

Kirkstall Harriers Newsletter

No. 70 September 2009



News in brief

* Club Championship

The 3rd and final Hyde Park 5k selected for the Championship on 1st August saw 8 members out on yet another rainy Saturday morning. The best time from all 3 events was used for each member who took part and championship points calculated from this. Congratulations to **Kevin Longmate** who came first and scooped the 15 points thanks to his continuous improvements. He was also the only member of the club to complete all 3 races so definitely a well-deserved winner.

The 7th Championship event of the year was our annual Members Meander which was a great success. For a full report on this event including photos and league tables for the Club Championship see page 3.

Entry forms for all remaining Club Championship events this year are now available – Horsforth 10k on 27th September, Woodland Challenge on 11th October and Thirsk 10 on 29th November.



Group of 'fast lads' setting off on the Members Meander

* Yorkshire Vets

After the 7th race at Knavesmire the two team positions are:

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.

At the time of writing it is too late to

add the 8th race at Starbeck, but a date has been fixed for the 9th and penultimate race at West Vale (Bluebell Trail and Calderdale Way country). The date is 4th October with an 11.00am start.

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.

* Kirkstall Valley Trail Race - Sunday 20th Sept - update

We could still do with some more entries for our race, so if you know of any good places to display our entry forms, eg. sports centres or private gyms, please take them from the changing room at the LPSA, or ask Peter or Jill for some.

We are currently making a list of marshals so if you have a particular job or place on the route you would like to do, tell Matt Hooban or Peter Hey.

We do need as many members and their friends as possible to help on the day. Registration will start at the LPSA from 8.30am onwards. We also need as many bodies as possible to get the start and finish area at the Abbey sorted, along with marshals along the route to assist the runners and passers by to ensure the event goes as smoothly as possible. The race should finish about 11.30, with the presentation and post race celebrations going off in the LPSA from 12.30 onwards.

* Leeds Country Way - 6th Sept

A week to go at time of writing and we finally appear to have 3 full teams. Please see page 2 for details of the teams.

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* Chairman's Chase

The Chairman's chase is planned for Wed 16th Sept, starting at 7.00 as normal from Kirkstall Leisure Centre, running round our old 10k race route – up Leeds & Bradford Rd, down to Rodley and the Ring Road, up to Horsforth roundabout, and then finishing down the A65 and into the Abbey grounds at the gate after the main gate and the Abbey itself. Again it will be a handicapped event using your 10k pb times will be used, but possibly tweaked a little after the members meander to "try" to make it more equal – if that's ever possible.

News in Brief continued...

* Da Mario's

A good night was had by all it appears, finishing off in our 2nd club house Mr. Foley's opposite the Town Hall. Many thanks to Mario who made a magnanimous gesture of paying some of the bill in celebration of his birthday – 21 again? This did cause a bit of confusion when totting up the money at the end, but after an emergency "committee" meeting, a surplus of £67.40 will be going to our main charity benefactor of our race – Sue Ryder Care, Wheatfields Hospice.

* Photos

A quick plea to members old and new to remember to submit photos and running tales from over the years to Matt Hooban (matt.sykeshooban@btopenworld.com) for the '25 years of Kirkstall Harriers' book which we are hoping to finish in time for our 25th anniversary next year.

* Christmas Meal

The third annual Kirkstall Harriers Christmas Do at the West End has been booked for Thursday 17th 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 stoxxy78@hotmail.com or speak to Peter who can pass the message onto 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.

* Charity Rounders Game

Helen (the small blonde geordie lass) who has been coming to the club for the last few weeks is organising a charity Rounders game at Roundhay Park on Saturday 12th September. The idea is that plenty of people turn up so a little tournament can get going. Helen is using the rounders game as a way of raising extra sponsorship for the Great North Run. If anyone is interested in playing they can drop Matt Marsh an email (matmarsh@hotmail.com) or a text (07736 836899) as he is helping her with it and would really appreciate everyone who can come along and join in the fun. The idea is that everyone pays £5 to play with all the money going to the charity MIND. Hopefully plenty of people can make it down, and if the sun comes out to play too it should be a really good day!

Leeds Country Way - Sunday 6th September Teams and Final Details

Please see below for final teams and start times for each leg. Don't forget that there will be lots of cars parking up at each leg, and you need time to change and warm up. Good luck to everyone and don't forget the free pie and peas at Garforth Leisure Centre at the end of the race – about 3.00/3.30pm onwards.

If you have any problems please contact Martin as soon as possible on 07967 642702. Also, if you have been out of the country, or have just realised you are able to run on the day, please let Martin know, as experience as shown we still have plenty of time to make last minute changes for whatever reasons.

Team A:

- 1: John Hutchinson and Dave Spinks
- 2: Kevin Longmate and Mark Vickers
- 3: Martin Savage and Stuart Reardon
- 4: Mario Kokes and Kevin Blackhurst
- 5: Tim Foreman and Richard Thomas
- 6: Gemma Smith and Peter Branney

Team B:

- 1: Tony Downham and Matt Hooban
- 2: Liam and Sam Carroll
- 3: Randolph Haggerty and Peter Hey
- 4: Peter Marshall and "Irish" John
- 5: Matt and Tom (guest runners)
- 6: Patrick and Kelvin

The Ladies:

- 1: Eleanor and Cassie
- 2: Alex and Helen Thorpe
- 3: Collette Spencer and Marion Muir
- 4: Tor Smith (guest) and Sheila King
- 5: Carol and Diane Shaw
- 6: Jill Stocks and Kerry

Earliest start times / mass start cut-off times for each leg are as follows:

Leg 1 - Garforth Leisure Centre, Ninelands Lane to Stanley Playing Fields A642 – 11.75 miles
Start time 8.00am prompt

Leg 2 - Stanley to Needles Pub, bottom of Scotland Lane - 11.15 miles
Earliest start time 9.25am, cut off-time

10.00am

Leg 3 - Needles Pub to Thornbury Playing Fields A647 - 9.8 miles
Earliest start time 10.30am, cut-off time 11.45am

Leg 4 - Thornbury to Golden Acre Park A660 - 11.5 miles
Earliest start time 11.45am, cut-off time 1.15pm

Leg 5 - Golden Acre Park to Scarcroft Hill, Thorner Lane - 10.1 miles
Earliest start time 1.00pm, cut-off time 2.30pm

Leg 6 - Scarcroft to Garforth Leisure Centre - 9.7 miles
Earliest start time 2.10pm, cut-off time 3.30pm

Good luck to everyone, and enjoy!!

Club Championship Race #6

Hyde Park 5Ks - June, July, August 2009

Please see below for the results of the Hyde Park 5k races. Many thanks to everyone who took part in them and made the effort to get up early on a Saturday morning. Despite being free and very local, they were not as well attended as other Club Championship races with a maximum turnout of 8, which could have been due to the poor weather, holidays, early start time or just lack of interest in the race distance.

Before the end of the year we will be sending out a questionnaire to all members regarding the selection of races and general running of the Club Championship so we hope we can use your feedback to fine tune the process for 2010!



Kirkstall Harriers in Kirkstall Abbey Grounds, 12.08.09 before Members Meander race.

Race #6 - Hyde Park 5k 'Parkruns'

Points Awarded for best out of 3 races

Position	Name	Points
1	Kevin Longmate	15
2	Sam Ostermeyer	14
3	Diane Shaw	13
4	Sheila King	12
5	Jill Stocks	11
6	Rob Owen	10
7	Tim Foreman	9
8	Eleanor Franks	8
9	Peter Hey	7
10	Helen Goldthorpe	6
11	Patrick Nesden	5
12	Matt Hooban	4
13	Collette Spencer	3

Club Championship Race #7

Members Meander - 12th August 2009

Many thanks to the 25 people who ran the Members Meander and made it such a big event. We also had a further 8 people running who opted out of the race but still ran the course.

Hopefully you all enjoyed the run and are happy with the points/times obtained which will go towards the Club Championship for the first time this year. Handicap races are always difficult to predict, especially when going off PBs which can be years old, or if you are currently going through a bad patch – but it does make for an interesting finish down the A65, and helps reward those who are never at the front of the normal runs.

First across the line this year was **Liam Mealey**, our newest member, in a run time of 45.10, closely followed by **Stuart Reardon** who ran 44.03 with 3rd place going to **Kevin Longmate** who ran 45.20. Thanks to Jill for helping with the timing – never have the results been so easy to read. Thanks must also go to Matt Hooban's fiancé Leann who turned up to be our official photographer for the night and took a fantastic club photo for our 25th anniversary book (see left) as well as lots of great start and finish photos. See next page for a selection, and our flickr site: www.flickr.com/photos/kirkstallharriers for the rest.

Below is a summary of points awarded for the Members Meander, and the current top 10 in the overall Club Championship League. **See website for full results.** As you will see there's no change in the top 3 places with Sam increasing his lead further but with 3 races to go there's still a lot to play for!

Don't forget the next Club Championship race is the Horsforth 10k just up the road from us on 27th Sept.

Race #7 - Members Meander

Points Awarded

Position	Name	Points
1	Liam Mealey	15
2	Stuart Reardon	14
3	Kevin Longmate	13
4	Kevin Blackhurst	12
5	Sam Ostermeyer	11
6	Kimberley Ridout	10
7	Paul Miller	9
8	Mark Vickers	8
9	Martin Savage	7
10	Neal Shotter	6
11	Sheila King	5
12	Helen Thorpe	4

Club Championship 2009

Overall League after 7 races

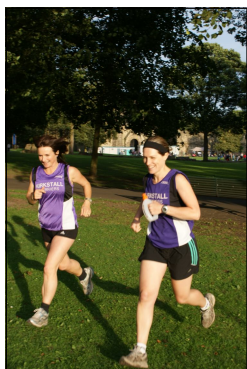
Position	Name	Points
1	Sam Ostermeyer	68
2	Jill Stocks	51
3	Rob Owen	42
4	Eleanor Franks	41
5	Sheila King	39
6	Kimberley Ridout	36
7	Kevin Longmate	32
8	Collette Spencer	30
8	Neal Shotter	30
10	Wendy Richardson	28
11	Matt Hooban	26
11	Peter Hey	26

Members Meander Photos

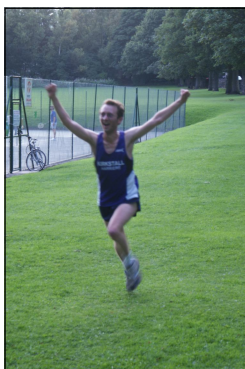
As mentioned on the previous page, all photos are now on our flickr site - www.flickr.com/photos/kirkstallharriers however here are just a few of our favourites. Thanks again to Leann for sticking around all evening to take these for us.



Gareth at the start



Sheila and Helen set off together



1st over the line - Liam



2nd over the line - Stuart



3rd over the line - Kevin



Richard and Tom in a dramatic sprint for the line - talk about a photo finish!



Stuart, Liam and Kevin with their trophies

Kirkstall Harriers Hash Run from West End House - 6th Aug 2009

We had a good turnout for our first Kirkstall Harriers Hash Run led by Maurice (assisted by Neal).

A hash run involves one or more members, the hare, laying a trail, using flour or sawdust, for the others, the hounds, to follow. The trail can include false trails and dead ends, which are included to try and keep the pack together and allow any stragglers to catch up. Hash runs usually take in one or more pubs en route where it is positively encouraged to sink a quick beer before setting off again. Hashers are indeed often referred to as "a drinking club with a running problem" and the social element is a very important part of hashing; it is certainly not competitive. The end of the trail offers the opportunity to socialise with other hashers and hashers tend to choose pubs with real ale.

Before we set off on the trail I had been under the impression that hashing was quite complicated but as we wound our way round the route we all seemed to gradually get the hang of it and the various calls you have to make around the route; many locals thought we were a bit mad as we ran round shouting "on on" as we found the trail markers.

Maurice had picked a good and challenging route which took in The Abbey Inn on Newlay Lane, The Bridge at Horsforth and started and finished at The West End House, all three of which provided fine ale for supping.

A good night was had by all and we have arranged our next hash run on Thursday September 24th from the Grove Inn on Water Lane, Leeds at 7pm. Please do try and join us for a great night of running and beer!

Many thanks to Maurice and Neal who put a lot of work into setting the trail for us and also to my hashing friend Carl who joined us for the evening and helped to keep us right with his hashing knowledge.

Jill Stocks



RACE REPORTS

Pudsey 10k - 26th July 2009

After injuring myself at the Northumberland Coastal Run and not having run (or walked properly) for two weeks I was determined to make it to the start of my fifth Pudsey ten k in a row. Mainly so as not to miss out on another of their fine t-shirts to add to the collection.

Pudsey is one of my favourite races and being on the doorstep is even more of a bonus. It is very well organised, the marshals are great and there is a very friendly and sociable atmosphere amongst the runners and supporters.

The race starts at the cenotaph in Pudsey, takes a loop round from there, where the locals are out in force to provide support, and heads on up several hills. And when I say hills I mean the sort that would be better tackled with the aid of a rope ladder. Very, very steep. Most of the participants succumb to a walk on these hills. The course is quite scenic and is mainly off road. I would certainly recommend trail shoes for the route, despite the road sections, as the course can be pretty muddy on the trail

sections and a bit of grip is required for a bit of confidence on the steep down-hills.

This years t-shirt was a "Golden t-shirt" with a Charlie and the Chocolate Factory theme, which provided great amusement to my friend Tammy in the pub later that day.

I managed a pb for the course by about a minute getting home in 1:08 and a bit which I was pretty chuffed with given my injury and lack of training.

After the race we headed off to the Fleece, Fartown for a very pleasant pint of ale (two actually) where some free bread and dripping was also provided and which I took full advantage of, of course. It is the food of champions after all.



Kevin, Jill, Patrick and Stuart - in the pub!!

Jill Stocks

Leeds Xpress Triathlon - 9th August 2009

The Leeds Xpress Triathlon was my first tentative foray into the world of multi sport. Having enjoyed competing in the more conventional single discipline of plain old running for the last few years I rather fancied a change and this little race was exactly what I was looking for!

Held at Leeds Grammar School the Tri was brilliantly staged with lots of help from the staff and some very eager students. The swim leg of 400m or 16 lengths of a 25m pool was held in the school's own pool, in waves of twenty or so competitors, which meant it wasn't too crowded. I managed a respectable 10min 48sec which I was very pleased with.

The Bike leg was 14 miles on an out and back course along the A61, it took me just under an hour to ride which I was very happy with, however it was hard going as the leg was a lot more hilly than I had first imagined, in fact the only other time I had been up this way was on the number 36 heading to Harrogate for a 'fat rascal' at Betty's (it pays to recci these things you know).

The final leg of the day was a 5k run around the grounds of the school which was done without too much fuss in a time of 27 and a bit minutes. The good thing about the run was I was able to overtake most of the people who had overtaken me on the bike section which was very pleasing! All in all I completed the race in 1hr 41mins and it was still only 9.30 in the morning!

Yep you read that correctly, there are only two real downsides to triathlons that I can see - firstly that the start times are ridiculously early in the morning. I was in the pool at 7.50am, having registered and collected my numbers before 7am! And secondly is that its quite equipment heavy and judging by some of the bikes speeding past me on the A61 seriously expensive!

If you want to get a taste of the tri life and stay close to Leeds you couldn't do much better than to enter this race, get yourself entered for next year and oh...have an early night!!

Matt Hooban

Upcoming Races for your diaries...

- * September 13th – Fleetwood Marathon and Half Marathon, Wetherby 10k, Selby Striders Wistow 10, Yorkshireman off-road marathon and half marathon, Para's 10 at Catterick Garrison
 - * September 27th – Horsforth 10k (Club Championship event)
 - * October 4th – Harewood 10 mile
 - * October 11th – Woodland Challenge (Club Championship event)
 - * October 18th – Bridlington Half Marathon
 - * November 1st – Guy Fawkes 10 mile, Hell Up North, Cheshire
 - * November 29th – Thirsk 10 Mile (Club Championship event)
- Enter online or for more details at ukresults.net or runnersworld.co.uk.

RACE REPORT

Race the Train - 15th August 2009

Well its been a year already since I first ran this crazy cross country race in Wales, last year I was in the middle of my training for the Robin Hood marathon and was I think about the fittest I ever been in my life and I did it 2hrs 15mins.... This year I was not at my best/fittest and had had a fairly decent summer of festival fun, proper holidays and boozy weekends! This year the race was really HARD.

Race the train is annual summer event in Wales where lots of 'enthusiastic' cross country/fell runners run up and down a beautiful valley over approximately 14miles trying desperately to beat a steam engine doing the same thing! Last year saw record numbers beat the race train about 200 in all! (I wasn't one of them) This year there was a bigger field of runners and the weather was a little kinder i.e. no rain, so I suspect that that record may have been broken yet again (I however was still not one of them).



Matt and cousins

It's a tough but rewarding race this, the best part by far is that the spectators get to do the race with you, all be it in the comfort of a train carriage. So as you plod along the valley floor you can hear the train and spectators coming long before you see them which gives an incentive to run that little bit quicker. There are plenty of water stations along the route manned with friendly farmers and locals which also has, as a young volunteer shouted to me 'ICE AND TONICS' I think she meant isotonic drinks but I have say I prefer the thought of getting a nice G&T at the turnaround than a swig of orange juice any day.

The goodie bag is excellent, with it you get a medal and a quality t-shirt which is pretty rare these days I think considering some of the races I've done this year where I got nothing at the end, that is a marker of the value this race offers you!



View from the train - the tiny little dots in the field are runners, yes!

This year I ran with a couple of cousins from Leicester, John and Andrea. Neither had entered a road race before let alone a 'bonkers' cross country one! John ran a superb 2hrs and 2mins, Andrea came home in just under 2hrs 50 and had already decided she was coming back next year before she'd even crossed the finish line to do it again. And as I mentioned before, my preparation wasn't possibly the best it could have been I still managed to get round in just under 2hrs 20min which I think was not to shabby all things considered!

So who's up for next year's race then? There is camping nearby, they even have an evening dance after the races and it can all be done in a weekend without having to take any time off work. I'll just leave that thought with you for a while...

Matt Hooban

BOOK REVIEW

Running on Empty - by Andy Blackford

Andy Blackford writes a regular column in Runners World and this is a compilation of many of those columns.

It is well set out into various categories, such as running around the world, injury and the changing face of running as he sees it. At times the humour is absolutely surreal but after a quick read back you can soon catch up and the book is actually very funny in parts. It really captures the feelings that many of us have about many aspects of running as well as including quite a big section about his adventures abroad, and several very interesting articles on his many ultras all over the world.

All in all a very funny and entertaining book which we will all be able to relate to.

I bought my copy at Up and Running in town for £8.00 but I also found it available on Play.com for £5.99 with free delivery. Well worth a look!

Jill Stocks

Many thanks to Jill for our first Book Review for the newsletter. If you would like to review anything from a race, book, website, running gear or anything else running-related for the newsletter it would be greatly appreciated. Please send all articles or suggestions to Eleanor at eleanor5446@hotmail.com. Thanks!

Member Profile - Tony Downham



Name: Tony Downham

Age: 44

Occupation: Local Government Officer

Tony is from Barnet which is the top of the black line on the London Underground map. After having the option of being unemployed in Hull (where he'd been to college), London or Leeds (where Gwyn, his wife was from) he chose to move to Leeds in June 1988 and has lived in / around Leeds ever since.

When did you start running, and why?

1998. Until my late 20s I played Rugby (like my running with more enthusiasm and enjoyment of the mud than any exceptional ability), but suffered a shoulder and neck injury that persuaded my boss it was time for me to retire. I tried the gym and swimming but didn't really enjoy them. In early 1998 I somehow (amazing what you'll agree to after a few pints!) agreed to enter the Great North Run with some colleagues from work who ran regularly on a lunchtime. My first race was the Horsforth 10k in 1998 the week before the GNR – I got round both but with no real distinction.

Between 1998 and 2002 I ran regularly with work colleagues plus a bit on my own and had a number of regular races: Leeds Half,

Abbey Dash, Horsforth 10k, Harewood 10m, the Meanwood Valley Trail and a crazy 10k with two monster hills called the Kirkstall Abbey... In November 2002 I fell off a ladder and broke and dislocated a number of toes and metatarsals so ended up not running for about 15 months.

How did you end up joining Kirkstall Harriers?

By the time I got back running in 2004, for various reasons (heart surgery, gym addiction, cake addiction) the people at work had given up running. I did a bit on my own but, even though I'm often in no state to talk, I find I enjoy running with others. I remember running up a very hot, bleak road in the South of France in August 2004 seeing group of highly organised Dutch running the other way. At that point the idea of joining a running club came and stayed in my mind.

I had planned to try a number of Leeds running clubs but enjoyed my first run with Kirkstall Harriers (Monday 23 August 2004, Canal & Meanwood Ridge) and more importantly the people so much that I abandoned my consumer research and joined the Harriers.

What are your greatest running achievements?

Getting round the Rombould's Stride; keeping going at this years [2009] London Marathon even when I realised that my aim of getting sub-4:00 had gone; having my 10m pb at Otley and Half Marathon at Leeds.

What are your motivations for running?

After this spring I suspect a number of colleagues would say it was so I could get muddy!

Company of my friends at KH; pleasure in the act of running and sometimes the meditative state that comes along; seeing beautiful places when training / racing off road or in the country; knowing that (even if I don't look it) I'm in pretty good physical health and taking part in team races, relays, etc.

What are your favourite running related memories?

First training run with the club; running in the Dordogne at 6:00 am under perfect blue sky and through fields of sunflowers; first Saturday training run in 2009 – very cold but very bright 13m along a deeply frozen canal with colleagues still full of Christmas cheer and New Year resolution

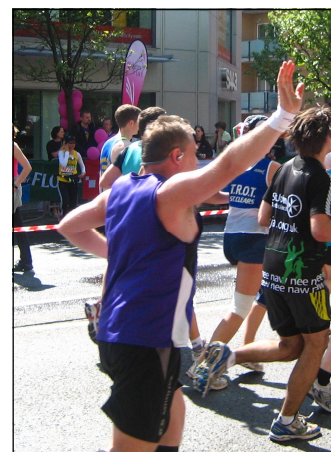
What are your worst running related memories?

Being the person to crack and fill the long pause after words "We need a new treasurer" at the 2007 AGM.

Running a very hot Blackpool marathon (delayed by over an hour at the start) with no water between 8 and 16 miles must be one of the worst actual running memories. Running along the seafront in Devon as storm waves started smashing over (2 miles to go forward, 2 miles to go back).

Any words of wisdom for your fellow harriers?

You only get better by pushing yourself. Listen to the advice of those runners who've "been there and got the t-shirt". "Trust me, I'm a runner!"



Photos: Top - Tony at Leeds Half Marathon 2008 and above - a casual wave at 22 miles at this year's London Marathon.

New Members

The latest recruits to the club are **Liam Mealey** from Armley and **Helen Fearn**s from Roundhay. Liam has already made an impact with coming 1st at the Members Meander, becoming involved in the Leeds Country Way and running a lot of fell races! Helen was introduced by our old friend Matt Marsh, and she seems to be enjoying our runs and is currently training up for the Great North Run, her first half marathon.

We now have 83 paid up members but we still have some members from last year who have not paid. Peter has a list of the paid up members for this year - if your name is not on this list then please pass your payment onto a committee member, or send your cheque to Tony Downham as soon as possible at 17 Stainburn Avenue Leeds LS17 6PQ – Male subs £18, Female Subs £16 – cheques made payable to Kirkstall Harriers.



PBs and other worthy mentions

Several members have gained new 5k Pbs recently at the Hyde Park Saturday morning parkrun events. Congratulations to **Diane Shaw** who has been improving steadily over this distance and has just set a new PB of 25.40, **Kevin Longmate** and **Sam Ostermeyer** who have also both set several new PBs over the distance and managed to both recently dip under 20 mins with 19.44 and 19.57 respectively, and finally **Sheila King** who set a new PB of 22.50.

As always if you have set a new PB or done something worthy of a mention, please let a committee member know.

PECO Cross Countries

It's that time of year again - the nights are drawing in, the temperature dropping and the ground getting wetter – yes its Cross Country time again! A meeting has been planned by the Peco Cross Country Committee for Monday 21st Sept at 7.30pm at the Adel Sports and Social Club. For newer members these are a very friendly series of 5 races around Leeds, usually one a month starting November, over a distance of about 4 to 5 miles. It is a club and individual competition designed to suit members of all abilities. It is hoped that the dates and venues will be fixed at the above meeting in time to let you all know the details in the October newsletter – watch this space!!

Peter Hey is currently our club contact, but if anyone is interested in getting involved you are more than welcome to come to the meeting, or even becoming the club contact, just let a committee member know.

Upcoming Social Events

- * Wednesday 16th September – Chairmans Chase followed by buffet in the LPSA and labelling of beer for the KVTR.
- * Sunday 20th September – Post KVTR drinkies in the LPSA
- * Thursday 24th September – Hash run with Maurice from the Grove Inn, Leeds
- * Thursday 17th December – Christmas Do at the West End House

For more info on any events or to suggest a social event please contact Jill at stoxy78@hotmail.com.



September Birthdays

Happy Birthday to the following members this month:

- * **Ross Ambler** * **Steve Jones** * **Sean McEvoy** * **Paul Miller** * **Johnathon Reid** * **Mark Vickers**
 * **Joseph Ward** * **Chris Young** * **Jennifer Aitchison** * **Eleanor Franks** * **Jessica Wong**

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.

