

Kirkstall Harriers Newsletter

No. 106 Sept 2012



News in brief

* Leeds Country Way - Sunday 2nd September

Good luck to everyone running in the Leeds Country Way this weekend and well done to Collette, Paul Miller, Adam Moger and Chris Glover for organising the teams – as usual with last minute changes, and of course all the runners who helped and will run on the day. Hopefully everyone will enjoy the event and the “team work” needed as a whole and getting the best out of running in pairs.

* Editor's News

A quick note to explain why I'm not running any races, turning up to training nights or running very much at all at the moment... I am 16 weeks pregnant! So I hope this counts as a worthy enough excuse for my slackness. I'm trying to carry on running but finding it quite difficult. Baby Gallon is due in February 2013 so by next summer I hope to be back with you all full-time and be able to take part in Leeds Country Way which I'm very sad to be missing this year for the first time since I joined.

Eleanor Gallon

* Member's Meander - Weds 5th September

Just to remind you all this is a club event with trophies for the 1st 3 members over the line. The slowest will set off first and the fastest last. The theory is everyone crosses the line together – but has never happened so far. The start and finish is in the Abbey grounds, near the tennis courts. Please arrive there for 6.50 so we can sort out any last minute timings and so the faster runners do not have to wait about too long. Club colours should be worn.

* Social Night

We are hoping to hold a social night soon – if you can feedback to the club your preference for a curry or bowling or both and we shall arrange something. Thursday evenings seem to be the most

popular – but if a majority would prefer another night we shall try to accommodate. Thanks!

* Club Championship - New Administrators!

Huge thanks to Chris Glover (our web guru) and Adam Moger (race guru?) who have very kindly volunteered to take over the administration of the Club Championship, and have already done a fantastic job in this department during the last few races. Eleanor and Matt have thoroughly enjoyed building the Championship into what it is today but due to other life commitments have decided to pass the baton on.

The next race in the Championship is Horsforth 10k on 30th Sept and following this will be the Withins Skyline fell race on 21st October. Thanks to all who made suggestions for the fell race, this was selected as it is closest to Leeds. See page 2 for a full update on the Club Championship.

* Hill Training is Back!

Paul Miller is starting hill training again from **Tues 2nd October**. As last year, meet at KLC at 6:30pm every Tuesday, jog up to Spen Lane (approx. 10 mins jog) then do hill reps up and down the side road there and jog back, usually returning to KLC for 7.15 -

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7.30pm. Paul plans to start off doing 8 reps, then increase to 9 in December, and to 10 in February, but you can do as many or as few as you like.

Kirkstall Abbey 7 - 2 3rd Sept

Race preparations are progressing smoothly with about 3 weeks to go until race day, all the big stuff has been sorted out but we are still requiring volunteers to help marshal our fun run and junior races as well as the main event. We also need willing volunteers to bake cakes and sweet treats etc. for the refreshment stall in the LPSA after the races. We will also be doing a couple of race route reccies in the next couple of weeks so listen out for these times during notices at the start of the club training nights.

There will be a goody bag stuffing session the day before the race in the LPSA should be about lunchtime, we will put a note up on facebook and get Peter to mention it at training the week before. To sweeten the deal this year if we have enough club members volunteer before race day we shall pick one lucky person at random to run the KA7 for free on behalf of the club, how exciting is that?!

Currently entrants for all races are as expected, so if you haven't already can you start badgering friends, neighbours, work colleagues, strangers etc. to sign up to this great, local and cheap Sunday morning run through the very lovely Aire Valley as this would be very helpful.

Club Championship - Hyde Park Summer Mile 1 5th August

Torrential rain just before the event didn't stop 11 Harriers turning out for the 6th race of the Club Championship. A decent goody bag and excellent spread of food at the pub afterwards made the event seem like a bargain, and was a rare chance to run an officially-measured mile. Although not without corners, gradient, and potholes on one of the paths, some good times were recorded with only Sean Cook being more than 30 seconds outside his predicted time - but since he went much faster, and won his heat, we'll let him off! The fastest times of the night, course records, were 4.33 for the men (Dan Garbutt of Durham Harriers, also the Leeds parkrun course record holder) and 5.08 for the women (Sarah Kemshall, Scunthorpe). For Kirkstall, Richard was fastest man with 5.20, and Shamiso the fastest girl with 6.31.

Adam Moger

Kirkstall Harriers Club Championship 2012 Hyde Park Summer Mile

Position	Name	Points
1	Adam Moger	20
2	Liam Mealey	19
3	Chris Glover	18
4	Alyson Glover	17
5	Hilary Glover	16
5	Helen Goldthorpe	16
7	Colin Chapman	15
8	Richard Joyce	14
9	Paul Glover	13
10	Shamiso Sisimayi	12
11	Sean Cook	11



Things are hotting up in the club championship with only 4 races to go now. The results of the Summer Mile are to the left.

Well done to all those running in a mile event for the first time. This was a "predictor" event where the runners had to get as close as they could to their predicted time without the aid of a watch.

In the overall league, Alyson Glover is top having completed 6 out of 6 races and scoring 75 points. Liam is in second after 4 races and Chris Glover is in third after 5 races.

At the end of the season, your best 6 races will count, so, as you can see from the top 10 contenders, there are a few on high points totals with not many races to count, so it's all still to play for. The last 4 races of the season are:

Horsforth 10k on 30 Sept

Withins Skyline on 21 Oct

Guy Fawkes 10 on 04 Nov

Leeds Abbey Dash on 18 Nov

Also, you can gain extra points by running 4 parkruns (by the end of Nov) or get a 15 point replacement score by completing a Marathon. See the rules of the championship on the web site.

Kirkstall Harriers Club Championship 2012 Overall League

Position	Name	Points	Races
1	Alyson Glover	75	6
2	Liam Mealey	68	4
2	Chris Glover	68	5
4	Richard Joyce	62	5
5	Colin Chapman	58	4
6	Louise Skidmore	49	3
6	Sean Cook	49	4
8	Ian Brown	45	3
9	Sandra Warren	44	3
10	Stephen Dalton	41	3

'GOLDEN MILE' - Saturday 8th September

This is a one mile race event in waves similar to the Hyde Park Summer Mile, only it is on the track at Beckett's Park, so a fantastic opportunity to see how fast you can run one mile on a nice flat track, and a great introduction to running on a track if you've never experienced it before. What's more, Kirkstall Harriers are in for a shot at a prize! As we had more than 5 runners at the Summer Mile, we are one of only 3 teams (the others being Valley Striders and Hyde Park Harriers) who are eligible for a prize which is worked out via calculating runners' age grading score. We just need at least 5 runners with 2 of each gender to participate, and judging by the comments on our facebook page, we already have at least this number signed up. You do need to enter in advance so visit www.evensplits.co.uk asap to register. (please note this race is nothing to do with our Club Championship, we just think it will be a fun race to take part in!)

Yorkshire Vets Update

We now have a breather until the next Grand Prix race which will be **Sunday Oct 7th** at 11.00am at West Vale near Halifax. Details of meeting place and time for those wishing to share transport will be made nearer the time.

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. Guests from affiliated clubs who are under 35 are welcomed too. Most of the routes are interesting mixed terrain, usually about 6 miles, with plenty of friendly competition. Full details can be found on the www.yvaa.org website. The final race is Nov 11th Sunday, 11.02am start at Spenborough

After 8 races the men are now 5th in ALL and REST TO COUNT and 6th in FIRST 4 TO COUNT out of 31 clubs. The ladies are doing even better and are 4th in all 3 competitions out of 22 clubs. So come on all you oldies 35 and over, everybody's points helps the club for the last 2 races. 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 all 8 races), Chris Glover now 5th (7 races), Peter Hey 9th (6 races), Patrick Nesden 10th (7 races) and Paul Glover 4th (5 races). For the ladies, Collette is now 7th (5 races), Bal Sandhu 10th having done all 8, Sheila King moves up to 2nd (7), Alyson Glover after shaking off the ankle injury is now 6th (6) and Carol Moran 7th (7). As it's the best 7 scores out of 10 races that count anything can happen up until the last race. At the last race at Knavesmire Rhian Miller at her first race managed to get a third prize in her age group.

RACE REPORT

York Knavesmire Vets Race

Flat, but tough in warm weather, the girls once again led the way with Rhian picking up a prize for 3rd F35. Sheila, Marion, Alyson, Carol & Bal completed the girls team, with myself, Chris Glover, Mark, Peter Hey, Burjor, Chris Hunt and Patrick all running for the boys, with Andrew Kirby guesting. A slightly smaller overall turnout saw us pick up some good points, and though the food in the pub afterwards at first seemed insufficient, they kept bringing more out, always a plus after a hard race.

Adam Moger

RACE REPORT

Jane Tomlinson York 10k



Fast, flat, chip-timed, but inevitably busy with some unexpected course changes to last year's race. Both myself & Steve Groves lined up near the front to try to break the 40 minute barrier, but once again struggled. Steve faded back with a knee niggle, whilst my 40.13 was a PB and not quite there, but good enough for top 100. The ever-improving Shamiso ran a PB of 44.18; Tom Keeber & Kimberley Ridout ran 41.25 and 53.20 respectively, and Isaac broke the hour mark with an impressive 59.39.

Adam Moger

Photo: Shamiso running another PB (thanks to Andrew Thrippleton for the pic)

New Members & Subscriptions

Please welcome to the club **Harriet Carlyle** from Roundhay, yet another friend of Chris and Alyson, and she made her debut at the John Smeaton Yorks Vets. Next, **Shamiso Sisimayi** from LS7, who ran at the Golden Acre Park relays, and **Kieran O'Brien** from Churwell who can only make the Wednesday evenings, but has already done 3 park runs. We now have 87 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. **We have also set up a paypal account for those who wish to use it** - see our website for details.

Member Profile - Alyson Glover



Name: Alyson Glover

Age: 46

Occupation: Care Manager (NHS)

Originally from: Leeds

When did you start running and why?

I started running about 16 years ago. I saw Pudsey Pacers gathering before a training session and thought "Could I do that?" I liked the idea of running and I wanted to extend my "keep fit" activities beyond the gym. I never imagined that I would, one day, run a marathon. I trained with the Pacers a few times and then joined. In 2002, I joined Kirkstall Harriers as a second claim member so that I could run in the PECO cross country races with my friends from KLC circuit training (Neal & Maurice). I also like purple! By 2011 I was spending more and more time with KH members at races and Chris persuaded me to join KH as a full

member and leave Pudsey Pacers. This year I became Assistant Lady Captain to help Collette.

What are your motivations for running?

To stay fit, clear my head and run some different events in new places each year. I am not that competitive (unlike Chris!). I like to enjoy events.

What are your greatest running achievements?

Completing the Dublin marathon in 4 hours. It was my first and only marathon.

What are your best running related memories?

Dublin Marathon of course. Watching Chris finish the Northumbrian Coastal Run. His longest and hardest run at the time.

What are your worst running related memories?

Running into the last part of the Liverpool Half Marathon with Neal Shotter. We came close the finish and heard all the crowd cheering, but then realised that we had another three mile loop to do. Neal thought it was funny!

I injured my ankle this year at the Meanwood Vets less than mile into the event. Then I had six weeks of no running to endure. I came back in the Eccup 10 with no problems, which made all the resting worth while.

In 2011 I got first FV45 finisher at Bingley Vets race. Wow! The only thing was, I had mixed up my number with Chris, so it was

his finishing time I got awarded to me. How embarrassing! Thankfully we did not stay for the presentation. I did let them know but I still have the prize.

Any words of wisdom for your fellow harriers?

Get yourself round the event, enjoy it, be upright and in one piece at the end then think about your time. REMEMBER with each year you are a year older!!!!

Can you share an interesting fact about yourself?

My second toe is longer than my great toe on both feet. That is what keeps me running!



Photos: Top left: Alyson returning from injury at the Eccup 10, July 2012

Above: At the Pudsey Vets race 2012

See next month's newsletter for the more competitive Glover, Chris' profile!

PBs and other worthy mentions

From the Hyde Park 5k parkruns we have **Joe Leslie** with 19.47, **Jason Buckley** 20.09, **Mosa** 20.47 and **Kieran** 23.34.

And from the York 10k **Adam Moger** ran an impressive 40.13 - we are sure he'll be finding those extra 14 secs to dip under the 40 min mark at the Abbey Dash in November! Also **Shamiso** ran a new PB at the same race with 44.18 so well done to her too.

Cross Countries - coming to a muddy field near YOU this winter!

Yes it's that time of the year again – nights drawing in, holidays almost used up, and looking forward to running in the mud – yes we know it's been a wet summer, but cold mud is much better for the skin.

PECO CROSS COUNTRIES

These are designed to encourage club runners of all abilities to take part, and create some good team spirit. The distance is usually 4 – 5 miles and normally on Sunday mornings, with most venues being in and around Leeds. There is usually 1 race a month starting October/November time and spread over the 5 months according to fitting around other fixtures. Last year there were 18 clubs taking part and thanks to our runners both our male and female teams managed to stay in the Premier League. There is a meeting arranged for **Monday 17th September** at 7.30 at the Adel Sports and Social club. Anyone who would like to accompany Peter Hey to the meeting would be appreciated. Anyone who is interested in running these for the first time are best advised to invest in some off road/trail shoes.

WEST YORKSHIRE CROSS COUNTRIES

These attract a higher quality field at the front of the race but is open to all club members, and the routes are slightly longer, with the male and female races being run separately, but at the same venue and on the same day, and normally in the afternoon. We want to encourage as many of you as possible to enter and if my memory serves me right (which is not often) we need at least 5 or 6 runners for the men and 3 or 4 for the ladies to count in the team competition, but individuals can still win if not in a team. For the overall prizes you do need to run at least in 4 of them.

The dates and venues are

* 20 October – Wetherby * 10 November – Yeadon * 24 or 25 November – Huddersfield (tbc) * 8 December – Wakefield

There is one entry fee, but we suggest you should be able to run at least 2 of the events for the club to pay the fees. We need to enter you **by the 28th September** so have a chat with your club captains asap at a training night or drop us an email and we shall try to answer any questions and encourage each other to enter.

This Month!



September Birthdays

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

* Sean Cook * Isaac Dell * Catherine Elvin * Eleanor Gallon * Hilary Glover * Sean McEvoy * Paul Miller *

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.

