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Kirkstall Harriers News Letter

Club mail No. 54 - May 2008

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AGM

Many thanks to the 28 members who turned up for the meeting.

COMMITTEE MEMBERS

The following were elected as committee members for the next 12 months.

- Chairman - Peter Hey
- Secretary - Jill Stocks
- Treasurer - Tony Downham
- Committee members - Carol Moran, Collette Spencer, Baldish Sandhu, Helen Thorpe, Richard Thomas and Martin Savage.
- Eleanor Franks kindly volunteered to be the newsletter editor for the time being, and Tom Keeber will still be looking after the website, whilst working in Vancouver (have fun Tom!)

SUBSCRIPTIONS

The subs were increased by £3 to reflect the increase of £1 to join the LPSA (now £5) and £2 for the increase in UK Athletics subs. Men are now £17 and ladies £15, runners joining the harriers but are already members of the LPSA, pay £12. Spouses of LPSA members pay £14. New members who joined after June 2007, will be given a discount appropriate to the date they joined. Members who joined after 1st Feb 2008 will get the next 12 months free. A list of names and discounts is available.

SUBSCRIPTIONS ARE NOW PAYABLE - Cheques to 'KIRKSTALL HARRIERS', and they can be posted to: Tony Downham, 17 Stainburn Avenue, Leeds, LS17 6PQ

PECO CROSS COUNTRY

The presentation evening went well and our ladies showed their stamina by staying out until 4.00am the next morning, but did remember to bring their trophy home. Another surprise was for Alyson Glover in collecting a prize for best in her age group, but we won't mention her age.

YORKSHIRE VETS

There are no races in May for the Yorkshire Vets, but there is 3 very close together at the beginning of June.

- 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 rugby club King Lane, start time 7.30

Can you please support your club if you are over 35 and turn up to as many as these as possible, we would also like to see some support for our lone lady to date ♦ Sheila King. The men's team is in the top 10 and ladies team were there after the 1st race, so lets try to keep us up there.

LONDON MARATHON

- Helen Goldthorpe 3.48.58 a pb by 1 min 37 seconds
- Eleanor Franks 3.59.49 - very well done, especially after the Paris marathon the week before
- Sean McEvoy 4.45.00, a pb by about 3 minutes
- Matt Hooban 4.45.14 - his first ever marathon
- Peter Marshall - officially took over 5 hours, but apparently he arrived late thanks to the London Underground, and actually took around 4.15 to complete the course!

PB's AND OTHER WORTHY MENTIONS

Liz Graham got a pb at the Ackworth 1/2 marathon by running round in 1.44.57, Eleanor got a pb in the Paris marathon of 3.57.07, and as mentioned above, Helen Goldthorpe and Sean both got a pb's at the London Marathon.

Jill Stocks also got a pb at Rothwell 10K of 56:41, a pb by 1min 46 secs.

Not a pb, but John Hutchinson was 2nd over 60 in the Baildon Boundary 1/2 marathon in a time of 1.47.37 coming 103rd overall.

As mentioned earlier, Alyson Glover won first prize in her age group in this years Peco Cross Country races.

3 PEAKS OF YORKSHIRE - SUNDAY 25TH MAY

Kimberley and Collette are hoping to do the 3 Peaks of Yorkshire as a walk, on Sunday 25th May, starting at 7.30am. Their plan is to do the 26 miles in less than 12 hours. People interested in joining them, or supporting them along the route (there are two pubs and one mobile coffee stop along the route) are welcome. They are staying in Horton in Ribblesdale, where there is some accommodation and camp sites, the night before for the early start, and Sunday night also for celebrations hopefully, there are two pubs in the village.

NEW MEMBERS

Please welcome to the club the following new members -

Joanna and Michael Amos - Joanna had a nice christening at the Northern Cross Country at Roundhay Park.

Susannah Flexer and Annie Smith who come from Headingley area of Leeds.

MESSAGES FROM OUR AGENTS ABROAD AND UK

Marlene and Dave came back to the UK at the end of April

Anyone who remembers Laura Carey will be interested to know she is now working in Paris for some Property Management company. Amanda Seims sends her regards to everyone and especially the London Marathon runners, and hopes to be back in this country in May, and may pay a visit to Leeds

Peter Branney is still not running and is now fed up.

Tom Keeber is settling into life in Canada, having moved into a apartment (above someones garage - nicer than it sounds!). But is not enjoying to have to pay ever time you go running with a club! (Rip Off! :-)

KIRKSTALL VALLEY TRAIL RACE

We have decided to go for September 21st for this event. The date may be close to other local events but we feel that this is the best date available this year to give us time to get it sorted. The date is actually still provisional and we hope to have confirmation from all the parties involved before the start of June and will then get the entry forms out. Please book this date in your diary! As usual we will be wanting as many club members, (and their families and friends) helping out on the day to make it a success. Anyone wanting to become seriously involved in helping the organising is requested to put their name forward.

BRADFORD MILLENNIUM WAY - SUNDAY 15th JUNE 2008

We could be getting near to having 2 teams for this event, so if you have not put your name forward yet please do so asap. This is a similar event to the Leeds Country Way, but only needs 5 pairs of runners per team, plus reserves. The terrain is more off road, with a bit of fell, and lots more hills. The race starts at Bingley and takes in Haworth, Laycock, Silsden, Addingham, Ilkey Moor, Shipley Glenn and back to Bingley. The first 2 legs are about 10 miles each, third & fourth about 8 miles each and the final leg about 11. Each pair are expected to recci their leg at least once, preferably twice before race day. Recci runs will happen throughout May and will be on the training schedule - anyone can join in and they're a good scenic run, between 8 to 11 miles off road. We are planning on entering both a Mixed team and an Open team.

So far the Mixed Team is:

- Leg 1: Martin and Jill
- Leg 2: Stewart Connelly and Gemma

- Leg 3: Helen Thorpe/ Collette/ Liz Covey and Richard
- Leg 4: Tim and Anna
- Leg 5: Sheila and Mario

We also have several names for the open team but not decided on the legs yet. We are still in need of reserves and back up on the day, as someone always gets injured before! So please let Martin or Collette know if you can help. Proposed dates for reccis are Sunday 4th May (leg 3) 11th May (leg 4), 18th May (leg 5), 1st June leg tbc. Meeting outside the LPSA at 9.30. Please check dates and times with club, nearer to the date if interested.

RELAY RACES

As well as the Bradford Millennium Way, please note the following relays as it would be great to have as many people as possible available for teams:

- 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!

LEEDS CITY COUNCIL AND LOCAL RUNNING CLUBS

Jill Stocks represented the club at the Leeds City Council Athletic Development Forum on 21st April. Local road running and 'endurance' clubs were invited following the council's decision to reinstate the Leeds Half Marathon and the resulting debate surrounding it. One of the results is that local races and local clubs will be publicised alongside the Leeds Half Marathon details on the LCC website. Club Mark, an accreditation scheme introduced by England Athletics, was also discussed and we await further details from them about this. Also the council intends to invite clubs to attend a meeting of road running/endurance clubs where, among other issues, it will be decided whether the clubs should be represented at the Athletic Development Forum or will have a Road Running/Endurance Forum of their own in collaboration with the council. This may mean that we will be eligible for funding in the form of grants and will obviously have a greater say in road running and road running events in the future. Hopefully this will prevent the drama that resulted from the cancellation of the Leeds Half from happening again and we can work together with the council to ensure the future of road running in Leeds.

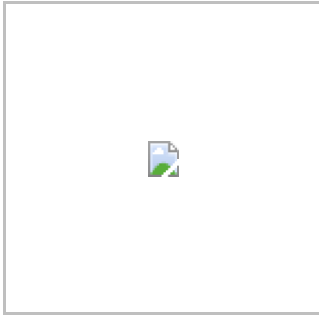
Jill will of course keep us updated on all these developments, thanks Jill!

ELEANOR'S MARATHON REPORTS

For anyone interested in the pain, pride and pure emotion involved in running a marathon, Eleanor has written race reports to share with us on her recent experiences at the Paris and London Marathons - please see [here](#). She would like to pass on her heartfelt thanks to everyone from the club who sponsored her, as with your help she raised a grand total of £1,453 for Hearing Concern.

NEED A HOUSEMATE?

Eleanor is moving out of her flat at the end of June and is searching for a new housemate to get a new place with either in Kirkstall or Headingley. If anyone is interested, or knows someone who might be, please contact her at eleanor5446@hotmail.com.



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