

# Kirkstall Harriers Newsletter

No. 71 October 2009



## Kirkstall Valley Trail Race 2009

Huge thanks to all of you who were able to come down on the day and assist in what hopefully appeared to be a smoothly organised event. There were only a few minor hiccups that we are aware of, eg. Burley Rugby Club forgetting to open the gate for the start, no water at the finish area first thing in the morning, the race leader wanting to leave the canal at Newley Bridge, the vets trophies being bigger than the first 5 finishers (if that is a problem) and one runner not passing through the finishing funnel. Everyone seemed to muck in and sort out the issues and hopefully the runners did not notice! The feedback we have got so far shows that people enjoyed the run and appreciated the nice weather – we seem to be lucky with the weather, nobody can ever remember a wet or windy race day.

With only 179 entries and 145 finishers the numbers were a bit disappointing, but at least it kept it to a manageable size. We should have broken even with the costs and are still able to make a donation to Wheatfields but the final profit/loss will be known soon. We do have some beer left over and anyone wanting to make a donation to Wheatfields can have a bottle for £1.50 or 4 for £5.00. If you were a marshal and have not received your free bottle, please let someone on the committee know asap.

After god knows how many years of being involved in some aspects of the race and being race organiser, Peter has decided that now may be a good time for some fresh ideas and young blood to come to the fore and take the race forward over the next few years. Jill Stocks has kindly volunteered to take the lead for next year but if anyone is willing to take on some aspect of the race to share the load it would be appreciated.

### PLEASE NOTE:

We are missing one cotton marshals bib, if anyone has this please can they return it asap to Peter Hey. These are not our bibs and will have to be paid for if not returned. We do appreciate it was a bit hectic afterwards and some of you may not have returned to the presentation. Thank you in advance for the return.

### Inside this issue:

KVTR 2009	1
Leeds Country Way	2
Chairman's Chase	2
Treadmill Trot	2
WY Cross Countries	2
Yorkshire Vets	3
Club Championship	3
PECO Cross Countries	4
Kirkstall Harriers Hash Run	4
New Members	5
PBs and other worthy	5
Member Profile - CAROL MORAN	6
Race Reports	6 - 9

### Feedback on the Kirkstall Valley Trail Race 2009:

*"Really enjoyed the race today and will look forward to running it next year.  
Regards, Damien"*

*"Completed the race yesterday in just over 50 minutes. What a great route, running over the different terrains makes it interesting and the miles fly by, fortunately!!*

*Good weather, good course and good banter on the way round, thoroughly enjoyed it, will be entering next year.*

*Thanks, Ian"*

*"I was going to email you to say how much I enjoyed the race and how well marshalled it was. Karen"*

*"Just to say I really enjoyed the run on Sunday. Thanks, Rebecca!"*

Photos: Top: waiting to start in the abbey grounds, middle: the runners set off, right: the new Stephen Blades memorial trophy, awarded to the fastest local runner - Richard Foster who ran 49.08.



## Leeds Country Way - Sunday 6th September

Well done to everyone who ensured we got 3 teams round the course, despite the usual last minute hitches, and the few errors in navigation. Our first team came 12th overall, with Peter Branney (still injured incredibly) and Gemma Smith getting the fastest mixed pair prize on leg 6, and the 2nd fastest time overall. Another noteworthy pair were Martin



*Rachel, Jill, Laura and Patrick prepare for the start of leg 6.*

Savage and Stuart Reardon who got 7th fastest time overall on their leg 3.

The ladies team came 4th in their category and 29th overall, with the 3rd team finishing 23rd overall. Names to mention are Laura who only came down training for the 1st time on the Monday before, Eleanor's friend Rachel who was conscripted in at the 11th hour and Jill



*Richard and Tim handing over to Gemma and Peter at leg 6 start.*

Stocks who ran despite having a bad cold. A thank you for Jill Camm for backing up on some of the legs, and has finally revealed she is pregnant, hence the slower training runs and the reluctance to enter the team events. Hopefully she will be back at the club and running even quicker in February!! Finally a big thank you to Collette and Martin for their staying power in organising the teams despite all the changes. Martin then shot off for a week's holiday to Scotland on the night of the race – or was he planning the Calderdale Way team?

We seem to have some prestigious salt pots left over that have not been claimed by runners of the teams. Please let someone know or pop over to the LPSA club after the training run to obtain one.

## Chairman's Chase - Weds 16th September 2009

Our handicapped race had 14 runners with about 8 others declining either due to tiredness from racing at the weekend, or preventing further aggravation to injury problems. Excluding Tony Downham who must be still suffering from too many Cornish pasties and cider, and Sam Ostermeyer who had a recurrence of hamstring problems during the run, the other 12 runners all finished within 5 minutes of each other. Thus indicating that the handicapping was not too bad, but unless they all finish across the line together is still not 100%, and still disappointing for those not in the first 3.

Many thanks to Jill Camm and Stuart Reardon for assisting with the timekeeping who had the following weak excuses for not running – Jill is 4.5 months pregnant and Stuart suffered a neck(?) injury from football - a sign of getting old?

The first three over the line were Mark Vickers, Paul Miller and third, Debbie Milburn narrowly beating Alex Saunders into 4<sup>th</sup>. The 3 fastest times being recorded by Paul Miller in 41.08, Mark Vickers in 41.24 and Tim Foreman in 41.35. Full results are on the website.

## Treadmill Trot - Tues 6th October 2009

Below are all the Kirkstall Harriers slots for the Treadmill Trot on 6<sup>th</sup> October. Please all wear your club vests! If you have any problems with your slot please contact Diane on [Diane.Shaw@networkrail.co.uk](mailto:Diane.Shaw@networkrail.co.uk)

Mark Vickers	0730 - 0800	Treadmill
Matt Hooban	0900 - 0930	Treadmill
Liam Mealey	1000 - 1030	Treadmill
Maurice Lewis	1030 - 1100	Bike (Hopefully)
Kevin ?	1030 - 1100	Treadmill
Patrick Nesden	1100 - 1130	Treadmill
Diane Thomson	1130 - 1200	Treadmill
Dot Harrison (guest)	1130 - 1200	Bike
Sheila King	1430 - 1500	Treadmill
Peter Hey	1530 - 1600	Treadmill
Steward Reardon	1700 - 1730	Treadmill
Eleanor Franks	1730 - 1800	Treadmill
Jill Stocks	1730 - 1800	Treadmill
Neal	1730 - 1800	Bike (Hopefully)
Sam Ostermeyer	1800 - 1830	Treadmill
Jenny Aitchison	1800 - 1830	Bike
Kevin Blackhurst	1830 - 1900	Treadmill

## West Yorkshire Cross Countries

It has been decided to enter only a men's team for these races, as only Gemma Smith from the ladies is available to run most or all of the races. If you have not given your name to Martin he will still appreciate further names to choose from once you know you are available for any of the races.

The first race is Sunday 11th October at Halifax.

The other dates have been confirmed as:

Sunday Nov 1st Boddington Hall, Leeds

Saturday Nov 21st Thornes Park, Wakefield

Either Sat 5th or Sun 6th Dec, Nunroyd Park Guiseley

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

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.

## Yorkshire Vets

Our After the 8th race at Starbeck Harrogate, despite a lower than usual turnout we managed to keep the same positions in the leagues. Men – 8th in all competitions – first 4 to count, All to count and Rest to count, out of 32 clubs.

Ladies – 7th in first 3 to count and All to count, out of 21 clubs.

The 9th and penultimate race is at West Vale (Bluebell Trail and Calderdale Way country), on the 4th October as originally planned. Start time 11.00am. Those wanting to share transport are suggested to meet at 9.30 outside the LPSA club.

The last race is at Spenborough running track near Cleckheaton, on 15th November, start time 10.30am

They are planning another presentation evening sometime in November, and as soon as the details are made known we shall pass the information on.

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 #8

## Horsforth 10k - 27th September 2009

Well done to our 18 runners who took part in the Horsforth 10k last Sunday. Full results of championship points and overall league table are available on the website now. With only 2 races left before the conclusion of our first ever Club Championship it's getting very exciting now! Don't forget it is your 6 best races to count. Jill Stocks and Patrick are the first 2 members to have done 7 of the 8 races so far which has been testing Eleanor's maths / excel skills to the max!

See below for a race report from Jill and right for the points awarded for Horsforth 10k.

The next Club Championship race is the Woodland Challenge at Huddersfield on 11<sup>th</sup> October, with the final race being the Thirsk 10 miler on 29<sup>th</sup> November. Although the Woodland Challenge is full, there are still entries available for Thirsk 10 so don't forget to enter if you haven't already.

### Race Report

Admittedly I wasn't overly enthusiastic as I dragged my sorry backside out of bed for this one but the lure of trying to maintain my second place in the Club Championship proved too much. I was also kind of dubious about my hamstring which I had pulled (again) at the previous weeks hash run.

Horsforth is a hilly course for the first three k then there is a lot of downhill and flat. 5k to 9k are all along the canal which admittedly I find a tad (well a lot actually) boring but this is obviously personal preference as no-one else seems bothered by it! There is a good atmosphere and it is quite a sociable race, and with many local runners it's nice to see people you know along the course, running, marshalling or supporting. There was also a good turnout from the Harriers for this one as everyone tried to get a few more points on the board.

I had quite a good run after the hills up to 3k were out of the way and finished in 1:03 ish. Unfortunately this proved too late to obtain a greasy burger from the barbecue. But I did get a nice white techie t-shirt for my troubles and a bottle of Lucozade Sport. And my hamstring held out. For now anyway!

This was the 25<sup>th</sup> running of this race and with the excellent organisation and marshalling I am sure it will continue for many years to come.

Jill Stocks

### Race #7 - Horsforth 10k

#### Points Awarded

Position	Name	Points
1	David Spink	15
2	John Hutchinson	14
3	Alex Saunders	13
4	Paul Miller	12
5	Pat Shepherd	11
6	Rachel Pilling	10
7	Sam Ostermeyer	9
8	Marion Muir	8
9	Neal Shotter	7
10	Gary Carlisle	6
11	Patrick Nesden	5
12	Peter Hey	4
13	Sheila King	3
14	Jill Stocks	2
15	Chris Glover	2
16	Rob Owen	2
17	Richard Hancock	2
18	Isaac Dell	2

## Calderdale Way Relay - 13th December 2009

The Calderdale Way relay race is on the Sunday 13<sup>th</sup> Dec, and had 117 teams last year. Each team is made up of 6 pairs of runners. Last year we entered a team for the very 1<sup>st</sup> time and came 88<sup>th</sup> overall, or 8<sup>th</sup> mixed. Ideally we are looking for a mixed team again of 6 men and 6 ladies, but whatever your gender if you are interested in making up the team please pass your name onto Martin or Collette. The 6 legs vary from 4.8 miles to 10 miles in distance and are generally considered to be of a fell race terrain. Like the LCW, it is essential that you recci your leg beforehand.

## Next Social Do - Tues 13th October

We are planning a curry at the Sheesh Mahal – sponsors of our Kirkstall Valley Trail Race on Tuesday evening 13th October for 7.30. Please give your names to Peter Hey to ensure we book sufficient seats.



## PECO Cross Country

Please find below the provisional dates as decided at the meeting on 21 September. These are subject to confirmation by the organising clubs and availability of venues.

The league is being increased by another two clubs, St Bedes and Virgin Active. We have been assured that because of this, we will still be relegated this year so have a chance of winning league 1, instead of being relegated again from the Premier league for 3 successive seasons. 2nd claim members are still eligible to run but only the first 2nd claim member for each sex can score.

The league will still try to organise at least 4 junior events within the series.

Race 1 – Nov 8th Horsforth & Kirkstall, or Rothwell, or Woodkirk

Race 2 – Sat/Sun 5th/6th Dec, – Golden Acre Park, Abbey Runners/Valley Striders – Subject to West Yorkshire Cross Country

Race 3 – Jan 17th St Theresa's – John Smeaton School

Race 4 – Jan 31st Ilkley – Nell Bank

Race 5 – March 7th Eccleshill, Emmanuel College

As you can see – if Horsforth are prepared to organise the first race, we are being asked to assist with providing a suitable venue for showers and food afterwards. Further details will follow, but Kirkstall Leisure Centre no longer have a bar, and the LPSA only has 3 shower heads, and Bingo takes precedence on Sunday from 12.45, so we may have to find another location that meets all the requirements.

There was also a suggestion that instead of holding a presentation evening, which appears to be only attended by the prize winners, we hold a 6th race which does not count for the series but will have individual awards, and do the presentations afterwards and maybe a barbeque/DJ to chill out with afterwards. This will be assessed and final details announced before the last race.

These are very friendly competitive races of between 4 and 5 miles and are organised to suit runners of all abilities so please make a note of the dates and turn up if you can. We will sort out transport arrangements for those in need or wanting to share. There are prizes for individuals and teams, and everyone counts in some way so the more we get the better chance the club has of winning. The routes are usually suitable for road shoes, especially if dry, but if conditions become wet trail shoes are better.



## Christmas Do!

Just another reminder about the third annual Kirkstall Harriers Christmas Do! This has been booked for **Thursday 17<sup>th</sup> December at 7pm**. This is advance warning for those who may want to book the next day off! 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](mailto:stox78@hotmail.com) or speak to Peter who can pass the message on to Jill. 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.

## Hash Run - 24th September 2009

Following the success of the previous hash, our second hash started from the Grove Inn on the outskirts of Leeds City Centre. Renowned for its ale +musical offerings the Grove has since been surrounded by the huge Bridgewater Place development (the Dalek) but still holds its own.

Once again Maurice and Neal laid the trail for us and for me it was an evening of nostalgia. Our first pub stop was The Palace, a pub I have spent many a happy hour in with friends when I lived and worked in town. We then ran past Hoagys Bar and I saw my old friend Craig who runs the pub. We used to work together there and I have also spent many a happy hour in there! (A theme is developing here.....). We continued through town with our next beer stop at Whitelocks. I used to run this pub and also lived in the flat upstairs so this brought back real memories. Unfortunately none of the old crowd was in and I was disappointed to see that not only that but that the busy Thursday nights I remembered were now very very quiet. So much so that the barman had time to stand around doing the sudoku in the paper.

We continued on dodging the litter left as a result of unemptied bins due to the bin strike and eventually turned down the final beer stop option at the Town Hall Tavern (where you can get an excellent pint of Landlord just for information) in favour of returning to the finish point at the Grove where we were not disappointed with the quality of the ale.

Another good night and five useful miles inbetween! Thanks again to Maurice and Neal for sorting the trail out. Our next planned hash will be after the Abbey Dash on November 22nd, in the Armley area, and keeping it short for those who may have already ran that morning at the dash. We also had the company of Ann from Pudsey Pacers on Thursday and it was decided we should combine with them to do a hash in the Pudsey area. There is also a Christmas Lights Hash on Monday December 14th with the Yorkshire Hash House Harriers which we would be able to join in with and I will keep you informed as to all these events.



For more information on the Yorkshire Hash House Harriers and hashing in general visit [www.yh3.org](http://www.yh3.org).

Jill Stocks

# RACE REPORT

## Spofforth Gala Trail Race - August Bank Holiday

I've done this race several times and always enjoyed it. One year I came home with an exercise bike for 50p from the WI bric-a-brac stall. I gave them a pound because I was feeling generous.

The race is in the early afternoon and is part of the Spofforth Village Gala. There is plenty of entertainment before and after the race, with various stalls, food, kiddies races, and all the things you'd expect from a traditional village gala.

It is a challenging course and trail shoes are definitely recommended. Lots of hilly bits and not a lot of down. But the atmosphere is friendly and it is very reasonable and well organised. The weather also seems to stay fine too.



*Ian's Grandson Harry at the start of the kids' race in a fantastic superhero outfit!*



*Enjoying the whole day in Spofforth - Anne, Harry, Pauline (Ian+Anne's daughter), Ian & Patrick.*

Jill Stocks

## New Members

The latest recruits to the club are **Yvonne Craggs** from Leeds 16, and **Carl Lockwood** from Holbeck, who has joined as a 2<sup>nd</sup> claim member, already running for Halifax Harriers, so the hills round here may look quite pathetic.

Also joining this month is **Isaac Dell** who lives just off Kirkstall Rd, near the Vue complex, an ex Abbey Runner!!! So hopefully he will find us far more friendly and of course more local to home.

And finally **Rachel Pilling** from Armley who did our KVTR in 53.35 coming 8<sup>th</sup> female and 53<sup>rd</sup> overall (she did enter as unattached before she joined the club) as well as helping us out at the last minute at Leeds Country Way.

We now have 89 paid up members but we still have some members from last year who have not paid. There is a list of the paid up members for this year on the website. If your name is not on this list then please pass your payment 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

It appears **Patrick** is getting back into his good old ways, with a pb of 4.21.41 at the Nottingham Marathon, knocking 5.56 of his previous time. Also getting into the act is **Diane Shaw** who got round the half marathon course in 1.59.39. Hopefully it's our training runs that are helping. Out at the Fleetwood Marathon on the same day, our dark horse **Gary Carlisle** got round in 3.29.32 knocking about 20 mins off his pb. Also on the same day, at the Para's 10 at Catterick Garrison **Mario** came 45<sup>th</sup> overall – without a 35lb pack we hasten to add, and **Neal Shotter** raised a grand total of £2,500 for Help for Heroes.

Up in the North East, **Sam Ostermeyer** knocked 2 mins 11 seconds off his half marathon pb at the Great North Run with a time of 1.45.28. See his race report on page 8.

## High-Visibility clothing

Yes it's that time of year again! Just a reminder that the dark nights are setting in 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...

October 4<sup>th</sup> – Harewood 10 mile  
October 11<sup>th</sup> – Woodland Challenge (Club Championship event)  
October 18<sup>th</sup> – Richmond Castle 10K, Bridlington Half Marathon.  
October 25<sup>th</sup> – Holmfirth 15, Worksop Half Marathon.  
November 1<sup>st</sup> – Guy Fawkes 10 mile, Hell Up North, Cheshire  
November 29<sup>th</sup> – Thirsk 10 Mile (Club Championship event)  
December 28<sup>th</sup> – Jolly Holly Jog  
January 3<sup>rd</sup> – Central Lancashire Half Marathon, Pennine 10k  
February 14<sup>th</sup> – Liversedge Half Marathon  
February 21<sup>st</sup> – Great North West Half Marathon

## Virgin London Marathon 2010

A reminder that rejection (and acceptance!) slips will start arriving soon for those who entered through the ballot earlier this year. Those of you who have been rejected may be eligible for a club place under the criteria adopted by the committee. When (or if!) you receive 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.



## Member Profile - Carol Moran



**Name:** Carol Moran

**Age:** 47

**Occupation:** Receptionist / Dental Nurse

Carol, our "bag lady" or kit guru, has lived in Leeds her whole life which is "pretty boring" in her own words. She did swap one side of Leeds for another when she got married but has always worked in or around the border of Leeds.

### **When did you start running, and why?**

I have been running since roughly 1986. Tony (Carol's husband) persuaded me to go for a jog and it just progressed from there.

### **When / how did you end up joining Kirkstall Harriers?**

I initially went along to another running club, but didn't feel I "fitted in". So I went to Kirkstall to try out Leeds Postal Harriers (now Kirkstall Harriers). Everyone was very friendly and accepted you with the ability

you had (or not!). They were very helpful and gave encouragement when you felt you were not improving.

### **What are your motivations for running?**

In my job quite a bit of entails sitting so the evenings I run which enables me to get some regular exercise which should keep me fairly fit. It also keeps the weight steady.

### **What are your greatest running achievements?**

My greatest achievement would be running the New York Marathon. I didn't want to run it on my own (there's only a few thousand runners after all!) so Tony kept me company all the way round. I finished in a respectable time of 4 hours 14 minutes 23 seconds. Definitely a marathon worth running - atmosphere, sights etc, all fantastic.

### **What are your best running related memories?**

My best running related memory is possibly 1973 Sports Day at school. I crossed the line 1st in the 1200 metres. There were a few surprised people that day, including myself. I am not the best athlete, so after being rejected for things like the long jump, high jump, javelin etc, I was entered for the 1200 metres.

### **What are your worst running related memories?**

My worst memory would be suffering sun stroke / dehydration (whatever you like to call it) at the Potteries Marathon in June 2000. It was a long day - not sure what the temperature got to but it was too much for me. Nearly 7 hours after the start I crossed the finish line. "Never again" I might have said, but no, us hardy creatures went and did it again in 2001.

### **Any words of wisdom for your fellow harriers?**

Wisdom! Words! - Don't run! I jest, of course.

We are not all great runners, but with effort and perseverance we can all achieve the same goals, just different times.



*Photos: (top) Carol at an early cross country race, (above) flying our flag proud at the New York Marathon with husband Tony.*

## RACE REPORT

### Fleetwood Full and Half Marathon - 13th Sept 2009

It's an early start for this one and as I dragged myself out of bed at six am on a Sunday morning I was beginning to question my sanity. But I'm pleased I did. This was a well organised race with a good atmosphere and a nice seaside course. Though admittedly the route map with various different loops on did cause some confusion! Thankfully on the day the course was well marshalled and laid out and there was no confusion on the way round for any of the runners.

It was a mixed bag weather-wise with some sunshine and some cloud all the way round. Despite having to stop for the loo on the way round I did alright and think my time was about 2:07 so I'm quite happy with that. Gary performed brilliantly in the marathon getting under his target of three thirty and coming in in 3:29:32! We were rewarded with a t-shirt and a medal.

We finished the day in the usual manner by heading to the pub. The pub in question was The Wyre Lounge right next to the finish and even though it looks a bit dodgy from the outside it's a great little pub with great ale and a fine view out of the front window to the Lake District.



Jill Stocks

## RACE REPORTS

### Nottingham Full and Half Marathon - 13th Sept 2009

There were two Harriers at Nottingham this year. Diane Shaw ran the half and I ran the full marathon.

The day was perfect marathon running weather being cool, overcast and a breeze which was quite strong going East by the rowing lake.

The course goes up and down for the first ten miles and is then flat to the end of the half and the full. The race starts at Victoria Embankment by the River Trent and goes through the city taking in the grounds of Nottingham University (4-6m) and Wollerton Park (7.5-9m) and back to Victoria Embankment where the course splits (13m). It crosses the river at 14m and goes out into the country at 15.5m, around the rowing lakes at Holem Pierpoint (18.5 - 21.5m) then back along the river past the start/finish for a mile crossing back over the river and on to the finish.

Diane started with the 10min/mile pacer and ran with him for part of the race and finished with a pb of 1:59.39.

I started about 50 yds behind Diane at the 4:30-4:50 start point. With about 12,000 people running it took me about 10 mins to cross the start line. I then ran the first 14m at under 10 min/mile pace (8.12 for the fifth mile) and half way in 2:06:37. From 14m to the finish I ran at 10.43 m/mile (mile twenty was my slowest) and finished in a pb of 4:21:42 official chip time (4:21:41 on my watch) knocking 5:55 mins off my previous pb from Nottingham in 2007. On previous marathons I have always slowed to 11/12 min mile pace around 20m so I was very pleased to keep going at under 11min/miles and finishing in just under 10 min/miles for the full distance. I came 888<sup>th</sup> out of 1325 runners.

I felt good all the way round the course with no real bad patches at any stage. I overtook a lot of people in the first half and a few in the second which helped to keep me going.

If anybody is doing a spring marathon next year I will be starting my marathon training (for Edinburgh in May) in the New Year. Details will be available on the training schedule.

I do enjoy the course in Nottingham and I'm sure I will be back next year if I can keep fit till then.

Patrick Nesden

### Para's 10, Catterick Garrison - 13th Sept 2009

So there we were, Mario and I picking up a random stranger outside Strikes Garden Centre at seven thirty on a Sunday morning, to give her a lift to Catterick, that's when I thought to myself this isn't going to be a normal race day today!

I should explain there was a small convoy of us on our way to the Catterick army base near Richmond to take part in one of life's rare treats... a completely hard as nails, stupid off road race where the majority of competitors run the course in army boots and carrying a 35lb Bergen (*rucksack to the civvies reading*) on their backs for get this, added fun? Ladies and Gentlemen I give you the PARA'S 10.

Our mystery travelling companion was called Harriet, a regular at Monday night circuits at the KLC that John G managed to sweet talk into coming along! How he did this I'm not sure, maybe he's related to Derren Brown. But by the time we pulled into the car park an hour or so later we where the best of pals. We were ready to take on the race: Mario, Harriet, John Hutch, Neal, Amanda and I represented the mighty KH for the endurance run (slightly less mad as you run sans bag and boots), leaving John G, Peter Marshall, a couple of lads from circuits and a few odd judges to do the P Company Challenge (with the boots and bags) for reasons best left unwritten here.

The course itself is about ten miles, a hilly multi terrain run around the tops of the Dales overlooking the surrounding countryside of Wensleydale and Richmond, breathtaking in more ways than one. The course is in fact the army's selection march so its no walk in the park. Did I mention it was hilly? Well take it from me, no actually take it from the squadies that named the hills on the course - 'Lick Out Hill', 'Land

of Nod', and I think everyone's favourite on the day - 'Pussy Hill' that should give you an idea of what we were up against. I cannot remember a single part of this course that was flat - its undulating all the way.

Even though this is a tough race the Harriers put in some very respectable times. Mario came 49th overall, John and Pete managed just on two hours with the bags and I managed to get round in 1hr 24mins which is only two minutes slower than my 10 mile road PB which I was really chuffed about.

I have say that the Para's 10 is a brilliant race, run in aid of Help for Heroes which is great cause. Simply put, do this race before you die and don't forget to train before you run it or you may cark it halfway up Pussy Hill!

Matt Hooban



Harriers and friends at Catterick Garrison



## RACE REPORTS

### Great North Run - 20th Sept 2009

The Great North Run is the race I had been looking forward to all year ever since I was successful in the ballot in early March. It is a race that I have watched on the BBC with intrigue for many years, and one that I had always wanted to take part in. I also had a further incentive to run this year in that two of my very good friends had the trauma of their son being born prematurely at 27 weeks. Little George Jukes was given less than a 50% chance of survival after being born so early, but with the help of the neo-natal ward at Russell's Hall Hospital, Dudley, he pulled through and is growing stronger everyday. He was born on New Year's Day, so he must be a miracle baby!



Sam and George

So Saturday saw George (another member of Kirkstall Harriers, not the 8 month old baby!) and I heading up the busy A1 to Tyneside. We were staying with a Geordie friend of mine, and this allowed us to go out for some much needed pasta and carbs on Saturday night in preparation. I also woke up at 6.30am on the Sunday morning to eat another load of pasta! (I was determined to do well). As we walked towards the start point about 10.15, all was going well, I was feeling good, and the weather was beautiful...then we both realised that neither of us was wearing our race chips. Cue major annoyance. I'm usually prepared with chips in that I put them on my shoelaces the night before. Due to the amount of people running however, they asked for them to be worn on the provided bracelet. This change in routine threw me, and I had left the chip in the envelope at my friends. I was determined not to let this ruin my day however! So I lined up at the start, and 12 minutes after Sting fired the gun, I crossed the start line, alongside banana and spider man. Luckily I had my watch on, so I was aware of the time I was doing. After dodging through slower people and a quick toilet break, I found my similar speed runners and then my pace. It was hot, but bearable, and the water stops and mist showers definitely helped. I hit the 8-mile mark at an hour, and pushed on, but I started to hit the proverbial wall at about 11 ½ miles. I had set myself a target of 1.45.00 to beat, but after the horrible never ending last mile along the seafront of South

Shields, I eventually crossed the line in 1.45.28, absolutely knackered. I blame the volume of people and the impromptu toilet break! Despite this disappointment, I absolutely loved the Great North Run. The community support is unbelievable, and the organisation is second to none. I am already looking forward to returning next year, and I shall be training harder to get another course P.B. As we left for the car, we were treated to a display by the RAF's finest, the Red Arrows. All in all, a great finish to a great day!



Red Arrows display

Sam Ostermeyer

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It was touch and go as to whether I would be at the start line for this one. I was torn between running my fifth Great North Run or being at the Trail Race. But after discussions with the committee it was decided that the race was in perfectly safe hands and I should head up to Newcastle. I started running to complete the 25<sup>th</sup> Great North Run in my dad's memory. He ran the first Great North Run. I have never looked back since. This year was particularly emotional as it was nine years to the day after my dad passed away. Cue crying at the start, in the middle and at the end!

Once again it was an early start as my friend from Horsforth Harriers picked me up at 6am! This year would also be a bit different for me as instead of heading straight to the start we were parking at the finish at South Shields and getting a shuttle bus to the start. But I enjoyed experiencing the race from a different angle this year and the atmosphere on the shuttle buses was great!

It seems I ended up in the busiest part of the race. Everyone was starting in my pen and the crowds didn't thin out all the way round which was a little frustrating and probably cost me about 10 minutes, but it slowed me down so that I could take in the atmosphere more than I might have done in the past.

The support on this course is incredible. There are many highlights. As you enter Jarrow there is always a little gazebo set up by some local ladies with orange, water and other supplies. This year they had a sign up: "Jarrow welcomes 50,000 Great North Runners". That brought a tear to my eye. A little further on is the man with the hosepipe who climbs on top of the bus stop to provide runners with a cold shower. The Newcastle Hash House Harriers provide a beer stop on the John Reid Road which of course I took a quick break at! The Geordie sense of humour is also evident on the way round. At one point we all heard an ambulance siren and turned to see where it was to move out of the way. It turned out to be on the parallel road at which point a lady with a strong Geordie accent shouted out "Divvunt worry! It's not for ees!", which translated means "Don't worry! It's not for any of you!" which really made me giggle!

The slog up the John Reid Road and last mile are very hard work. But the atmosphere and crowd support only gets better here. After five years I finally got to see my mum near the finish. We have always missed each other before but this year I sent a text to warn her I was on my way and heard her screaming my name a little later! I turned very quickly to go back and nearly caused a pile up but managed to get to give her a hug.

So that was my fifth and possibly last Great North Run. I hope I did my Dad proud even if I was a bit slower than I hoped. For anyone thinking of doing it - it is expensive and crowded but ultimately the course organisation (if not the administrative side) is very good. The course is actually quite hilly but the crowds help a little with that. This race is certainly well worth doing at least once. Nothing beats the atmosphere, emotion and support on this course. Thanks once again to the people of the North East.



Jill Stocks



## RACE REPORTS

### Leeds Triathlon - 27th September 2009

This was my first triathlon and I wish I could say that I trained really hard for it but somehow summer seemed to get in the way and before I knew it, the race was in 5 days and I had done no cycling whatsoever! I quickly persuaded my partner in crime Matt Hooban to come out and recce part of the bike route as some last minute training which turned out not to be the best idea as we only did 8 miles of the 25 mile route and the hills in just that part nearly killed me!

However, I thought I would have to still give it a go or I would never forgive myself. So I found myself getting up at 5.10am on a Sunday, and 3 hours later, wetsuit donned, in the boating lake in Roundhay Park waiting for the start.

The swim went surprisingly well. The 'Dip in the Dales' swim in Semer Water that Matt and I did along with Diane and Helen from the club earlier in the summer proved to be fantastic open-water swimming training as it made it a lot less of a shock this time. I was swimming alongside a chap in a blue/black wetsuit nearly the whole way and was intrigued to see who he was when we exited the water together, and was amazed and delighted to find out it was in fact Mr Hooban! We hobbled out of the water together grinning as we got cheered like heroes and both chuffed to bits at beating our target time of 45 mins by approx 5 mins.



*Eleanor finishing the swim*



*Matt at the finish line*

Needless to say Matt zoomed ahead of me on the bike as I trundled along the 3 lap route with what felt like 95% of the other competitors overtaking me, and no, I did not overtake a single person myself! The hills were awful and it felt an incredible personal achievement to get up all of them (about 4 steep ones on each lap) without having to stop and walk for any of the 40k. It took me around 2hrs which is what I had roughly predicted, and the closet speedy bike-fiend Matt did it in 1.47ish.

I spent the entire cycle really looking forward to the run and so it was a huge shock to find that my legs had forgotten how to run when I tried to. I also had pains in new places I'd never felt before, and a ½ mile in had to run up 'Hill 60' for the first of 3 times. Just picture a hill you really wouldn't want to run up and basically that is what Hill 60 looks like. So it was literally the most painful 10k (ish, a bit less) I have ever run but an amazing feeling to finally get to the end of it in approx 52 minutes.

My total time was 3.39.48 and Matt finished comfortably ahead of me in 3.20.04. Whilst queuing for a much needed massage at the end (I managed to pull a calf muscle whilst hauling myself out of the lake somehow!) it was comforting to over-hear seasoned triathletes discuss what a tough course it was for an Olympic distance triathlon, and I would like to think that with gentler bike and run routes and maybe a bit more training I could do a lot better. It was certainly an adventure and a really fantastic feeling of achievement to finish. Whether triathlon is the sport for me remains to be decided - I think for now I will stick to my one true love of running however!

Eleanor Franks

## Massages

We believe Ward is doing massages for £5.00 per person for club members. If you are interested, Bal and Neal has his number and details – and there are probably others in the know too, so please just ask at training nights if interested.

## 25th Anniversary

The committee are considering plans for a 25<sup>th</sup> Anniversary Presentation evening in March next year. If you would like to have any input into such an event please let the committee know. We are also still looking for any ideas you may have or any events you would like to organise to commemorate this special anniversary. Please get in touch if you would like to contribute to the celebrations in some way.



## October Birthdays

Happy Birthday to the following members this month: \* Kevin Blackhurst \* Peter Branney \* Graham Curtis  
Neil Maxwell (Maxi) \* Claire Hoyles \* Deborah Milburn \* Carol Moran \* Lynne Tapper \* Collette Spencer

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](http://www.kirkstallharriers.org.uk)

Please email [eleanor5446@hotmail.com](mailto:eleanor5446@hotmail.com) if you would like to contribute to the newsletter, all articles and member profiles gratefully received.

