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## Kirkstall Harriers News Letter

Club mail No. 51 - February 2008

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### FEBRUARY NEWSLETTER

#### PECO CROSS COUNTRY

Well done to everyone at the 3rd cross country at John Smeaton. Hope everyone enjoyed the flat but slightly muddy conditions, as well as the water jump.

Yet again, we had a good Kirkstall turnout with 11 men and 9 ladies out on the day.

The ladies did exceptionally well again, finishing top of their league for the 3rd consecutive time, and 2nd overall. They now have 3 points, Airecentre on 7 and Kippax on 11. Whilst promotion is beckoning, we shouldn't take our foot off the gas and more of the same again in the last two races should see the ladies finish the job in style.

Unfortunately things are not going so well for the lads. We were narrowly beaten into 3rd place - Woodkirk scoring 321, Valley Striders 375 and ourselves on 382. This now means we are third in the league with 10pts, 3 behind Woodkirk on 7 and 5 behind Valley Striders on 5. With only two teams gaining promotion we really need finishing top of the league in the last two races, or hoping Woodkirk fail to field a full team.

The next race is on the Chevin, on Feb 17th starting from Danefield car park at 11.00. People wanting lifts or directions please meet outside the LPSA at 9.45.

#### THE NORTHERN CROSS COUNTRY AT ROUNDHAY PARK

May I first apologise to Alyson for omitting her name off the list of runners and her missing out on the chance of getting her hair blown about, fresh from the hairdressers. Secondly I also misinformed everyone on the distance of each race - the ladies being nearer 5 miles than 4, and the men having to run over 7 miles and not 6. Honest mistake !!!

WELL DONE to the marshals, especially those who were there from 9.00 till 4.00, and being positioned on the most wind blown, and coldest part of the course.

CONGRATULATIONS to the ladies who came 27th out of 30 teams with Anna, Jill, Helen, Liz, Collette and Jo all doing extremely well in a field of great running talent. To put the 27th into context of local clubs, Horsforth ladies came 25th and Abbey came 29th.

WELL DONE to the male runners, who again relied heavily on the 'old uns' mainly due to injuries, but as we only managed to get 5 runners out, so did not score as a team. In a field of over 660, first home was Richard, then Chris, Stuart, Peter and Francis. With so many runners taking part including some of the best in the North of England, we shouldn't underestimate these results so well done all.

### LEEDS HALF MARATHON & THE KIRKSTALL HARRIERS RACE

For those of you who were hibernating in mid January, the Leeds Half was cancelled by the Council, but after overwhelming outcry by the runners of the city and further afield, it has been reinstated. Unfortunately the new date appears to be 21st September (apparently the traditional May date is too close to the Jane Tomlinson 10k race in June), the week before Horsforth have penciled in for their 10k. Along with the LEEDS COUNTRY WAY, reportedly being on the 7th September this year and fitting in between Classical Fantasia, it looks like we may have to change the time of year we do our race. Once the committee has investigated the various options we will keep you informed of any developments.

May has been discussed as a potential month for our 10k race, now off road off course, although we need to be mindful of potential clashes with races such as Bluebell Trail, Beverley 10k and the Meanwood Valley Trail, all of which attract runners from our club as well as other local runners who would be entrants to our race.

### CURRY

We are organizing a curry at the Sheesh Mahal on Kirkstall Road, (our race sponsors) Thursday 21st February, orders to be taken at 7.30. Please pass your names onto Peter Hey if you want to reserve a seat.

### MESSAGE FROM AMANDA SEIMS

I see you have a new e-mail (and a new website!). Well done to the ladies for their performance in the x-country so far. I'm so out of shape with my running and it's very hard to keep it up here with the humidity and the conservative dress, plus the different food isn't ideal for training! I should be back in Leeds sometime in the next few months and maybe I'll head down to the club with Debbie and hang at the back of the pack! Wasn't sure if Debbie had mentioned what I was up to. I'm in Borneo at the moment which is a muslim country although it is quite westernised and there are a lot of Christians so it's not too bad. However, it's monsoon season and there are hardly any tourists here so as I'm the only blonde white person around all the locals want to say hello and talk to me and think I'm crazy when I go running. Feeling a bit ill at the moment - think it's all the pollution in the cities here but may try and go for an early run. Having a a hard time with the humidity and the mosquitoes though so it will be a tough one and I tend to only manage about 6 or 7 slow kms! Not sure when i will be back but I will visit Leeds within a week or so of my return I'm sure. The money is getting low so I have to think of a return plan soon! Take care, Amanda

## MESSAGE FROM MICHAEL REYNARD

I just thought I would drop you a line to say a big thank you to you all who raised a substantial amount of money for the Sue Ryder Care in memory of my dad in last years Kirkstall 10k road race. As you know my dad was a keen runner and I am sure that he would have greatly appreciated this kind and thoughtful gesture. I have just started doing a bit of running again myself so there is always the possibility that I might make a comeback at some stage. Many thanks again to everyone concerned, from everyone who was close to my dad, best wishes for the future to you and all of the Kirkstall Harriers running club.

## PBs

The Brass Monkey half marathon at York provided 3 members out of the 13 members who ran, a pb. Gary Carlisle in 1.31.37 - 29 seconds of his previous best Eleanor Franks in 1.45.38 - knocking 1 minute of her previous time And Jill Stocks in 2.09.04 - 4 minutes of her previous best time

Well done to you 3 and keep letting us know when you do a pb

## SPORTSMAN AND WOMAN 2007

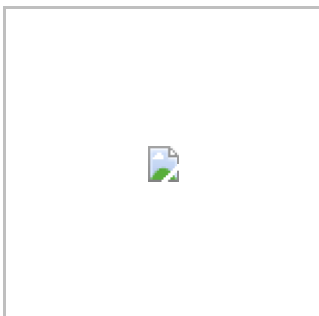
Nomination forms are now available for you to select who you think deserves the award of Sportsman and Sportswoman 2007. This can be for their running achievements, improvements throughout the year or their effort and commitment to the club.

The closing date will be the end of February.

## HYDE PARK 5k TIME TRIALS

Every Saturday at 9am a 5 km time trial takes place in Hyde Park, Leeds. It's free to enter, although you must pre-register by midday on the Friday before the race. More details and registration instructions can be found at the web site below.

<http://www.parkrun.com/Default.aspx?tabid=253>



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