

# Kirkstall Harriers Newsletter

No. 110 Jan 2013



## News in brief...

### \* Happy New Year!

From all on the committee we wish you all the best for 2013 and a year full of fruitful running. 2012 was another great year for the club. Plenty of races, team events, pb's, members and much team spirit and enthusiasm from you all. For those of you who are recovering from injury, or having a pregnant pause, we hope to see you back as soon as possible.

### \* 5k Time Trial - 5th Dec

We had 22 runners on the last run – a bit down from the 1st two but it was a cold night – and in the run up to Christmas. 1st over the line was Ewan Malone, on of our new members in a run time of 23.38. 2nd was Rose George with a time of 26.16, and third was Patrick Nedsen in 28.06. The fastest runner on the night was Richard Joyce in 18.18 just beating Scott Anderson who did 18.23. Altogether now we have had 55 runners taking part this year. The next run will be Monday 14th Jan, possibly followed by a quick quiz over the road at the LPSA club.

### \* Christmas Lights Run 11th Dec

This was another successful event, despite it being a Tuesday – (Horsforths training night). We had almost 80 runners in the main group with another 15 of the slightly slower variety out in front as a scouting party. The catering was enjoyed by everyone and seemed to go down well. How about an Easter bunny run?

### \* Christmas Meal 13th Dec

Thanks to Jill's organisation we had over 30 people getting fed up on the seasonal fare with a few others joining in for a drink. Another excellent meal and night enjoyed by all. Despite making several teams we are not aware of any success on the quiz which followed.

### \* Christmas Fuddle 19th Dec

A small turn out for the short training run beforehand due to the bad weather. Most runners ensured it was a short run. This was followed by a huge turnout of members and some fine food afterwards in the LPSA lounge. The lounge was full to capacity, and hopefully so too were most of the members afterwards.

### \* Virgin London Marathon

Congratulations to Andy Cooper, Gary Carlisle and Matt Woodhouse who were awarded the club's 3 places in the 2013 Virgin London Marathon.

### \* PECO XC Handicap Muddy Fools Race - Sun 6th Jan

This race is now at Golden Acre Park and to be eligible you need to have done at least one of the first two Peco cross countries. Race entry is £4.00 and starts at 11.00am. The theory is you all start off at different times and all cross the finish line together. Similar to our time trials?!

#### Inside this issue:

News in Brief	1
Peco Cross Country	2 - 3
Club Championship	2
Race Report - Pain Barrier	3
PBs and other worthy mentions	3
MEMBER PROFILE: Jason Buckley	4
New Members & Subscriptions	4
Race Report - West Yorkshire XCs	5
Race Report - Chevin Chase	5
Race Report - Leeds University XC	6



*Christmas Lights Run with Horsforth Harriers - taking a quick break for a photo outside Leeds Museum, Millennium Square*

## Sportsman & Sportswoman of the Year 2012

There is still time to nominate your sportsman and woman for 2012, as the closing date is 31st January. A good selection of frequently asked questions and answers are available on the website along with the nomination forms. The nomination forms are also available at training nights.

## Club Championship 2013

The full list of races (16 this year!) is now available on our website. The first one of the year is the ever-popular hilly and interesting Liversedge Half Marathon on Sunday 10th February starting at 11am. At time of writing there are still entries available but the race does always fill up a few weeks before the event so don't delay in entering.

See [www.roberttownroadrunners.co.uk](http://www.roberttownroadrunners.co.uk) for entries.

## PECO Cross Country

After race 2 at Middleton Woods the men's and ladies teams are still above the relegation zone and doing extremely well considering the talent and numbers of the opposition. We had 20 men and 15 ladies at the first race and 18 men and 16 ladies at the second. Come on men the ladies are catching us up. Altogether we have had 46 different runners so far. If we could get everyone out on the same race it would be interesting to see where we could finish. Please see race report by Adam below.

These races are designed to encourage club runners of all ages and abilities to take part, and create a good team spirit. The distance is usually 4 – 5 miles and on Sunday mornings, with most venues being in and around Leeds. Even if you do not enjoy cross countries, all we ask is for as many members as possible to turn out and finish as best as they can. Due to the scoring system, every one counts. Anyone who is interested in running these for the first time are best advised to invest in some off road/trail shoes.

Dates of the remaining races are:

**Jan 13th** - Bramley Fall Woods, organised by ourselves / Horsforth Harriers - We will be needing marshals and volunteers to set the course before running. See page 3 for full details.

**Feb 17th** - Barnbow Fields (John Smeaton), organised by STAC / Kippax

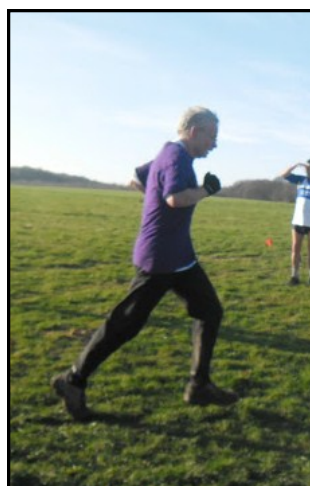
**Mar 3rd** - Boddington Fields, organised by Hyde Park Harriers / Chapel Allerton

## RACE REPORT

Lovely sunny weather, a bit boggy and hilly, but really good conditions and hot food afterwards at the Parnaby Tavern. Star 2nd claimer Peter Branney finished 2nd in the men's race, with Phil 24th, Matt 56th, John-Paul 65th in his first peco, myself 81st, Jason 90th, Liam 92nd and Chris Glover 94th, making up the top 8. A hung-over (but impeccably dressed) Gary finished 101st, with Graham, Justin, John Hutchinson, Sean, Andrew, Mark, Peter, Kieran and Patrick all pushing down runners from other clubs.

For the ladies, Shamiso finished 19th, Ashleigh 24th (in a shiny new pair of trail shoes), Katie (1st peco) 27th, Marion 50th and Harriet 73rd. Rose (1st peco), Alyson, Helen, Collette, Carol, Karen (1st peco), Rhona, Bal, Hilary (1st Peco) & Laura completed a fantastic ladies turnout of 16 - meaning more than 10% of the total women in the race were in Kirkstall colours. Some very good debuts and some solid age category performances.

Adam Moger



*Photos: The purple army at the start and Patrick ploughing his way to the finish. For lots more photos from this and other events please do visit our website.*



## Helpers Required for our PECO race! Sun 13th January 2012

We are compiling a list of marshals for the senior race and could do with a few more volunteers please.

We will be doing a recci of the route about **10.15am on Saturday morning 12<sup>th</sup> Jan**. This hopefully will let you do the parkrun first, and if all is okay, we will only be doing one lap of about 1.75 miles - at a steady pace!!!

On the Sunday of the race itself can we meet outside the Acorn Pub at the top of Leeds and Bradford Road at about 8.30. We will need two teams doing the registration, one for the men and the other for the ladies. We need to mark the course out in time for the juniors to start their races at 10.00am, and would like some of our runners to help marshal the junior races. This means the marshals of the senior race will not be standing about too long when the senior race starts at 11.00. Hopefully we will have enough volunteers to ensure both the men and ladies team score the optimum points and everyone who wants to run can run. Those who do marshal will be deemed to have run the race. This means if you have run the other 4 races you will be eligible for the same prize as everyone else who completes all 5 races. We also need 2 people to hand out the tallies at the end of all the 3 races. After tidying up the course we can all then retire to the Acorn pub for some welcome food.

## RACE REPORT

### Pain Barrier - 1st December

Based at a 4x4 track near Tong, this promised to be a slightly nearer (& cheaper) version of the many "extreme" races now available. A number of Harriers took part: myself, Paul Miller, Peter Hey, & Chris & Alyson Glover. It lived up to the "extreme" billing with smoke bombs as we ran down into the woods, acres of mud, gradient, ice & freezing water, all on a bitterly cold December morning.

Where it fell down was on course mapping/lack of marshalls: better than the Bradford City 10k the next day where marshalls failed to stop all the traffic & sent runners the wrong way, meaning a 10k was 8k long, but still too many opportunities to go wrong. The front 6 took an inadvertent short-cut for a 10-minute lead; my group got lost after 8k & did part of the course again; Paul Miller's group missed out the biggest obstacle, a giant frozen pond (see photo, right), before joining up with the front 6. So a total mess, which the organisers later acknowledged, & a good job I wasn't wearing my club vest at the finish when I gave them a piece of my mind.

One set of very short, very steep hill reps in the middle left chairman Peter wondering if he'd ever get up them after 5 attempts, even in trail shoes, and the organisers' claim that "an old pair of trainers will do" will have left several stranded. Nonetheless, if they can sort the course out for next year, a race I'd consider doing again.

Adam Moger



### PBs and other worthy mentions

A bit of a quiet month with PBs that we have been made away of. Too much festive partying perhaps?!

Congratulations to **Adam Moger** for chipping away at his parkrun 5k pb with 19.37 and **Gary Carlisle** who has now got his down to 21.17, also at Leeds parkrun.

**Martin Rocks** got a 10k PB of 40.10 at a slightly long Bolsover 10k, we understand he is about to have another crack at that elusive sub-40 again very shortly. Good luck!

As always, please do let us know if you have run a PB across any distance, or taken part in an event you think other members would like to hear about, even if you don't have the time to write up a race report. Thanks!

## Member Profile - Jason Buckley

**Name:** Jason Buckley

**Age:** 31

**Occupation:** Warehouse manager at my sisters company. We supply parts for performance cars.

**Originally from:** Kirkstall, Leeds

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

I ran at school then came back to it in February 2012. I was talked into doing the Leeds Half Marathon.



**What are your motivations for running?**

I don't really think about it too much. I just run because I can and because I enjoy it.

**What are your greatest running achievements?**

1:32 at Bridlington Half. I have beaten my pb's at nearly every race I have ran since I started in February. I hope there will be many more to come. I have entered my first marathon next year at Edinburgh and hope to get a decent time there with Shamiso and her brilliantly planned training schedule.

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

I haven't got many yet but I enjoy the social side of running too and have enjoyed the races I have done in 2012.



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

I turned my knee about half a mile into Guy Fawkes 10 in November and basically hobbled and walked the rest of the race.

**Do you have any words of wisdom for your fellow harriers?**

Don't stress too much about running. Just get out there and run.

**Can you share an interesting fact about yourself?**

I also love playing and watching snooker. And I can quote almost every line from series 1-9 of Red Dwarf.

*Photos: Above - Jason with fiancé (congratulations you two!) and club secretary Jill after Leeds Half Marathon 2012*

*Left - at the West Yorkshire XC 2012*

## New Members & Subscriptions

After the surge of members in November we only have 2 join in December. Firstly **Will Thwaite** who is a local lad from LS5, and **Steve Webb** who lives in Beeston. Welcome to the club and hope to see you competing in some races soon with your purple vests. The subscription fee is £20 per person unless you are a member of the LPSA in which case it is £15. Alternatively if you cannot get down personally to pay your subs please send your cheques to Tony Downham at 17 Stainburn Avenue Leeds LS17 6PQ – cheques made payable to Kirkstall Harriers. **We have also have a paypal account** for those who wish to use it, which is proving very popular. Please note there is an additional charge of £1 to cover admin charges.



## West Yorkshire Cross Country Series 2012

The four races in the West Yorkshire Cross Country Series 2012 were at Wetherby (unfeasibly warm for cross country weather), the second at Nunroyd Park, Guiseley (very very muddy), Huddersfield (also v muddy and including a ridiculously steep mudslide) and Wakefield (hilly with the steep downhill eventually also becoming a mudslide).

I hoped to improve on last years race positions (over three of the four in the series) of third last, second last and last. But looking at the field at the first race I wasn't sure this would happen. The West Yorkshires attract the very best runners in the county and the back of the field can be a bit lonely sometimes. The courses are laps across traditional cross country terrain. Ladies run about 5k and men about 10k. And yes we have questioned why the women only run half the distance, and then changed our minds when we got there and realised we a) had half the distance to run and b) they had to run the same lap 4 and a bit times. A little psychological battle over monotony?



Our Ladies Team at Wakefield

However I really enjoyed the series, despite my moaning before the start. Myself, Shamiso and Marion were present in all four of the races and we finally got a full ladies team at the last one when Alyson joined us. Paul Miller, Phil, Kieran and Jason were present for most of the races for the men, joined at various points by Richard Joyce, Adam and Chris Glover; again we managed a full team for the last race. And thanks to Phil as the only race he missed was race 3 at Huddersfield when he was on marshalling duties. I'd encourage anyone to take part in these next year. They are good old fashioned cross countries and the support was



Phil at Nunroyd Park

brilliant, even, and in some cases, especially, for us slower runners. Very encouraging. For me it was a pleasure to watch the chaps race once us ladies had finished racing; the quality of the field was exceptional and a joy to watch some of the best runners the county, and indeed the country has to offer.

Jill Stocks

## Chevin Chase - Boxing Day 2012

Lots of gradient, some tricky paths both up & down and very wet on the Chevin, but a fun 7 miles on Boxing Day to burn off Christmas Day excess. Plenty of fancy dress, though not from ITU World Champion & Olympic bronze medal winner Jonny Brownlee, who comfortably won in 39.03, meaning a Brownlee has won the race for 7 out of the last 8 years. Lots of Kirkstall representation with myself, Chris, Jason, Graham, Kieron, Alyson, Karen, Jill and Hilary all running. Some excellent support on the way round (were they out for us or for Jonny?) and a useful long-sleeved t-shirt for finishers.

Adam Moger



Photos: Top - Adam (clearly enjoying himself?!), Flat Eric in his latest Kirkstall gear

Above - Race winner Jonny Brownlee, Chris Glover, Jill and Kieran. Thanks to Andrew Hardaker, Andrew Thrippleton, Jill and Anna for the photos

## Leeds University Cross Country - 1st Dec 2012

Now us ladies have been here before. And we were last. Very last. So obviously we thought we'd do it again. And we even managed to get a team of men involved.

The relay consists of two mile laps, with teams of three women and four men. The girls team consisted of myself, Shamiso and Marion (the three of us simply can't keep away from a good old cross country can we??), and the men Matt Woodhouse, Jason, Liam and Colin. In the past the event was only aimed at University cross country teams from across the country but organiser Greg Hull decided to encourage other local clubs to put a team in. So there were a few of us in the shape of ourselves, Wharfedale and Hyde Park who put teams in. Hopefully more can be encouraged in future years as this is a very well organised and good fun event - great support and an old fashioned muddy and undulating course. It was however absolutely freezing. And the sight of the tiny 18 year olds in shorts and bra tops did not help our confidence before the start!

The ladies did indeed come last despite a great effort from all of us, and the now familiar sight of me setting off on the first leg and cutting a lonely figure in purple running far behind the rest of the field, but we did our best and gave a good account for ourselves against the young university ladies, especially as I was probably old enough to be most of their mothers. The men did a great job and finished 39 out of 46 teams. We were up against cross country short distance specialists and we did really well; the quickest male runner over the two mile lap was 10:27 so that puts it into perspective!

Jill Stocks

Photo: Jason Buckley looking strong



## Volunteers Required

A couple of events our colleagues in the rest of Yorkshire are organising. If you are able to help please get in touch with Jill at [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com) (Jill will be helping at both)

*Once again, the inter-university Steel Cup match will take place at the EIS on Wednesday, 13th February 2013. Those Track & Field officials among you who are retired, on shifts or can otherwise get a day off work (or school?) are invited to join us in officiating at this event. Endurance officials who would like to give T&F a go are also welcome. The match is always closely contested in a good spirit and is most enjoyable for both competitors and officials.*

*If you are able to make yourself available, please let me know as soon as possible so that the organisers can be assured of a properly conducted competition. Discussions are taking place with Northern Athletics to have photo-finish available for the first time at this event. Refreshments will be provided. Best regards, Terry Bailey.*

And from Greg Hull on behalf of Leeds University Union Cross Country:

*Cross country BUCS – BUCS is the national university championship race which attracts over 1000 students. This is the one that the long hard training over the winter is geared towards. This year we have the privilege of hosting BUCS here in Leeds! The event will be held at Boddington Fields on Saturday February 2nd 2013 and marshalls are required for the course. Please get in touch if you can help.*



## January Birthdays

Happy Birthday to the following members who are celebrating birthdays in January:

\* Ian Brown \* Andy Cooper \* Clare Doherty \* Chris Glover \* Liz Henstock \* Andy Hogden \* Liam Mealey \*  
\* Martin Savage \* Nacressa Swan \* Matt Woodhouse \*

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)

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