Downham and Cassie

Please get in touch if you are interested, as this could easily change and we always need back-up.

Up-coming reccis:

2nd May, 8.30am at LPSA, leg 5 (11.5 miles, starting Ilkley)

31st May, 8.30am LPSA, leg 2 (9.9 miles, starts Oxenhope)

It is essential you recci your leg before the day as the routes are not marshaled!

Routes available from:

www.stbedesac.org.uk and please feel free to arrange your own recci's too!

* Cheerful Chilli

Richard & Diane have booked the maximum of 30 places at the Cheerful Chilli on Otley Chevin for Thurs 7th May, 7pm, and these have now all been taken. The full banquet will cost £16.50 minus the £5.00 deposit you will have already paid to secure your seat. It is not licensed to sell alcohol, but you can take your own.

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* Kirkstall Festival - Saturday 11th July

Kirkstall Harriers will be having a stall at Kirkstall Festival to promote the trail race, the club and running in general. Volunteers are required from early morning through till the end of the festival at 5pm. It isn't necessary to be there all day but if you can spare an hour to man the stall at any point during the day it would be great. Please speak to Jill or email stoxy78@hotmail.com.

News in Brief continued...

* **Leeds Half Marathon - Sunday 10th May**

The Leeds Half Marathon is fast approaching! A post-race social has been booked from 11am onwards at Mr Foleys on the Headrow near the finish. The massage team that have been visiting us on Monday nights will also be there to ease our aches and pains! We are also still looking for volunteers who aren't running to help marshall the course round the area of the leisure centre. If anyone can help with this please speak to Jill or email stoxy78@hotmail.com. Good luck to all our runners taking part and don't forget to give us a wave as you pass the leisure centre!

* **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.

* **3.1 mile (5K) Summer Time Trial - 22/04/09**

This was the first time ever we had tried this and it appeared to go down quite well so may be repeated, apart from Sam getting a knee injury and Tori missing her bus. Due to 24 people out of just over 30 giving it a bash, it did take about 10/15 minutes to sort out all the times, especially as we had 9 new faces who had no "past history" with the club. The others did a gentle jog, or short run but we had a couple of marathoners "pacing" the route.

We have measured 3.1 miles or 5k, starting from Kirkstall Bridge by the canal and finishing just before the swing bridge at Rodley.

First across the line was new member Jennie, closely followed by Alan Wood with Bal coming 3rd. Bringing up the rear was Helen T. Fastest runner was Mark in 19.15, followed by Paul 20.05 then Richard 20.34. The full set of times should be available on the website.

* **Training Runs**

Discussions have been taking place about getting maximum benefit for all runners, fast and slow, on the training runs. The issue is worse with doing the "light night" runs which will be new to a lot of members. Whilst keeping them sociable we don't want the faster runners hanging about too long at the re-grouping points and the slower runners having to work too hard and not get their breath back when re-grouping, or worse still getting left behind and lost.

We ask runners to try to start with their correct speed group, which may mean starting in 4 groups rather than 3, and listening to any instructions regarding the run before you start. We are also looking at ways of putting the main training run routes on the website. Any constructive comments or criticisms would be appreciated.

Yorkshire Vets

The next race is at Walton near Wakefield 31st May starting at 11.00 am. Anyone wanting a lift or share transport should meet outside the LPSA for 9.15am. Please note the start of the race is a good mile from the parking/registration place. Full details should be on the YVAA website. The race after that is at Pudsey on Weds 10th June, which unfortunately clashes with the Otley 10, a Club Championship race. The choice of races is down to the individual as they are both club races and good runs as well. There is another Yorkshire Vets race on Tues June 23rd at Meanwood - Old Leo's rugby club we think - details tbc later or look on their 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.

Runner's World Awards

Sadly the mighty Kirkstall Harriers haven't won Club of the Year this year! Top honours went to our neighbours Halifax Harriers so well done to them! The nomination from our point of view has been a very helpful exercise in realising how much potential the club has along with the strength and depth it harbours amongst the membership. It is up to us all to build on this and maybe one day soon the UK will realise what we've known all along, which is that Kirkstall Harriers is the best club in the land. You may remember that we also entered Ian Brown for the Runners World Running Veteran Award and sadly we weren't successful with this one either. We will have to try again next year! Full details of the award winners can be found in this month's issue of Runner's World or on their website.

Club 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 sale, 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.

London Marathon - 26th April 2009

This year's London Marathon saw 9 Harriers running as well as 3 supporting. Congratulations to all who completed the gruelling 26.2 miles in what turned out to be a rather uncomfortably hot day.

We have an array of race reports from both runners and supporters. We'll start with the stars of the day, the runners:

MATT HOOBAN:

How best to sum up my feelings and emotions about arguably the world's greatest road race? It's a bit of a mixed bag I suppose, getting through all the training and getting to the start line confident of breaking 4hrs I was feeling pretty invincible but by 16 miles in I knew I was in trouble. The weather forecast of mild temperatures turned into a beautiful sunny and very HOT day - brilliant for the TV coverage and spectators but no good at all for yours truly! Basically I had a bad day at the office, it happens! I won't bore you with the details now but maybe over a pint in the bar.

On to the good bit – it was an incredible event, the crowds were immense in numbers and in support, the amount of jelly babies I ate on the way round was crazy and I even got half a snickers bar on the Isle of Dogs which was very gratefully received, and the organisation was, as always, as slick as you like. Tony D and I were away and running within 5mins of the horn sounding. We had decided during training to team up and pace each other round the course at about 9 minute mile pace with the ultimate goal of a sprint finish on the mall to just duck under 4hrs, and we managed very well up to about 16 miles. I had to slow off the pace after that but Tony still feeling really strong fired up the ipod and raced off into the distance to eventually finish in 4.02.09, brilliant!

Looking at the race results all the Harriers came home well under 5 hours which is a great achievement for the club. A special mention must go to Tim and Martin who finished only 5 seconds apart, and both recorded times of 3 hrs 30 mins and a few seconds!

On reflection I think I will remember the last Flora London marathon fondly. It may have been the race that ended my year and half PB winning streak (which was 16 consecutive road races of all distances if you're interested) but hey what a race to finish on, definitely the world's best marathon! My time of 4.16.25 beat last

years time by 30mins so at least I got a London PB, which was nice.

Who's up for the 1st Virgin London Marathon 2010? You know I may accidentally enter it later today....



Matt gives us a wave at 13 miles

TONY DOWNHAM

Just as the race itself is a marathon, the preparation for it is also...well, a marathon. Whilst the final 26 miles 385 yards were run on Sunday 26 April 2009, for me the FLM began at 09:05 on Saturday 3 January with the first of the club's long training runs. "The Hoobs" has amusingly chronicled our runs over snow capped moors and along boggy trails (I'm sure I set out quite clearly what the conditions would be like!). However I really do need to thank Matt and Patrick (and others who joined on these runs) for all their support / stupidity equal to mine.

Why a whole paragraph on the training for the FLM? Well, as the day proved, "There's no substitute for high mileage." I'm sure it was the long, hard training that finally paid off (or is it my "Skins" socks?), allowing me to maintain a consistent pace (9:11 – 9:20 minute miles) across the race.

'The Hoobs' and myself set off and supported each other through to 14 miles. Both chasing sub 4 hours we tried to maintain 9 minute miles but this was stifled by trying to get round runners and the heat (it was hot by the time the race started and the day just got hotter.)

The Chairman (Peter Hey) joined us between 3 to 10 miles but got away after I had to take a pit stop. Unbeknownst to us, we passed him shortly after (Peter says he saw us). Excluding Greenwich and the Embankment to the Mall, the FLM route is pretty bleak, but (for me) the worst is Docklands (this might be as it is 13 – 22 miles!). However at 13 miles, having come off Tower Bridge and motivation flagging,

spirits were lifted by our three super sexy Harrier-ettes (Collette, Eleanor and Jill) who made such a fantastic noise.

Flagging by 14 miles, Matt was cruelly abandoned to chase my time. Energised by another bout of raucous support from the 'fantastic three' at 22 miles I thought I was going to beat the 4 hours. However in the last couple of miles (as the Houses of Parliament never seem to get any closer) I couldn't get anything more out of my legs and whilst running hard all the way to the line I finally finished with a time of 4:02:09.



Tony speeding past us at 22 miles

TIM FOREMAN

I woke to blue sky and sunshine, despite the BBC forecasting showers and braced myself for a hot run. Arriving at Blackheath, I bumped into Matt who pointed me in the general direction of the rest of the Harriers runners. Wishing everyone well I headed for the start line.

From the outset the heat was a bit of a shock having trained in snow and darkened parks for much of the winter. I motored round the first half in 1 hour 38 minutes and my mind began to think that maybe my PB would fall. I passed a carrot runner at about 20 miles and was reasonably hopeful that at least I would beat most of the fancy dress outfits.

At 22 miles I heard Eleanor, Jill and Collette cheering from the side and their support spurred me on. At 23 miles my calf muscle was beginning to twitch and by 24 I was limping. After a final blast of Lucozade I ran the final mile or two to clock in at 3.30.09. Martin finished only a second or two behind me and we shook hands. My time is a PB for London so I am pretty pleased. The carrot came in two minutes after me to clock a world record marathon time for the fastest vegetable, which really puts my performance into perspective.

See page 4 for Supporter Stories...

London Marathon Continued - Stories from the Support Crew

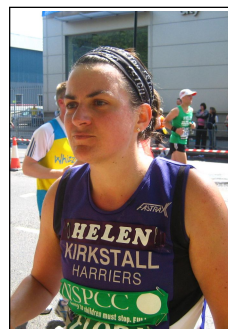
JILL STOCKS

A little while ago I received an email from Eleanor suggesting we volunteer to help at the start of the London Marathon. Great idea! So I signed up for it. However it didn't seem such a good idea when I was on a bus at 5.30 am on a Sunday morning! But it was well worth it in the end! We volunteered on the baggage bus for the fast good for age runners and for our trouble we got a great t-shirt and a special "officials" medal. We also got to see the start of the race and it was quite something to see all the runners heading off on such a long journey!

After we had finished at the start we headed off to our cheering point at mile 22 and were joined by Collette and her cousin. We were just in time to see the elite men passing and we had a great view of our runners passing at 13 across the road and again at 22. First past was Tim who still managed to give us a wave despite the pain. Martin was next and quickly grabbed jelly babies as he passed! Stuart actually managed to stop and give us a hug as he collected his gel and Crunchie (!!) from us. Tony passed next and was running well. Helen came along a short while after and actually stopped for a chat, obviously enjoying the race and the atmosphere. Matt came next looking a bit less comfortable and it later transpired he had bad blisters. Ouch! Peter also stopped for a chat a little while later and was followed by Patrick who was looking good and collected his Lucozade. With all the runners past we headed to Leicester Square for a post race beer and quite a few of the Harriers made it down to join us and have their photos taken! Apologies however to Susie Flexer. We didn't know she was running so we didn't look out for her. Well done Susie! So a good day was had by all and I slept very well that night after my early start! Several of our runners have also raised money for charity: Stuart has raised £500 for the British Heart Foundation, Helen £100 for the NSPCC, and Tony £520 for Cancer Research UK. A great effort from everyone.

COLLETTE SPENCER

Had a fantastic time supporting my fellow runners, unfortunately, for them, in the burning sun. The crowds were heaving, as usual, and I nearly thought I wasn't going to make it to my cheering point, after being squashed between fellow supporters. But managed to see everyone and do my bit with supplying them with chocolate and sweets to boost them up for the last few miles. Congratulations to each and every one of you who ran - you all did brilliantly and I am very proud of you all. I feel very inspired and am now entering for next year to do it all over again, after doing it in 2007 (if only I could get on the website to enter...!)



Photos: Our banner hanging proud at 22 miles, Stuart stops for a chat and bite to eat, Patrick and Helen looking on good form, Eleanor and Jill on their baggage truck, Jill assisting a runner in last minute preparations and Eleanor and Jill with fellow volunteers at the start line. (photos taken by Jill and Eleanor, mostly!)

ELEANOR FRANKS

After finally getting a ballot place this year I was gutted to have to pull out due to my leg injury which put me out from running for 6 months until March. However, after getting used to the idea that I would be supporting instead, I was very excited about the big day. Jill and I decided to volunteer at the new 'Fast Good For Age' start on baggage truck duties and this turned out to be a lot of fun, despite having to get to Blackheath for 7.30am - earlier than if I'd been running it, yuk! Watching the runners start was a thrill and we even stayed around to give extra-big cheers to the stragglers who turned up 30 mins late!

We then watched the race from the 22 mile point, which is great as you can actually see the runners come through on the other side of road at 13 miles too. Tim and Martin were leading the Harriers at both points with Stuart not far behind. We saw Matt and Tony running together at 13 miles which was a great sight, but Tony was blazing ahead of his companion by 22. Helen and Stuart both stopped for a quick chat and hugs at 22 miles, and Patrick gave us fantastic big smiles when we saw him.

Although I have watched races before, spectating at the London Marathon when you know so many people running is no easy task as you can't take your eyes off the road for a second in case you miss somebody! I was exhausted from the tension and excitement of it all, as well as being on my feet all day, and slept for 12 hours solid when I got home! I kept having to remind myself that I didn't actually run it!?!

All in all it was a thoroughly enjoyable, thrilling and quite emotional day. Well done to all our Harriers for getting round in that heat which I know I would not have coped too well at all in!

London Marathon Continued - Results and Pub Photos!

FINISHING TIMES

Martin Savage - 3:30:04
Tim Foreman - 3:30:09
Stuart Reardon - 3:58:31
Susie Flexer - 4:01:15
Tony Downham - 4:02:09
Matt Hooban - 4:16:25
Helen Goldthorpe - 4:25:55
Peter Hey - 4:46:12
Patrick Nesden - 4:52:39



Celebrating in the pub after the big event- Stuart, Helen and Matt (with his lovely girlfriend Leann)

Marathon Club Places - Pay Your Subs!

Every year we get allocated 'club places' for the London Marathon, depending on how many paid up members we have at the time of application. Despite having a PB of members last year, we only got 2 places this year instead of our usual 3 because less people than usual had paid their subs by that time!! Now as anyone who has entered the ballot will know, London Marathon places are like gold-dust! So even if it does not interest you personally, in order that an extra club member may benefit from the 3rd place next year, we urge you to pay your subs in good time (ie. asap!) so that we may get the full 3 places again. Many thanks to those who have paid up nice and promptly this year, of which there are many. It's also worth noting that members being considered for a marathon place have to have been a member for a minimum of 12 months, so the sooner new members pay the sooner you could have a chance of being considered for a marathon club place if you apply and get rejected in the ballot.

PBs and other worthy mentions

Cassie got a pb at the Paris Marathon with 3.57.36, knocking 1 minute of her previous best.

At the London Marathon **Tony Downham** knocked over 12 minutes off his previous best time recording 4.02.09 and **Martin Savage** got a 2 min PB with fantastic 3.30.04. Although not technically a PB, **Matt Hooban** got a 'London PB' at the marathon of 4.16.25 which was a 30 minute improvement on his time last year. **Tim Foreman** also got a 'London PB' by 7 minutes with a speedy 3.30.09.

The Sheffield Half Marathon on the same day and similar heat saw 3 more PBs - **Mark Vickers** got 1.27.16 which was a 3 minute pb, **Tori Lethaby** managed 1.35 knocking a whopping 6 minutes off her previous pb and **Kerry Wheldon** did 2.01 which knocked 2 minutes off hers - surely set to dip under the 2 hour mark next time?!

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

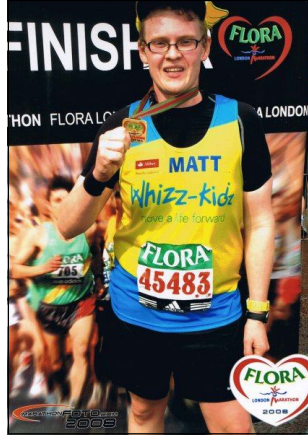
Diane Shaw from Rodley has recently joined us, and we hope her husband Kevin will do the same soon. Both Diane and Kevin are in training for the Leeds Half Marathon. Three more lovely new ladies are: **Laura Saunders** from Headingley, **Nikki Peers** from Calverley, and **Jennie Aitchison** from Headingley, who joined just in time to pick up 1st member across the line on the Members Meander 3.1mile time trial. Last but by no means least, **Ross Ambler** also from the Headingley area joins us this month.

Renewals of subs from everyone is going fine, but if you cannot bring the money down for the training nights you can always post cheques to Tony at 17 Stainburn Avenue Leeds LS17 6PQ – Male subs £18, Female Subs £16 – cheques made payable to Kirkstall Harriers.

T-shirts and club wear

Ladies! We will be putting an order in for some ladies style skinnifit t-shirts with the Kirkstall Harriers logo on. Ideal for summer! The cost will be approx £9 and they come in a variety of colours and sizes. Please see Carol or Jill or email stoxy78@hotmail.com to place your order. As always a full range of clubwear is available to order from Carol if you would like to have a look at the range available.

Member Profile - Matt Hooban



Photos - 'then' and 'now'!

Name: Matt Hooban

Age: 30

Occupation: Senior Learning Support Officer for the Performance Art Department at Leeds Met (or theatre technician)

Newly appointed Committee member, Sportsman of the Year 2008, Top newsletter contributor and co-organiser of the Club Championship and the Saturday marathon training runs, Matt is certainly one of our most enthusiastic runners, always full of support and great anecdotes for his fellow members. I am delighted to present him as the subject of this month's Member Profile.

When did you start running, and why?

This is probably going to seem a bit daft but I only started running after I 'accidentally' entered the Leeds Half Marathon 2005. To explain a little better; I had giving up smoking (officially) that New Year and had started swimming to try and keep the weight off. A few months later I had come across an advert for the Leeds Half at work and was effectively

dared into entering it by my colleagues. I signed up to prove them wrong and went out to get a sponsorship form and a pair of running shoes. I hadn't run further than the bus stop in ten years and had given myself just six weeks to train for the half. Leann - my understanding partner- predictably was not impressed, she actually fell on the floor laughing when she got wind of my fool hardy endeavour!

What are your greatest running achievements?

The first time I got round my two mile training loop around Kirkstall without stopping! Completing the 2005 Leeds half in a time of 2:31.48 without dying, running the London marathon in 2008 and then a few months later, smashing my marathon PB by 40min at the Robin Hood Festival of running, and of course being awarded Kirkstall Harriers Sportsman of the Year 2008!

What are your motivations for running?

As you can see from the photos I used to be a bit on the chubby side in my student days. I think not wanting to go back to being 21

stone is motivation enough! But I also love the fact that running has given me a new lease of life with a whole new social circle of running buddies. I have PB'd at every race I've run since joining the Harriers in January last year until time of writing, so maintaining that winning streak is really motivating me at the moment, I never realised I was so competitive.

What are favourite running related memories?

There's a few that spring to mind, crossing the finishing line on the Mall last year was fantastic, I didn't know whether to laugh or cry. Hugging Leann after that 1st half was lovely, she was so proud of me she bought me a bottle of whiskey... result! I spent the rest of the day drinking it and watching 'Lord of Rings'. Running three GNR's back to back, I entered my first one the 2005 GNR two days after completing the Leeds Half (mad eh?) And finally the club trip to 'Hell up North' last year was just brilliant, great company, great race, great times!

Any words of wisdom for your fellow harriers?

I have two bits of advice neither of them are mine but I think they are equally important, the first one is 'Pain is inevitable, suffering is optional', I got that one quite recently from the book 'what I talk about when I talk about running' by Haruki Murakami. I quite like the honesty of it. The second is 'Sometimes a biscuit helps', this was a piece of advice given to me by an old actor friend of mine years ago when I worked for a Theatre Company in Norfolk and do you know what? she's spot on.

Marathon Training Report - April

For most of us London Marathoners April was all about tapering down to the big day! I think I may have mistaken the idea of a taper slightly and had one or two too many beers and late nights than I should have done due to big birthdays and social doos! Come on, its only right to go out and celebrate? That's my view anyhow, but basically my taper was a bit rubbish whereas everyone else's seemed to be nicely on track.

For those that wanted to there was some good long training runs to tackle in April in much

more pleasing conditions! A long run out to Saltaire and back along the canal stands out. Patrick and Stuart put in the full distance, I did a solid 11 miles to Apperley Bridge and back, and Bal and Kevin went out as far as the Railway Inn and opted for the member's meander route. Bal, having already run to KLC from home ended up putting in a very respectable 10+ miles which sets her up very nicely for the Leeds Half in a couple of weeks time.

The rest of the months training passed off without incident but one important milestone must

be noted which is that Kerry W (training for the Edinburgh Marathon) completed her first ever 20 mile training run. Having got back to the KLC after doing an extended Leeds Half route she had clocked up 19 and bit miles so ably assisted by Maurice and Neal she completed the 20 miles by doing laps of the KLC car park, so well done to her.

By the time you read this most of the marathon team will have completed the London Marathon so will not be down so regularly to do long runs on the Saturday mornings (well for a while anyway!) but I think since the

Saturday run has proven so useful it will hopefully become a permanent optional fixture in the training calendar. So anyone who has a favourite run between 7 and 20 miles long that could start from the KLC or is a short drive away and would like to share it, please let us know and we will stick in.

And finally - never trust a runner who has just finished a marathon and says 'I will never ever, ever enter another marathon EVER!' - They are lying and will have signed up to do another even before pain in his or her legs has dissipated.

Matt Hooban

Baildon Boundary Way - 5 April 2009

I have missed this race several times due to injury but finally got to do it on April 5th. It was a great day for it and though the course is quite a challenge the scenery is great and it is well worth doing. The course takes in some of the most beautiful countryside in Yorkshire and is pretty hilly! I did have to walk in parts and had a chat on the way round with several of the other runners. Next year I think I would have more confidence to get up the hills though as I know what I'm facing. Myself, Dave Spink, Stuart Reardon and Richard Thomas all completed the course and were justly rewarded with a bumbag and a bottle of beer! Highly recommended.

Jill Stocks

Top of Tantalus, Oahu, Hawaii - 11 April 2009



I still feel a bit guilty about dragging my long-suffering boyfriend out of bed at 5.30am whilst on holiday to take me to this race, but boy was it worth it. It was organised by 'HURT Hawaii' which apparently stands for 'Hawaiian Ultra Running Team' and is nothing to do with how you would feel the day after one of their races, but you could have fooled me.

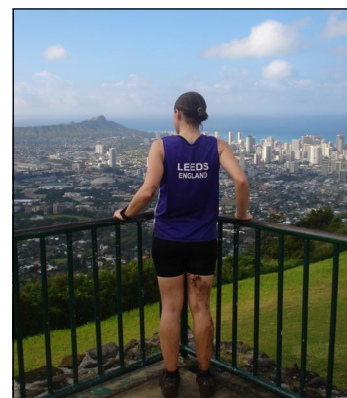
The race was 7 miles of trails through the tropical rainforest on Mount Tantalus which overlooks the capital city of Honolulu, and was basically up and down along winding narrow paths with steep drops nearly the whole way. Very little flats and very few paths without treacherous tree roots and rocks meant it was hard to appreciate the amazing views everytime you came to a clearing as you had to concentrate on looking down so much. At one point there was even a huge dead pig in the middle of the path which I gather the organisers were fully aware of but thought it would be a hilarious extra obstacle for us - lovely!

You had to look for ribbons in trees to show you which way to go - pink = 'this way', blue = 'not this way' and yellow = 'you are about to go downhill'. This worked reasonably well except I and a few others noticed that yellow seemed to just as often mean 'more uphill' instead of downhill which was a bit disheartening at times seeing as about 80% of the course felt uphill! For the majority of the race I found it very hard to keep up any sort of decent pace and kept having to walk as the hills were too steep/twisty to navigate. However despite being so challenging it was a lot of fun with a brilliant sense of camaraderie and upbeat spirit amongst the runners.

With half a mile to go the inevitable happened and I slipped in the mud and fell over, my right leg going right over the edge of the path down the steep drop, eek! I cut my left leg pretty badly and this meant for the remainder of the holiday I had to cross my legs in all the photos to hide the unsightly bandages all over my leg!

I also knew from past finishing times that it would be a tough route as only 1 or 2 people each year complete the 7 miles in under an hour. I set myself the goal of 90 minutes, having no real sense of how long it would take, and to my astonishment came in at 89.40 and 8th lady out of 21. Very pleased. The atmosphere of this small race (total finishers - 86) was fantastic, and I made many new friends both at the start and on the way round. The very reasonable \$10 entry fee even got us free grub and a nice beanie hat, bargain!

If you ever find yourself in Honolulu over Easter weekend I would definitely recommend this race to you!



Eleanor Franks

At the lookout point where the race started and finished

Sheffield Half Marathon - 26 April 2009

Whilst some were in London several Harriers were taking part in Sheffield Half Marathon. And they produced some excellent times with several pb's! Well done to those who took part, we are pleased to report that the Kirkstall Harriers men's team came 20th out of 94 teams. The results and race report from Tom below:

*Matt Marsh 1:24:51

*Mark Vickers 1:27:16 - **PB by 3 mins!**

*Gary Carlisle 1:31:01

*Tori Lethaby 1:35 - **PB by 6 mins!**

*Tom Keeber 1:37

*Kerry Wheldon 2:01 - **PB by 2 mins!**

"A (rare) gorgeous sunny day in Sheffield, did not make for ideal running conditions, neither did some cobbled pavement and narrow parts of the course. However the friendly atmosphere made this a pleasant alternative to the big one in London which I enjoyed very much.

Pros: Huge turnout of support, nice run though Sheffield City Center, good atmosphere

Cons: A few cobbled roads, and narrow areas of the course. Rubbish commentators. Parking."

Tom Keeber

Moment of Glory - and some not so glorious!

We are hoping to put a book together to celebrate our 25 year anniversary, so any achievements or funny anecdotes will be greatly appreciated. It is early days but our Chairman Peter Hey has been searching his memory banks for some glory moments and below are some that he has come up with so far:

- * **3 Peaks of UK June 1994** - in 21hrs.29 mins – Dot Williams, Ian Brown, Peter Hey, John Hutchinson, Peter Marshall and Neal Shotter, with Paul Hutchinson as driver. (see photographic evidence below!)
- * **Bradford Millennium Way 2002** - Graham Evans and Stuart Moore bringing the team home in 1st place on leg 1, much to the astonishment and shock to John Hutchinson and David Spink on leg 2.
- * **Ladies winning team – Abbey Dash 2003** - Julie Hustwit, Leanne O'Leary, Amanda Seims
- * **Leeds Country Way 2004** - Ladies fastest leg on leg 2, Julie Hustwit and Leanne O'Leary
- * **Goole Riverbank Challenge 2005** – 1st Lady over 40 – Julie Hustwit
- * **Ladies winning team – Leeds Half Marathon 2006** - Sheila King, Mandy Stevens, Gemma ?
- * **Sport Direct Cross Country 2005/6 (?)** Overall winner Peter Branney – tbc ???
- * **Peco Sports Direct 2009** - Jill Camm 3rd lady in seniors, Sheila King 2nd lady over 40, John Hutchinson 2nd Male over 60

Peco Cross Country League:

Ladies 1st Division winners 2003/4

Mens 1st Division winner 2003/4

Ladies Premier Division runners up 2004/5

Men's 1st Division winners 2005/6

Ladies 1st Division winners 2007/8

NOT SO GLORIOUS MOMENTS!

We may not have won many trophies but we do have members with guts and determination as the following stories demonstrate:

- * **Ian Brown** collapsing at the end of the Blackpool marathon in the June heat – about 1996 – tbc – there may be a photo!
- * **Sean McEvoy** collapsing at the end of Brass Monkey half marathon about 2003, followed the year after with **Tom Burden** carried across the same finish line.
- * **Eleanor Franks** collapsing at the end of the London Marathon 2007 due to the heat as evidenced by a very unglamorous photo of her about to go down appearing in The Sun newspaper the next morning!
- * **Richard Thomas** approx 3 miles into leg 3 of the Bradford Millennium Way in June 2004, breaking his leg but still managing to complete the leg.

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.



The 3 peaks team on top of Ben Nevis in the middle of June:

*Dot Williams, Ian Brown, Peter Hey, Neal and John Hutchinson – if you can recognise us young-uns!!!!
Peter Marshall was behind the camera – very near to the edge of Ben Nevis.*

PECO Cross Countries Presentation

The PECO XC presentation evening was held on Friday 24th April at the Faversham. Unfortunately many club members were unable to attend due to travelling to London for the marathon, but a couple of members did attend and we had prizes to collect once again! Jill Camm received the trophy for third lady in the open category, John Hutchinson was second M60 and Sheila King second W40. Also collecting a prize (the first of many?) for this season was Stuart Reardon's son Aston who collected first prize in the junior category.

Several people were also given mementoes to acknowledge their having completed all five races in a weather affected season! Gary Carlisle, Richard Thomas, Chris Glover, Peter Hey, Sheila King, Carol Moran and Collette Spencer, were the ever presents who all collected an embroidered backpack for their efforts.

Well done to everyone for all their efforts in the PECO races in the 2008/2009 season. Perhaps this is also another opportunity to mention that the cross country races are open to all abilities of runner and are very much a team event. They are very friendly and sociable races and also pretty challenging training runs. And they all start again later this year!



Jill Camm and Sheila with their trophies - well done ladies!

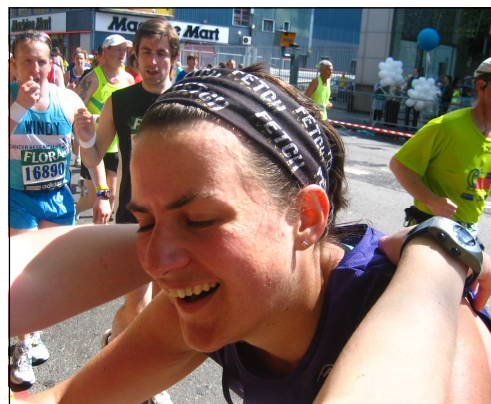
Rombalds Stride - late news item!

Carol, Bal and Trish are thinking of doing the new Rombalds Stride route, as a walk, on Saturday 6th June, possibly starting about 8.00am from Guiseley Leisure Centre. The route is approx. 24 miles. Anyone interested please ask for further details at training nights, and we will hope to give more details nearer the time.

More Photos!



A late developed photo of our 1st ever Calderdale Way Relay 2008 Team all smiling as it's the end of a long day and they are all finished and off home for a few beers.



Helen Goldthorpe stops for a hug at mile 22 of the London Marathon

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 me at eleonor5446@hotmail.com Thank you!

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

