

Kirkstall Harriers Newsletter

No. 107 October 2012



News in brief

* Kirkstall Abbey 7

Well done to everyone who helped out at our race in whatever capacity you could. Everything went very well on the day and we did have a record number of entries in the 5 years of this race with 201 finishers. It is also the first time we have done any junior and fun races. Any race these days need a lot of organisation and willing bodies. There was an incident of a runner running into a post and cutting himself on the head – and was dealt with in a textbook manner and just goes to prove that you can never have enough marshals around the course on the day. A big thank you goes to the organising committee who pulled out all the stops once again. If anyone has any comments – good or bad, please let these be known asap so we can make a note for any future races we organise. *(You can find a full report on the day later in the Newsletter– Ed)*

* Club Curry Night

We are off for a curry at Sheesh Mahal on the 18th October at 7.30pm. If you would like to come please let Jill know either at training or email her at stox78@hotmail.com to confirm your place.

* Winter 5K Time Trial Series

We normally do a few 5k time trials over the winter period for some variation instead of running round the streets in the dark all the time!!! But this year we thought we might try something a little different and spice things up with a bit of friendly competition. There will be some small prizes for the winners of each race, but we are hoping to do at least 5 and make a bigger award to the overall winners, provided they have done at least 3. How we are going to calculate the overall winner remains to be decided but we will try to do this before the end of October so we all know what is happening

* West Yorkshire Cross Countries

We have some interest from a few members but not enough to make a team. If you want to run in this event for Kirkstall Harriers can you email

kirkstallharriers@googlemail.com

Asap to register your interest. These races may clash with other races going on the races will be on the following days;
20th October – Wetherby

Inside this issue:

News in Brief	1
Members Meander, Goodbye to Catherine & Golden Mile	2
PECO & VETs	3
Yorkshireman & Club Championship	4
Chris Glovers profile	5
Jungfrau Marathon report	6
Folkin Reservoir Ramble & PBs	7
Kirkstall Abbey 7 report and photos	8&9

10th November – Yeadon
24 or 25th November – Huddersfield
tbc
8th December – Wakefield

Key Dates for your diary

Sat Oct 06: Grin & Bear. 10.00am, Fell Race.
Sun 7th Oct: Huddersfield Hilly Half Marathon, 9.30am, Road race.
Sun 7th Oct: Mablethorpe Marathon, 9.30am, Road Race.
Sun 7th Oct: Cusworth 10k, 10.30am, Road Race.
Sun 14th Oct: Richmond Castle 10k, 11.00am, Road Race.
Sat 20th Oct: West Yorkshire Cross Countries– race 1– Wetherby.
Sun 21st Oct: Milltown to Moors Marathon, 9.30am. Road Race, Oldham.
Sun 21st Oct: Woodland Challenge 10k, 10.30am, Brighouse, Off Road Race.

Further ahead:

Sun 25th Nov: PECO-race 1– Fitzwilliam Country Park, organised by Ackworth/Rothwell



Our very own Monk (AKA Richard Joyce) at the start of the KA7. Is he praying for a good run or just hoping he's not going to get ploughed over by the gang of Pudsey Pacers just behind him - we may never know!

News in Brief cont...

* Members Meander 5th Sept

We had our best ever turn out with 30 runners taking part – almost all in club colours too. Apologies to those who did not win a trophy – but the timings were not too bad – for most. Between 1st and last runner (not considering Carol!) the time difference was 11 minutes 54 seconds, and taking the 1st and last out of the equation it comes down to 8 min 20 seconds. The first 9 were within 2 minutes. Well that's my excuses on the timekeeping. Most runners especially some of the newer members, seemed to enjoy the idea of keeping ahead or catching up with the other runners. Make a note in your diary for the Chairman's Chase in March/April next year. The first 3 members over the line were Burjor Langdana in a run time of 56.15, Oliver Poole (who joined on the night – prior to the race I hasten to add) with 56.20, and Richard Joyce (one of the last to start) 41.17, which was also the fastest run on the night. Thanks to everyone for taking part and Eleanor and Ann for helping out on the night. **Peter Hey**



The Winners of the Members Meander 2012 from Left to right, 3rd Richard, 2nd Newbie Oliver, and 1st Burjor

Messages from Home & Abroad

CATHERINE ELVIN

In case you have not heard already Catherine is changing jobs and having to leave Leeds to go work in the dark lights of London, for the Science Museum. Catherine has only been with the club for about 18 months but has been a valued member and turned out for many team and individual events. She has been getting quicker and had some good results lately with 4.49 and 3rd lady at the Yorkshireman full marathon and a PB of 1.38.09 at the Great North. I am sure everyone at the club wishes her all the best with her job, living in London and of course finding time to still run. Hopefully she will be back in the area on occasions – she has been told of the Peco dates !!!

Catherine Running the Yorkshireman Off road Marathon



RACE REPORT

Cracking weather, a host of PBs, and a starting gun that made you jump out of your skin no matter how many times you heard it. 8 Harriers ran for the club at the Golden Mile (with Eleanor cheering us on between admin duties) as we battled Hyde Park and Valley Striders for the pennant. Although we didn't win, there were some great age grade contributions from in particular Chris Glover and Paul Glover. Highlight of the night was Mosa's sprint finish - Usain Bolt wouldn't have caught him at the end as he won his heat in 6 minutes flat. Another heat winner was Richard Joyce in 5.04, with great running also from Sandra, Alyson, Phil and Liam. **Adam Moger**

Golden Mile



The Purple Army doing what they do best- posing for photos! Sorry I mean running - Ed



PECO Cross Country League -

These are designed to encourage club runners of all ages and abilities to take part, and create a team spirit. The distance is usually 4 – 5 miles and normally on Sunday mornings, with most venues being in and around Leeds. 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. Anyone who is interested in running these for the first time are best advised to invest in some off road/trail shoes.

The provisional dates and venues for these races are;

Nov 25th	Fitzwilliam Country Park Ackworth/Rothwell
Dec 16th	Middleton Park Rothwell/Ackworth
Jan 13th	subject to West Yorks cross country Bramley Fall Woods Kirkstall/Horsforth
Feb 17th	Barnbow Fields (John Smeaton) STAC/Kippax
Mar 3rd	Boddington Fields Hyde Park Harriers/Chapel Allerton

LADIES WANTED!

This year we are losing 3 of our usual scoring ladies Rachel Pilling (Pudsey & Bramley have joined the leagues... oh dear – Ed), Catherine to the bright lights of London and Eleanor (who has a totally rubbish excuse about having a baby... All I'm saying is what about Paula? – Ed) So we need some new ladies to take up the mantle and get out there competing for points on our behalf. Please spread the word amongst our members.

Yorkshire VETs

The penultimate race takes place on Sunday Oct 7th at 11.00am at West Vale near Halifax. I suggest anyone wanting a lift or to share transport meets outside the LPSA club at 9.30. These are 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 and you will be pleased to hear you are a vet if you are 35 or over. Guests from affiliated clubs who are under 35 are welcome to run. 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 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.



Peter Hey

Peter giving out final instructions to the record breaking number of VET runners who entered our race earlier this year.

RACE REPORT

Yorkshireman Off road Half Marathon

Does what it says on the tin, and a good race review already from Helen Goldthorpe in the October 2010 newsletter. Very hot this year, but could have been worse, cooling off for the last few miles and actually quite pleasant on the tops. But a few sections of oppressive heat certainly took it out of people with a number of DNFs, several returning to the base at Haworth in the back of a taxi. Refreshment stations could have been better - food only at 3 of the 5 - but overall the race was superbly organised, with small arrows to aid route-finding (still essential to recce) and soup/cake at the finish.

Could have done without the race organiser telling me as I grappled with my laces at the end that the last of the 5 bogs I'd waded through was caused by a burst sewer. 4hr35 was good enough for 25th in the Solo, with Catherine's 4.49 gaining her a very creditable 3rd girl. Liam & Helen ran the Half in 2.23 & 2.51 respectively, though closer to 15 miles than 13.1.

Adam Moger



Club Championship

Quick update on Championship after race 7 at Horsforth 10k. Reports will feature in the November issue and as ever all the details are available on our website.

Race 7: Horsforth 10k, 30th September		
1	Burjor Langdana	20
2	Sean Cook	19
3	Martin Rocks	18
4	Shamiso Sisimayi	17
5	Liam Mealey	16
6	Mark Skinner	15
7	Paul Miller	14
8	Chris Glover	13
9	Sheila King	12
10	Marion Muir	11
11	Colin Chapman	10
12	Rhona Cameron	9
13	Peter Hey	8
14	Patrick Nesden	7
15	Alyson Glover	6
16	Amy Richards	5
17	Paul Glover	4
18	Issac Dell	3
19	Ian Brown	2

Championship Standings after 7 Races			
Pos	Name	Points	Races
1	Liam Mealey	84	5
2	Chris Glover	81	6
3	Alyson Glover	75*	7
4	Sean Cook	68	5
4	Colin Chapman	68	5
6	Richard Joyce	62	5
7	Burjor Langdana	53	4
8	Louise Skidmore	49	3
9	Ian Brown	47	4
10	Peter Hey	46	5

* Indicates that the best 6 scores make up the points total.



This is another pic of our race NOT of Horsforth 10k, I had a space that needed filling and the Horsforth Photos weren't ready!

Member Profile - Chris Glover



Name: Chris Glover

Age: 51

Occupation: Design Manager with Mott MacDonald Ltd.

Originally from: Leeds

When did you start running and why?

I started running 6 years ago. Alyson had been trying to get me into running for years. I had been retired from a long cricketer career for a few years and had no sporting activities. I eventually gave in and did a couple of short training runs of 3 miles (walking and running). It was winter 2005/6 and I soon went along to a PECO cross country race with Alyson who was second claim with Kirkstall at the time. I ran for Kirkstall and enjoyed it. I joined the club in Feb 2006 and have run many events up to half marathon distance since then. I joined the committee in April this year and now run the web site as well as the Club Championship.

What are your motivations for running?

I run to stay fit, improve my running and compete alongside my fellow club members. I love doing events and I could not run just to

train. Having only run for 6 years I can still get lifetime PBs in my 50s. In the past, I have been more into events than club training nights due to work commitments, but I am trying to get to the training nights more often. I enjoy taking part in competitions such as Relays, Yorkshire Vets League, PECO's and, or course the club championship events. I am striving to get a sub 40 10k but if I can just match or improve my course times on the events I do each year, then I know I am not getting worse! I like cycling and I have considered triathlons but have always been put off by the swimming in open water. I have done duathlons which are an interesting alternative.

What are your greatest running achievements?

Winning the club championship in 2011 was very satisfying because I was running against my own PBs and ended up setting a few new ones within the year. The championship shield is the largest running trophy I am ever likely to win!

Of my PBs I am proud of my 18:55 5k at the John Carr Series race 1 in 2011 which also won me the 2nd V50 prize. I tried to better it this year but missed out by 2 seconds. I am also proud of my 10m PB of 70:46 which I got on the hilly Otley 10. If I can do a flat 10m I am hoping to improve this one!

What are your best running related memories?

I feel relatively new to running, so I am hopefully still to collect a few of these memories! In my short running career I have great memories of the PECO cross countries. Running in the snow and through deep mud. Great! The Christmas period is always something I look forward to. We always run the Chevin Chase on Boxing Day, followed by the Jolly Holly Jog in Ripon and then the Auld Lang Syne on New Years Eve, sometimes with the Brownlee brothers in attendance. As I said, I like events and this is one of the busiest time of the year for them!

What are your worst running related memories?

I don't have any horror stories and I have managed to stay mostly injury free. I do manage to stay upright throughout the events I run in, so I have no spectacular falls to recount. I did the Northumbrian Coastal Run early in my running career (too early!) and have not forgotten the feeling of utter exhaustion after setting out far too fast and suffering badly towards the end while running in soft sand on the beach. The finish seemed to be getting further away with each stride. I thought it would never end! It could have put me off running for life, but thankfully, it did not.

Any words of wisdom for your fellow harriers?

No matter how hard you run, someone much older always finishes ahead of you!

Can you share an interesting fact about yourself?

I have played cricket with Geoff Boycott and Darren Gough.

Photos: Above Left Chris at the ABC and Below Chris at the John Carr race series 2012



Halloween Run



Now because Halloween falls on a Wednesday night this year we thought it would be fun to have a fancy dress Halloween run hopefully with our running rivals and good friends the Hyde Park Harriers. Led by our Fearless Leader Peter 'the hacksaw' Hey we shall be taking in some of the more creepy and spooky areas of Leeds... Maybe even a graveyard or two! So dust off your capes and rinse out your fangs because the harriers will out and about in all there freakish

glory this Halloween.. Mawaaahhhh!

Starting at 6.50pm at the Kirkstall Leisure Centre and finishing up in the LPSA for a couple of drinks to steady the nerves afterwards. Listen out for further announcements at training nights.

Jungfrau Marathon



The Final Plod, Matt's words not mine honest- Ed.

There are some things you can count on when you enter a Swiss mountain race: energy muesli in the goody bag, breath-taking views, breath-taking climbs, and the company of a diverse range of other nutters who pretend to enjoy running up hills. But the Jungfrau marathon is something very special. It must rate as one of the toughest marathons in the world, with 1829 m of climb over the full marathon distance, and some not entirely forgiving time cut-offs. This year the event was extra special, being the 20th anniversary of the first race. To top it off, this year's event also constituted the Long Distance Mountain Running World Championships – I've got the bag and t-shirt to prove it!

My training, as you might expect, consisted largely of running up hills. I perhaps didn't do as much distance as before a normal marathon, the vertical distance causing more concern than the horizontal distance! Being in Switzerland for a couple of months also allowed me to recce the climbing part of the course a couple of times. I haven't kept an exact log, but I think I've climbed over 10km in the last two months – I'm still not convinced it gets any easier with practice!

The race can be roughly divided into two halves. The first half is flat (ish) and entirely on road or hard track. Starting in the tourist town of Interlaken, the runners get funnelled down the Lauterbrunnen valley which gets narrower and narrower, squeezed by 500m (sorry oldtimers, metric from here on in!) high cliffs on each side. I polished off the first half in about 1:47, sticking to my plan to run 5 minute kilometres while the going was easy. For the second race in a row, my watch gave up the ghost, this time at 16 km. The

lack of a functioning timepiece didn't prove too much of a hindrance, pacing becomes fairly meaningless when you're walking up a 400m climb!

The business end of the race starts at 26 km, with the climb from Lauterbrunnen to Wengen. 'Steep' isn't quite the right word, it's certainly not runnable! The regulation fell runner's head-down-hands-on-thighs approach is required to get to the top of the first climb, but the reception from the crowds in Wengen is like nothing I've ever seen (or heard) before. Imagine the scenes at the top of the big climbs in the Tour de France, where the crowds press closer and closer to the riders until there's just about enough room to squeeze through. The crowd at Wengen has clearly also been watching le Tour, it seems they're ten deep for a hundred metres and they're all cheering for you, it's a unique buzz that serves to slingshot you through the town! The noise and support absolutely has to be experienced. A couple of peculiarly Swiss chants stand out, I'm not exactly sure what the people were saying, but they sound particularly like 'up up up' and 'higher higher higher'... appropriate I suppose!

It was in Wengen that I ran into a spot of trouble – not being able to clear the lactic acid from my calves. I had to take a five-minute break at one of the massage stations, knowing that I would struggle if I couldn't freshen my legs up again, risking cramp. Because the climb in the second half is almost unrelenting, recovery after the really steep bits is tough. I've never really been particularly susceptible to cramp in the past, but it became a major concern as the race wore on. Perhaps this is what sets the race apart from mountain races in the UK, the constant climbing with no downhill means that recovery is very difficult and the fatigue builds.

The climbing continues and the crowds (and air) thin out. The last 10 km of the race takes place under the imposing mountain trio of the Eiger (of North Face fame), the Mönch, and the Jungfrau herself. Frequent drink stations kept the fluids and fuel topped up, very necessary given the hot weather! The race by this point was almost a procession, few were running, everyone slogging their way up the narrow mountain paths. Many people were going down with cramp at this stage, keeping up a good walking rhythm took a lot of willpower! The slightly haunting tone of alphorns provides the soundtrack, perfectly fitting the surroundings. Having recce'd the course twice, I knew there was one more tough climb to come. The glacial moraine is perhaps one of the classic and most vaunted features of the Jungfrau marathon, being all but the final climb. After the moraine, you turn a corner and catch a welcome glimpse of the finish at Kleine Scheidegg, reached after a cramp-inducing descent. I crossed the line in 4:55, 15 minutes slower than I wanted, but pleased to get there! The winner came home in under three hours! Race recovery was accelerated with beer, sausage, and Swiss-style potato, soon after crossing the finishing line. You'll be glad to hear that the offending time-keeping device has been reassigned to the Swiss rubbish disposal system.

Next year's edition of the Jungfrau Marathon is penned in for the 14th of September. If you're looking for a challenge, give it some thought... it's tough but worth it! Oh, and in case you're interested, you can take the train back down the mountain from the finish – you don't have to walk! **Matt Woodhouse**

Rumour has it that Matt can now be seen scampering up the Alps with a Cuckoo clock strapped to his back, a much more reliable time keeping device we think you'll agree- Ed



The Home straight, Crikey we best not moan about the PECOs anymore! - Ed

This was a new race for 2012, a choice of a 14 or 20 mile off-road run starting from Prince Henry Grammar School in Otley.

Both routes cover a large loop to Fewston reservoir & back, with the 20 mile also doing a further loop round the reservoir. The Saturday morning was perfect weather – sun, blue skies, and not a cloud in sight.

Setting off at the back of the field, I planned to start off steady given the distance and the fact I'd viewed the course profile the night before (very hilly!). The first mile or so took us to the outskirts of town, and after a mile and a half, a marshal sent us across a stile and told us to head straight ahead across the fields. At this point, I found myself on the shoulders of the two race leaders, and actually competing for first place – not something that happens very often!! After following various markers along the trail for approx 2 more miles, I had pulled out a slight lead, but was a bit confused to reach the junction of a road with the option to turn left or right, but no signage indicating which direction to take! I waited for the next runners to arrive, but they were just as confused as me. So we all stood at the junction as more and more people arrived, until eventually about a dozen runners had caught up and no-one else could be seen behind us. We realised that we must have taken a wrong turn, but luckily one runner knew the local area and that the general direction we were heading was off to the left, so we all set off again in the hope we could re-find the race route.

After running for a further few miles including a particularly nasty hill, we came to a junction and saw that a group from the main field were coming towards us from the opposite direction, with a third group also approaching from the left! The third group also had one of the race organisers with them, who pointed everyone in the right direction - uphill! At this point, we realised we had now run 6.5 miles compared to the 4 we had should have done to this point – which was slightly worrying given that the original 14 miles in itself was already going to be the longest run I had ever raced!

Back on track, we continued uphill and through some more fields, re-passing some of the field, until a mile further on, we suddenly came across another group of runners again coming towards us in the opposite direction! It turned out some of the signs had been removed from the course, but retracing our steps again, everyone was soon back on track. From here, the route became easier to follow for a while, and I was relieved when I saw we were approaching Fewston reservoir, and (in theory) the halfway point of the run. I was less impressed to realise we'd now run nearly 10 miles, and was just hoping the way back would be clearer!

After crossing the reservoir, the group I had been running with had strung out a bit, and I soon ended up running with just one very fast lady from Valley Striders for the rest of the run. Heading away from the reservoir, we ended up back off-road again, sloggling through a muddy, hilly section of the course. After battling through this, we eventually came out at the highest point of the run with great views out over the surrounding countryside. This was also where the 2nd drink station was (we missed the first on our detour, and the third never materialised!), so this was a welcome sight!

From here, I knew we had some downhill to come, so enjoyed stretching out the legs over the next few miles, and gradually catching up with the rest of the field again. A few more miles, a few more wrong turns, and another nasty hill later, we turned left through a gate which I realised was the same one we had all stopped at earlier when we had gone the wrong direction. Although I knew this meant we still had a few miles left to go, it also meant we shouldn't get lost again, so I was pretty relieved at this point! Retracing our earlier steps, Otley gradually came into view, and we crossed the same stile the marshal had sent us over earlier. From here, it was just over a mile back to the school, and by this point we just wanted to finish! Inevitably, we fitted in one more small detour as we missed the entrance to the school, but a quick backtrack saw us enter the finishing straight and finally cross the line, over 2 hours after having left!

After finishing, one of the marshals came to apologise, and explained he had sent us the wrong way over that first stile –he should have actually sent us left – and so that explained where we had gone wrong! I was surprised to find out I'd still crossed the line in third place, having overtaken most of the runners again, but was a little frustrated that the race results weren't amended to reflect the marshal's error. It actually turned out we were only 2 1/2 minutes behind the first man back despite having run 2.5 miles further, so was a little disappointing to miss out on what would have been a very rare (and probably never to be repeated!) 1st place!

However, at the end of the day, the route itself was a scenic, if challenging, off road run, and certainly was a good morning's training! If the organisation and signage/ marshalling is improved for next year, it could definitely become an interesting addition to the September race calendar!

Well done to all the other Kirkstall Harriers who took part:

Clare Doherty & Burjor Langdana who also ran the 14 mile route, Helen Goldthorpe who did the 20 mile, and Stephen Groves who entered the 14 but decided to change to 20, and actually ended up doing 23 (due to another course signage issue!). **Paul Miller** *I have to say I'm very impressed by Pauls keep calm and carry on approach to what's sounds like a proper carry on of a race.. The organisers are lucky that Jill wasn't running it, as its unlikely anyone would of survived – Ed (Sorry Jill)*

PBs and Worthy mentions

From the Hyde Park runs we have Joe Leslie with 19.47, Jason Buckley 20.09, Mosa 20.47 and Kieran 23.34

At the Great North Run Jason Buckley ran 1:34.41 (*PB'd again honestly Jill you'll have to knobble him like the race horses!- Ed*), Shamiso Sisimayi 1:36, Catherine ran 1:38.09 a PB of 20 seconds.

Worthy mentions for Kieran O'Brien who ran 1:54.12 for his first Half marathon and Jill Stocks ran a (*ahem!*) Course PB of 2:04.07

Burjor Langdana ran 54.30 and Sean Cook ran 46.37 at the Horsforth 10k on Sunday the 30th September well done both!

EVENT REPORT

Kirkstall Abbey 7

So by the time you read this report we will know if this years race has been a success, whether or not the changes we made to the race were well received. If any juniors turned out to race in the inaugural fun run and Junior race. If the competitors liked the race souvenir and I will have apologised for breaking the clubs' new gazebo at the first available opportunity!

It turned out to be a cracking day weather wise a perfect day for running cool, fresh and above all dry. Kirkstall Harriers seem to be very lucky with weather on race days. This year saw a record turn out for the race in its new multi terrain 7 mile format with a 201 finishers. I like to think its because of the superior quality of the organising team that comprised of Jill Stocks, Chris and Alyson Glover and myself but it probably has more to do with the fact that we no longer clash with the Great North Run (which seems to be getting earlier every year!) Anyway once we had set up assisted by the many great club volunteers the entrants started to pour into the Abbey grounds, we knew it was going to be busy as we had had over 160 pre entries for the main event but it always reassuring to see everyone arrive.

The first race of the day at 9am was, The Mad Monk Meander, a family fun run of one big loop of the Abbey Path. This was a run for children under 10 and any family members who could be persuaded to run along side the young chargers. All runners received a medal and chocolate for finishing.



The junior boys winners

The Kirkstall Abbey Junior Race was next up at 9.25am, 12 under 17 year olds toed the

start line for the first running of

this event, Liam our Monk for the first two races wisely decided to not contest this race as he feared he would very likely be demolished by the fast looking Leeds Schools lads. He was right as Dean Jerome the first lad home ran the two mile course in 10mins 57 sec. A Brilliant time and a tough ask for the rest of the field on this occasion. Watch out for him in the main event next year as he will be 17 by next September! The Under 17 girls race was won by Charlie Proctor

in a great time of 17mins and 16 sec. Joint second were Brook Gartshore and Amelia Wright. Thanks to Alyson for taking on the role of race director for the fun run and junior races.

So the main event, this year Mr Atha was joined by a very special guest starter Paralympian and local girl Louise Simpson—who represented Team GB in women's Goal Ball at London Paralympics—to get the 202 runners on their way. Louise also ran the race guided by her Uncle Paul Glover in a time of 1:06.45. The men's race was won by Simon Pass from Saltaire Striders in a time of 37.58. The Women's race was won by Jess Nixon from Leeds City in a time of 42.56, well done to them both.

The Women's team prize was won by Valley Striders and the Men's team prize was won by Pudsey and Bramley. The Stephen Blades Trophy went once again to Gary Mann who completed the course in 43.49. And finally this year we introduced a new competition called, Beat the Monk. The idea is simply that we have our Mad Monk (AKA Richard Joyce) run around the course as quickly as possible and see how many runners beat him, its just for fun there were no prizes apart from the pride of doing something that few others have done. The result: Mad Monk completed the course in 45.35 and was beating home by 40 runners, so well done to them! They know who they are. Afterwards Prizes were handed out at the LPSA and everyone enjoyed the great spread of sandwiches and cakes. A good day had by all. More pictures of the day on Page 9. **Matt Sykes-Hooban**

Times, prize winners and photos are available on our website just follow the links.



The fun runners toe the start line



Above: Jess Nixon first Woman home

Below: Simon Pass first Man home



Kirkstall Abbey 7



The Junior Girls pose with the Mad Monk



Bernard Atha Presents Dean Jerome his Trophy for winning the Kirkstall Abbey Junior Race



Louise Simpson about to start the main race.



Virgil the most terrifying race sweeper in the world! The Halloween run isn't till October!



The Mad Monk Finishing strongly!



The girls from Billingham Marsh House Harriers, win the 'prize' for club who travelled the furthest, we don't have a prize for this but don't tell them that!



Birthdays

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

- Kevin Blackhurst * Colin Chapman * Graham Curtis * Paul Glover * Ben Howcroft * Carol Moran *
- Graham Pilling * Oliver Poole * Collette Spencer * Sandra Warren *

Subscriptions and New Members

Please welcome to the club Oliver Poole who made a name for himself on the night he joined at the Members Meander. He resides in the Armley/Bramley border. Also joining was Megan Edwards whose address is down as Darlington. Some of our ladies recognise her from playing netball. We now have 91 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.

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.

