

Kirkstall Harriers Newsletter

No. 104 July 2012



News in brief

* Leeds Country Way - 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. Collette and Alyson are keen to make a ladies team this year, so please let either of them know if you are interested – and female. We need 6 pairs of runners per team, running between 10 and 12 miles. Each pair has to start and finish together. The event starts and finishes at Garforth, and takes in Stanley near Wakefield, Birstall, Thornbury, Golden Acre Park and Thorner. The cost per team is £114 so almost £10 per runner, so the club is thinking of charging each runner £2.00 to offset some of the cost. For this you do get a memento of the race, and some free food at the end. We will confirm this payment element after the next committee meeting.

* Gazebo / Tent

The club is looking at obtaining a gazebo type tent. This will be to keep members dry and sheltered at outdoor events,

like the Peco, Northern and National cross countries. I am sure it will find other uses too once we have one. It needs to be quick and simple to assemble, and easy to transport. Before we think of purchasing one, does anybody out there happen to have one we can buy or lend? If so please inform Peter Hey, Jill Stocks or another member of the committee.

* Club Championship

The club championship gets into full swing again after a month off, with the **Eccup 10** on 15th July and the **Pudsey 10k** on 22nd. Please ensure you wear club colours to be counted. As well as the friendly competition within the club, it's great to get as many members out to these races as possible.

* Bradford Millennium Way

Well done to our 10 runners who put in a great team performance and finished 22nd out of 53 teams. Not only were they competing against our own local strong teams but there was a couple of teams from Lancashire and one even from Belgium (or was it Holland?)

* Parkrun social

Thanks to all who came to Opposite Café

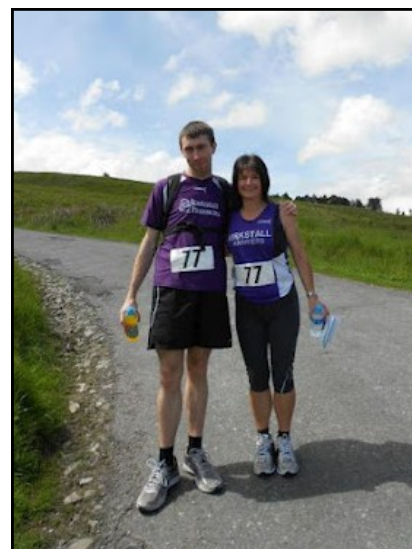
Inside this issue:

News in Brief	1
Bradford Millennium Way photos	2
Peter Hey's first runs as an over 60	2
Yorkshire Vets	3
PBs and other worthy mentions	3
Yorkshire Vets Photos	4
Thank you from Diane Shaw	4
Messages from our Agents	5
New Members & Subscriptions	5
MEMBER PROFILE: Catherine Elvin	6
Race Reports	7 - 9



after the Hyde Park parkrun on Sat 16th June and thanks to Adam for arranging this at short notice via our facebook page. It seemed such a nice thing to do that we've decided to make it a regular event! So on the first Saturday of every month (that's Saturday 7th July this month for those without their calendars to hand), after parkrun we'll head over to Opposite Café, opposite the University of Leeds' Parkinson Building on Woodhouse Lane, for a quick drink / slice of cake / a chat! Running parkrun first is optional! Hope to see lots of you there.

Getting into the Olympic spirit 'borrowing' a torch at parkrun 24/06/12 (at least we think Jill gave it back?!)



L-R: Alyson and Stephen take over from Paul and Matt, Liam and Phil flying through their leg, and Kevin and Sheila nervously waiting their turn for the limelight

‘My first 2 runs as an over 60’ by Peter Hey

After 5 years of waiting - I knew 55 and over was not a good age group for general runs as they normally go up in 10 year intervals - and the competition was too good at the Yorks Vets series - at last I am there. As a spring chicken of the over 60's was I finally going to find fame and fortune? Alas, no is the answer.

Tuesday 12th June saw me attaching my new age group to the back of the vest at the Yorks Vets race at Pudsey - only 3 days young - well 60 years and 3 days young - at least those who come flashing by would know I am really an old gimmer now. I thought I was doing well, chasing Chris Hunt most of the way round. The only time I was in front I lead him up the deep water filled ford for the short cut, and forgot to turn right. So we had to splash our way back only to see 2 Horsforth Harriers overtake us both. Well at least our shoes were clean for the second lap of the muddy woods. Looking at the results - nothing has changed - I was 5th over 60th and beaten by 5 over 65's, and 4 over 70's.

Never mind - I was doing the Otley 10 miler the day after, surely that would be better.

Only just getting there in time I was suitably warmed up and seemed to be doing okay for the first couple of miles down river towards Pool. I was talking to Andy Greaves our new second claimer for a while whilst watching Peter Britton not too far in front - for the time being anyway. Alan must have felt sorry for me as he let me go ahead and catch Don Stead from Pudsey Pacers - he's only over 70. Whilst chatting I realised why I was on par with him - he was just getting back to full fitness after suffering some Deep Vein Thrombosis problems in one of his legs. Never mind - I was not going to start feeling sorry for him, and gradually pulled away as we started to head for the hills after Leathley - boy am I going well. Going up the hill and then down I could see some other old adversaries - so at least physically my body is not going downhill - yet. After passing each other several times towards the river bridge and back into town - at last I managed to pull away from him - well he was over 60 too. Andy had already come past me and apologised - another benefit of old age I hope. I managed to keep going and finished well, running $\frac{3}{4}$ of the way around the field - it never gets easy these long round the field finishes - no matter how old or how many you have done. Looking at the results later I had finished in 1.31.23, 5th in my age group - out of 9!!! I don't think I will ever catch the first over 60, a Peter Johnson from Scarborough who did 1.06.37. He either took the short cut, has a false birth certificate - or just too fast - I could never do that in my prime - 66 minutes being my pb around the flat Tadcaster 10!!! Peter

Branney was 3rd overall by the way. Ah well - at least the memento was a bottle of beer, to add to the 32 I received for my birthday. I have plenty to drown my sorrows with now. Well maybe when I get to 70 I will do better. In the meantime being 60 does have some advantages and opens up other doors. I have just had a letter from the NHS kindly inviting me to take part in a Bowel Cancer test!!!

Peter Hey



Julie and Peter at Peter's 60th birthday bash ceilidh at the LPSA.

Yorkshire Vets Update

For anyone who doesn't know yet, 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 added on 29th July at John Smeaton. We have been told the route will be similar to the Peco cross country course.

July 29th Sunday – 11.00am – Cross Gates/John Smeaton

Aug 8th Wednesday – 7.30pm start – Knavesmire

Oct 7th Sunday – 11.00am start – West Vale

Nov 11th Sunday – 11.02am start – Spenborough

At the time of writing the team positions for the 6th Meanwood race are not known. After the 5th and halfway point, the men are 7th in ALL and REST TO COUNT and 9th in FIRST 4 TO COUNT out of 27 clubs. The ladies are still going strong and are 5th in all 3 competitions, out of 18 clubs. So come on all you oldies 35 and over, everybody's points total helps the club. We also have some brilliant individual efforts, with all of the following in the top 10 of their respective age groups. Adam Moger FIRST (having done 5 races), Chris Glover 7th (4 races), and Paul Glover – no relation 3rd (3 races). For the ladies, Collette 8th (3 races) Claire Doherty 9th (2), Sandra Warren 8th (4), Sheila King 3rd (4), Alyson Glover 7th (4) and Carol Moran 9th (4). As it's the best 7 scores out of 10 races, it does help to do as many as possible as the scoring system does depend a lot on how many runners compete. Our Kirkstall run had a record 316, whilst Bingley and Pudsey only had 175 and 211 respectively.

RACE REPORTS

Bingley

Starting and finishing on a huge hill (probably no more than a "grassy knoll" to fellrunners), this is a tough course incorporating some canal path but also a circuit of Shipley Glen. The hill was treacherous this year, lush grass making the heavily-rutted ground beneath virtually invisible. Set like concrete after the hot weather, everyone found difficulty keeping their feet with a number of fallers including Alyson, though it didn't stop her still finishing well. My problem for once wasn't ankles but stomach cramps - I kept running through the finish funnel all the way back to the social club to get first use of the solitary toilet (and 2nd use, and 3rd..), making me reconsider the new regime of a pint of beetroot juice before a race..

In finishing order for the men: Chris, myself, Stephen Dalton, Peter Britton, Paul Glover, Peter Hey, 2nd claimer Andrew Greaves, Patrick. For the ladies, Alyson 21st, Sandra 37th, Bal 53rd, one short of a ladies team of 4 but all scoring valuable points for the club.

Pudsey

As muddy a course you'll see, crazy downhill with no traction and ankle-deep streams to cross. Despite Sunday's BMW relay, the Kirkstall turnout was impressive: 6 ladies, 10 men and 2 guests. Clare Doherty, in her 2nd Vets race but first time in Kirkstall (not Chelsea!) colours, was 2nd F35 after a very strong finish, with Paul Glover also picking up an age category award. Paul Miller, running as a guest, finished high up the field in 20th place, though the fact even he was beaten by some 50-54's and a 55-59 shows the speed of some of the older runners. A great spread afterwards of sandwiches & cakes at the Bankhouse Tavern.

Meanwood

An ankle-turner through the woods that saw Alyson DNF for that reason after a strong start, and myself hobble to the finish. The Kirkstall ladies team in particular continues to do well - some clubs struggle to get even one or two ladies to the Vets, but we had Sheila, Collette, Bal, Sandra and Carol to score points after Alyson was forced out. Sheila and Collette deservedly picked up age category prizes at the presentation, with Peter Hey an overdue spot prize winner. A great spread of food at the end, most host clubs thankfully ignoring the requirement to only provide tea and a biscuit.

Adam Moger

For some fantastic photos from the Pudsey race, see page 4.

PBs and other worthy mentions

Well done to **Sean Cook** who set a new parkrun pb of 22.44 recently and also **Jason Buckley** with 21.40. The other notable achievement we've been informed of this month is that **Steve Groves** came a fantastic 13th at the Staveley 10k.

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 one's ear if you are shy) or send it to kirkstallharriers@googlemail.com.

Yorkshire Vets Photos (Pudsey Race)



Photos courtesy of David Elliott, Pudsey Pacers. Pictures taken on a rare dry section of the course, but the muddy legs say it all!
L-R: Mosa enjoying his racing as always, rivalled in enthusiasm by Sheila looking very strong after dragging Kevin round Leg 5 of BMW two days earlier, Prize-winner Paul just keeping ahead of Jill, Clare on her way to 2nd F35 and Peter running in his own inimitable style, coming back strongly from a broken collarbone and also running Otley 10 the next day.

A Great Big Thank You

The Brathay 10 in 10...

Thank you for all your support with my fundraising and all the words of encouragement before, during and after the 10 in 10 event. So far I have raised just under £7,500 and I know around £800 of that came from Kirkstall Harriers which is amazing. Thank You.

The 10 days were a mixture of absolutely fantastic and really, really tough, especially towards the end of the 10 days, it all became quite torturous both mentally and physically with injuries to both shins and my right knee. Getting through the last couple of days was the hardest thing I have ever done. The 12 day stay at Brathay was fantastic, it was not luxury, we all shared a bunkhouse 'The Shackleton Lodge' which was on the Brathay Estate, the camaraderie was brilliant and the weather was kind not too hot, not too cold and not too wet. Oh and the last night was pretty good too.

I have a problem though, my injuries have long gone but I just cannot run, I've tried but my legs just won't work, which is a problem as I am training for the Helvellyn Triathlon with Helen. I can swim and I can cycle but I can't run. At first I didn't want to run, I never wanted to run again but then I did want to run but I just couldn't. A fortnight ago I went out for the first time with John and Patrick on the Chevin and managed 4 miles but it was tough. Last week I did 12 miles in bits and yesterday I ran 6.5 miles but I had to keep stopping, my mind wouldn't let me run continuously although the rest of me feels alright. I will just have to keep at it. To top it all I came off my bike on the way to work along the canal yesterday, but that's another story.

Would I do 10 marathons in 10 days again, NO, not on your Nellie, not a chance but I am really pleased that I have done



them. The official times have still not been published but I believe I did the 10 days sub 50hrs and that I am the fastest women in my age category to complete the challenge and the second fastest overall female vet. I did pledge £10,000, £1,000 for each marathon and I still have another £2,500 to raise, which I will continue to do, collecting at Elland Road and perhaps another ball next year, if any of you have any ideas how I could raise more money please let me know. Thank you once again.

www.justgiving.com/Diane-Shaw0

Diane Shaw

Messages from our Agents

Dear All

At the end of this month I will be leaving my job and my house in Headingley and travelling abroad, mainly in France, for at least 6 weeks. When I return, I will be based in Holmfirth with my parents until at least September. I will then either look for work in West Yorkshire or abroad crewing on sailing yachts. I am not sure if I will be returning to Leeds in the near future, therefore I think it will be necessary for me to step down as joint men's team captain and as a committee member.

I do this with great reluctance as I have been involved with the club for nearly 3 years now and I know how much the committee relies on members sharing the burden of running the club. However, as I am not going to be in the area in the foreseeable future, I think it is the only option.

I intend to remain a first claim member of the club, and if I do return to Leeds I will make sure I come down to training and will probably volunteer for the committee again, we will have to see what happens. I certainly won't be giving up running! If I get the chance to attend training before I leave on 28th June I will make an announcement to the members and ask for volunteers to help the other captains manage team events. I will not be down this week though, so perhaps a call for volunteers could be made at training on my behalf, thank you. I will pass over the names I have so far for the July relays and Leeds Country Way and help as best I can. Sorry for the short notice, my plans have been changing a lot over the last few weeks. Phil Hewitt.

Dear Members

I wanted to drop you an email to explain why I had not been down to training recently. Some of you may know that I am from Manchester and was living in Kirkstall in the week while I was working in Leeds and then travelling back home to Didsbury (south Manchester) over the weekends. I was working in Leeds for two and a half years from Nov 2009 until end of March this year.

The toll of having a home in Manchester and going back at weekends but splitting my time with working and living in Leeds in the week was getting a bit much after 2.5 years and after looking for a short while I was able to get a new and more interesting job back in Manchester. I finished work at the end of March and moved back to Manchester a few days after.

I am pleased to say that I am settled back in Manchester and am still doing a bit of running, although a chest infection (for 5 weeks) has set me back a bit. I did take part in the Manchester Marathon as impressively picked up in the May newsletter. That was a tough experience as my training had suffered in the leading 4-5 weeks through changing jobs and the illness I picked up which led to me coughing my way round. Given the appalling conditions as mentioned by Adam - the worst I have run in 10 years of running, I was pleased to get round. The last few miles were not a good place to be, but pleased to get it done! Given the move I wanted to drop you an email to say how much I enjoyed running with you guys and how welcome you made me feel. My running has improved over the last couple of years and I would like to thank you all for that - particularly Peter for his brilliant organisation and kind manner and for Kevin B, Kevin L, Gary, Paul and Phil for pacing me along and helping me to run along at quicker pace and to build up. I think it is a great a club and very friendly. I have thoroughly enjoyed the two years coming down to training and competing in various races including all 5 of the Pecos in 2010-2011 and my highlight being my 10 km pb at the Abbey Dash in 2010 of 37.24 beating my old pb of 6 years by 2 mins 16! As I will not be running with the club anymore, and as my membership has lapsed, I wondered if you would like me to send my vest back (probably only used about 10 times max and very clean!) for someone else to use or have for free, or to be sold to someone at a reduced price and the money going to the club? Alternatively I may look to run in one or two future races e.g. maybe one of the Peco's or other races at points in the future and would be happy to run as a 'Kirkstall Guest' with my old vest? Whatever you feel is best? I will be carrying on running back over the Pennines and will look to join a local club here, possibly Stockport Harriers which is quite close to where I live.

Once again thanks for a great time running. Wishing you all the best! Cheers, Rob Goulsbra

New Members & Subscriptions

Please welcome to the club **Joe Leslie** from Headingley this month.

We now have 83 paid up members. If for any reason you are reading this and have decided not to rejoin, you should send us a letter/e-mail of resignation and we would appreciate the reason why. Even if it is a criticism of the club, at least we would like to know of it.

Previous members who did not rejoin this year have now been deleted from UK Athletics records and will not be eligible to enter races as a Kirkstall Harrier so please do not do this!

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

Member Profile - Catherine Elvin



Name: Catherine Elvin

Age: 30

Occupation: Audience Researcher & Advocate, National Media Museum

Originally from: Newcastle upon Tyne

When did you start running and why?

I've always run a bit, since somewhere around my mid teens, but I never did any races, and have had several large gaps. My Dad ran a lot, so it just seemed like the thing to do. I've always enjoyed that running seems so simple compared to any other form of exercise. I picked up running a bit more a few years ago, and started doing a few more miles more regularly. I did the Great North Run in 2009, and have mostly just continued building it up from there.

When / how did you end up joining Kirkstall Harriers?

I moved to Leeds at the end of 2010, right after finishing a Masters in Newcastle (which I started literally the day after the GNR). I'd thought about joining a club back in Newcastle quite a bit but never seemed to make it work around working and studying, so

had just kept going out on my own / with friends. I'd looked around at some clubs in Leeds before I even moved, but when I met my new housemate, she was a member of Kirkstall Harriers, and brought me down to a training night.

What are your motivations for running?

There are lots of different reasons why I enjoy running. The more I run the more I seem to want to run just for enjoyment, but it is also about the personal satisfaction of having worked hard to improve yourself at something. Running definitely has a role in maintaining my sanity, particularly when work might be stressful, and having a training plan for marathoning has really helped in making me stick with it.

What are your greatest running achievements?

I'd have to go with my second marathon, the Marathon of the North this year. As well, although it's a rather boring thing to say, I'd have to say that having stuck fairly strictly to my training plan over several months beforehand was actually slightly more of an achievement – and it was great to be able to turn up on the day feeling confident that I'd done everything I could.

What are your best running related memories?

Finishing the Marathon of the North in 6th. Probably the first and last time I'll get my name announced crossing the finish line!

What are your worst running related memories?

Not too many, some pretty miserable long runs in the rain spring to mind though. My second Great North Run experience wasn't particularly enjoyable, it seemed like a lot of effort for very little gain, all a bit of a slog along a busy dual

carriageway. I've signed up again this year though, so it can't have been too bad!

Any words of wisdom for your fellow harriers?

I know everyone says to just enjoy themselves... but I'd second that. I've found having a bit more of a plan, and knowing exactly what I need to do each week has really helped me – both to improve and to make sure I make time for running.

Can you share an interesting fact about yourself?

I drove a steam train at my last work Christmas party. Legitimately I might add.

Turn to page 7 for Catherine's report of the Marathon of the North.



Photos - Catherine with Olympic torch at parkrun and above, 10 miles into the Marathon of the North

RACE REPORT

Otley 10 - 13th June (in brief!)

A race of the Peters - Hey & Britton both managing to complete Otley 10 the day after a hard Vets race at Pudsey. Old boy Peter Branney, 2nd claim Kirkstall but running for Leeds City, finished 3rd overall. Our own 2nd claimer Andrew Greaves also ran, another who'd run at the Vets the day before.

Adam Moger

Marathon of the North, Sunderland - 6th May 2012



"Slightly crazed at mile 18!"

This year was the first running of the Marathon of the North, and I'd signed up largely because it's the closest 'city' marathon to my hometown, and just wanted to see what it was like. The event was organised by Steve Cram, same as the Kielder Marathon, so I was confident in it being well planned. I approached the actual day however, with a slight degree of trepidation, having only received an A4 sheet of paper in the race pack, with a badly drawn map, and 'hilarious' instructions to not even think about getting the bus to the finish.

Route researched thoroughly on the internet the night before (elevation profile also noted...), I eventually managed to find out which roads were which and where to position my friends and parents along the route, and turned up on the day feeling slightly more positive. Actually, it turned out to be a really organised, small, friendly marathon, with some excellent running weather also thrown in.

The route itself was aimed at taking you to all the most scenic parts of Sunderland, presumably an aim of Cram was to show off his home town. It would be fair to say he had a bit of a challenge in doing this...(no Geordie bias I promise), and the route, starting and finishing at the Stadium of Light, wove several times through the city centre and back out and around the city's Victorian parks and back, and out to the coast (and back). A lot of the route was quite quiet, and perhaps provided a good time

to stick your head down and get on with it, but there were pockets of excellent support along the route. Doubtless this was helped by the Marathon being on the same day as the 10K, and there being plenty of people around town to support both, particularly as you, er, ran straight past the finish line at the 19 mile point.

The course is best described as 'not flat', and some of the climbs do seem to be particularly badly placed, such as between 22 and 26 miles, but overall the twisting and turning didn't bother me too much. Perhaps not one to be done for the scenery, but if you fancied a slickly organised, easy to run marathon, I would recommend it. My own race went well, so I must have enjoyed something about the course, and was buoyed slightly my own competitive spirit when a five year old boy informed me around the 14 mile point that I was 8th lady. Having lost a couple of places, and gained a few more, I finished in 6th to a fantastic crowd around the stadium, which you then walk through to collect your medal / goodies. Steve Cram has certainly convinced me that he knows and understands exactly how to organise a race. He just hasn't quite convinced me to be a Sunderland fan.

Catherine Elvin

Post Hill 5k - 30th May 2012

A 5k, incorporating two ascents of Post Hill? Why not.. A surprisingly popular Kirkstall choice, sandwiched between Bingley Vets and the ABC. The scheduling caused a low turnout (45) but 6 of those were in purple. A jog of the field to start saw everyone taking it steady, aware that both runs of Post Hill took place in the first 2k. The remaining 3k was still tough, not all downhill, & it was a surprise having walked most of the 2nd ascent to find legs barely functioning for the descent. If there'd been a bench just before the top, I fear I may have taken advantage (even better: a mattress). Support at this point from those who'd come out on the Kirkstall training run was much appreciated.

It was more enjoyable than it sounds: well marshalled, a goody bag, cheap to enter (£3). 2nd claimer Rachel finished 1st girl for P&B, whilst I turned the tables from the recent Kirkstall Vets to finish ahead, perhaps aided by the "weight loss plan" from Bingley Vets. Phil Hewitt was 1st Kirkstall and a solid 5th; close behind me were Liam & Chris, Steve Dalton and Alyson, with several also running the next day's Apperley Bridge Canter to make it an impressive 3 hard races in 3 days.



Liam leading the way on the 2nd ascent (photo: David Owen, Pudsey Pacers)

Adam Moger

Edinburgh Marathon - 27th May 2012

MY SUB 3 HOURS MARATHON ATTEMPT - Richard Joyce, 27

EMF EDINBURGH MARATHON 2012

My time = 3:04:56 = 189th position of 8,077 = 'Good For Age' VLM Qualification

INTRODUCTION

After completing my first marathon (London Marathon) in 3:26:27 just a month earlier, without any trouble on a flat but slow course (due to over crowding of the charity runners like myself) - just finding my feet with the distance, I felt confident enough I could shave off 26 minutes and beat the 3 hours mark on this reasonably downhill / flat course.

I was very unlucky however, that I pulled my left calf muscle pretty bad whilst playing football just a week after the London Marathon, I strapped it up and rested it till the Leeds Half Marathon, which I was planning to use as a warm up for Edinburgh. Maybe I made a big mistake in running the Leeds Half Marathon as 13.6 miles certainly caused it more damage. I managed to get round in 1:27:43, a Leeds Half Marathon record for myself after 6 years in a row of running my local race, so considering I was injured I was happy with my time. Despite injury I was all set for Edinburgh Marathon, I rested up for two weeks and used all sorts of pain relieving gels to prepare me in time. I probably didn't quite feel as fit as I would have liked physically, I certainly didn't feel as sharp as I had barely played football in nearly 2 months, but then again, who needs to be sharp in a marathon? It's all about endurance.

THE RACE

My pre day and night preparation went well and I felt ready. I arrived at the start line a good hour and a half before the start of the race after timing my travelling all wrong in London and turning up for race late. I was relaxed and feeling good, my calf was strapped and the sun was shining. It was an extremely hot weekend and the temperature was expected to reach 22 degrees in the peak of the marathon, so I thought the quicker I finish, the better haha!

I was starting in the fast section of the race and I started off at a blistering pace, attempting to keep up with a small 'fast pack' of runners who were obviously looking at a sub 3 hours. It was going great and I felt very fit and strong cardio wise, although I could definitely feel the strain on my calf. The first 10k I ran in 38 minutes, which equalled my PB for that distance, I was feeling really good. I then began to stride away from this pack and was pretty much running on my own until before the half marathon mark. I ran the half marathon in 1 hour 25, which was 1 minute off my half marathon record so I felt right on course for a sub 3 hour and the heat wasn't getting to me too bad at this point.

I stopped off for the toilet just after the half marathon mark, which I was a bit worried about losing momentum but I got straight back into my pace, although the pack I had left had just overtaken me. I was feeling strong still until about the 17 miles mark where all of a sudden I began to dramatically slow down, the heat really hit me, my calf pulled, which I think was due to dehydration because of the heat and I began to hit the famous 'wall' people talk about, I was being overtaken a lot which did

dishearten me a bit, I'd never been overtaken this many times ever since I've been running. It wasn't until the carbohydrate gels kicked in and I managed to get more hydrated that I turned it around, probably around the 22 miles mark, I was beginning to struggle with my calf and it was causing cramp in my other leg because I was literally dragging my left leg to the finish line because I couldn't extend my calf muscle due to the shooting pain. Although the crowds weren't as big as in London, it was a great atmosphere and people were spurring me on, clearly noticing that I had an injury.

THE LAST 3 MILES

The last part of the race was a real test of inner strength and character for me, I was in pain, I was desperate to beat 3 hours, and I knew, looking at my stopwatch that I still had a great chance of beating it, despite knowing my pace had dramatically dropped from the first half. Knowing I had ran the first half in 1 hour 25 I knew I still had 10 minutes to play with, but it wasn't to be and I finished the marathon in 3:04:56, and even managed a 'patched up' sprint finish. Although I knew I wasn't going to finish under 3 hours I put in all I had left on the day to do it under 3 hours 5 minutes and I felt very proud I had ran the marathon so close to 3 hours.

CONCLUSION

Overall I was very proud and happy to complete a marathon so close to 3 hours, on a



Photo ever-so-slightly nicked from marathon-photos.com!



The all-important post race refreshments!

course which definitely isn't as down hill as the race organisers claim, the first couple of miles is, the rest is flat. My next challenge in marathon running is to run under 3 hours. I have applied for a 'Good For Age' place at the London Marathon 2013 after qualifying under 3 hours 10. Fingers crossed I am successful, I may have to give Edinburgh another go at some point as I feel this is the course I am most likely to beat 3 hours, although the heat is a massive hindrance. I also feel, without the calf injury I probably would have just beaten 3 hours, but it wasn't to be on this occasion.

The lesson's I have learned from this race are don't run injured, as the after effects can hold you back and make injuries worse, as I have found out. Another is the way I ran the race, I felt that my best chance of beating 3 hours was to start off and do a very fast first half then it allows me time to inevitably slow down in the second part but it didn't work out, in future I will look at more of a 1:27 first half and a 1:30 second half, am sure a pace like that could be sustainable. I think this time I went off a little bit too fast and found it hard to keep it up, maybe that was a combination of my calf and the heat? I guess I will find out next time I run a marathon if my calf fully recovers, I have booked an injury consultation to assess the damage.

Thanks so much to Richard for his inspiring stories from his experience at the London and Edinburgh Marathons this year. For anyone who hasn't already seen, Richard posted a link on our facebook page to a fantastic video showing off his stunning sprint finish at the Edinburgh Marathon - it's well worth a look!

Wharfedale Half Marathon - 2nd June 2012



*Serious gradient but beautiful Malhamdale scenery.
(Photo credit: David Brett)*

A walk, half, or full marathon, I entered the half as a qualifying fell race for the 3 Peaks. Starting at Grassington, taking in some of the Dales Way, the route has 4 checkpoints, some token water availability, and is reasonably well flagged (though that didn't stop several runners adding extra miles once the field had spread out). It takes in the famous Mastiles Lane, a "green" road of notorious gradient that I saw no one run in its entirety, least of all me - the weather was cooler than the previous weekend, and overcast, but I still had sweat pouring into my eyes on the hills. Leeds clubs were very well represented (led by 16 Pudsey Pacers) so it was good to fly the flag for Kirkstall, finishing top 50 with 1.54.

Adam Moger



July Birthdays

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

* Jill Stocks * Tony Downham * Amy Richards * Ruth Harding * Adam Juniper * Rachel Pilling *
* Kevin Longmate * Marion Muir * Andrew Greaves * Rhona Cameron *

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.

