

Kirkstall Harriers Newsletter

No. 105 August 2012



News in brief

* Kirkstall Festival 2012

A huge thanks to everyone who helped at Kirkstall Festival this year; helping on the tombola stall, carrying the banner at the parade and selling programmes. Thanks also to everyone who donated prizes for the stall. We raised £70 for Wheatfields Hospice. A bit less than previous years but perhaps just a sign of the times. Thankfully too the weather stayed fine for the day! Thanks again to all concerned.

* Club Championship

The club championship has now past the half way stage with the Eccup 10 mile and the Pudsey 10K in July. The table is quite close at the top so anything can happen. The next event will be the Hyde Park Summer Mile on the 15th August. Followed by the Horsforth 10k on Sunday Sept 30th at Apperley Bridge. See full report for positions and race reports.

* Gazebo

We have now bought a gazebo – in club colours. This should come in handy at the Peco, Northern and National cross

countries and maybe other events too. This will offer some shelter, a recognisable meeting place and a bit more discretion for changing. *(In short complete luxury you are so spoiled its untrue.. In my day..... –Ed)* Hopefully it will be on show at the KA7 23rd September.

* Members Meander

This is a club members only handicap race. The slowest will set off first and the fastest last. The theory is everyone crosses the line together – but has never happened so far. There will be trophies and a presentation for the first 3 runners over the line. The start and finish is in the Abbey grounds, near the tennis courts. Please arrive there for 6.50 so we can sort the times out so the faster runners are not waiting about too late. Purples vests should be worn for this run.

(So if you are a new runner and haven't joined yet make sure you pay your subs before the race to be in for a chance of a trophy or for Peter's now legendary booby prize –Ed)

Inside this issue:

News in Brief	1
Yorkshire VETs	2
Summer Relays	3
LCW team news	3
Club Championship news	4
Pudsey 10k report	4
Swiss Alpine race report	5
Jill goes crazy in July	6
Jill goes crazy in July	7
Messages, PBs	7
Pictures and Birthdays	8

Key Dates for your diary

Sun 5th Aug: Jane Tomlinson York 10K

Sun 5th Aug: Stockport 10k

Wed 8th Aug: Yorkshire VETs, Knavesmire York.

Sun 12th Aug: Cannon Ball 10k, Cannon Hall

Wed 16th Aug: Hyde Park Harriers Summer Mile. Club Championship race

Sun 19th Aug: Sedburgh Hills, Fell Race

Wed 22nd Aug: Club training away day at Golden Acre Park (6.50pm)



Patrick, Carol and Jay working hard at the Kirkstall Festival

* Away Days

Following the success of the last away day at Golden Acre Park we shall do another in August. Please check the training schedule for the date. There will of course be a regular run from the KLC at the usual time.

Yorkshire VETS

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.

At the time of writing I do not have the results of race 7 – the John Smeaton course.

The last 3 races are listed below. Anyone wanting to share transport for the next race at York racecourse are asked to meet outside the LPSA no later than 6pm

Aug 8th Wednesday – 7.30pm start – Knavesmire

Oct 7th Sunday – 11.00am start – West Vale

Nov 11th Sunday – 11.02am start – Spenborough

So come on all you oldies 35 and over, everybody's points helps the club. With a few more good turn outs we can creep up a little on some of the tables – or at least keep our positions. We also have some brilliant individual efforts, with all of the following in the top 10 of their respective age groups.

Adam Moger still **FIRST** (having done 6 races), Chris Glover improves to 6th (5 races), and Paul Glover moves up to **FIRST** (4 races). For the ladies, Collette jumps up to 5th (4 races) Claire Doherty drops to 11th having missed the last one (2), Sandra Warren 9th (5), Sheila King 3rd (5), Alyson Glover sadly drops to 11th after pulling out due to injury (4) and Carol Moran 9th (5). As it's the best 7 scores out of 10 races that count anything can happen up until the last race.



The Kirkstall Harrier VETs surely the best looking old duffers around?

RACE REPORT

A late addition to the Vets calendar, we had possibly our best-ever turnout of 20, a number running their first Vets race including Marion, Hilary, Karen, Rhian and new member Harriet. Cold and wet at the start, the sun came out during the run, the route being very similar to the PECO at the same venue. I finished 1st Kirkstall Vet behind Paul Miller and Jason Buckley who were guesting, picking up my first-ever Vets prize as 3rd M35 to stay top for one more race. Paul Glover also tops his age category table, Sheila King is 3rd in hers, and plenty more are set to finish well if they can complete 7 races.

With 3 races to go, the next is at Knavesmire on Weds 8th Aug at 7.30pm, the flattest of the series. The women are edging the men in the tables, being 4th in "All to count" and "1st Four", and 5th in "Rest to count", the men being respectively 5th, 6th and 5th, out of some 30 clubs.

Adam Moger

Danefield Relay

12 Harriers, in 4 teams, ran in this relay on the Chevin, cheered on by Paul Glover who was marshalling. A deluge in the hours leading up to the event meant boggy paths became waterlogged - half the course was on tracks, but the other half was shin-deep in mud. Each team member ran an identical 5km lap, with the last to go suffering the worst of the churned up ground, though this didn't stop captain Paul running the fastest Kirkstall leg in 21.42. The teams finished 16th, 24th, 41st and 44th, and other than Shamiso taking a wrong turn (one fork in the path lacked either tape or marshal) and Paul taking a tumble, a good time was had by all.

Golden Acre Relay

24 Harriers, in 8 teams of 3, made for a very good turnout, including a first race in Kirkstall colours for Laura Davies. I got bumped up to the "A" team with Paul and Richard, only to be beaten on the first leg by Joe, running strongly for Kirkstall "B". Richard Joyce ran our fastest leg of the night with 16.20, including a cracking sprint finish. Our best team finish was 11th out of 97 teams, with good performances all round, particularly from the ladies and the Vets team of John, Paul & Peter, with a number of good individual rivalries on the tough 2.75 mile circuit, including Liam & Steve Groves, running on the same team, clocking identical times of 18.25.

Adam Moger



Picture courtesy of Chris Glover

Leeds Country Way 2nd September

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 – almost £10 per runner which the club will pay. For this you do get a memento of the race, and some free food at the end.

Mens Team

Leg 1: John Hutchinson / David Spink (Reserve: Paul Glover)

Leg 2: Paul Miller / Richard Joyce (Reserve: Chris Hunt)

Leg 3: Adam Moger / Chris Glover (Reserve: ??)

Leg 4: Joe Leslie / Kevin Longmate (Reserve: Mark Skinner)

Leg 5: Patrick / Burjor (Reserve: Peter Hey)

Leg 6: Jason Buckley / Liam (Reserve: ??)

Ladies Team

Leg 1 Sheila King and Jill Camm

Leg 2 Alyson Glover and Karen

Leg 3 Marion Muir and Collette Spencer

Leg 4 Catherine Elvin and Clare Doherty

Leg 5 Laura Davies and Bal Sandhu

Leg 6 Jill Stocks and Sandra Warren

Reserves:

Nacressa Swan, Louise Skidmore, Carol Moran
Ruth Harding and Helen Goldthorpe

Please let the team captains Paul Glover and Collette Spencer know ASAP if you can't run, aren't happy with your leg (or partner..), or would like adding as a reserve, or feel particularly strongly that you should be included. Nobody has been deliberately left out but we may have missed one or two who'd said they'd like to run.

Transport will be an issue on some legs as not everyone drives - please start to arrange transport & perhaps joint recces (recc'e'ing is essential) where possible. Keep checking your inbox, the website and notices on training nights for more information.

Details of the legs:

<http://www.kippaxharriers.org.uk/lcww2.htm>

Club Championship

A busy month in July sees not one but two club Championship races the first was the Eccup 10 on the 15th July followed a week later by the infamous Pudsey 10k challenge . The Club Championship is warming up nicely after 5 races but there are still plenty of races left to enter and get those points on the board so its still all to play for. Remember it's the best 6 scores that count! For a full list of results of the latest races and the overall leader board check out our new and improved pages on the website.

Eccup 10

Position	Name	Points
1	Helen Thompson	20
2	Catherine Elvin	19
3	Ian Brown	18
4	Karen Longfellow	17
5	Paul Miller	16
6	Jill Stocks	15
7	Louise Skidmore	14
8	Chris Hunt	13
9	Peter Britton	12
10	Alyson Glover	11

Pudsey 10k Challenge

Position	Name	Points
1	Liam Mealey	20
2	Burjor Langdana	19
3	Sean Cook	18
4	Chris Hunt	17
5	Chris Glover	16
6	Peter Hey	15
7	David Spink	14
8	John Hutchinson	13
9	Paul Glover	12
10	Kevin J Longmate	11

Club Championship standings after 5 races

Position	Name	Points	Races
1	Alyson Glover	58	5
2	Chris Glover	50	4
3	Louise Skidmore	49	3
3	Liam Mealey	49	3
5	Richard Joyce	48	4
6	Ian Brown	45	3
7	Sandra Warren	44	3
8	Colin Chapman	43	3
9	Stephen Dalton	41	3
10	Peter Hey	38	4

RACE REPORT

Pudsey 10k

After a close call with the 97 bus route (don't get me started on First Leeds) and yet another sleepless night (a pattern is forming here) we made it to Pudsey for the second race of the weekend; the aptly named Pudsey 10k Challenge. And it is certainly a challenge! Having decided to do this and Bishop Wilton half on the Sunday and Saturday of the same weekend I was rather pleased that the shorter race came second as the time seemed to pass quite quickly. Despite the huge hills! There are two nasty hills which most people end up walking. I have many times asked for a supply of gas and air to be dispatched at the 7k marker at the top of the second hill but to no avail. The race takes in some great scenery, attracts all sorts of runners and has a lovely atmosphere. It is always a pleasure to see and hear everyone gathered at the cenotaph for the start of the race. I made it home in a rather pleasing 1:06:58, though I am once again on the results as Jim rather than Jill. For some reason this has happened to me a few times!! Last year my time was 1:11 with a hangover the morning after Eleanors wedding, and one of the few races I managed to do last year, so I'm happy with this year. The finishers tee is not a techie one this year but decent anyway, and plenty of other goodies, especially if you finished higher up than I did, including water bottles and socks. Jay was the first Harrier home in his first 10K race in 44:47 and 33rd place. A pattern is also forming here. I am beginning to feel like the England Football Team; we invent the sport and they come along and do it much better than you. I will be back next year all being well for my 8th Pudsey in a row.

Jill Stocks





Matt enjoying a alcohol free chicken soup?

signed up for the K21, wanting a test at climbing and running at altitude, before tackling the Jungfrau marathon in September.

The weather was dire as runners assembled at the start, with lightning, low cloud and stinging rain. After spending an hour deliberating about what to wear and what to carry, the sun came out and ended the deliberation: the mighty purple vest it was. Of course, I then forgot to put the sunscreen on. The K21 starts on the spectacular bridge Sunnibergbrücke bridge (where my watch packed in as the gun went) just outside the town of Klosters, proceeding up a forested hillside and along to Davos.

Most of the ascent is in the first 14 km, with a good gradient for a speedy descent then taking you down into Davos. It's difficult to work out what the effect of altitude is, but it definitely felt progressively harder to recover on the flatter sections when getting near the top of the route. There were virtually no mile (ah-hem, kilometre) markers, so judging the final surge to the finish line was tough. I almost got caught out by the final climb, 1 km out, but found some speed for the finish at the athletics track in Davos.

Most of the races are designed to finish at roughly the same time, so the joy of finishing the K21 is put into perspective when a K78 runner crosses the line! Still, I was happy with 2:10:00, finishing 121st out of about 800, and the third Brit. Finishers are rewarded with a strange cocktail of alcohol-free beer, isotonic tea, and warm chicken broth, thankfully not all in the same glass. The winner of the K21 crossed the line in the phenomenal time of 1:28:17. I bet his vest tan lines won't be as good as mine though... And if you're interested, the winner of the K78 finished in 5:57:25, clearly a superhuman and therefore not subject to tan lines.

Having been in Switzerland for about a month now, I've had plenty of time to get used to running up Swiss hills. For me in Zürich, there are a couple of decent local hills to play on. Two of them in particular (one appropriately called Zürichberg) have had plenty of attention from my running shoes, with plenty more to come! The countdown is now well and truly on for the Jungfrau...! And the best news is that there are still places!

Matt Woodhouse

(We are terribly pleased here at Kirkstall Towers that Matt is continuing a marvellous Kirkstall Harrier tradition of ruining a perfectly good holiday with an outrageous running event, good on you Matt. – Ed)



Isostar... Swiss mentalist fuel.

Jill Stocks goes running crazy in July

Now that I am able to run again I thought I'd really throw myself in at the deep end by running seven races in July! Three of these were the relay events at Danefield, Washburn Valley and Golden Acre. Here are some more below!

Kilburn 7

I first did this race several years ago and once again I set off with Ian and Ann Brown to the small but very friendly village of Kilburn in North Yorkshire. Kilburn Feast 7 mile road race attracts a variety of runners, 261 in total this year, though mainly club runners as they seem to be the only ones who know it exists! Nonetheless they more than make the numbers up by bringing coachloads, particularly from the North East, with clubs such as Blackhill Bounders and Billingham Marsh House Harriers bringing 20-30 runners to take part. There were three of us from Kirkstall Harriers; myself, Ian Brown and Paul Glover. The route is very hilly, and takes in the white horse of Kilburn towards the end, albeit in a blink and you'll miss it moment! Despite the nature of the course there were some excellent times with the winner coming in in just over 38 minutes. To put my rather respectable finishing time of 69:59 in perspective the male vets results were also phenomenal; the first over 65 was home in 49 minutes, first over 70 in 60 minutes, first over 75 in just under the hour and the first over 80 (yes really) in 62 minutes! All finishers get tea, sandwich and cake. And finishers over 65 all get a bottle of wine.



Ian, Jill and Paul ready for a spot of tea and cake

After the race there are various activities and stalls to enjoy, accompanied by the soothing Yorkshire sound of the British Legion Brass Band. And a rather enjoyable pint of ale enjoyed in the square from the Forresters Arms. All in all a lovely day out and a highly recommended race.



The Kirkstall Harriers sporting their cheeky little red number

Eccup 10 mile Road Race July 15th

Having had to miss this race last year due to injury I decided to give it a go and see how my hip fared over 10 miles again! If any course could possibly be described as undulating this is it!! However the route does go through some of the most wonderfully distracting scenery, despite the rather laborious section round the reservoir, though in fairness this is flat. After an awful nights sleep, or should I say lack of, I wasn't expecting much and I'm not sure I was actually awake as we set off. I was rather pleased then to finish in 1:36:30.

After last years injury hit year and very few races of any distance I'm particularly pleased with that as frankly I'm just happy to get round relatively pain free! Support on the course was great from the marshals as well as several Kirkstall Harriers and also Hyde Park Harriers who helped to keep the runners going at various points of the course.

was a little disappointed with the finishers tshirt however. Whilst a good quality techie tee it seems to me more like an item of Abbey Runners club kit rather than a race tshirt so I'm not particularly comfortable wearing it as a Kirkstall Harrier. As an unnamed but rather famous runner from another Leeds club described it when I was at work that evening it is "a bit cheeky". Nonetheless I enjoyed the race and will (hopefully and hip permitting!) be back next year. Full results from the Harriers can be found on page 4. more of Jill's July madness over the page.

RACE REPORT

Jill's July Madness continued

Bishop Wilton Half Marathon Saturday July 21st

In a bid to keep the momentum going and try to get back to somewhere near where I was before I was injured just before Leeds Half last year I decided a very hilly half near York would be a good tester of my fitness and my hip! And the ideal way to start a weeks holiday. Having worked a late shift the previous evening I prepared well for the race with five hours sleep and no breakfast (no sleep again??).

Sadly the show which usually accompanies the race (or should that be the other way round) was cancelled this year thanks to the incessant recent rain leaving the showground in no condition for the usual events. The race went ahead however as there was enough decent ground for runners parking and the course takes place mainly on road, though there is a rather lovely off road section for about two miles somewhere near the middle of the course through the woods and a deep valley which takes your mind off both the hills and the pounding of the road. There were plenty of water stations on the way round, which we were all thankful for as it turned out to be a very hot morning. I don't usually drink a great deal during races but on this occasion I made sure I took at least a couple of sips at each station and made use of the wet sponges too! I really struggled up the last hill at 11 miles and was at the point of tears keeping myself going with the thought that just after the 12 mile marker the course goes very steeply down-hill! I think perhaps that last hill was a hill too far!

Nonetheless I finished in a very respectable 2:13:30, just behind Burjor and a little ahead of Patrick. Jay was running his second half marathon and finished in 1:43, knocking 16 minutes off his time at Leeds Half Marathon in May. I am not in any way jealous though. All finishers were rewarded with a rather lovely mug. But it wasn't till we got home and ate our fish and chips with a cup of tea that we realised one of them was leaking! A thoroughly enjoyable race though very hard work. Hopefully we will be back next year and the show can go ahead as normal too.

Jill Stocks



Happy Harriers at Bishop Wilton

Messages from Home and Abroad

Peter Branney

Rumour has it that Peter is back to full fitness. He was spotted running the Otley 10 as preparation for the Eccup race. Peter said *'I'm focusing on quality now and running less, which means that 10 milers are about my limit'*

It turns out that the 10 milers are a good limit for Peter as he came third at the Otley 10 miler and 2nd at Eccup - only a few seconds behind 1st place. Eccup 10 which also incorporated the Yorkshire 10 mile championship. He finished 2nd in both competitions. Well done Peter.

Michael Reynard

Was spotted at the Pudsey 10k and his membership at Pudsey Pacers has expired, so he has threatened to come down to us soon, shockingly he is now 42 - how time flies - but at least if he joins he's ripe for the Yorks Vets.

PBs and Worthy mentions

Congratulations to Chris Glover who came first VET 50 at the Pudsey 10k Challenge

Congratulations to one of newest recruits (*but seems to have been around for ages and knows more harriers than me— Ed*) Jay Buckley who ran the Saltwell Parkrun in Gateshead in a new PB time of 21:11 finishing 7th. Jay also knocked a huge 16 minutes off his Half Marathon PB at Bishop Wilton Half by running the race in a great time of 1:43.

Gallery Corner



Above: Jay and Jill at the finish of Saltwell Park Run

Above Right: Washburn relay runners



Right: The Kirkstall banner proudly paraded through the streets of Kirkstall, at the 2012 Kirkstall Festival



Subscriptions and New Members

Don't forget Subs are now due – PLEASE PAY PROMPTLY

We now have 82 paid up members. 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 is a criticism of the club, at least we would like to know. 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.

Please welcome to the club our latest "Glover clan" recruit - Harriet Carlyle from Roundhay. Hopefully we shall see her soon at one of the up and coming races sporting her new club vest. Looking at her pb's it appears she has done quite a few races already.



Birthdays

Happy Birthday to the following members who celebrated their birthdays in July

*** (Sorry due to a technical problem there are no names this month, really sorry– Ed)**

And many happy returns to the following members who have birthdays in August

*** (Sorry due to a technical problem there are no names this month, really sorry– Ed)**

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.

