

Kirkstall Harriers Newsletter

No. 108 Nov 2012



Messages from our agents...

* Martin Savage *

I have finally got round to getting in touch - Gill and I are wanting to join up. I have had a few false starts getting back to running; I managed to get up to going out with the club several months ago and managed to injure myself on my first run out, thinking I could keep up with Liam! I then managed to injure myself in Germany doing lots of cycling with a trailer and toddler behind me, and then trying to run after. This time I am taking a more cautious approach and seeing a lot of a sports injury physio before I get my running shoes on again - I am hoping at least to get out for the Christmas runs but hopefully before, all depends. Gill is keen too but I think needs to get joined up to give her the motivation to get out! Hope you are all well, Martin.

* Matt Woodhouse *

It was good to see Matt back again at training after his stint in Switzerland. After the mountain marathon of Jungfrau, the challenge of the hilly Pudsey route must have seemed quite easy to him. Alas his stay will not be long as he will be taking up a new job in Australia in May in Melbourne.

5k winter time trial #1, 17th Oct

We had 29 runners taking part – including 5 new faces on the night. Some of which have already come back so hopefully it was not as bad to them as the organiser! Everyone seemed to cross the line together, (so the timings could not be too bad) and after the 4th runner home Peter pressed the wrong button and stopped the watch altogether – well it is a stopwatch! We will be doing 4 more and the times will be continually adjusted after each race where necessary. The club members with the lowest total scores from their best 3 races will be the overall winner. For the record the 1st 3 members who crossed the line (we think) were Richard Joyce (with the fastest time on the night with 17.48) Colin Chapman and Liam Mealey. The full results – well what was available – are on the website. Any corrections needed please let us know. Hopefully we will be better organised next time – maybe we need video technology too, for the photo finishes!

PBs and other worthy mentions

Congratulations to the following members who have achieved PBs or other noteworthy achievements in the last month.

Firstly, some parkrun 5k PBs: **Burjor Langdana** 25.09, **Justin Newall** 21.29, **Kieran O'Brien** 23.01, **Shamiso Sisimayi** 21.26.

And from our first winter time-trial 5k, if we decide these count as PBs (!) **Liam Mealey** 19.51 and **Richard Joyce** 17.48.

At the Harewood 10 mile **Rhona Cameron** got a PB with 1:54:23 and as far as we know it was a first 10 mile race for **Graham Pilling**, **Burjor Langdana** and **Nacressa Swan**.

At the Bridlington Half Marathon **Jason Buckley** knocked another 2 mins off his PB with 1:32:15, **Mark Skinner** ran 1:38:18, **Sandra Warren** 1:52:34, and **Patrick Nesdon** 1:55:38.

And finally, **Matt Woodhouse** ran a fantastic PB of 3:38:37 at the Snowdonia Marathon and **Helen Goldthorpe** also completed a hilly marathon which was also her first in 2 years at Beachy Head 5.17.

Very well done to everyone! Don't forget to tell us if you have run a PB or a special race / event which you would like to share.

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Mosa busting out a 'mosa-bot' at Withins Skyline (photo courtesy of David Brett)

Club Championship - Withins Skyline, 2 1st October

Every year, the club championship includes a fell race to add some variety & encourage members to try something a bit different. Withins is one of the famous "Woodentops" races, based just the other side of Haworth. Fell really is a different world to UKA races - £3 to enter, a Curly-Wurly, tea or juice & biscuits at the end - as good value as PECO or the Vets series and so different to a road race like the (£50) Great North or (£20) Leeds Half.

The moorland conditions were a world away too. One narrow path along the moor was like a minefield - if you went off the path to try to overtake, you could easily lose a leg in the bog. Many tasted mud on the way round and one or two ankles will have been blown up by the end too. But fantastic scenery & stunning weather, even if you couldn't really look up, having to constantly see where you were placing your feet & avoid the deep mud. Mosa's description, whilst not quite how I'd have phrased it, poetically sums it up:

"Although today run was creggy, steep sheer, hilly and deep muddy, it was completely incredible, nice scenery and view, eating biscuit and drinking tea on the upland sun shining."

Great running from Phil Hewitt to finish 1st Kirkstall, more than 4 minutes or almost a km clear of me in 2nd. (Phil's Dad was also running, for Holmfirth: exactly how I'd imagine Phil in 25yrs!) I was delighted to finish 2 places ahead of Richard, but only thanks to his "comfort break" on the way round - not to mention him running the West Yorkshires the day before and having football that afternoon.. Chris Glover was disappointed not to beat his time from last year but over the more boggy ground finished 32 places higher than in 2011. Liam, Mosa, Burjor, Alyson & Karen completed a great display of purple shirts & performances. The race began with organiser Dave Woodhead calling a lady out of the crowd whose birthday it was, for us all to sing Happy Birthday to. But in case I've made the whole thing sounds a bit amateur: race winner was multiple British & English fell running champion (& England international) Ian Holmes.

Adam Moger

Photos: L-R: Karen and Alyson, Richard, Mosa, Adam and Phil 'chip off the old block' Hewitt with Dad. (Thanks to Dave Woodhead, Paul Wood, Chris Jones & Adam Moger for the photos)



Kirkstall Harriers Club Championship 2012 Withins Skyline Fell Race

Position	Name	Points
1	Phil Hewitt	20
2	Adam Moger	19
3	Richard Joyce	18
4	Glover Glover	17
5	Liam Mealey	16
5	Burjor Langdana	15
7	Karen Longfellow	14
8	Alyson Glover	13
9	Abdulwahid Mosa	2

Kirkstall Harriers Club Championship 2012 Overall League as at 1st November

Position	Name	Points	Races
1	Liam Mealey	100	6
2	Chris Glover	90	7
2	Alyson Glover	81	8
4	Richard Joyce	80	6
5	Burjor Langdana	68	5
5	Sean Cook	68	5
5	Colin Chapman	68	5
8	Adam Moger	55	4
9	Louise Skidmore	49	3
10	Ian Brown	47	4

Can you believe it? The nights are drawing in, Christmas adverts have started on telly and that can only mean one thing - the Club Championship 2012 is nearly over! We only have 2 more races left:

Guy Fawkes 10 on 4th Nov (RACE FULL, no entries on the day)

Leeds Abbey Dash 10k on 18th Nov (still taking entries)

And don't forget you can gain extra points by running 4 parkruns by the end of November so get down to Hyde Park, Roundhay Park or any of the other parkruns scattered around the country on Saturday mornings. Full rules are on our website and if you have any questions please do not hesitate to ask one of the Administrators (Chris Glover / Adam Moger) or any of the committee.

Yorkshire Vets Update

After a technically difficult course through muddy woodlands and up and down the hills of Halifax - our two teams still remain in the top 5/6 positions. We were missing a couple of our regular lady runners but Harriet did her 2nd Vets race followed by Alyson, then Rose George (having just joined the club) 3rd lady scorer and Carol who has only missed one race. The men had 7 runners and because the number of runners both male and female was relatively low - all scored well on the day. Adam has been knocked off the top spot at the 11th hour, and is now 2nd in his age group, followed by Mosa who has crept into 11th after 5 races. Chris Glover is 8th in his age group, Peter and Patrick 9th and 10th in theirs, and Paul Glover is 2nd. In the ladies Colette is 7th, Bal 10th, Alyson Glover 6th and Carol 7th. So well done everybody, individually and as a team. It seems not too many clubs actually got a full team out with the numbers down (132 running in total, compared to 316 when we hosted in May) Perhaps the no-shows had had prior warning about the course: a trainer-sucking deluge of mud, tree roots, slippery paving slabs, and gradient: loads and loads of gradient.

Other than some falls, the only real gripe was that a very well-marshalled, well-flagged course inexplicably lacked any indication of where to go on one fork in the path towards the end. So many went wrong that 1st place ended up shared jointly, the runaway leader failing to take the quickest route to the finish. The low numbers meant more food than we could eat, including some excellent cakes, & we didn't come away empty-handed with Rose picking up a spot prize. Support and photos provided by Hilary.



As always, the Vets are a great opportunity to run XC on tough courses, amongst friendly runners, at cheap prices, and the opportunity to be a bigger fish in a smaller pond.

The last race is on Sunday Nov 11th at 11.02am from Spenborough running track. The course is quite interesting if the same as previous years but could be a bit muddy in some of the fields if conditions are wet. Anyone wanting a lift or share transport should meet outside the LPSA at 9.45am

Adam Moger / Peter Hey

Thanks to the Glovers for this happy sunny team photo

RACE REPORT

Major Series - 2 1st October

If you thought the Pecos were tame, fell running was boring and the Tough Guy too long to travel and too expensive – have a go at the Major Series at Bramham Park. A 10k ish route with plenty of crawling in mud, wading through waist high streams – with hidden holes, and few hills and walls to get up and down. This made for a very interesting mornings run. The highlight for me was the plastic sheeting down a steep hill which you had to slide down head first – don't worry there was plenty of mud at the bottom to soften your landing. I did not realize until afterwards as I followed those in front but you were supposed to go up another sheeting next to it – honest. The whole 10k only took 1.29.40. Also taking part was Sheila King, Bal Sandhu, and Rhian Millar, and, for an interesting date, there were also Marion Muir and Collette Spencer with their respective male friends. The only problem was it was definitely one to arrive early at – I arrived at the Bramham Park gates at 9.25 and it took me until 10.00 to get to the car park – the same time as the race should have started!

Peter Hey



Photos: Peter and Rhian all smiles as they wade through the Bramham mud (photos: Phil O'Connor Photography)

Member Profile - Richard Joyce



Name: Richard Joyce

Age: 27

Occupation: Sales Plan Co-Ordinator / Customer Assistant @ Boots The Chemist

Originally from: Leeds

When did you start running and why?

I ran some races in high school, mainly on Sports Days and a few times for the school team and in the sixth form team, mainly middle distances on the track - 1500m was my specialist. I was never really committed to running though and I lost interest. I ran the Leeds Half Marathon in 2007 when I was 22 and loved the buzz of race day and remembered how much I enjoyed running and racing against other people so I began entering a few races a year. Running was always second to football for me but this time last year I decided to take my running to the next level and joined Kirkstall Harriers.

What are your motivations for running?

My main motivation for running is to

be as fast as I can and as fit as I can and get the most out of my natural fitness. I joined Kirkstall Harriers because I felt I was coming into my physical peak and thought if I don't give running a good go now I will regret it. Other motivations are the challenges to overcome - my next big challenge in running is to run a marathon under 3 hours, for me that would be the pinnacle of my running ambitions. I also run for the social aspects - meeting new people, making friends and helping to raise some money for charity along the way.

What are your greatest running achievements?

There are a few achievements that spring to mind - my half marathon PB of 1:24:15 at Liversedge Half Marathon in 2012 I am very proud of, winning Heat 7 of the Leeds Golden Mile a couple of months ago, winning the Leeds Tree-Athlon 5k when I was 22 in 2007. I also feel one of my biggest, if not toughest achievements was running Edinburgh Marathon in 3:04:56 with a bad calf injury, I was never so determined to finish a race.

What are your best running related memories?

Running my first marathon - the Virgin London Marathon this year was a special moment, knowing what it meant to me, my family, my friends and Macmillan Cancer Support raising £2,000, I felt very emotional when I completed the race and knowing all the support I had from people. The Leeds Country Way 2012 was another great moment, I really enjoyed running my leg with Paul Miller, we worked really hard as a team and spurred each other on, a real team effort and the scenic routes of the leg was pretty euphoric at times running through corn fields. There have been many memories and I am sure there are many more to come.

What are your worst running related memories?

I've had many more ups than downs, but I have had few lows, running the Leeds Half Marathon in 1:45:00 in 2010 due to my own personal down fall. I was expecting to run around 1:30:00 and get a PB but I was ill at the time and it wasn't often I ran races - I had to wait a year to make up for that disappointing performance. Another low point that bugs me was the Leeds Tree-Athlon 5k in 2009, I had won it in 2007, finished 4th in 2008 and was expected to be challenging for the title back but I finished 7 minutes below my PB, wasn't in a good way physically at the time.

Do you have any words of wisdom for your fellow harriers?

Do as much training as you can but don't over do it, you need to keep fresh ready for race day. Also, no matter how much training and pacing you do, in my experience it is your inner belief, desire and self confidence that will give you the edge on race day to achieve your goal or beat your PB. I've found out that spiritual meditation recordings help with inner belief, look up Glenn Harrold on Google Search or download his I Phone App.

Can you share an interesting fact about yourself?

I once ballroom danced at Blackpool Tower Ballroom with 36 senior citizens from Queenswood Social Club. Me and my fellow students at sixth form college were organising an event for our tourism course. We featured in the Yorkshire Evening Post and on Calendar News TV.

Photo: Richard setting off with the baton at Leeds Country Way 2012.

Member Profiles & Race Reports Wanted!

Thanks to Matt Woodhouse who has volunteered to write us a Member Profile for the December newsletter (it's in print now, no backing out now Matt!) but please don't wait to be asked if you feel that you would like to write one. It doesn't matter how long you've been a member, or how many races you have run or not run, it's always interesting to read about what makes different runners tick.

Similarly, although Adam Moger loves writing race reports as much as hot dinners, if you have taken part in a recent race and would like to have a go at waxing lyrical about your experience, please don't hesitate to get in touch! Photos always appreciated too. Please send any contributions to kirkstallharriers@googlemail.com. Thank you!

Berlin Marathon - 30th September

The world record course, with only the weather an unknown. The day started chilly and perfect for running, but the sun was out throughout and it got warm even with the shade on the leafy boulevards. Although not advertised as such, I ended up in a 2nd wave start, the first 5 corals going off 5 mins ahead. Running the first few k in the "leading" bunch was a great experience.

Cups not bottles at drinks stations: some stations had water - tea (no milk, no sugar) - Powerade - half bananas & apple segments. I've seen orange segments at races before, but apples? The Powerade was weak, not the syrupy stuff, but the banana chunks were welcome. I only saw one gel station the entire race, resorting to picking up the occasional dropped gel from the road, including one half-finished and grit-caked gel - desperate measures! Marathons seem to be (sensibly) leaning away from the opportunity to over-drink - "drink before you're thirsty" & "replace fluid lost in sweat/replace salt & electrolytes" both having been exploded as myth.

Like the London Marathon, there were a number of spray showers on the course. But it's amazing how many runners wore long sleeves, long trousers, sleeves, & no cap, just because it was chilly at the start. Two older runners come past me running barefoot, very comfortably, and a later unplanned one not so comfortably, running in his socks and holding a clearly inadequately worn-in trainer in each hand. I'd fancied my chances of a PB after my last long run had been a 25th place at the Yorkshireman off-road marathon, but for whatever reason, it felt hard throughout and I slogged round in 3.36, nine mins slower than Manchester. Ah well - there's always another marathon!

Adam Moger



Dodgy blurry photos taken from marathofoto website...

Snowdonia Marathon - 27th October

When your race preparation consists of a Swiss mountain marathon, you can expect to be in good shape for the last big race of the year. With this in mind, I was hoping for a strong performance at the Snowdonia Marathon. Let's be absolutely clear though, the Snowdonia Marathon course is 100%, definitively, not a PB course...

The route is predominantly on road, and can generously be described as 'hilly'. The race starts and finishes in Llanberis, a popular starting point for those walking up Snowdon. The weather was just about perfect for running, a little cloudy, a temperature of 10°C. A reasonable breeze was the only blemish on the forecast.

The race's first climb starts after only a couple of miles and takes you up to Pen-y-Pass. A speedy descent from Pen-y-Pass throws away all that hard-won height, and the course flattens out a little bit, before you arrive at Beddgelert. No time for sight-seeing though, the second climb kicks in just after the half-way point, turning into that breeze. Being unconcerned with the clock (not a PB course after all...), I was surprised to realise I'd been cruising doing 8 minute miles, even uphill. Quite a good pace, considering I wasn't pushing. That breeze at the top of the second climb slowed proceedings down somewhat, and I was starting to feel the miles by the bottom of the third, final and steepest climb. Reaching mile 24 was a relief, as the final dash to the finish begins in earnest – all downhill. Passing mile 25, I could even hear the crowd at the finishing line – good motivation for a sprint to the line!

The second half of the course is tougher going than the first, especially the final climb. Consequently, I dropped several minutes in the second half. Still, I rolled across the finishing line in 3:38:37, 228th out of 2000 entrants. And, on a route that absolutely, positively isn't a PB course, that's a new PB for me.

The Snowdonia Marathon is a challenging race, those with hill legs will appreciate it, those without hill legs will find them! Either way, I commend the race to you heartily! Try and book good weather though... ;-)

Matt Woodhouse

New Members & Subscriptions

Please welcome to the club **Rose George** who first made contact with us approx 18 months ago, and has finally been able to make it down- and made her first appearance in club colours at the Yorks Vets race (see page 3). Rose is another of our growing number of city centre dwellers. Also from the city centre are **Alice Holmes**, and **Abbie Rook**, who both joined on the same day as the 5k time trial. Joining the day after the time trial was **Jonathan Turner** who comes from Headingley – so the time trial could not have been that bad. Although not technically new members you may be interested to know that **Martin Savage** has eventually re-joined after breaking his back. His intention is to get back into running again after a few false and possibly too eager starts – along with his wife **Gill**. See messages from our members on page 1.

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. **We have also have a paypal account** for those who wish to join online, which is proving very popular already as we have had several new and existing members join by this method.

Finally, we thought **Rhona Cameron** must have broken the club record for paying her subs, as she has paid her 2013/14 subs 5 months early! That's what we call keen, thanks Rhona!

RACE REPORT

Beachy Head Marathon - 26th October

I hadn't run a marathon for over 2 years, so what better way to get back into it with what is billed as one of the hardest marathons in the UK? I don't want to get drawn into that debate and there are certainly other challengers for the title, but it was clear that it wasn't going to be an easy one. However, this gave me the luxury of going into it with no real target time and no pressure, and I could just enjoy what I'd heard was a spectacular course. It's also the sort of marathon that has sausage rolls, soup, tea and coffee at the water stations so it would have been rude to take it too seriously!



It was an early start in Eastbourne on a Saturday morning after a long journey down from Leeds, and the weather was bright, cold and windy. The start is a little vertical, and it was an interesting experience as 1500 runners and walkers scrambled up the hill, but once on the top of the downs the running was mainly on firm grass and good tracks. There was even a piper to run past early on. There was very little road, but there was also very little properly technical stuff - and as a change from what I've been training on no bog!. Some of the downhill were quite steep, and there was a forested section with a tiny amount of mud but it was for the most part a fairly good surface. The main hazard was rabbit holes (particularly on the seven sisters, more of whom later).

What it lacked in technicality it made up for in climb, however. After the first steep climb the route carried on going up for another couple of miles. The first 12 miles was mainly comprised of "big" hills with long, but not too steep climbs and relatively long downhills to match. The highest point of the course was at about 12 miles and after that there was a 4 mile descent to give the lungs a bit of a rest. After that, however, the terrain changed to mainly shorter but steeper hills. They didn't look like much to worry about on the elevation profile I'd printed off before the race, but you certainly knew about them when you got to them.

I'd heard all about the seven sisters, but not about the four hills before you even get to them. Two of them were climbed using steps, and there were some interestingly steep descents to contend with too. And then the seven bitches themselves. They didn't look huge on the map, and they weren't, but they were steep enough to reduce you to little more than a crawl. That on its own may not have been so bad had it not been for the wind. It had been noticeably strong whenever we'd been on top of hills or ridges earlier in the race, but as we hit the coast it was clear that it was going to be a strong head/side wind all the way back to Eastbourne, and it wasn't getting any warmer either. Finally the seven sisters were negotiated and the last feed station was behind us. But not the last hill, oh no, there was still a sting in the tail to come. This was another biggie – Beachy Head itself. Any pretense of running up hills had disappeared some time ago and it was a case of grinding out the miles to the finish and wishing I'd been fast enough to avoid the driving hail which arrived at about 23 miles!

Past the Beachy Head pub, and a marshal said that it was all downhill from there. It may well have been, but having turned almost fully into the wind it certainly didn't feel like it! Finally a corner was turned and there was enough shelter from the wind to increase the speed a bit, up until the point where the finish came into sight almost vertically below you. Time to mince back down the hill we'd tackled at the beginning and over the line for a well deserved medal.

The faster runners may be able to get round within 40 minutes of their road marathon time, but for us mere mortals further back it's more like an hour or more slower (particularly in those conditions!), so I was relatively pleased with my time of 5:17 with about half the field behind me and some people taking over 9 hours (although getting a printout of my time took second fiddle to the free hot food being served up to runners which was badly needed to get some warmth back into my body! It's a long trip for a race with no chance of a PB, but on a good day the views are impressive and the atmosphere great.

Helen Goldthorpe

PECO Cross Country - first race Sun 25th November

These cross country races 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 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. Even if you do not enjoy cross countries, all we ask is for as many members as possible to turn out and finish as best as they can. Due to the scoring system, every runner counts. Anyone who is interested in running these for the first time are best advised to invest in some off road/trail shoes.

The first race is at Fitzwilliam Park which is somewhere past Nostell Priory, the other side of Wakefield. Meet at 9.15am outside the LPSA to get there in good time if you want a lift or share transport.

The other dates are:

Dec 16th Middleton Park, hosts Rothwell / Ackworth

Jan 13th Bramley Fall Woods, hosts US / Horsforth - We will be needing marshals and volunteers to set the course

Feb 17th Barnbow Fields (John Smeaton), hosts STAC / Kippax

West Yorkshire Cross Countries

Well done to those who ran in the first West Yorkshire Cross Country race at Wetherby. See our website for photos.

The dates for the remaining races are as follows:

10th November – Yeadon

24th or 25th November – Huddersfield tbc

8th December – Wakefield



Kieran and Phil powering up the hills



November Birthdays

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

* Jill Camm * Liz Covey-Crump * Rose George * Alyson Glover * Phil Hewitt * Joe Leslie * David Spink *
* Matt Sykes-Hooban *

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.

