

Kirkstall Harriers Newsletter

No. 72 November 2009



News in brief

* Club Championship

Those who turned out for the 9th race, the Woodland Challenge last month, all agreed it was a great race and a good time was had by all. See page 3 for results. There is now just one race left in the Championship this year, the Thirsk 10 on 29th November. You must enter in advance and the closing date for entries is 16th November. In the next couple of weeks we will be sending round a short questionnaire asking for your views on the Club Championship races this year so that we can finalise the races for 2010, so please look out for this or pass any comments onto a committee member in the meantime. The December newsletter will list the events for next year.

* Christmas Lights

The Christmas Lights run with Horsforth Harriers will be on Tuesday 8th December starting from LPSA at 7.00. Unless anyone has any objections, or better ideas, we will adopt a Santa theme again.

* Calderdale Way Relay

Due to 120 teams entering before we managed to enter ours, there will be no CWR this year. Its either that or the organisers decided we were putting in such a good team that they made this an excuse. Apologies for those who were keen and raring to go, we will endeavour to enter earlier next year.

* Winter Training Schedule

In an attempt to vary the training schedule over the dark winter season we are introducing the hills and speed work again. We will only put in a couple of nights per month, and vary them between Monday and Wed so all can benefit – or miss out if you want!!! None of them are compulsory, but they

are intended to improve the individual if they are that way inclined. If you have any constructive comments to make before or after them – please let the committee know.

* 25th Anniversary Presentation Evening

A date has been set for our 25th Anniversary Presentation evening – **Friday March 5th 2010!** If you would like to volunteer your services in any way or have any ideas for an award you would like to see presented please email stoxy78@hotmail.com. We are also pleased to announce that the committee at the LPSA club have decided that we can use the concert room for the presentation free of charge! Thanks very much to Pam, Carol and all at the LPSA. More details will be announced as soon as we have them!

* Leeds Half Marathon

The Leeds Half Marathon 2010 will take place on **May 9th 2010**. Online entries are already available at www.runnersworld.co.uk and paper entry forms will be available soon.

* National Cross Country 2010

The National Cross Country Competition will next year take place at Roundhay Park in Leeds on **Saturday February 27th 2010 at 11am**. We have been asked to provide a team of marshals to set up and marshal part of the course. We are also hoping to put a team in but it will be possible to both run and marshal at the event. We need as many volunteers as possible to make the event a success so please bear the date in mind and to volunteer your services now email stoxy78@hotmail.com.

* Next Harriers Hash Run

Following the success of our previous

hash runs we move along with the next on **Sunday November 22nd**, from the White Horse on Armley Town Street at 11am. As you may know this is also Abbey Dash day so there will be a short option of a couple of miles or so for those who have taken part in the Dash and longer options for others should they so wish. We will be joining Cheesy Grin from the Yorkshire Hash House Harriers who will be the "hare" for this hash. More information can be found by emailing stoxy78@hotmail.com or at www.yh3.org, which has details of all forthcoming Yorkshire Hashes should you wish to join in on any of those.

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News in Brief continued...

* Christmas Do

Just another reminder about the third annual Kirkstall Harriers Christmas Do! Very few places are left! This has been booked for Thursday 17th December at 7pm. Three courses with coffee and mince pies is available for £13.95, two courses £9.95 and main course only £6.95. There is plenty of choice on the menu and several options for vegetarians. If you have any specific dietary requirement this can also be catered for. Thursday night is also quiz night at the West End though our success in the past has been fairly limited

in this department! To book your place please email stox78@hotmail.com or speak to Peter who can pass the message on to me. A deposit of five pounds is required to book your place and menu choices must be made at least two weeks before the meal. Menus are available from Jill at the West End, by email or from the red box in the LPSA club.

for volunteers for all events and I'd like to encourage us as a club to have a presence there. Also you get to be part of a little bit of history. And see some athletics for free!!! To register your interest visit the London 2012 website at www.london2012.com and click on "Get Involved" at the top of the page.

Jill Stocks

* London 2012 Olympics

As you are probably aware London (and several other British cities) will be hosting the Olympics in 2012. They are looking

PECO Cross Country

The venues of the first two races have been swapped. The first race is now at Golden Acre Park on Sunday 8th Nov. and the 2nd race at Horsforth Hall Park on SATURDAY 5th December. The junior races starting at 10.00am and the senior races at 11.00am. The other 3 races are still Sun 17th Jan at Ilkley, 31st Jan at John Smeaton, and 7th March at Idle.

IMPORTANT – Due to the work involved and the number of clubs and runners now involved, there is a lot of work to do regarding the runs and the post race results. For this reason we need to assist Horsforth Harriers in the catering and the supply of a number of marshals.

MARSHALS

Hopefully we can have some volunteers to turn up early and either marshal the juniors or help set up the course with Horsforth. If we can supply friends/relatives or members who cannot, or do not want to run the cross country that day, this will help keep our squad of runners to the maximum we need for the points. We need about 8 marshals for the senior race and hope to do a recci of the route prior to the day. If we can have a couple of runners coming down early to help marshal the junior races, this means the marshals for the senior race are not hanging about too long in case the day is cold or wet – or both. **THIS IS THE DAY BEFORE THE WEST YORKSHIRES AT GUISELEY so if anyone wants to do the latter but not the Peco, maybe they can marshal the Peco - however we would not want to lose too many fast runners - WE MAY HAVE A CHANCE OF PROMOTION!!!**

CATERING

We have a list of Pizza's, Quiches, Sandwiches and cakes & buns we need to supply, so please speak to Peter Hey or Carol if you can assist in this way. Any costs will be reimbursed but we do have a limited budget so it is a case of making them ourselves rather than going out and buying. These will be needed at the cricket pavilion for 9.00am on the day.

Yorkshire Vets

After the changes of dates and venues and the ups and downs of the course at Greetland near Halifax the ladies stay in 7th overall in two competitions, and the men are 8th in 'All to count' and the 'First 4 to count', and then 9th in the third competition – 'Rest to count'.

Individually, Collette is 9th in her age group having done 3 races, Bal 6th having done 7, Sheila King 10th from 5 races, Diane Shaw 14th from 4, and Julie H 18th from 2. In the men Stuart Reardon is 12th from 6th races Richard and Kevin B battling it out in 7th and 8th respectively both having done 7, (Richard has 1,100 points and Kevin 1,068), and Peter H is 6th from 8 races. It is the best 7 scores that count in total and you must do 7 races to qualify for prizes.

The last race is at Spenborough running track near Cleckheaton, on 15th November, start time 10.30am, so people sharing transport or wanting lifts are suggested to meet at 9.15 outside the LPSA club.

There is a presentation dinner on Sat 28th November at the Holiday Inn on Tong Lane between Bradford and Leeds, cost is £10 for runners and £25 for guests

Full details can be found on the YVAA website.

To be a vet you have to be 35 or over but under 35's can run as guests. These are a "friendly" club and individual series of races, very similar to the Peco cross countries and should anyone come last, will still score valuable points for the club, so please let's get as many of you out as possible.

Club Championship Race #9

Woodland Challenge - 11th October 2009

We had 9 Harriers turn up to this race (our clan two men down due to injury and hangover - no names mentioned!) and all left with big smiles, very heavy goodie bags and several spot prizes between us. Special mention goes to Gary who also had a hangover and arrived 5 mins after the race started but still battled round and finished well in true Harrier fighting spirit!

Below is a race report from Jill, the championship results for this race and top 10 overall, and some photos cheekily stolen from 'Flaming Photography'.

RACE REPORT

I first did this race last year and for a race which is relatively in its infancy it's brilliant. The race sells out well before the closing date which is testament to the organisation and its popularity, and was voted one of last years best races in Runners World. Even before the race I was kept well informed by email of any news about the race, such as spot prizes and the news that Ron Hill would be starting the race. The ladies were also given the option of a ladies fit technical t-shirt.

I suppose I should mention here that the organisers are friends of mine! But nonetheless I still really rate this race. Normally a two lap race can be less enjoyable but this one manages to get over that with no problems especially with the excellent support, brass band, and MC at the start and finish area certainly helping. There is one particularly nasty hill, which obviously you do twice! But there are some good downhill too and the surreal Monty Python-esque piano player playing Chariots of Fire in the middle of the woods really brought a smile to everyone's faces! The marshals are very professional and very enthusiastic which really helped on the tougher parts of the course especially.

The finish is great with the support still as enthusiastic when I finally arrived home as they had been after the first lap. Chip timing is a great touch but the real bonus was the spot prizes, techie t-shirt and brilliant goodie bag. Some of the spot prizes included Garmins, a Wii Fit, an ipod shuffle, restaurant vouchers (which I won!) and various other running and non running related prizes, large and small. The t-shirt this year was a long sleeved, hi-vis number which has been tested since and did a great job! The goodie bag was a reusable canvas bag packed with all sorts of food and sweets which more than covered the cost of the race!

The facilities in the arboretum at the start/finish are great, though there are no showers, and I didn't experience any problems with queueing for the loo before the race. There is also the option of a post race massage with proceeds going to charity.

To sum up, a brilliant race, with a great atmosphere, suitable for all abilities and experience, and an absolute bargain for the entry fee.

Jill Stocks



Race #9 - Woodland Challenge

Points Awarded

Position	Name	Points
1	John Hutchinson	15
2	Peter Hey	14
3	Eleanor Franks	13
4	Rob Owen	12
5	Patrick Nesden	11
6	Neal Shotter	10
7	Gary Carlisle	9
8	Jill Stocks	8
9	Maurice Lewis	2

Above: Neal, Eleanor, Peter, Rob, Jill.

Right: John

Below: Patrick



Club Championship 2009

Overall League after 9 races

Position	Name	Points
1	Sam Ostermeyer	77
2	Jill Stocks	57
3	Rob Owen	56
4	Eleanor Franks	54
5	Neal Shotter	47
6	John Hutchinson	46
7	Peter Hey	42
7	Sheila King	42
9	Kimberley Ridout	36
10	Patrick Nesden	34

West Yorkshire Cross Country

The dates for the remainder of the races are as follows – if you are available to run please let Martin or Peter know asap.

Sunday Nov 1st Boddington Hall, Leeds

Saturday Nov 21st Thornes Park, Wakefield

Sunday Dec 6th Nunroyd Park Guiseley – THIS IS THE DAY AFTER THE PECO RUN

The ladies races are due to start about 1.45pm, with the men starting about 2.15pm

If you are not running but are free those days and times, it would be nice for you to support our club runners especially as 2 of them are very local.

Virgin London Marathon 2010

Just another reminder that those of you who have been rejected from the ballot may be eligible for a club place under the criteria adopted by the committee. You should have received your acceptance or rejection letters now. If you have a rejection slip please pass it on to one of the committee who will enter you into the "competition" for a club place for the VLM 2010.

Jill and others will be heading down to London once again with the purple banner and running a cheering point at mile 22 (which also gives us the opportunity to see the runners pass on the other side of the road at mile 13). If you have a place please email stox78@hotmail.com so we know to add you to the list of harriers taking part. Anyone who isn't running but would like to join us in London at the cheering point is more than welcome and we are hoping to combine with other local clubs to have a mass Leeds cheering point! We had great fun last year with Jill and Eleanor also volunteering at the baggage buses at the marathon start line before heading to mile 22 which was a great experience! Jill will let everyone know more details on how to volunteer as soon as she gets them.

Power Breathe + Energy Gels

We have a surplus 'Power Breathe Plus' made by GAIAM, a spot prize from the Woodland Challenge – never been used so no spittle!!!

Supposed to increase speed, strength and body endurance within 4 weeks – drug free, quick and easy to use in less than 5 minutes. These can be purchased on the Internet for a bargain £30.

Anyone interested in wanting this one for yourself or as a Christmas present are asked to put in a sealed bid before 11th November - please hand to Peter Hey or another committee member.

The highest bid will get the Power Breathe, and the money will go into club funds.

Further to this, another unwanted spot prize is a box of orange flavour Zipvit Energy Gels, great for long distance runs or races. We are selling these at the bargain price of 3 for £1 (they retail at £1 each). Again, speak to a committee member if you are interested in purchasing some of these. All proceeds from these will go to club funds also.

New Members

The latest recruits to the club are Jenny Swann who comes from the Hyde Park area and Sam Carroll who lives on the "hills" so I bet he is looking forward to our hill work. Please also welcome Hannah Taylor from the Vespers.

We now have 95 paid up members but we still have some members from last year who have not paid. If you have not paid then please pass your payment ASAP onto a committee member, or send your cheque to Tony Downham at 17 Stainburn Avenue Leeds LS17 6PQ – Male subs £18, Female Subs £16 – cheques made payable to Kirkstall Harriers.

PBs and other worthy mentions

Gemma's running keeps improving with a pb at the Leicester Half Marathon, as well as coming 2nd lady (a repeat of the Leeds half) with 1.23.48. Also getting a pb at Leicester was **Mark Vickers** with 1.26.40. **Sam Ostermeyer** has a new 5k pb of 19.39, and **Kevin Blackhurst** ran the Great South Run 10 miler in a speedy 1.10.36.

If you know something worthy of a mention in the newsletter, please mention it to a committee member or drop us an email.

RACE REPORTS

The Ninja Turtle Challenge aka The Para's 10 Company Challenge - 13th September 2009



It was a warm July morning when John and I decided to do the Paras 10 Company Challenge. Our training commenced with a run, sharing a 45 pound rucksack, doing 5 miles each, burning the sweat. By the end of the run we both had scars on our backs as proof of our prowess. One month later we were doing 9 miles together with one rucksack each. This time John had the misfortune of falling in a pothole on the path. There he was laid on his back, legs in the air and he couldn't get up. So I helped "Ninja Turtle John" with the shell on his back to his feet and on we went.

Come the day of the race it was a cool September morning when John and I set off from Leeds to Catterick Garrison in Great Spiritens. When we arrived we saw about one thousand doing the same Para's 10 Challenge as well as ordinary runners.

The gun went off at 10 am for the runners and 15 minutes later the Paras 10 Challengers got underway. It was incredible; 1000 people looking like a mass of turtles crawled up Tank Hill for 4 miles, crossing the stream then around the lake. Cameras flashed regularly and soldiers also cheered us on at the one mile check points. At 6 miles we were on the downhill stretch, but then at 7 we hit another steep hill. Just imagine the sweat. By this time the back was sore from the weight of the 40lb rucksack.

The biggest junction in the world was at the 8 mile mark. You think you're nearly home then you look down hill. The land of nod beckons up a steep hill. Turtles on all fours reach the summit and cross the cattle grid, then you come to perfect turtle territory, a water pit. Wading up to your waist in murky water is really good fun. Now totally drenched the challenge continues up another steep hill, known as "Pussy Hill".

"One mile to go!" a soldier shouted.

On this downhill stretch we could hear the tannoy getting louder and louder as we approached. John and I crossed the finish line together holding hands high in the air, feeling great! A well recommended challenge for anyone.

Peter Marshall and John Gunn



Harewood 10 mile - 4th October 2009

This was the first time I had done this race as in the past it has always been the same day as the Great North Run. But what a lovely race! The scenery is wonderful and on our doorstep too. And the organisation is brilliant, as I had expected, with some excellent marshals. I was a bit concerned when I saw the queue for the portaloos at the start and there didn't seem to be many of them, but the queue went down very quickly so I hadn't needed to worry.

But the hills! There were plenty of them, with the worst being right at the end where Patrick and Issac were waiting patiently to encourage me over the last bit to the finish. The scenery and course made the hills much easier to take and the bottle of beer at the end was worth the effort! A good atmosphere and a good mix of runners of all abilities. Highly recommended.

Jill Stocks

EVENT REPORT

Treadmill Trot, Leeds Station - 6th October 2009

When I signed up for this it sounded like a bit of fun for a good cause. But as the hour approached and I realised Leeds United were at home last night I must admit I became a bit more nervous about it! But it was really different and I really enjoyed it. I even saw some of my friends as they made their way home through the station! And I am happy to report the only abuse I got was good natured as one guy asked if I was the same woman who had been on the treadmill at 8am that morning! There was a great turn out from the Harriers too on both the treadmills and the bikes. But it was very warm! Before I took over from him Stuart warned me that I would get very sweaty. And he wasn't wrong! I had thought the draught from the main doors would mean it was quite cool but it was exactly the opposite!

Many congratulations to the guy who did a full 12 hours, from 7am to 7pm, on the bike, stopping only for a "comfort break"! Quite an achievement.

Jill Stocks

RACE REPORT

Bridlington Half Marathon + Fun Run - 18 October 2009

I had unfinished business with this race. I took part last year when I was going through a pretty bad time in my life, and just to add insult to injury (or the other way round!) I fell over ten miles in and broke two ribs. Being sensible of course I kept going and finished the race in absolute agony before making my way directly with a worried Patrick to the St Johns Ambulance.

So this year I wanted to get round without falling over at least, and though I nearly did at about eleven miles on a loose brick on the road, I managed that!

In fact I did pretty well considering! We got to Bridlington about two hours before the race when I bought some milk from a café and ate my cornflakes walking along the front to the race HQ to enter. There are plenty of entries on the day, and at £8 or £9 on the day, it's a bit of a bargain for a half marathon in my opinion, when you think how much some of them cost!

After sorting ourselves out we made our way to watch the fun run which Ian Brown, his daughter Pauline and grandson Harry were taking part in. This also gets a good turnout with some very good competitive young runners and many more of all ages taking part for the fun of it.

The half marathon is run on an undulating course. There are plenty of flat parts but the hills do not go unnoticed. The weather was much kinder to us than last year when we had to fight against the wind. Though the last couple of miles back in are along the coastal path and the breeze can be quite bracing on a good day! I set off well and had a really comfortable run. At one point I thought I may just slip under the two hour mark, but I missed it by just over four minutes. Patrick just got in under two hours. A good run for Patrick and me and given the undulating nature of the course perhaps I can dip under two hours in the new year.

I saw lots of old friends before, during and after the race and the race does attract runners not only from all the Yorkshire clubs, but from further afield. You only get a medal at the end but given the price and the organisation, and facilities in the leisure centre, you really can't complain, and it is well worth the journey. As is the fish I treated myself too before we headed home!

Jill Stocks



Photos: Ian Brown's Grandson Harry in the Fun Run, Patrick and Jill enjoying a pint (or several?!)

Member Profile - Cassie Garbutt



Name: Cassie Garbutt

Age: 32

Occupation: Art Teacher

How long have you lived in Leeds?

I moved to Leeds back in April 2003 from York, as I worked as a teacher in Leeds and the commute was hard going (just like the reverse now!). Originally I am from the lovely Blackpool, but managed to escape when I left to go the University in Newcastle.

When did you start running, and why?

I used to be a competitive swimmer at school, and because of that I found I was quite good at cross country (not any more!), and so I got into the school athletics/xc teams and ran the 800 and 1500m at the Blackpool schools competitions. I picked it up again at University and ran the Greggs 5 mile Cancer run back in 1998 I think, and thought if I could do that I'd do the Great North Run. It was quite easy back then to enter and living in Newcastle it was an obvious choice. I then ran it for 4 or 5 years running (Ha ha!) and got into a routine of training for it. Then as it became really popular I missed the deadline and thought I'd enter the London Marathon 2003 instead... despite swearing I'd never run a marathon, as that's for crazy people.

When / how did you end up joining Kirkstall Harriers?

I joined KH straight after London in April 2003, after I'd just moved to Leeds. I'd

trained in York for the London Marathon and gone mad training on my own. I checked the internet for a running club and saw Kirkstall. I came down, and thought they were lovely and have done ever since.

What are your motivations for running?

Galaxy chocolate. Running keeps me sane from the lovely kids at school.... Plus there's nothing better than when you're about an hour and half into a long run and feeling like your cruising along. So I guess, the act of running itself too. I'd like to do something crazy like an ultra marathon one day, I'd love to do the Marathon de Sables. That motivates me just thinking about it.

What are your greatest running achievements?

Going out on a weekend morning and doing a really long run is a sense of achievement, and I never bore of that. I do think getting up at 3:30am regularly every Friday morning in hot and humid summertime in Dubai and running a 20 miler during Ramadan (no food or water in daylight allowed –or you could get arrested) was a pretty big achievement.

What is your best running related memory?

Running through the streets of New York last year for the marathon was amazing. If there is one thing New Yorkers do well it's passion and enthusiasm. I think it's the best race on earth.

What is your worst running memory?

I think Ian or Tony mentioned this one in their profile – the home one, the Blackpool Marathon 2005. It was the hottest day of the year, the water got stolen and the start delayed. What was worse was that I had recommended the race to the club, as I'd run the half there three times before and thought it would be a great PB run. So I felt awful when it went badly wrong! Collecting discarded water bottles from the gutter to drink is not the greatest marathon memory.

Any words of wisdom for your fellow harriers?

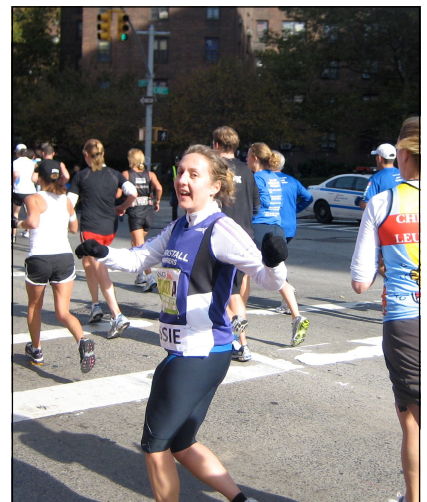
If you like to do long races get those long runs in every week.

Cross training is the best thing to keep you from injury definitely and improve your times.

It's mind over matter, you can run a lot further than you think you can; look at Eddie Izzard who is truly amazing (43 marathons – 1100 miles - in 52 days) and shows us anybody can run.

My pictures are –

- Posing in my KH colours in front of my favourite haunt the Burj Al Arab.
- Almost falling over after I spotted Rob my hubbie on 1st Avenue in the NY marathon about 18 miles in.
- One of the fabulous 'Dubai Creek Classic' runs, where we got an abra across the Creek halfway through the 13 mile run. I'm on the end. I miss those runs!



RACE REPORT

Holmfirth 15 - 25th October 2009

Myself and Patrick set off for Holmfirth at 7.30am. We warmed up and the weather was fine at the time.

The gun went at 9.30 am. It was a fast downhill start around the school and the streets. Then up a hill for 100 yards then down into New Mill. Then on the top road to Honley. It was a fast first four miles for me in 30 minutes. Then on the main road back to Holmfirth there was a slight incline for 1 ½ miles before a little downhill turn left into town and then guess what? Steep hill again back to the school and halfway before repeating the circuit.

For me the second circuit was not as fast as the first and I could feel Patrick breathing down my neck. I finished in 2 hours 9 minutes. Well done to Patrick who finished in 2 hours 20 minutes and 12 seconds. Highly recommended to all people who like a challenge. And we finished before the heavy rain!

Peter Marshall and Patrick Nesden

Hi-Vis Clothing

Yes it's that time of year again! Just a reminder that the dark nights have arrived and that you should be wearing a hi-vis vest or some sort of hi-vis clothing both while running with the club and alone! As always Carol in the Clothing department has a range of hi-vis items with and without the club logo. Please ask her for details.

Upcoming Races for your diaries...

November 15th – Barnsley 10k

November 29th – Thirsk Ten Mile (Club Championship)

December 13th – Stockport 10 mile

December 20th – Travellers 6, Denby Dale

December 26th – Chevin Chase

December 28th – Jolly Holly Jog

January 3rd – Central Lancashire Half Marathon, Pennine 10k

January 17th – Shell Four Villages Half Marathon, Cheshire

January 24th – Brass Monkey Half Marathon, York

February 7th – St Wilfrids Muddy Boots 10k, Ripon

February 14th – Liversedge Half Marathon

February 21st – Great North West Half Marathon

March 28th – Wakefield Hospice City 10k, Baildon Boundary Way Half Marathon, Wilmslow Half Marathon

More details and online entry available at www.ukresults.net or runnersworld.co.uk.



November Birthdays

Happy Birthday to the following members this month:

* **Neil Barker** * **Matt Hooban** * **Dave Spink** * **Helen Anthony** * **Liz Covey-Crump** * **Alyson Glover**
* **Sarah King** * **Lisa Martin** * **Amelia Oldham** * **Helen Thorpe**

Kirkstall Harriers meet every Monday and Wednesday at Kirkstall Leisure Centre at 6.50pm for a 7pm start. All standards of runners are welcome to join us, just turn up and say hello, we are very friendly!

Please visit our website for more info:

www.kirkstallharriers.org.uk

Please email eleanor5446@hotmail.com if you would like to contribute to the newsletter, all articles and member profiles gratefully received.

