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Kirkstall Harriers News Letter

Club mail No. 56 - July 2008

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BRADFORD MILLENNIUM WAY - SUNDAY 15th JUNE 2008

Congratulations to the two teams who successfully completed this International event, and did the club proud. There were 4 teams from Holland and Belgium plus 5 from Lancashire ! Our first team home finished in 19th place overall out of 42, but 3rd in the mixed category. Our second team finished 36 - 1 second behind the next team. A special thanks to Martin who must have had some sleepless nights with all the changes, even up to 4 days before race day. Along with Mario and some others he also did several reccis of other legs so we all had a rough idea where we were going!?!

A final thank you to all you last minute runners, some of whom had no idea where or what they had let themselves in for.

YORKSHIRE VETS

After 5 races - the halfway mark, the male harriers are lying in 9th in 4 to count and 10th with everyone counting - out of 31 teams. Come on lads, lets keep this up and get some decent turn outs for the 2nd half of the series.

The next two races are on Sunday 6th July at Honley 11.00 am start - a bit of a hilly course, and then Wednesday 16th at West Vale (Bluebell Trail country), a new race for these series, 7.30pm start (this does clash with the Golden Acre Park Relays).

PB's AND OTHER WORTHY MENTIONS

Susannah Flexer got a pb at the Edinburgh marathon of 3.41, this being only her second marathon, and also at Edinburgh Annie Smith in her first marathon finished in 3.46.

Colin Hodgskinson in only his second marathon, the Braithwaite in the Lakes knocked 42 minutes off his previous time and recorded 3.45. He recommends this race for those not doing the London, for its atmosphere and scenery and hills?!

Andrew Brown got a pb at the hilly Otley 10, getting round in 1.28.25, is he definitely on the come back trail after long periods of injury?

Matt Hooban got a pb at his first race in the Kirkstall colours at the Jane Tomlinson 10k - 53.18, which knocks off approx 3 mins off his previous best. Well done everyone!

As always, please let someone on the committee know if you have done a pb, or have done something noteworthy so we can give you a mention.

NEW MEMBERS

New members to date are Sally Osborne from Armley, Simon Buckden from Bramley who is a mature student at Carnegie doing a BSc, Helen Lawton from the Newlay's and finally, a welcome return after 6 years to Katherine Johnson from Farsley. Also back on the scene after a 2 year jaunt around the world is Amanda Seims.

Just to remind you the subs are due, Men £17, Ladies £15.00. Cheques can be sent to Tony Downham, 17 Stainburn Avenue, Leeds, LS17 6PQ, payable to Kirkstall Harriers. The number of paid up members is now 49, but we will be sending out reminders to those who have not paid up yet. Those who joined in the last 9 months will get a discount, the list of those eligible is available every night in the LPSA.

DESIGNER T-SHIRTS FOR SALE

We have a wide selection of designs and sizes, short and long sleeved, available from previous 10k races should you require any. If you need them for training they are £2.00 each, if you need them for polishing the car etc, they are £3.00

NEXT SOCIAL DO

Horsforth Harriers have kindly reciprocated our Christmas lights run by inviting us to their summer run, starting at the Abbey Inn off Newlay/Pollard Lane. This is Tuesday night, 15th July, the run starting promptly at 7.30. As there is a buffet afterwards we do need to know how many of you will be turning up, so please let someone on the committee know asap.

KIRKSTALL VALLEY TRAIL RACE

Please keep yourselves available for September 21st for this event. We will need as many marshals as possible

COMPETITION TIME

We are giving all finishers a bottle of 'special brew beer'. If anyone can think of a suitable name for this brew please give your suggestion to the committee.

MARSHAL ACCREDITATION

English Athletics are hoping to implement a grading system for marshals of endurance races in the near future. A form is available to download if you wish to be graded and have at least marshaled at one race. The application form for endurance officials can be found [here](#) Please fill this in and return to the club and we will send them off en bloc before the end of the month.

LEEDS HALF MARATHON MARSHALS

If you are not planning to run the Leeds half this year (7th September), your services would be appreciated by Leeds City Council in helping marshal the event. If interested please let your committee know.

RELAY RACES

The following relay races are also coming up. We hope to have at least 3 teams in each event, the first two you can turn up on the night, but please let us know if you are interested beforehand

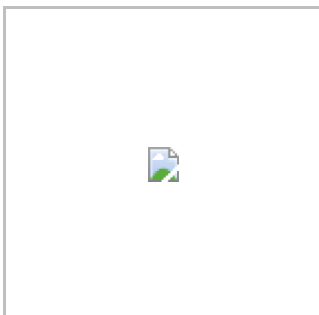
- Danefield Relay, Wed 2nd July, 3 per team and about 3 miles, each person doing the same route
- Golden Acre Park - Wed 16th July, 7.30pm (3 per team, 2.75 mile legs)
- Washburn - (Fewston reservoir) Friday 18th July, 7.30pm (3 per team, 4 mile legs, near Otley) Teams for this event should be pre-entered so please let Martin or Collette - your team captains know asap
- Leeds Country Way - 31st August (6 legs of roughly 10 miles each, to be run in pairs, starting and finishing together). Mainly on paths and tracks round the Leeds border.

Martin will be getting names for this so watch out! Again, matching suitable pairs and getting to know your leg - and some others just in case we have to juggle the teams round a bit nearer race day, which is fun and an essential part of this event. Last year we had 3 teams completing the course - can we do the same this year?

HELL UP NORTH - 2nd November 2008

Several club members have already entered this race, which is certainly going to be more of an endurance test / mud-fest than a regular race! It is multi-terrain and according to the website "there will be everything from running tracks and trails to water-filled areas and plenty of steep hills. Expect to get very wet!" The distance is roughly 10-12 miles but we won't know how far exactly and there are no mile markers.. if you fancy this awesome challenge then we are trying to get a group of us to go together, either in cars or a mini-bus if we get enough interest - it's held in the Delamere Forest, Cheshire. I think mud, mud and more mud is what it's all about! You need to enter online through the Runner's World website and can get more details from [here](#)

It costs £22 but should be well worth it and a good laugh all round. The more the merrier so invite friends and family or anyone else stupid-I mean, fun-loving enough to want to join in! Please speak to Eleanor if you are interested and nearer the time we'll work out how to get there based on how many people have secured a place. Not sure when it will fill up so enter asap if you want to join the fun!



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