

# Kirkstall Harriers Newsletter

No. 111 Feb 2013



## News in brief

### \* AGM Wednesday 27th Feb 8.30pm

The Annual General Meeting will take place in the LPSA Club after a short run. We want to start prompt at 8.30pm and after the meeting there will be a buffet to tempt everyone to come and stay. All being well it should not take too long. This year we have some changes to the committee. Tony Downham is standing down from the role of Treasurer due to personal reasons, and Peter Hey is standing down as Chairman in order to allow the next generation of club members to lead the club forward.

Paul Miller is offering to be proposed to the role as Treasurer and Chris Glover to the role of Chairman. There are also some vacancies for committee members. If anyone is interested in standing for election in any of the positions, please can you put your name forward before the meeting.

The meeting is your opportunity to put forward any ideas or changes you would like to see implemented. The club is for the benefit of you and all the members.

### \* SUBSCRIPTIONS

Unfortunately UK Athletics are putting the subscription rate up from £5 to £10 so this will affect our annual club subscription rates for 2013/14. More information regarding this increase will be available at the AGM.

### \* PECO newsflash

Mark Hetherington (PECO XC League Co-ordinator) is thinking of organising a cross country relay event on Sunday 10<sup>th</sup> March, probably at Temple Newsam. It would involve teams of 3, with each team member running a 3.5 mile (approx.) lap of a modified and shortened version of the excellent Kippax PECO XC course from last year.

Clubs could enter as many teams as they want, but the race would incorporate a 'club championship', which would be decided on the finishing position of each club's 'Championship Team' which would have to include at least one lady, and at least one Vet 45+. The event would start at 11.00am (with a Junior Relay beforehand) and would be followed by the PECO XC League Presentations at a nearby venue (TBC). I would be grateful for any feedback on this proposal! (We'll keep you posted on developments—ED)

### Inside this issue:

News in Brief	1
More News/ Auld Lang Syne race report	2
PECO Bramley Reports	3
Chester Round the Walls	4
Soreen Stanbury Splash	4
Leeds Race Series	4
Yorkshire X Country Championship	5
Burjor's profile	6
York VETs news	7
Jill X Country report	7
Auld Lang Syne, Hot Toddy & Muddy Fools reports by Jill S	8
Birthday/New Members Calderdale Relay news	9

### \* 5k Time Trail 14th Jan

We had 20 runners on the last run, but it was a very cold night. 1<sup>st</sup> over the line in his first time trial was Tom Keeber (has he been doing some secret training?) in a run time of 21.10. 2<sup>nd</sup> over the line in his fastest run time to date was Paul Miller with 19.05, which was also the fastest time on the night. Following in 3<sup>rd</sup> across the line was Jason Buckley in his fastest time to date, breaking the 20 mins with 19.37. We did have four new faces running, Gemma Rathbone and Vikki Daniel, two very new members, and Dominic Lindley. The fourth new runner was Alan Bryden who ran round in 19.14, and we are pleased to hear joined the club the next day. Altogether now we have had 61 runners taking part this year. The next run should be on Wed 13<sup>th</sup> Feb.

*Club mascot Eric with his new best mate Olympian Jonathon Brownlee, as you can see Eric is rather pleased to meet his idol, read Adam's report on page 5.*



## More News in Brief...

### \* Club Presentation Night Friday 15th March

There will be a club presentation night at the Harrier's favorite curry house Sheesh Mahal on Kirkstall Road. Among the awards to be presented will be the 2012 Sportsman/Woman of the Year. There will be other awards and prizes given out on the night, more news to follow in next months newsletter and at notices on the training nights. We have booked the upstairs room for our exclusive use and organized a buffet at a discounted price of £12 a head. The room seats forty. So as usual it will be organized on a first come first served basis.

Please let Peter or Jill know if you would like to come. (*This will be a great night I reckon— hope to see you there! - Ed*)

### \* Running aboard?

A message from Andrew Gardner (St Theresa's AC): STAC is organising a trip to the Amsterdam Marathon on 20 October, by coach and ferry from Leeds, leaving on Friday 18 October, returning on Tuesday 22 October. Members of other local clubs are welcome to join us, up to the coach being full. Anyone wishing to join us should contact **Wanda Macdonald** directly at [wanda.mac@hotmail.co.uk](mailto:wanda.mac@hotmail.co.uk)

### \* Club Cycling Gear

Are there 14 other Kirkstall Harriers who so enjoy their cycling that they would be interested in owning a Kirkstall Harriers Cycling top? I've identified that there is a firm called The Cycle Jersey - <http://www.thecyclejersey.com/> - who will for a minimum order of 15 (can be road s/s, road l/s or freeride - mtb I presume) make using proper sublimation method a jersey to our design (i.e. the vest design, logo and name front and back, logo on sleeve) for £32.00 a jersey. Please contact Tony Downham via our facebook pages if you are interested.

## Auld Lang Syne



*Don't be fooled by the fancy dress and smiling faces - course and weather were brutal (photo: Dave Woodhead)*

Most impressive was "Jesus", carrying a large cross, and running topless. Not sure about the relevance of the Easter theme but he made it onto The Daily Telegraph's "11 pictures of New Year" the next day. I just about managed to strip down to two layers, but 5 minutes later was back at the car putting my raincoat on, and never regretted it. Some of the ladies were, ahem, rather scantily clad in fancy dress; two blokes in fat suits struggled not to turn into kites; and the photos/video are well worth a look to see the extent of the dressing up.

The race was won by Jonny Brownlee, brother Alistair absent allegedly with a knee niggle. This was Jonny's first win in a Woodentops race having been competing in them since aged 10. Tom Addison (English U23 Fell running champion) was close behind in 2nd. First lady was under-18 Annabel Mason from Wakefield Harriers, less than 5 minutes behind Jonny and a phenomenal 11th place. Not only a GB International mountain runner but also 2012 European Junior Mountain Running Champion. Further back (much further back) were myself, Chris Glover, Graham, Liam, Steve Dalton (welcome return from injury), Alyson, Karen & Jill, making up a fine contingent of KH.

**Adam Moger** (*Also see Page 8 for Jill's perspective on the same race*)

Arguably the most famous of the fell races organised by "Woodentops" (Dave & Eileen Woodhead) on Penistone Moor, the far side of Haworth. Not easy to get a place, and attracting a dedicated crowd. Torrential rain, blown horizontally and like needles on bare skin, with the paths turned to rivers (and one actual river). Yet this didn't stop perhaps half the field wearing some of the best fancy dress outside of a fancy dress shop. (*That and the Otley run during fresher's week -ED*)



*Shrek (photo: David Brett)*



## RACE REPORT

## PECO Bramley Fall Woods



*Richard & Paul putting in hard efforts.  
Pic by Andrew Hardaker*



*Catherine, back in club colours! Pic  
by Andrew Hardaker*



*John, Martin & Sean all running well.  
Pic by Andrew Hardaker*

A great club effort to both host the race, and maintain our form in the competition. 27 Harriers running, many also helping with setting up, and another dozen marshalling, including friends & family. The race itself went well, a few bottlenecks early on as over 400 runners turned up for the senior race, but generally an excellent and challenging course: the first XC in ages that wasn't a quagmire. First home - in all senses as he stormed to an outright race win - was 2nd claimer Peter, with Emma 7th for the ladies, and the teams joint 6th (ladies) and 6th (men) out of 9, both in the Premiership and both looking increasingly likely to stay there next season. Great to see some former regulars returning to the fold - Richard & Diane Thomas, Tom Keeber, Kimberley, Martin Savage, and even Catherine, back for the weekend from London. **Adam Moger**



*Richard.  
Pic by Andrew Hardaker*



*Emma battling her way to 7th place for  
the ladies. Pic John Hallas*



*Emma and John-Paul slugging  
it out. Pic by Andrew  
Hardaker*



*Peter outright race winner for  
Kirkstall. Pic by John Hallas*

A huge thank you to all those who got up that bit earlier and came to set up the registration and course, either as marshals or marshals and running. By all accounts we had lots of positive feed back about the course, marshals and the post race food. The turn out for the senior race was a little down on previous races with only 18 men and 12 ladies running – but the quality was just as good. Both men and ladies are teams are currently avoiding the relegation area, but the scores are so close we need everybody out at the final two races to ensure we stay in the Premier League.

**Peter Hey**

The next race is Feb 17<sup>th</sup> from John Smeaton School on the Barwick Road, out near Cross Gates, running around Barnbow Fields. Those wanting a lift or directions should meet outside the LPSA at 9.50. The final race after that is Mar 3<sup>rd</sup> at Boddington Fields near Lawnswood organised by Hyde Park Harriers/Chapel Allerton.

*Want more PECO related stories? Turn to Page 8 for Jill's report on the Muddy Fools race.*

## Chester Round the Walls Race, Boxing Day 2012



*A great snap of Gemma before the race!*

Chester is a city steeped in history – founded as a Roman fort in 79AD it still proudly shows off all manner of ancient features, including Roman gardens and an amphitheatre. But one of the biggest attractions is the walls – a two-mile defensive structure that encircles the city centre. And it is those same walls that are the 'track' of the Round the Walls race.

Organised by West Cheshire Athletic Club, the race has been held each Boxing Day since 1972. Usually it is a five-mile race, but the great British weather sometimes scuppers even the best-laid plans and often the route has to be altered.

The 2012 event was one such occasion. Although the morning dawned bright and clear (and cold), the heavy rainfall of the previous few days meant that the Roodee racecourse was flooded, so instead of starting with a lap of the grass we had to get straight on to the footpaths. Around 400 runners took part, including several Father Christmases, superheroes and one blow-up Sumo wrestler, although he seemed a little deflated after the first few metres.

Anyone who has ever walked the walls (and I, despite growing up just a few miles from the city, have never done the whole circuit), will know that they're not made for running. Narrow, uneven and with several steps along the way, they make for an interesting racecourse. But the marshalling was superb so there were no problems – volunteers stood at each entry point to the walls to warn pedestrians that we were

coming and the occasional clutches of bemused shoppers cheering us on were very welcome. The best part was running under Eastgate clock – this gave us a bird's-eye view of the hectic shopping streets below and I know which activity I'd rather be doing!

Having confirmed that the city stood safe with all defences intact we came off the walls and back into the racecourse stands, with the Mayor handing out medals for our achievements and well-deserved mince pies and mulled wine for all to enjoy.

If it doesn't seem like too much effort to get out and about after a day that revolves around food and booze, the Chester Round the Walls race is an excellent choice for a festive race. Not so long that it eats into your whole day, and if you're a real sucker for punishment you can hit the Boxing Day sales afterwards!

## Soreen Stanbury Splash

Another Fell race in the Woodentops series, based out the other side of Haworth on Penistone Moor. After the late cancellation of the Brass Monkey - runnable in my opinion, after doing parkrun the day before and Stanbury today, but never going to be PB weather - the enter-on-the-day nature of most Fell races meant a late decision to run. 336 hardy souls braved the snow, ice, freezing mud and gradient for a brilliant run, in mostly clear conditions. One descent on unmade road proved treacherous, almost sheet ice, but in general the conditions weren't that bad once the runners in front had cleared a path through the snow, and the coffee/biscuits at the end (& Soreen loaf before the start) made it all worthwhile.

Adam Moger



*Photo Anne Akers*

## Leeds Athletics Network 2012 Race Series- quick update

The Provisional results are in for the 2012 Leeds Race Series and its been quite a happy hunting ground for the purple army!

Lots of success for Kirkstall. Congratulations to Chris Glover, winner in M50 category, Alyson Glover, winner in F45, Paul Glover, winner in his age category, & for P&B (but more importantly for us) and 2nd claim Kirkstall Harrier, Rachel Pilling. Was the overall ladies winner. Which is fantastic we here at Kirkstall Towers are super impressed with Rachel's and everyone's achievements throughout the year long series.

The 2013 race series has been announced and has some great events in the calendar again this year, First races will be the Guiseley Gallop on 31st March, Meanwood Valley Trail on 20th April and of course it goes without saying that the finest race of the series will be our very own Kirkstall Abbey 7 on the 22nd of September. Remember the series is free to enter, more details can be found at [http://www.leedsathletics.net/Leeds\\_Race\\_Series.htm](http://www.leedsathletics.net/Leeds_Race_Series.htm)



## Yorkshire Cross Country Championships



*Shamiso leading our ladies home*

5.8k for the ladies, 10.4k for the men, run over a surprisingly decent course at Lightwater Valley near Ripon. Unusually for a major race, this one has a "birth or residency" requirement to be able to compete, though it didn't seem to lower the standard: Jonny Brownlee was only 3rd after his wins the previous week at Auld Lang Syne and Chevin Chase.

Shamiso led home the KH ladies, with Marion, Alyson and Jill all running well, and late substitute Hilary doing a great job in completing her first major championship, at times somewhat lonely but a brave run. For the men, Phil was in superlative form, just outside the top 100 and a long way ahead of a resurgent Jason, who ran a brilliant tactical race in

clear. Matt, Chris and last-minute stand-in Colin made up the team, the first time in a long while we've fielded full teams. We may have been far down the table, but we beat all those clubs who failed to get enough runners out (including, remarkably, Leeds City ladies, who had the 1st & 4th placed runners but no more, despite having entered two teams' worth). Thanks also to Paul, whom I mistakenly thought was running and ended up as official photographer (but all worth it for the photo of club mascot Eric with Jonny see front page). **Adam Moger**

### Results, The Men:

Scott Anderson 179th in 52.06  
Phil Hewitt 191st in 52.31  
Paul Miller 282nd in 55.44  
Adam Moger 325th in 57.13  
Richard Joyce 371st in 58.49  
Jason Buckley 449th in 1.03:20  
Liam Mealey 487th in 1.04:52

Team wise the men came 34th out of 58 teams which is a great result!



*Come on Jill, you can take her down!*

### Results, The Ladies:

Shamiso Sisimayi 151st in 45.51  
Helen Glover 183rd in 50.36  
Avisha (aka Rose) 189th in 51.55  
Jill Stocks 209th in 59.02

And well done to second claimer Emma Willits who came an impressive 55th in 37.14. The ladies team came 27th overall (out of ahem 27 but then just think of all the teams that didn't field a full time including Leeds City Ladies as Adam pointed out)

**Paul Miller**

*"After completing the women's race, Shamiso was able to give tactical information to the mens team regarding the nature of the course before the start of their race. The advice was..... "the hills are hilly".... thanks Shami. During their race, the men observed that the mud was muddy and the grass was grassy!*

*In the mens race, Jason beat Adam for the first time ever. He was very pleased with himself!"* **Chris Glover**

Please see page 7 for Jill' stocks report.  
(Pictures courtesy of YCAA & Woodentops Google+ album)



*The Ladies Team all smiles before the off!*



*So many jokes... so little space! But I have gone with , 'They're Behind you Ad!'*



*I'm getting worried that all this attention might go to Eric's head, Hopefully Alyson can keep him in check!*



## Member Profile - Burjor Langdana



**Name:** Burjor Langdana

**Age:** 46 ( though after some runs I feel 85 )

**Occupation:** Dentist , a passive job that exercise the hip and finger muscles, gently.

**Originally from:** Sunny, green, quiet Bombay

**When did you start running and why:**  
4 years back when a group of us from Leeds Mountaineering club decided to run the Abbey Dash. That was followed by a post race session at the German Market. The atmosphere there resulted in summit fever and the decision to run Leeds Half. The buzz from the crowd during the races encouraged me to do more. Just ran for the fun of it, wasn't very competitive, till recently.

**How did you end up joining Kirkstall:**

I was training for Leeds Triathlon. Realising that I was not pushing myself. Just happy about bimbaling in my comfort zone. Knowing my running speed was slow I was a bit shy of joining a running club. Then Matt from the Mountaineering club, suggested this friendly running club called Kirkstall Harriers. He explained the staggered starts during training, and that it was for all levels. So there I was bright yellow top and all.

**What are your motivations for running:**

My job is so passive that I need a physical outlet. Running gives me that. Going for a long run on a cold crispy winter day with Patrick, taking in the

fantastic beauty of the countryside, knowing that when you go home you can eat what you want without guilt. Life then feels so good !

**What are your greatest running achievements:**

Completing my first marathon in the Falkland Islands. After 2 hail storms, torrential rain blowing upwards with the wind, with 2 of the pro runners bailing out midway. Seeing and crossing the finishing line and realising that I was still alive. The medal felt so good.

**Worst running related memory:**

Going for Mablethorpe Marathon with a dodgy tummy and insufficient long distance training. Being overtaken by a little old lady on a wheel chair cheering me on, I felt low.

**Best Running related memories:**

Winning the members meander, my first and though the last sports related trophy. I kept thinking the fast runners would overtake me anytime. Turned around to look before the finish line and they were still not there. Yipeee!!!

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

Whatever your running rate, when during a race you think you have reached your limit. When it feels that your lungs are going to pop out and run next to you, when you think your heart is going to jump into your eye balls. There is still a bit of reserve left behind, sometimes you find it and it feels great,



sometimes you don't, but then there is always next time.

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

My fastest sprints were running after a penguin that had nicked my dental notes; and away from an adult seal ( that I had mistaken as an infant seal, don't ask) who didn't like my dental examination skills. Humans are so much better.

*Photos: Above Left: enjoy the country.*

*Above: racing in Purple. Below: Racing at Bramley Fall Woods PECO event.*



## Yorkshire VETs 2013

### YORKSHIRE VETS – SUNDAY 3<sup>RD</sup> FEB – TRINITY AND ALL SAINTS UNIVERSITY 10.30am

The Yorkshire Vets series starts on Sunday 3<sup>rd</sup> Feb. This race is hosted by Horsforth and the word at the moment is that this is going to be held at Trinity and All Saints University on Brownberrie Lane Horsforth, and may include Hunger Hills as part of the course.

Entry fee is £4.00. **PLEASE NOTE THE EARLIER START TIME OF 10.30 TO ALLOW FOR THEIR AGM.** These races are for all club members 35 and over and are usually interesting courses of mixed terrain of about 6 miles. Very much like the Peco races, these are a team and individual competition. Every runners scores points for themselves and the club, with plenty of prizes at the end of each race. There are also prizes for the club and individuals at the end of the year provided you have done 7 races out of 10. Only 8 races are known so far – these being:

Sun Feb 3<sup>rd</sup> – Horsforth – 10.30am  
Tue May 28<sup>th</sup> – Bingley – 7.30pm  
Mid June tbc – Meanwood – tbc  
Wed Aug 7<sup>th</sup> – Knavesmire – 7.30pm

Sun Apr 28<sup>th</sup> – Honley – 11.00am  
Tue June 11<sup>th</sup> – Pudsey – 7.30pm  
Tue July 30<sup>th</sup> – Cross Gates – 7.30pm  
Sun Nov 10<sup>th</sup> – Spenborough – 11.02am

## RACE REPORT

### Northern Cross Country Championships



*Jill putting in a curry fuelled effort on the hills*

The massive amount of snow the previous evening had given us some confidence that if the race went ahead our chances of getting there were minimal. So we enjoyed a lamb balti in Sheesh Mahal and a few beers in the Cardigan. We were wrong of course and headed off to Knowsley Safari Park on newly cleared and snow free roads the next morning. After some confusion about where registration/number pick up was (this tends to be the case, they are not the most informative before, during or after the race) we got ready to run, though admittedly some of us were somewhat lacking in enthusiasm.

There were 217 in the ladies race and as usual a mix of speeds and abilities. From the speedy cross country specialists at the front to the steady, experienced (ahem), plodders who just enjoy cross country at the back. Like me. Two laps and just under 5 miles. The snow and thawing snow made conditions underfoot very difficult indeed. Possibly the hardest conditions I have ever run in. Very difficult to run on, very hard work and as I sit and write this the morning after I can feel pain in most of my body as a result! About two miles into the first lap I was ready to give up and stopped to have a little cry on the way up a hill. Then I had a word with myself and got on with it. But seriously considered pulling out after the first lap. Funnily enough the second lap seemed a bit more forgiving- perhaps knowing what was coming helped. I overtook my new friend Anne from Barnsley Harriers about half a mile from the end, and having also beaten her at the Yorkshire Cross Country earlier in the month I need to make it three out of three at the Nationals in February.

An experienced cross country runner Anne summed it up by saying that in 30 years of running cross country she couldn't remember a harder course.

I went to watch the mens race when I finished and did not envy them running over that terrain, now even more churned up after the previous race, but it produced some excellent performances nonetheless. The leader and eventual winner, Steve Vernon from Stockport Harriers, made it look easy as he glided across the mud that we had trudged through earlier. He finished a full minute ahead of one of his fellow Stockport Harrier in second, though they were pipped to the team prize in a close fought race by a stellar performance from Leeds City. Three laps for the men and seven miles. 583 runners. Some excellent running from our men despite the conditions. Though admittedly I had wished they had run twice as fast as I was becoming concerned that I might actually lose a toe or two standing watching in the freezing mud.

Team wise the mens team finished a very respectable 34 out of 58 teams; well done to Scott, Phil, Paul, Adam, Richard, Jason and Liam. The ladies were 27 out of 27 teams but we had a team! Well done to my team mates Shamiso, Helen G and Ayisha. Well done also to our second claimers Peter Branney (Leeds City) and Rachel Pilling (P and B).

To sum up I could have picked any one of a number of quotes and status updates which followed the race on facebook. But I think I'll go with my friend and excellent and experienced cross country runner Greg Hull (Leeds City) - "Now THAT was cross country....". **Jill Stocks**



## Auld Lang Syne - Race report 2

I've ran in this area several times before. But today the weather was not going to be kind to us. The icy rain was slightly off putting as I went to collect my number and did not improve. It wasn't much help that we got our bottle of beer for taking part before the race. So I could have seriously considered not bothering.

The race starts in the quarry where most if not all of Dave Woodhead's races start. And as we stood shivering waiting to get going I was pleased I'd decided to put an extra waterproof on. We could have probably done without the delay for the obligatory photos of people in fancy dress. Fancy dress is a tradition in this race and included sumo wrestlers among various cartoon characters and superheroes.

After shaking hands with Jonny Brownlee we set off out towards Top Withens. It was clear straight away that this was not going to be an easy race in the conditions. It is not the hilliest steepest climb up on this route but it felt like it today. This was of course after we had negotiated the raging torrent which I was saved from falling into face first by a fellow competitor. Then up a steep muddy bank. Safe in the knowledge that by the time we returned the same way towards the finish it would be ten times worse.

I didn't really get my head up often enough to take in what I know is some of the most beautiful scenery in the world, and certainly in Yorkshire. The terrain was extremely boggy and you had to be careful not to cause yourself some damage, though there were some paths which were a bit more forgiving.

I made it to the top looking forward to the downhill, which proved to be false hope as if anything the conditions underfoot made it difficult and for once in my life I longed for a nice little bit of tarmac. Though I knew this feeling wouldn't last that long. It was a bit lonely at the back, but eventually a group of us caught up with each other and supported each other to the end. And so to the mudslide. The ground was now so churned up on the steep hill back down to the water crossing that there was only one thing for it. So I got on my bum and slid down. At speed. Screaming. Having landed without any breakages at the bottom it was back through the water and of for the last mile or so to the end. I couldn't have been happier to see the cricket pitch come into site and was helped on the way by a cheer from the car window from Clare and Niall from P and B. Would I do it again? Absolutely. Would I do it again in those conditions? Er, no. Great race with a great atmosphere, but if I'm honest I was truly miserable for most of the route!! Highly recommended but lets hope for better weather next time I'm up there. **Jill Stocks**

## Hot Toddy Race December 30th

A pretty dismal day weather wise for this race. 5.5 miles in and around Todmorden , with a 1.5 mile uphill stretch, then downhill and flat. The course description was very accurate as that's exactly what it was. A steady and certainly, runnable hill with the reward of a very steep downhill afterwards. If it had been 10k rather than 5.5 miles I suspect it would be a PB course over that distance. Nice atmosphere at this race and I rather enjoyed the change of running on tarmac. There was a certain comfort to it. Nice atmosphere amongst the runners who were all chatting on the way round. Very scenic course too and for me a nice change from the Jolly Holly Jog which was (and usually is) on the same day. Great support at the finish, well organised by Todmorden Harriers, great facilities, excellent value. And I was grateful for the lovely hot toddy at the end. I'll be back to do this race again and highly recommend it. **Jill Stocks**

## Muddy Fools PECO Handicap Race, January 6th



A fairly decent turn out for this first handicap race, organised (superbly as usual) by Mark Hetherington, based on times from the first two PECO races and open to any who had ran either or both of those two races. Two laps around Golden Acre Park with the handicaps apparently favouring the slower runners. Tough little course but a good old fashioned PECO course; challenging but enjoyable. The usual sociable atmosphere and a great competitive finish as some of us slower runners took what might be our only chance to ever finish ahead of the faster guys! Great idea and let's hope there's more of these. Lovely way to spend a Sunday morning whilst getting a few miles in at the same time. **Jill Stocks**

*These fools don't look nearly dirty enough!*



## Calderdale Way Relay - Team News

As a club we often enter the Bradford Millennium Way Relay (June), and always the Leeds Country Way Relay (early Sept; usually 2 teams). It would be great to run this one too since this year it doesn't clash with the Leeds Half (which is the week before). But there's logistics involved - has to be recce'd before the day, run in pairs, start/finish in different places.

Bal has very kindly offered to act as minibus driver if we need her, so there's some options there, but first Paul and Adam need to know if we've enough runners. The "maybes" and "definites" so far:

Chris Glover  
Alyson  
Laura Davies  
Patrick  
John-Paul  
Jill Stocks  
Victoria Daniel  
Tom Keeber  
Kieron  
Paul Miller  
Adam



*The start of leg one of the 2012 Calderdale Way Relay. Picture from Halifax Harriers*

So at least one more needed, ideally 3 so we can have some reserves. No need to be a fast runner as being paired with a runner of a similar pace is the important thing. Leg distances & race details on link below.

<http://www.halifaxharriers.co.uk/club/club-races/calderdale-way-relay>

## Subscriptions and New Members

We welcome to the club 4 new members. Vikki Daniel from West Park, Alan Bryden from Holt Park and Gemma Rathbone from Armley. All these 3 were present at the January time trial and Alan did do a brilliant time of 19.14. Also joining the club is Jim Meta from Morley who knows Diane and Kevin as he is a member of that "crazy" club – 100 Marathon Club. Not too sure why yet, apart from him living in Morley but he does know Peter Britton too. 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 and there is an additional charge of £1 to cover admin charges.



## Birthdays

Happy Birthday to the following members who celebrate their birthdays in February:

\* Sophie Bull \* Stephen Dalton \* Gemma Rathbone \* Manghanita Kempadoo \* Sheila King \* Juliet Mabaweesi \* Ewan Malone \* Rhian Millar \* Kieran O'Brien \* Martin Rocks \* Abbie Rook \* Will Thwaite\*

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) or [kirkstallharriers@googlemail.com](mailto:kirkstallharriers@googlemail.com) if you would like to contribute to the newsletter. All articles, member profiles etc gratefully received.

