

# Kirkstall Harriers Newsletter

No. 102 May 2012



## News in brief

### \* Spring Marathon Madness!

Congratulations to everybody who has run a marathon so far this spring, and good luck to those who still have one to come. A special word of good luck must of course go to our very own Diane Shaw who is literally days away from starting her incredible challenge of 10 marathons in 10 days. Please see page 3 for Diane's final training update. GOOD LUCK DIANE and we look forward to hearing all about your adventure in next month's newsletter. Marathon times including PBs are on page 4.

### \* Leeds (Hyde Park) parkrun Mob Run - This Saturday!

The annual parkrun Mob event is taking place this Saturday, 5th May, where local clubs are invited to bring as many of their runners as possible down to parkrun (wearing club colours) to compete for the honour of being the quickest club and the most highly represented club. The event commences at 9am as usual and it would be great to see as many of you along as possible to show what Kirkstall Harriers are made of on Saturday mornings! For anyone new to parkrun, you need to register at [www.parkrun.com](http://www.parkrun.com) before you can take part. It's totally free, very friendly and highly recommended.

### \* Leeds Half Marathon

For anyone who can help out marshaling for this big local race on Sunday 13th May, it's not too late to let

Jill know so she can organize this. Please email [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com) as soon as possible, thank you. For those running and supporting, we will be gathering afterwards at Mr Foley's on the Headrow post race for beer, food, chat and massages as has become an annual tradition. Good luck to all those running. Don't forget it's a Club Championship race so if you have a half marathon PB, you need to get this to us before the race to receive the points you will be due.

### \* Chairman's Birthday Drinks

Birthday Boy Peter Hey invites you all to celebrate his 50's (others might call this a 60th birthday!) with a birthday drink at the LPSA club on **Friday night 8th June**, between 7.30 and 11.00 in the concert room. Please let him know if you will be attending for catering purposes, so he can order sufficient pickled onions. There will be one rule strictly enforced – anyone bearing gifts will not be allowed in. This is a social occasion for a drink and maybe a kali dance or two – caley – celidhi??? (no we don't know what he's getting at either!)

### \* Olympic Torch Relay - 24 June

The Olympic torch is coming through Kirkstall/Headingley about 17.50, and we are planning to line the streets on its way, sporting club colours. If you are interested in joining us, please let us know. Thanks!

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## Key Dates for your diary

Please see our website - [www.kirkstallharriers.org.uk](http://www.kirkstallharriers.org.uk) - where our new web guru Chris Glover has installed a fantastic calendar which shows upcoming races, social events, training nights and more. We love it!



Peter Hey tackles the hills on Easter Sunday at the Guiseley Gallop 10k. See Page 3 for more details.

## Club Championship Race #2 - Guiseley Gallop 10k

22 Harriers lined up for the 2nd race of the season in the club championship. Notable performances from came from Richard Joyce 28th overall, Rachel (in P&B colours) 3rd girl, and Liam back on form in 69th despite two "comfort breaks" (!). A few of us further down the field could manage the hills without some walking, but the bottle of beer at the end made the slog round worthwhile.

Adam Moger

Congratulations to **Richard Joyce** for scooping top championship points in the race, with **Colin Chapman** in 2nd and **Sean Cook** in 3rd. This establishes Richard and Colin as 1st and 2nd overall after 2 races also. See below for current Top 10 overall, full results are on our website.

### Kirkstall Harriers Club Championship 2012 Guiseley Gallop 10k

Position	Name	Points
1	Richard Joyce	20
2	Colin Chapman	19
3	Sean Cook	18
4	Andy Cooper	17
5	Chris Glover	16
6	Liam Mealey	15
7	Adam Moger	14
8	David Spink	13
9	Alyson Glover	12
10	Clare Doherty	11
11	Stephen Dalton	10
12	Sandra Warren	9
13	Peter Hey	8
14	Jill Stocks	7
15	Malcolm Denison	6
16	Graham Pilling	5
17	Paul Glover	4
18	Karen Longfellow	3
19	Kevin J Longmate	2
19	Diane Thomas	2
19	Helen Goldthorpe	2
19	Isaac Dell	2

### Kirkstall Harriers Club Championship 2012 League Table after 2 Races

Position	Name	Points
1	Richard Joyce	38
2	Colin Chapman	31
3	Sandra Warren	28
4	Alyson Glover	25
5	Stephen Dalton	24
5	Chris Glover	24
7	Ed Barrett	20
8	David Spink	19
9	Sean Cook	18
10	Andy Cooper	17
10	Peter Hey	17
10	Paul Newton	17



*Richard Joyce, 1st place in the Club Championship after 2 races, can he maintain his lead?? Photo taken by Adam's Anna.*

#### NEXT RACE

Leeds Half Marathon is the next Club Championship race, we look forward to seeing how everybody gets on and will report in next month's newsletter - good luck!

#### CANCELLED RACE

The Harewood Chase 10k due to be in June has been cancelled and is therefore no longer in the Club Championship. We will be adding a race to the summer calendar, to be announced in the June newsletter.



*Chris Glover battles past a rival while Liam (club vest???) lurks behind...*

## Diane Shaw's 10 in 10 - Final Preparations & Fundraising

**I will walk 10,000 miles and I will walk 10,000 more.....  
Well maybe I will do 10 marathons (262 miles) in the hope of raising £10,000.**

I completed the London Marathon on Sunday 22nd April, you may have seen me on the telly, I was the one that came in 20 seconds behind the Pantomime horse and 30 seconds in front of Uncle Bulgaria... Paula Radcliffe I am not!

The London Marathon was tough, really tough, and 4 hours 42 minutes pounding the tarmac gave me plenty of time to think about what it was going to be like doing another 9 consecutive marathons.

The training has gone well, I started training last July and since then I have covered quite a bit of ground. This year alone I have ran nearly 900 mile to date and completed eleven marathons but it doesn't seem to make it any easier, it just emphasises how great the challenge will be.

As I write this I only have 16 days to go to the start date, so I am now tapering, resting and running shorter distances. I need to start day 1 of the challenge with fresh legs (can anybody lend me some)? It's a difficult one as I will need to run most days but make sure I do not push myself or go too far. I am also breaking in 3 pairs of running shoes that I will be using over the 10 days and trying out any bits of new kit, (shorts, etc) that I have recently purchased.

I am feeling really excited and a little bit nervous but I just want to get on the start line and go. I have raised £4,000 so far which is fantastic, I really want to raise £1,000 for each marathon that I am going to complete, which is £10,000. I have the Spring Ball coming up next week and I am hoping that this will bring the total up towards that magic figure.

Many many thanks to all of you who have so generously sponsored me. I am extremely grateful and I can tell you that every little bit of support really helps me through all the training and preparation.

If you haven't sponsored me yet and would like to then please go to [www.justgiving.com/Diane-Shaw0](http://www.justgiving.com/Diane-Shaw0). Maybe you could just forgo your café latte tomorrow morning or that pint of beer tomorrow night and put that couple of pounds on to my website. Every pound Helps.

Or of course I'm always delighted to receive sponsorship by cheque or cash which I will remit to Brathay.

Many thanks, Diane. Beep Beep!



*No that's not Diane in there!*

Watch the 10 in 10 unfold on the following website: [www.cumbrialivetelevision.com/brathay10in10](http://www.cumbrialivetelevision.com/brathay10in10)

## RACE REPORT

### Yorkshire Three Peaks Fell Race, 28 April, 23.2 miles, 5,276 ft

Conditions were challenging for the race this year with a strong, cold northerly wind. Thankfully the rain just about held off, but we did get some sleet on top of Pen-y-Ghent!

Most of the course is on well maintained tracks which remained relatively dry, but with the recent rain it was difficult to dodge all the bogs and puddles. Getting wet feet is hard to avoid in this race! The fact that 104 runners pulled out from 745 starters shows how tough conditions were this year. There were two Kirkstall Harriers in the race, myself and Matt Woodhouse. We did two training runs over parts of the course in April, during which we experienced thigh-deep snow drifts, gale-force winds and pelting rain. At least we were ready for nasty weather on race day!

Last year I managed 4:13:29 and I was perhaps a bit optimistic in hoping for sub-4 hours this year. I was on target with two peaks behind me, but a lack of training and the hard conditions combined to defeat me on the final ascent of Ingleborough. My legs seized up and I struggled just to walk to the top. Having returned from injury properly only in February however, I'm very pleased to have got round again in a time of 4:20:14 in 257th out of 641 (actually 1 place higher than last year!)

Matt entered for the first time this year and had struggled to fit in training around work commitments. Unbelievably, he flew back into Manchester from a work trip on Friday evening and drove up to Horton for the race after only three hours sleep! Despite this Matt ran a very impressive and better than expected time of 4:39:10, 403rd out of 641. The results show that unlike me he was getting faster towards the end so he was obviously feeling strong!

The winning time was 2:55:58, almost 10 minutes slower than last year, so even the elite runners were feeling the wind! Overall it was another great event to be part of with plenty of support out on the course. Special thanks to my brother Mike, supporting me on top of Ingleborough, and Rachel and Graham Pilling who gave me jelly beans! Looking forward to next year's race which Adam has already pledged to do!

Phil Hewitt



## PBs and other worthy mentions

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](mailto:kirkstallharriers@googlemail.com)

We have some fantastic Marathon PBs to report this month!

Firstly **Burjor** appears to have had a good time in Paris and knocked 3 minutes off his marathon time, finishing in 4.32.29.

At the inaugural Hull Marathon **Ed Barrett** managed a fantastic PB of 3.24.01 only a couple of weeks after his first ever marathon at Rome where we believe he debuted with a 3.32.

At the London Marathon we had the following impressive list of members and finish times:

Richard Joyce - 3.26.27 – First marathon

Rachel Pilling - 3.42.57 – **PB**

Clare Doherty - 3.44.28 – First marathon?

Ben Howcroft - 3.51.46 – First marathon and only Harrier to manage a negative split, ie. a quicker 2nd half!

Louise Skidmore - 3.59.50 – First marathon?

Collette Spencer - 4.15.21 – **PB**

Amy Richards - 4.17.23

Chris Hunt - 4.24.53 – **PB**

Diane Shaw - 4.42.07

Ian Brown - 6.15.36 – First marathon since being told he could never run one again!

At the 3 Peaks Fell Race **Phil Hewitt** finished in 4.20 and **Matt Woodhouse** 4.39, impressive results from both of them.

Finally at the Greater Manchester Marathon last weekend the following results were as follows:

Rob Goulsbra - 3.25.27

Adam Moger - 3.27.14 - **PB** (by 20 mins!)

Gary Carlisle - 3.35.30

Ed Barrett - 3.38.49 (3rd in quick succession!)

Eleanor Gallon - 3.41.08 - **PB**

Andy Cooper - 4.00.24 **PB** (by 27 mins! – sub 4hrs next time Andy OK?!)

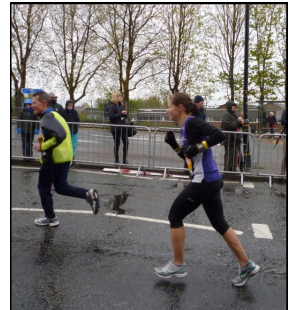
Mark Skinner - 3.51.09 – First marathon

Patrick - 5.06.01

Good luck to those running the Edinburgh Marathon this month, we look forward to hearing how that goes.

**\*\*PB correction from April newsletter – Alyson Glover ran 49.16 at Bradford 10k not 59.16. Her husband Chris can be blamed for this error but we'll let him off as he's doing such a grand job on making our website look really swish this days!\*\***

Stop Press! Late additional PBs from the first John Carr 5k series race: Adam Moger, after saying he would take it easy as only 3 days after Mancheser Marathon got a PB of 19.31, and Chris Glover equalled his PB from last year of 18.55. More next issue!



*Eleanor being paced to a 14 min PB at Manchester*



*Gary enjoys a post-marathon 50th birthday pint (or few...) in Manchester*

## New Members & Subscriptions (DUE NOW!)

Welcome to our latest member **Laura Davies** who lives in Kirkstall and also **Andy** (whose surname we seemed to have misplaced at the time of writing the newsletter, apologies!) from down south, who is joining us 2nd claim.

We have 56 paid up members out of the 106 from last year so we know there are plenty of you who simply need to pay up. 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.

The subscription fee is £20 per person unless you are a member of the LPSA in which case it is £15. 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.

## NO EXCUSES!

We are having to be very strict with membership this year. Our Club Constitution states that if a member has not paid their subscription fee within 3 months of the AGM, the Committee has the discretion to deem that they have terminated their membership of the club (for full Club Constitution please see the website under Club - Rules). 3 months from the date of the AGM is 27th May. Further to this, we need to pay UKA subscriptions by 30th June so therefore this is the ABSOLUTE deadline this year. We are sorry to say that we shall be physically deleting any members who have not paid their subscriptions by 30th June if they have not contacted us to explain their circumstances and if they are intending to pay. We are one of the best value clubs in Leeds so we do not think £20 is a lot to pay but if this is a problem then we would like to hear your views. Thank you!

## Yorkshire Vets - 22 May Kirkstall & 29 May Bingley

This is a club and individual series of races 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 over 35, and most of the routes are interesting mixed terrain, usually about 6 miles. Full details can be found on the yvaa.org website.

The other races to date are:

**May 22nd Tuesday** – 7.30pm start – hosted by ourselves. So hopefully you youngsters will be able to marshal. Full details will be announced later.

**May 29th Tuesday** – 7.30pm start – Bingley

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

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

**Aug 8th Wednesday** – 7.30pm start – Knavesmire

**Oct 7th Sunday** – 11.00am start – West Vale

**Nov 11th Sunday** – 11.02am start – Spenborough

It is possible another race may be added to make 10 in the series

After 2 races the men are back in 7th place in ALL and REST to count and 9th in FIRST 4 TO COUNT out of 27 clubs. The ladies are having a cracking start and are now 5th in all 3 competitions, out of 18 clubs. So come on all you oldies over 35 – lets give this seasons races a go, and get as many as possible at each race.

### **\*\*TUESDAY MAY 22ND\*\***

As you can see we are organising race 3 on Tuesday evening 22nd May. The race will start and finish in the grounds of Kirkstall Abbey, with registration and presentation being held in the Burley Rugby Union club adjacent to the Abbey. A couple of runs around the route will be held on training nights so everyone can see the route and the various marshalling points. I would like to think all our vets who can run on the night will be running, and all those who are under aged, or injured to help marshal the route – we need at least 24 marshals to make the event as safe as possible. Peter is taking names for marshals now, so please put your name forward if you can help anytime between 6.30 and 8.30pm. He will also be setting up the course from about 3.00pm – meeting at the Burley Rugby Club/Kirkstall Abbey area.

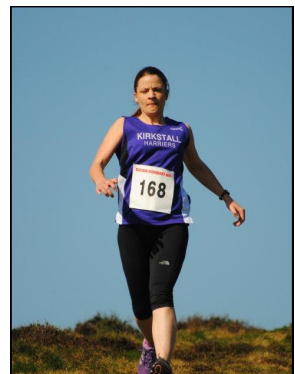
## RACE REPORTS

### **Baildon Boundary Way - 1 April**

Nine Harriers lined up for the start of the BBW, in chilly weather but beautiful clear skies. Much of the route was familiar from the Guiseley Gallop and Rombalds Stride, passing through Esholt, along the canal, and up (up, up) through Shipley Glen to finish back at Baildon rugby club. Tucking in behind Gary, I realised I should have picked a larger windbreak, taking a chance to overtake on Shipley Glen when he made a "poor route choice". At mile 10 I passed a struggling Matt Woodhouse, coming back from a niggling shin and not enjoying the later miles, but still finishing barely a minute back in 1.44. Gary eventually got his revenge by overtaking at mile 13 to be first Kirkstall home in 1.42 (Rachel, in her first race for P&B, ran 1.41; times are 5-10 mins slower than road but that didn't stop KA7 course record holder, Tom Adams of Ilkley, winning in a remarkable 1.14). David Spink ran 1.47, Stuart Reardon 1.49, Paul Glover 1.55, Catherine also 1.55, Chris Hunt 2.09 and Collette 2.13, solid performances all round on a course tough on both ankles and lungs.

Adam Moger

*Photos: Gary, Adam, Paul, Catherine. (big thanks to Andrew Thrippleton for these)*





# ARE YOU RUNNING LEEDS HALF 2012?

## FREE

Last minute pre-race tips  
and advice for recovery  
from running expert  
Mike Hendricks of  
Optimum Health  
LUNCHTIME UNTIL 6PM

## FREE

Pre-race yoga and stretch  
out sessions with Sian of  
Optimum Health  
6pm & 6.30pm  
BOOKING ESSENTIAL

## SATURDAY 12th MAY



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### Overgate 10k - 15th April 2012

12th at the inaugural event, this year I found myself in the lead at 2k. Unfortunately this neither reflected a big improvement in my form, nor even the weakness of the field, but the 14 runners ahead missing the first turn off the canal. I'd often wondered what I'd do in this situation - keep quiet and try to hang on for the win? I went for shouting & slowing down - they'd have caught me anyway. I finished a place lower than last year in 13th but a minute faster and undoubtedly top of the moral high ground. Not wanting to criticise the race organisers (never having organised a race myself), they should have sent someone to jog the course first, having also transposed the 8k & 7k markers. There was also an interesting system of double-parking, your exit depending on whether the car in front/behind contained a 36min runner or a 1hr36 walker. (Or a race marshal. Presumably not the one meant to be stood at the turn off the canal who was probably still in bed).

Adam Moger

### Greater Manchester Marathon - 29 April - Walk / Run...



The 'unscheduled' walk break at 25 miles...

After failing to prove run/walk conclusively at crowded NYC, and missing a further chance by not making the start line at East Hull 20, I finally had a proper crack at it and it worked a treat. The race for me was a 2 mile jog, followed by 17x1 mile intervals off 30 secs rest, then 7 miles of jogging (with admittedly one desperate walk at mile 25), leading to a PB of over 20 minutes.

The race itself was run in conditions you'd not usually venture out in; crowds were still brilliant, but some of the organisation such as the baggage drop-off/reclaim were farcical, with a number of hypothermia cases ending up at the medical tent after an hour of looking for their bags. The route was mostly great, except for one hill, some narrow roads, one underpass in the last few miles, and a mile of pecco-style flooded trail. Hopefully these are things they'll look at for next year.

If you don't have genetically fatigue-resistant legs, ie you're miles off your predicted time even when training's gone well (40+ mins off it in my case), consider run/walk. It's not the easy option - it's very difficult walking so early, seeing people sweeping past whom you'd just overtaken, getting encouragement from them and the crowd (I know what I'd think of seeing a runner in a club vest walking after 2 miles of a marathon). But it may just work.

Adam Moger

### Bradford Millennium Way - Sun 10 June

We could still do with a few more names for this event. This interesting and mostly off road relay race is a great "international" team competition and again we are looking to enter at least one team. We need 5 pairs of runners per team. Each pair running between 8 and 11 miles per leg and must start and finish together. The first leg start at 8.00 at Bingley and the route takes in Howarth, Laycock near Keighley, Silsden Addingham and Ilkley before finishing back at Bingley. Teams from far away as Belgium, Holland and Lancashire have been known to enter. It's not a case of the fastest runners - a recci or two of your leg ensures you could easily overtake quicker pairs from other teams who do not know where they are going! The routes are not marshalled but there are BMW signposts dotted about the place to help. If you are interested in taking part please give your names to our club captains or committee members at training sessions or races, or just email your name to the club email address. If you have a preferred leg or a time slot mention this too. The sooner we know how many and who, we can then start selecting teams and pairs and which legs for you to run. Where possible help will be given with any recci's.



### May Birthdays

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

\* Dave Wood \* Bal Sandhu \* Helen Goldthorpe \*

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)

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

