

# Kirkstall Harriers Newsletter

No. 113 April 2013



## News in brief...

### \* 5K Time Trial - 4th March

For the last time trial of the series there were 28 runners – on another very cold but dry night. Something went amiss with the planning as the main organiser had to take part, and realised what a hard route this is to “race” around. Not surprisingly, or was it planned, but I came 2nd to last, but at least managed to see all those who set off after me come running past. 1st over the line with a run time of 25.16 was **Helen Goldthorpe**, followed by **Chris Hunt** 24.55 and in 3rd **Jim Meta** 26.00. Bringing up the rear on this occasion was Karen Longfellow. Many thanks to Jill and Alyson for doing the all important start and finish timings. Altogether in the series, we had 74 runners taking part with only Patrick Nesden and Sean Cook doing all 6. There were 11 runners who did 4 or more races and based on their four lowest finishing positions, the winners were 1st Sean Cook, 2nd Paul Miller and 3rd Dave Wood. As quite a few members appeared to enjoy the series, we will probably do the same next winter. If anyone who wants to do a summer time trial, there is a 5k distance along the canal from under the Broad Lane road bridge to just before the car bridge at Rodley, just after the Barge pub. We can incorporate this into a 7 mile run with people wanting to time themselves, starting off at intervals and then all do a steady jog back along the river.

Peter Hey

### \* Message from Outgoing Chairman

Peter would like to thank everyone for the surprise presents and the kind thoughts in the card. The T shirt was much appreciated and will definitely be worn on one of the first light nights – for all to read and then pass by. Being a simple man of – sorry a man of simple means, I will take time to purchase something meaningful with the cash. It certainly will not be going to any other club membership fees.

### \* 100 Marathons Club

Congratulations to Jim Meta, one of our newer members. He has now joined the elite squad of 100 marathon club. Along with Kevin Blackwell he completed 2 marathons at Leigh over the week-end 16/17th March. His times were 4.45 and 4.55 respectively.

### \* Chairman's Chase - 11 April

This is an annual club handicap race of almost 10k which goes back to 1987. The route is our old 10k road race. Starting from the war memorial near the BHS stores, it runs over the river bridge and turns right up Leeds and Bradford Road pass the two pubs, Acorn and Rock. At the 2nd right after the Rock pub, you turn down Rock Lane and head for Rodley. (If you miss this turning, turn right at the traffic lights instead). Keeping on the main road through Rodley, run up to the roundabout and turn right down and up the Ring Road to the Horsforth roundabout. Turn right again down the A65 back towards the Abbey, turning right into the Rugby club and doing an anticlockwise lap of the rugby field to the finish. All we ask is that you wear club colours on the night.

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*Runners at the start of the KH hosted snowy parkrun - see page 3 for full report*

## Presentation Night

The Sheesh Mahal put on a great spread for us on 15 March for the presentation night. 36 harriers tucked in to various Indian starters and curries. There was plenty of food and it was good value for £12. Presentations of the following trophies were made:

### Club Championship

- 1st - Burjor Langdana
- 2nd - Liam Mealey
- 3rd - Chris Glover

### PECO XC League Individual Performance

- Mens 1st - Peter Branney
- Mens 2nd - Matt Woodhouse
- Womens 1st - Emma Willits
- Womens 2nd - Shamiso Sisimayi

### Winter Time Trial

- 1st - Sean Cook
- 2nd Paul Miller
- 3rd - Dave Wood



*Peter showing off his new 'Ex-Chairman' t-shirt*

### Sportsman/Sportswoman of 2012

- Sportsman - Paul Miller
- Sportswoman - Jill Stocks

Congratulations to all those who won a trophy and a big thank you all those who took part in races over the past year and represented the club in team events.

Jill then made a presentation of a card, collection and gift to Peter Hey as a thank you from the club and it's members for his many years of dedication to club, particularly in the last 6 years as Chairman. Peter's present included a club vest just to make sure that he continues his running career.

Then two birthday cakes were brought out for Jason and Patrick as a surprise. If only one of the waiters had not asked Jason who "who are the birthday cakes for" just before they came out!! To which Jason replied "Me I suppose". Poor Jill had tried so hard to keep it a secret. Thanks to Marion for making Patrick's cake.

Chris Glover

## Yorkshire Vets - 28th April, Honley, 11am

The 2nd race in the series is the lovely scenic route of Honley near Holmfirth. Anyone wanting a lift or directions are asked to meet outside the LPSA club for 9.15. These races are a mixture of off and on road terrain of about 6 miles and are intended to attract all club runners 35 or over. They are so popular you even have quite a few "youngsters" guesting. Every "vet" who finishes scores points for themselves and their team. There are prizes for individual winners of each race in age groups of 5 years, as well as spot prizes. At the end of the year there are also club and individuals awards provided you have done 7 races out of 10. Only 8 races are known so far, the remaining races being:

- Tue May 28th – Bingley – 7.30pm
- Tue June 11th – Pudsey – 7.30pm
- Mid June tbc – Meanwood – tbc
- Tue July 30th – Cross Gates – 7.30pm
- Wed Aug 7th – Knavesmire – 7.30pm
- Sun Nov 10th – Spenborough – 11.00am



## Kirkstall Harriers Host Leeds parkrun - 23rd March 2013

Almost spoiled by the huge snowfall, the KH parkrun nevertheless went ahead, and big thanks to those who volunteered (and also those who tried to dig cars out, or had previously offered help). Well done to Adam for the overall organization of the morning in his first time at Race Director, especially in coping with the need for last minute safety tweaks due to the weather. Although only 68 hardy runners ran, those who did gave some great feedback:

"Thanks for an amazing first race! Everyone made us feel very welcome and it was brilliant to see so much organisation with the weather like it was. See you next week!"

"Thanks it was great today the conditions made it very exciting love Snowrun !!"

"Three cheers for Kirkstall Harriers who made Leeds parkrun happen this morning. The great encouragement from the marshalls and slick organisation all contributed to the really good atmosphere today. Thanks and well done!"

"Thanks to all the volunteers for putting on the event this morning! Love running in the snow and thanks to them not only had a fantastic morning but ran my fastest time here since June! Well done guys!"



Photos taken by Chris Glover: (L-R) Alyson & club mascot Eric, youngest finisher Ted Scantlebury aged 7, and a selection of hardy volunteers...

## RACE REPORT

### Thirsk 10

Billed as a flat PB course, it might well have been in better conditions. A freezing cold Easterly blew away most attempts at PBs but at least the course was snow-free and survived cancellation, unlike Bradford, Harewood, Edale... I didn't help my cause by running a 19.16 first 5k - by the time the final 5k came around it was more like 22.16 pace & I was glad to see the finish. 2nd claim Anna, running in HPH colours, showed how it was done with a 4-minute PB of 1.26.23. A t-shirt at the end, and less than an hour from Leeds - Thirsk 10m is definitely worth a visit, up there with Pocklington Snake Lane and Wistow 10 for PB potential.

Adam Moger



Photos: (L-R), Adam, Anna (2nd claim Kirkstall, in Hyde Park Harriers colours)  
Photo credit: Andrew Thrippleton

## PECO Cross Country - final race

Well done to all the runners who turned out for what was a tough course at Boddington Fields. Both the male and female teams did sufficient to remain in the Premier League for next season. This assumes the same league structure will apply with 19 clubs now participating. As there were some very close scores at all races, it looks promising for next season. In total we had 32 men and 23 ladies running at all the 5 races. Matt Woodhouse, Adam Moger, Chris Glover, Graham Pilling, John Hutchinson and Patrick Nesden for the men, and Ashleigh Ewen, Alyson Glover and Bal Sandhu for the ladies did all 5. For their efforts they should receive prizes from the Peco league later in the year. So too would have Carol Moran if she had not come to the rescue of our race, by bringing the tallies to the end just in time. For the first time, we have presented club trophies to our 1st two runners who did 4 or more races. These were Peter Branney and Matt Woodhouse, and Emma Willits and Shamiso Sisimayi.

Peter Hey

Hosted by HPH at Boddington, this was two laps of a sometimes muddy field. Missing several top men, we maintained our usual 6th position, whilst the ladies managed a superb 3rd, Emma getting her best finish of 4th lady, beating all the Kirkstall men except Peter (who won the overall men's competition) and finishing 3rd senior for the season. As well as Peter and Emma, John Hutchinson also ended as a prizewinner with 2nd M65.

Adam Moger



*Photos: Top (L-R) - Emma, Sam, Chris v Colin*

*Left - Karen, Harriet just beating Diane at the finish*

*Thanks to Hilary Glover for the great photos.*

## Messages from agents at home and abroad...

To everyone in the Purple Army,

I would like to let you all know that, as much as it pains me, I won't be renewing my membership of the club this year. I am now living in Holmfirth, and have joined Holmfirth Harriers. I had intended to remain a member and compete 2nd Claim, but realistically I won't be able to travel over to attend enough races and events to make it worthwhile. I owe a huge debt to Kirkstall Harriers for improving my running massively from when I started training with the club in October 2009 until last summer when I left Leeds. There are many members who I consider friends and I look forward to meeting you at races across Yorkshire and beyond in the future.

Thanks again everyone, see you around.

**Phil Hewitt**



## Member Profile - Katie Mills



**Name:** Katie Mills

**Age:** 22

**Occupation:** Digital Marketing at Asda House/Graduate/soon to be traveller

**Originally from:** Cheltenham

**Time as a Kirkstall Harrier:** Since October last year, so only about 6 months

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

My younger sister put me to shame by entering and completing her first half marathon at the age of 17, and then the London Marathon a couple of months after her 18th birthday. At the time I was a rather pudgy first year student in Manchester and the idea of exercise filled me with horror! However, driving Sarah (my sister) back to Cheltenham from London after the marathon and hearing her rave about how good it felt and how proud she was, I realised I wanted to feel the same sense of achievement. I had run in cross country championships for my school when I was younger so I knew I had it in me!

**How did you end up joining Kirkstall Harriers?**

I moved back home after graduating last summer but soon decided I needed to move out as my Mothers and I were both driving each other insane! My boyfriend's family live just outside Wetherby and when he said he was getting a flat in Leeds, I jumped at the chance to move back up North. I had been running steadily since my second year of university and had completed the Manchester 10k (very slowly!) just before graduating. Through the summer I had been building up my distances, occasionally running with my sister when

she came home. Gradually I felt myself getting faster, and entered the Bristol Half in September to see how I could do. I finished in 1 hour 47 – about what I had aimed for – despite starting too fast and suffering at the end! When I got to Leeds I knew I needed motivation to continue running through the winter in the dark and cold nights after work, and my sister suggested I join a running club. I googled the nearest one to my flat in Meanwood, showed up on a Wednesday night and that was it!

**What are your motivations for running?**

Unfortunately I am not one of those people who eats to live but the exact opposite – so I suppose my motivation for running 7 miles in the freezing cold is that I know when I get home I can have a very large meal! Joking aside though – my sister once said that the most rewarding thing about running is being about to do it well. I had no idea what she was talking about, since at that point I

couldn't run for the bus! But now I know what she means. I also enjoy getting out and about and running has let me get to know Leeds a lot better a lot faster.

**What are your greatest running achievements/best memories?**

Completing the Bristol Half, running 20 miles for the first time, finding my off-road feet again in the Peco X-country, and being able to keep up with the faster Harriers (on occasion!). Possibly my favourite run with the Harriers was in the snow around the abbey – I couldn't believe how light it was!



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

Spending a fortune on trainers! Most of all the last 4 miles of the Bristol half. I had got far too over excited at the start and set off at a very fast pace. I didn't (and still don't) use a watch to judge my speed, and having been used to running by myself all summer, my pace was disrupted by the hundreds of people around me! I knew I was in trouble about mile 8 when my legs turned to lead. I can't stand the gels they give out at races but I forced myself to have one, and it helped slightly. Some young kids were handing out jelly babies at mile 9 and it was the handful of these that got me over the line.

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

Listen to audiobooks when doing a long run by yourself! Honestly you hardly notice running and time flies by!

**Comments and thanks:**

As some of you know, I am moving to Canada at the end of April, and it was suggested that I write something for the newsletter before I go, so no one gets the wrong idea and thinks I'm slacking off! So I'd just like to end by saying a big thank you to every harrier for making me feel so welcome at the club, and for keeping me running throughout the winter!



## RACE REPORT

### Heptonstall 15

A 15 mile fell run within a week of Spen 20? Why not.. I found out after about 8 miles. Having taken it relatively steady and felt fine, my legs disappeared - they may have drowned at the deep river crossing. Despite cadging a jelly baby off a spectator, and some Lucasade Sport off a photographer, I wasn't sure I'd make the finish even just walking. Though "just" is relative when you're going up an incline on your hands & knees!

The course was fantastically boggy, snowy on the tops despite it being the middle of March, and did I mention the hills? But a race I'll be going back to, if only to lay some ghosts to rest, and cheap/challenging/friendly like all fell races. Plentiful food at the finish - I staggered across the line to 2 cups of water, 4 cups of juice, 2 flapjacks, 3 choc rolls, 4 ginger bars & a cup of soup. The moral of the tale - even if you feel fine, remember the adage about "rest the number of days corresponding to the hard miles raced". Some superb performances from two of our 2nd claimers - in Holmfirth colours, Phil Hewitt finished 19th, and in P&B colours Rachel was 2nd lady.

Adam Moger



*Photos courtesy of Woodentops*

*Adam would like to point out his frustration that in all the photos of him, there are none of him actually running... we do particularly like the "Heptoncrawl" one - get those hands and knees dirty, that's what we like to see!*



### April Birthdays

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

\* Gill Booth \* Gary Carlisle \* Alice Holmes \* John Hutchinson \* Mosa \* Kimberley Ridout \* Diane Thomas \*

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.

