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## Kirkstall Harriers News Letter

Club mail No. 55 - June 2008

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### **SAD FAREWELL TO STEPHEN BLADES**

Stephen started running at a late age - in his late 40's / early 50's - and we soon found he was very good for his age. Unfortunately for Kirkstall Harriers he spent his best running years at Horsforth. He was typical of the majority of runners in that he was friendly, modest about his ability and easy to socialise with, especially at the post race re-hydration meets in the pub, mixing with runners from other clubs. He was also seen to take the occasional smoke. He soon started getting involved in other interesting races, such as the fell runs around Haworth, events in the Lakes, the North East Coastal run and the race across Morecambe Bay. Often making them a weekend away, even if doing races back to back on a Saturday and Sunday. He was also a regular at the Circuit classes at Kirkstall Leisure Centre and had many friends there and in his local nearby, The West End. Once he knew of his illness he made the most of the time he could in visiting different places and doing as much as his body would allow. Stephen showed tremendous courage in dealing with his illness and was still running until the end of last year, completing his last race, the Thirsk Ten Mile on December 2nd last year. Stephen was a valued and respected member of both Kirkstall Harriers and the running community and will be sorely missed by us all.

### **YORKSHIRE VETS**

The following events are scheduled for this month. If you are over 35, male or female, wherever you finish you will count for the team as well as individually - please try and turn up for at least one. The mens team is currently 8th and it would be nice to see some other females supporting Sheila King, our only female runner

to date. The routes tend to be off road, and the competition is quite friendly.

- Sun 1st June - Walton, Wakefield - start time 11.00am
- Wed 11th June - Pudsey Leisure Centre - start time 7.45, but the start is over a mile from the Centre
- Tues 17th June - Meanwood, Leeds's rugby club King Lane, start time 7.30

## **PB's AND OTHER WORTHY MENTIONS**

Helen Goldthorpe got another marathon pb at the Edinburgh Marathon - 3.44.05 - a fantastic time, which knocks 4mins 53 secs off her London time last month and secures her a 'Good For Age' place at next year's London Marathon. And as if she hadn't enough glory this week already, the July issue of Runner's World magazine has a full page spread on Helen's incredible weight-loss/running achievements (page 57). All this before she turns 30 (...just!)

Mark Vickers also ran the Edinburgh Marathon - his very first one - and managed an amazing 3.21.00!

And Patrick does it again at the Askern 10k, knocking 9 seconds off his pb with 52.07 - it was a Wednesday evening meaning he missed a training night - think we'll let him off just this once though!

Dave Spink was given a prize after the Meanwood Valley Trail for being one of only two people to have done all 3 of the Airedale Triple Series (Guiseley Gallop, Baildon Boundary Way's marathon and the Meanwood Valley Trail's) every year for the last 7 years.

Well done to all of you. **NEW MEMBERS**

No new members to date, but 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 37, 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.

## **YORKSHIRE 3 PEAKS**

Kimberley and Collette successfully completed their Yorkshire 3 Peaks walk last Sunday, we hope to have a full report on how it went for the next newsletter.

## **MESSAGES FROM OUR AGENTS ABROAD**

Another message from devoted Kirkstall Harrier Cassie in Dubai:

"Greetings from Arabia, though I'm beginning to think Dubai is more Western than West Yorkshire!

Finally I scanned my official Dubai Marathon photo - wearing my Kirkstall vest (I'm still awaiting the opportunity to wear it on a camel). You can just make out the edge of the Burj Al Arab as I'm running past it. I got loads of "c'mon Leeds/Yorkshire" from people, I guess there's a load of Northerners here. Though the chairman of my new club (Dubai Creek Striders - a fellow Lancastrian - Bolton) wanted to know why I wasn't in their vest. I said I was a Kirkstall Harrier through and through! I was shocked at the start when a random guy asked if I was Cassie, and he introduced himself as a new harrier (not sporting the colours though). Nice to see I wasn't forgotten! It's getting hotter by the second here, 41 each day and humidity is rising. I'm still running outside though - hardcore I am. It's hard work but I manage around 8 min miles ish and we do about 11 miles (with water stops). I reckon it's like altitude training, so it'll be dead easy running in

Leeds. Got a race coming up, its the running club versus a boating club..... we race 10km on the beach in teams against boats doing 10km in the sea, I thought it sounded like a fun thing to do at 6am on your weekend. Only in Dubai. There was also a race up one of the skyscrapers last week but I bottled it, you know me and hills...

Hope everyone is well, I still remember fondly the leisure centre on a Mon/Wed night....lovingly in the rain... up Broad Lane. Take care and keep on running. Cassiex

PS nearly forgot! I ran with Blind Dave on his Dubai Marathon leg, amazing guy. He came back here a couple of weeks ago for a hol and ran with the club, he flew past me - only a month after 7 marathons in 7 days in 7 continents. Thats amazing.

PPS check out me just behind Haile on World Record pace. That's right outside our apartment too."

## **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**

We are planning a curry at the Sheesh Mahal on Kirkstall Road for Thursday 26 June, meal commencing at 7.30. Please give your names to Peter Hey if interested.

**KIRKSTALL VALLEY TRAIL RACE 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.

## **BRADFORD MILLENNIUM WAY - SUNDAY 15th JUNE 2008**

So far the Mixed Team is:	The Open team is
Leg 1: Martin and Jill	Peter Hey and Kerry
Leg 2: Stewart Connelly and Gemma	Peter Marshall and John
Leg 3: Helen Thorpe and Richard	Collette and Liz
Leg 4: Tim and Anna	Mathew Marsh and Graham Curtis
Leg 5: Sheila and Mario	Andrew and Patrick

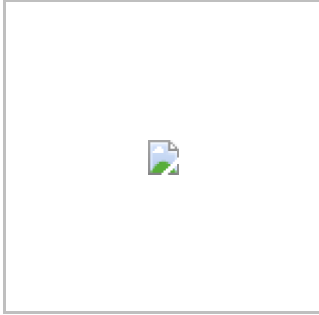
- The 1st leg starts at 8.00am at Bingley.
- Leg 2 earliest start time is 9.15, mass start time 10.00
- Leg 3 earliest start time is 10.30 mass start time 11.15
- Leg 4 earliest start time is 11.30 mass start time 12.30
- Leg 5 earliest start time is 12.30 mass start time 1.30

It is hoped that all pairs have recc'd their leg before race date. Please ensure you get to the start of your leg in ample time. Parking spaces are very limited, so you may have to do some walking to register and get to the changeover points. Well done to Martin and Collette for getting this far with the teams. If you are still interested in taking part please let Martin, Collette or Peter Hey know, because past experience has shown that anything can happen between now and the race day. Should you become unavailable for any reason, please tell the above contacts immediately.

## RELAY RACES

The following relay races are also coming up:

- Danefield Relay - 2nd July, 7.15pm (3 per team and about 3 miles, each person doing the same route)
- Golden Acre Park - 16th July, 7.30pm (3 per team, 2.75 mile legs)
- Washburn - 19th July, 7.30pm (3 per team, 4 mile legs, near Otley)
- Leeds Country Way - 31st August (7 legs of roughly 10 miles each, run in pairs)
- Martin will be getting names for these so watch out!



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- [The Kirkstall Valley Trail Race 2008](#)
- [The news letter for this month can be found here](#)
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