



## Club mail No. 46 - SEPTEMBER 2007

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### **WEBSITE LOOKING FOR WEBMANAGER**

If anybody is interested in taking over the management of the Kirkstall Harriers website please contact Garrett Reynolds at [garrett.reynolds@yahoo.co.uk](mailto:garrett.reynolds@yahoo.co.uk)

### **LEEDS COUNTRY WAY**

If you read this before the 2nd September, please remember if you are a team member everyone counts so please be organised on the day. Allow plenty of time for stretching, changing and parking - change over points (COP) tend to be busy places, Numbers for your team if not already given out should be available en route or at COPs. The male team is 143 and the ladies team is. The mixed team is unknown at the time of writing, so please liaise with your team members on the day. If you have time or are not running, all pairs would appreciate some support and water - especially if a hot day, so try to support the other pairs along the way. Don't forget there will be free pie and peas at the presentation at Garforth Leisure Centre which is usually between 4.30 and 5.30

Finally, good luck to everyone running.

### **KIRKSTALL HARRIERS SOCIAL**

Hello All! The next Kirkstall Harriers Social will be on Friday the 21st of September, two days before the 10 K race so we have time to recover from the effects of excessive beer consumption before carrying out our marshalling duties!

Time and place to be decided depending on numbers etc. but probably somewhere in town at around about half seven/eight o'clock.

Please RSVP to [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com), so we have an idea of numbers attending, and feel free to make any suggestions regarding a possible venue.

Cheers!

Jill

### **KIRKSTALL ABBEY 10K**

All appears to be going okay so far, but we do need as many marshals as possible on the day. Please keep the morning free to help out. If you

have any preference for what you would like to do, or where you would like to marshal, please tell Peter Hey asap. We shall be having a meeting on Wed 12th after the training run to delegate all other roles and ensure all is still okay. We shall be meeting on the day at 8.30am at the Leisure Centre as the race starts at 10.00. For people who cannot make that time - we need all marshals at the Centre for 9.30am.

Please bear in mind that this maybe our last ever race over the current route. The local authorities have concerns over the holding of the race as it is. Please help us to ensure this year's race passes as safely as possible by volunteering on the day. We really can't have too many marshals, so please don't think you'll not be needed. We need as many members as possible on the day.

### **CONGRATULATIONS**

**WASHBURN RELAYS** - Well done to the 2 teams who turned out for the club and the team that came 5th overall

**IAN BROWN** - Who seems to be picking up quite a few trophies these days now that he's 60 - just to prove there's hope for all of us - sooner or later. Ian picked up the 1st over 60 at Nostell Priory 10k. Well done Ian. I'm sure you celebrated with a spam fritter and an ice cream. It's all about the nutrition you know!

### **NEW MEMBERS**

Welcome to the following - **HANNAH MASSARELLA** from Otley Road Headingley, **COLIN HODGKINSON** from Bramley and **STUART CONNDLEY** (not Chris !!!) from Headingley who has already made a few significant contributions to the club in several team events to date. And a welcome return to Sarah Twigg who disappeared to New Zealand 4 years ago - yes it is 4 years for those who were here then. After New Zealand and London it looks like Leeds (and Kirkstall Harriers) was too much to miss.

### **CHAIRMAN'S CHASE**

This will take place on Wednesday 19th September, taking in our 10K race route and finishing in the grounds of Kirkstall Abbey, in a similar format to the Members Meander, no food on the night though, but we will make up for that by going for a curry to the Sheesh Mahal on Thursday 27th a few days after the 10 k race. A good excuse for a curry, and to pick up the money the Sheesh always sponsor the race with!

### YORKSHIRE VETS

The club is still hanging in there about 12th position out of 32 teams with only 2 more races to go. The next event is at Honley between Huddersfield and Holmfirth, which is roughly over the same course as previous years, being a bit hilly which will make a change from the last 2 courses. This is on Sunday 16th September starting at 10.00am. See Peter Hey for more details.

**FRANCIS KLONOWSKI UPDATE** – Long term absentee Francis, has sent us a note of his progress with his long term knee injury / condition. If you think you have problems running, please read Francis's latest update.

*There are two occasions when I think I should write and tell you what's happening : when I get notification of a newsletter, and realise I've missed yet another; and when I'm desperately pounding the streets of North Leeds.*

*Last year's second round of Synvisc treatment proved as effective as the first : zero. At some stage during the 3 sets of injections I heard it cost £200. Did the doctor mean for each injection, or for the course of 3? Either way, I think Pontefract Infirmary should be due a refund.*

*As a last resort, I tried acupuncture and private physio over Christmas and New Year, but to no avail. I kept my promise to refrain from running during the treatment, once I'd had my birthday "treat" in December [every birthday since 50 I start the day with a 5 mile run just to prove I can still do it]. The most strenuous activity allowed was "low resistance" on the exercise bike, but to be honest I didn't feel any better for resting : the pain continued, in fact the worst week was the 8th of resting.*

*So by the beginning of February I abandoned the treatment, but by now I'd discovered a worrying trend : after so many lay-offs, I seemed to be losing the enthusiasm for running. My "warm-up" is a 15 minute dog-walk, and I found myself looking for excuses not to run - sometimes the weather, often the knee – opting instead for the exercise bike. Then of course half way through the session I'd regret not choosing the fresh air and exhilaration of running!*

*Thankfully I am now back to doing 3 runs a week – 4-plus miles, 5 / 6 on Sundays. Who knows, I might even be brave enough to come down for some training evenings. As usual I hardly get so much as a twinge while running, except sometimes during the first 2 or 3 minutes or so. I do get pain some time every day, some days worse than others, as a constant reminder that this is a condition – not an injury. I have another hospital check-up in September to see how much deterioration there has been in 12 months [notice – not whether there has been any].*

*My non-medical conclusion is that it doesn't make any difference whether I'm running or resting. At least when running I have some semblance of keeping fit, so I'll keep going while ever I can. Only time – and perhaps a mobility scooter! – will tell. Unless, of course, you know different.....?*

### SEPTEMBER RACES

**Please remember if you're off to a race, please take some of our race's entry forms with you.**

Sunday 2nd Sept – Leeds Country Way  
 Saturday 8th Sept – Penistone Show 10k Road Race (nr. Barnsley)  
 Sunday 9th Sept – Yorkshireman Off Road Marathon and 1/2M (Haworth)  
 Sunday 9th Sept – Wetherby 10k  
 Sunday 16th Sept – Harewood House Cancer Research 10k  
 Sunday 16th Sept – Stainland 7 Road Race  
**Sunday 23rd Sept – KIRKSTALL ABBEY 10K ROAD RACE**  
 Sunday 30th Sept – Horsforth 10k

Please check [www.runnersworld.co.uk](http://www.runnersworld.co.uk) for entry details