

Kirkstall Harriers Newsletter

No. 114 May 2013



News in brief

* Message from the Editor

Well its been a busy month for the purple army, Club colours have been spotted at various races locally and nationally in the past few weeks even on the TV coverage of the Virgin London Marathon. Well done to all who have raced and good luck to those who are still in training for their big race. This issue of the newsletter is jam packed full of race reports and finally we have managed to squeeze in Gemma Rathbone's Adidas Half Marathon report, *(We are sorry it wasn't included in last month's issue.. grovel, grovel—Ed)*

* 10k Predictor Run

We are hoping to slip in a 10k predictor run in what could be a busy month for training in May. All you have to do is turn up for the run and tell us what you think your time will be. This could vary depending on if you have just done a hard race a couple of days ago, or have one in sight. All we ask is not to wear a watch on the night if possible, or hand yours in to whoever is doing the timing. The route will be the same as the Chairman's chase. Details to follow at Club notices at the start of training.

* Epic sponsored walk

Collette Spencer is attempting a mad walking challenge for Oxfam by competing in a 100k walk over the Yorkshire dales in 30 hours. And yes She'll be walking continuously for 30 hours and overnight to boot. Collette says 'This is probably the hardest challenge I will have attempted to do I would really appreciate your support and hope you can spare a few pennies'. Please visit her page at www.justgiving.com/colletteandrich (Good Luck Collette—Ed)

* Congratulations

To Patrick Nesden for winning his first non-club related trophy for coming first in his Age Category at the tough Spen 20 this March. Of course its bad form to actually say what age category Patrick was running in but it's a brilliant achievement and lets hope this is the start of a nice streak, keep up the good work, those long runs are starting to pay off.

* Race Calendar

Due to amount of races coming up and how excellent the new online calendar on the website is, it seems sensible to

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Photo of the Month



just pop along to the website and take a look at everything that's on offer. There are races for all tastes everything from road races to fell and cross country. It also includes details of upcoming VET and Relay races. Also If you haven't been on for a while there are plenty of photos to check out. Then there are the results to keep track of and you can keep tabs on how you are fairing in the new and improved Championship. Go now.. Well as soon as you've finished reading the newsletter naturally:

www.kirkstallharriers.org.uk

Left: Eric & Friend enjoying a good old post Meanwood Valley Trail race sit down, not sure if these guys are old enough for the beer though- Ed

Chairman's Chase Wednesday 11th April

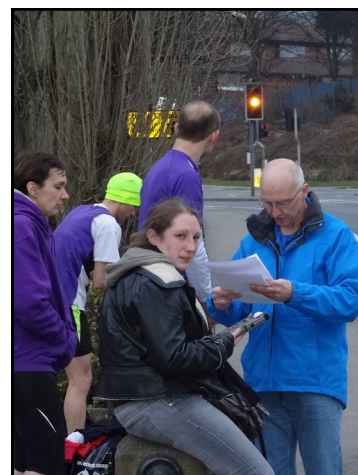


Before the off the Purple Army assemble for a class photo. Below the winners on the night showing off their trophies!



There was a record turn out of 32 starters, only 1 of which was a non member, and most of you wearing our lovely purple coloured vests. There were also 3 other helpers ensuring nothing went wrong on the night, so thanks to Jill, Rose and Andrew. Most of those new to this event seemed to enjoy it, and several complimentary words were spoken afterwards. As usual and even more so this year, it is a shame only 3 prizes for so many runners. The handicapping I know is not an exact science, but it is nice to see some of the slower runners crossing the line first. There were only 11 minutes and 17 seconds separating the 1st and last finisher, and taking off the top and bottom 3, 7min 47 seconds. This year's winner was Dave Wood in a run time of 53.53, followed by Carol Moran, 53.57 then Steve Groves 42.28. The quickest runners on the night were Alan Brydon 37.12 and Shamiso 43.10. If you enjoyed the run, keep looking out for the next similar race which will be the Members Meander in August/September.

Peter Hey



With officials like these nothing could possibly go wrong

Yorkshire VETs, Honely. Tuesday 28th April

Despite the many other events going on we still managed to get 14 Harriers running in the Vets race at Honely. A hilly course but dry under foot, probably due to the drying wind which was also present. Well done to all who took part in the race, full details can be found on the website. The Honely Race was also race 4 of the Club championship details of which can be found on Page 4.

The next York's Vets race will be at Bingley on the 28th of May. The race HQ is Bradford & Bingley Sports Club off Wagon Lane Bingley. The race HQ is Bradford & Bingley Sports Club off Wagon Lane Bingley. Traffic is quite busy from Leeds to Bingley on an evening and the start is a good 15/20 minutes from the race HQ. Therefore please allow plenty of time to get there. Anyone wanting lifts should be at the LPSA for 5.50. This is another nice off road race of about 6 miles around Baildon Moor and Shipley Glen.



Another great picture of the Harriers resplendent in Purple

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 June 11th – Pudsey – 7.30pm
Wed Aug 7th – Knavesmire – 7.30pm

Mid June tbc – Meanwood – tbc
Sun Nov 10th – Spenborough – 11.02am

Tue July 30th – Cross Gates – 7.30pm



Gemma sporting a lovely bit of bling!

Motorsport, particularly Formula 1, has always been my passion and since taking up running last summer I have had to co-ordinate my Sundays with the precision of a military operation to ensure I can get in a long run without missing the race. And when the time came (and it came rather quickly) to stretch my goals from simply finishing a 10k to battling through something a bit more challenging what better aim than the Adidas Silverstone Half Marathon. The home of British motor racing, one of the world's best race circuits and now too, the site of my first half marathon.

Heading in to the circuit was, as usual, a mixture of excitement and traffic jams. Fortunately I had stayed in a hotel and just got a taxi there so I didn't have to battle with the car parks, but it was still a bit of a faff.

I walked through the gates near Luffield with a massive smile on my face. By the time I got round to the start area at Copse I was looking rather more terrified. But with 6,000+ runners and their friends and family milling about there was enough going on to take my mind off this crazy thing I was about to attempt. One of the best distractions was talking to the Runner's World pace team. I had hoped to go with them, but with one group slightly slower than my target and one just a bit too quick it didn't quite work out that way. But it must be said their advice and friendly chats really put my mind at ease.



Just look at all at lovely space around the runners you don't see at London or the Great North Run, pure luxury!

Eventually it was time to head on to the track to line up for the start. It was all getting a bit much. But a last-minute pep talk from the pacer (at this point I had decided to start off with the slower group for a few miles and see what happened) and Fleetwood Mac's The Chain over the PA perked me up again. Just over six minutes' walk to the start line and away we went. The massive grin reappeared, the sun came out and I was loving it.

By the first mile I got myself into a comfortable pace, and after mile three I had left the pace group for dust, setting steady 11minute miles. By the halfway point everything felt great and I picked up the pace, singing to myself along the way. Miles eight and nine came and went and before I knew it there were just three to go.



Gemma enjoying the run...

I pushed on, used up all my KERS and activated DRS as I overtook runner after runner. And before I knew it the finish line was in sight. I skipped to The Chain on my music player and crossed the line just as the bass riff took hold. What a way to end my first half marathon. I stopped, cried a bit, had my photo taken and then promptly sat my weary legs down.

At the start I was confident of a sub-2:30 finish, and reasonably sure I could pull that back to around 2:24 going on average paces from recent long runs. My official chip time: 2:21:59. And as far as I'm concerned that's good enough for the podium.

Oh, and just to give some actual useful information about the race: excellent organisation, the most fantastic marshals I have seen to date, great atmosphere, perfect tarmac running surface (for the most part – the service roads were a bit ropery in places), good standard facilities, loads of supportive spectators, traffic jams galore and expensive official photos.

Gemma Rathbone (And I think you'll agree the report was worth the wait—Ed)

RACE REPORT

Meanwood Valley Trail



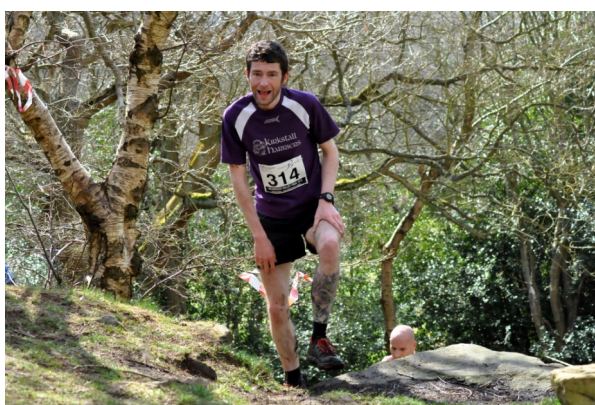
16 Harriers turned out for the 3rd race in the Club Championship, the Meanwood Valley Trail. Several were chasing prizes in the "Airedale triple challenge" of the Guiseley Gallop, Baildon Boundary Way & MVT.

First home for Kirkstall in 25th place was Alan Brydon, with Paul Miller not far behind, testing out his new "More Mile Cheviot" trail shoes. I had to run a hard race to overtake Chris Glover 6 miles in, with Liam and Steve Groves finishing just behind us. Graham had a strong race finishing 68th, with Andrew Kirby, Paul Glover, Peter Hey, Helen Goldthorpe and Chris Hunt all running well. Next, in her first proper race back since damaging her Achilles in November, was Sheila King, still returning to fitness but great to see her get round a very tough course. Alyson, Karen & Rhona completed the strong KH turnout, with support from Hilary & also club mascot Eric, with one of his several girlfriends. **Adam Moger (Photos from Andrew Thrippleton and Woodentops)**

Left: First home for Kirkstall Adam Brydon working hard



*Above: Adam taking on Saltaire.
Below: Sheila's back and enjoying herself*



*Graham ascending the 'finishing crag'
Rhona putting a good effort*



*Peter going well
Has Karen has ascended to a higher state of being?*



Club Championship

Quick update on the Championship standings after race 4 at Honley. First in the championship scoring maximum points was Diane Shaw, second was Harriet Carlyle and third was Paul Glover, well done to the three of you and well done to everyone who took part. Remember this year there are many more races to enter so there plenty of ways to score vital points to secure your position in the championship league table or maybe nick a few places and go for glory to claim maybe the most coveted prize in that the Kirkstall Harriers have on offer? The top 3 overall after 4 races are;

In First place is: Paul Glover on 46 points, Second is Rhona Cameron on 44 points and in Third is Chris Glover on 43 points.

For the full league table pop on line and check out how you are doing and more importantly find out who your rivals are! Details can be found online for how the points are awarded and what races are coming up in the near future, including John Carr 5k race 1 on the 8th May, the Leeds Half on the 12th May and the Pudsey Post Hill Challenge on the 24th May and if you don't know why its called that you should enter it and find out!

Member Profile - Shamiso (Sha-mee-so) Sismayi



Age: 31

Occupation: Work Coach (I force people to get off the dole and get a job) pending my call to the Bar

Originally From: Harare, Zimbabwe

Time as a Kirkstall Harrier: 9 months

When did you start running and why?

In May 2011 a friend who had mainly subsisted on pizza sandwiches, chip sandwiches and jacket potato sandwiches was getting married convinced me to run with him long the canal 6 weeks or so before his wedding. I'd like to say I enjoyed it immensely and didn't walk at all but the truth is I absolutely hated it and in retrospect I can't believe he made me run four miles for my first ever run. I couldn't use stairs for a week after this but I soon found myself joining him again for another four mile run around Eccup Reservoir which I managed to run nonstop (11 minute miles). I found I enjoyed it this time and the seed was sown. I was brave enough to venture out on my own soon afterwards, plodding up and down Meanwood Road and around Headingley, going mile further every month or so until I could comfortably run 10 and a half miles by December 2011.

How did you end up joining Kirkstall? I started talking to someone who encouraged me to join a running club towards the end of 2011 and I found Kirkstall on Google in December but

didn't think I was fast enough for a club at that point. I eventually went along to a training run in February 2012 and was surprised at how friendly everyone was although I felt a little intimidated by the group going on a 13 mile run in preparation for the Leeds Half and I was also a little overwhelmed when Peter Hey asked me if I wanted to do a cross country race that weekend! (Er...No!) He did give me advice on running shoes and where to get a good pair as we ran along the Chairman's chase route, since I was still running in a five year old pair I'd bought for 'general' use. I went away thinking 'what a great group of people but I will come back after I can run 13 miles'. I saw some Kirkstall faces at Parkrun, none more prominent than Mosa who I was determined to catch up with (never happened). He was very friendly and always said hello to me at Parkrun. After the Leeds Half I got chatting to Burjor in KFC and he encouraged me to come along to a training run again and at this point I felt confident enough to go and the rest is history I guess.

What are your motivations for running? I simply love to run, it's clichéd I know but nothing compares to that feeling of pounding the pavements and feeling the wind whistle past. I am an achiever and running is a great outlet for my competitive nature as I am constantly pushing myself (PB chasing) and I relish each challenge (even the hilly hills).

What are your greatest running achievements? I have accomplished a fair amount in my running. I went from walk/running along the canal in May 2011 to crossing the finish line of my first ever race (Leeds Half 2012) in 1:43:31 to completing the Great North run in 96 minutes, knocking 7 minutes off my Leeds time to trimming a further two and a half minutes off at Blackpool Half this year. Seeing my name go up the Kirkstall women's PB leader board is a constant achievement for me. I would have to say however that the achievement that stands above the others so far is achieving a time of 3:23:56 in my first ever marathon at the Greater Manchester Marathon, a feat I owe largely to the consistent pacing by

Colin Chapman, without which I'd have set off too fast and imploded by about mile 16.

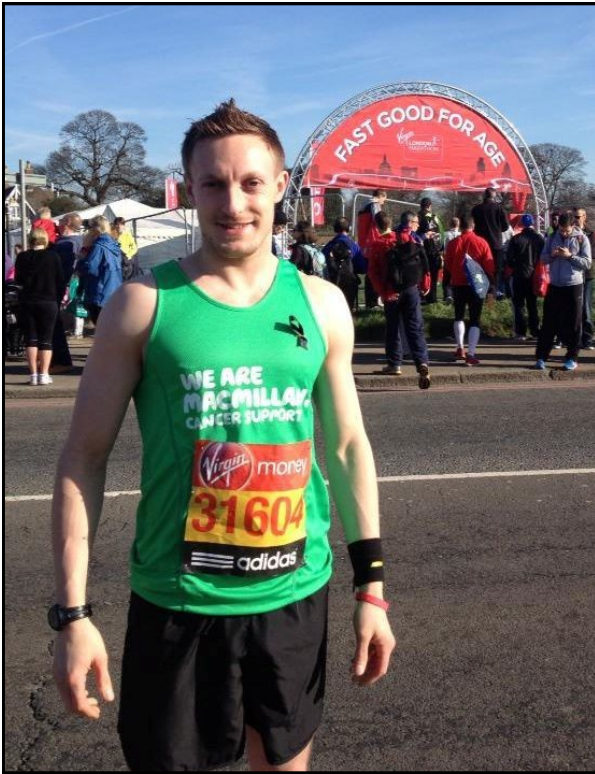
What are your best running related memories? Running at Leeds Parkrun and having the Kirkstall guys run past me. It's not the being overtaken that's great but the sense of being part of a team as all the guys who run past say hi Shami or pat me on the back. I went from being just another park runner and leaving straightaway to having people to chat with afterwards.

What are your worst running related memories? I have had two particularly bad experiences: First one was when I took SIS Gels for the first time during the Bridlington Half last year and projectile vomited at three points in the race. I continued running but finished 6 minutes later than I had wanted. (I blame Adam) The second one is when I did the National Cross country at Sunderland in February where it was so cold that my body went into energy saving mode and I could not run any faster than 9:30 min/miles the whole way round.

Any words of wisdom for your fellow harriers? There is no such thing as 'can't'. A lot of people will tell you that you can't do this that or the other but if you tell yourself that you can, you certainly will. Oh and never try gels out for the first time during a race.

Can you share an interesting fact about yourself? I have three tattoos and 14 piercings...how's that for interesting?





Richard at the start the London Marathon

Running for Macmillan Cancer Support, Boots - Trinity Leeds and Kirkstall Harriers.

Introduction

I qualified for a place at the Virgin London Marathon 2013 through a 'Fast Good For Age' place from a time of 3:04:56 at last year's EMF Edinburgh Marathon. If you have read my race report from Edinburgh last year you will know that I was badly injured with a calf strain on my left leg and it was my first 'official' sub 3 hour marathon attempt.

So the Virgin London Marathon 2013 was officially my second attempt at a sub 3 hour marathon. My preparation was very good. I ran the Spen (Spenborough) 20 (Miles) as a preparation race to VLM, a month or so before to ensure I got a 'race pace' mileage race in before VLM and I was aiming for around 2:20:00 as it was notoriously hilly and tough and cold and to my pleasant surprise I finished the race in 2:16:41 and felt ecstatic afterwards as it was definitely sub 3 hour pace. I felt fairly comfortable throughout the race and finished very strongly.

So weeks leading up to VLM I felt very confident I had the inner power, mental strength, pacing and endurance to beat sub 3 hour. I had been hitting the Virgin Active Gym really hard to ensure I had the core strength and upper body strength to power through when I struggled in the race and my explosive pace was at it's peak with my

football and I was leg pressing 210kg in the gym. In my opinion I felt at my ultimate physical peak, especially cardiovascular wise. The only slight injury issue I had was my hip flexor muscles, I've had a slight problem with them for around six months and it won't go away. I don't even class it as an injury any more as am so used to running with it - it's a pain that tends to wear off after a couple of miles.

The Race

So race day soon approached and this year I arrived in London on the Thursday rather than the Saturday which gave me a good few days to settle down there and relax. My sister, her boyfriend Dennis and my Dad came down to watch me race. I probably didn't eat quite as well as I would have liked but every thing else went to plan. The expo centre exhibition was good fun on the Thursday and the night before I ate plenty of pasta and got myself hydrated with Powerades.

On the morning of the race I used the advice of Adam Moger from the previous year and ensured I was at the start of the race a good two hours early after my last minute show last year. Everything was so smooth and was going to plan. I wasn't even nervous it was great to feel like this - I was just excited.

So the race started after 30 seconds silence in honour of those killed and injured at Boston Marathon a week earlier and it was a very touching and emotional moment, the energy was different to the other two marathon's I ran previously. I started my stopwatch seconds after the horn blew so I knew my watch was pretty much real time. I had planned to pace my race by 10 miles, 13 miles, 20 miles and 26 miles knowing a few miles off by heart. To run the race in 2:57:00 which I targeted because I knew it would buy me some time for a sub 3 hour I had to be the 10 miles mark at 1:07:00, 13 miles at 1:27:00, 20 miles at 2:15:00 and 26 miles at 2:55:00.

To be honest, everything pacing wise was pretty much spot on until 21 to 22 miles where all of a sudden the fatigue just hit me. I couldn't keep it up and I faded dramatically. I kind of recovered a bit of pace when I saw my sister going crazy around 23 miles and then I saw Adam Moger a mile further shouting me and it gave me such a lift (thanks Adam :-) waay) I found a bit more pace to slightly up it but deep down inside me I think I knew I had blown it. I approached the 26 miles mark at 2:57:00 and I knew it was 2 minutes too late. I was really pushing my body to my limits at this point, I had cramp left, right and centre, I was making all kinds of respiratory noises to try and break sub 3 hours. As I got to the last 300 metres I accepted in my mind that I wasn't going to break 3 hours so I tried to enjoy the last few hundred metres. It was such a relief to finish after the pain I was in the last 5 or 6 miles.

Richards report continued..

At first I was a bit gutted as I was 41 seconds off beating 3 hours and had pinned a lot of personal things on beating 3 hours but when I had a bit of time to think (only minutes after finishing haha) I was so happy and proud to finish in 3 hours. It was so hard and I couldn't have put any more effort in than I did, to me, after, it definitely was my biggest sporting achievement. After coming so close to beating sub 3 hours, do I still have a burning desire to do it? A bit, but not as much as before, I know I put everything into it and probably won't be as fit as I am ever again so I am very happy with 3 hours and am now going to take ever marathon as it comes and enjoy them. The day I don't enjoy them is the day I stop running them. I am running the Leeds Half Marathon in two weeks, then the pretty downhill Edinburgh Marathon so hopefully I will peak there and run a sub 3 hours - who knows?

Thank-you to everybody from Boots, where I work and all my friends and family who supported me, good lucked me and sponsored me for the VLM it meant so much and it was very overwhelming the amount of messages I received on Facebook. We managed to raise over £800 and still counting for Macmillan Cancer Support. As I've qualified for next year's VLM on a 'Fast Good For Age' place am unsure whether I will be running for Macmillan again (after 2 years' of running for them) or another charity, with the possibility of attempting to break a Guinness World Record as the 'Fastest VLM runner in a monk's outfit' - watch this space.

www.justgiving.com/Richard-Joyce-London-Marathon-2013

RESULT:

3:00:41 - in a position of 1,380 of approximately 35,000 runners.

You can check out my pacing on the VLM website by typing in my race number - 31604

It was a great experience and it was great to see Jill and Jay (who were VLM volunteering :-)) afterwards and the rest of the Kirkstall Harriers gang for a few pints and share our experiences of the day. Well done to the other Kirkstall Harriers who also ran the marathon. We all had some stories to share from the 'VLM' experience.

Richard Joyce.

RACE REPORT

Baildon Boundary Way

Billed as an off-road half marathon, around 50% is on path or road, making shoe choice tricky. The weather was a strange mix of cold (1 degree on the drive up), bright sun, heat (along the canal 4 miles in), & residual snow, being briefly boggy over the moors & with frequent gradient. 11 Harriers began the race, but Marion sensibly pulled out after tearing a calf muscle, getting a lift back to the start with a marshall. Myself, Jason, John H, Graham, Paul G, Harriet, Kevin Green (first race for Kirkstall), Kieran, Ewan & Laura completed the KH contingent for what is a tough but enjoyable and friendly race. **Adam Moger**

All photos c.Woodentops



Harriet



Jay



Kieran



Ewan

RACE REPORT

Guiseley Gallop 10k Trail Race—3 1st March



Graham galloping around the muddy course.

The Guiseley Gallop is a race I have a particular soft spot for, being the first race I ran back in 2010. I always look forward to it and was glad the much-maligned (and potentially race-cancelling) snow had melted away leaving a slightly chilly but bright and clear Easter Sunday. Perfect conditions for running, depending on your preference for mud of course - the sun never seems to have quite mustered the energy to penetrate the trees at this time of year and there's always mud aplenty in the woody areas.

A muddy, narrow start gives way to a fast, rooty descent through a mile and a half of woodland trails until you cross the River Aire over the memorable 'bouncy bridge'. A couple of miles along the canal tow path and you cross the river once again, following the lane all the way to Esholt. The firm stretch of road is usually just enough to clear the mud out of your treads in time for you to head back into the trees, with a mostly uphill slog for the final mile and a half. There's the notorious 'short but steep' hill where you can grab a couple of places if you can resist the powerful urge to walk and then there's a bit more mud to contend with before you make it to the finish, where of course you're rewarded with a bottle of Guiseley Gallop Ale.



Another outing for Marion's not so new anymore trail shoes!

Despite it being a Club Championship race, some Harriers were absent due to marathon training and other commitments but 13 purple vests still made for a good turn out. Stephen Groves was first Kirkstall home with a time of 46 minutes, followed by myself (47:07), and John Hutchinson (48:26).

Overall winner was Tom Adams of Ilkley Harriers (who seems to be winning races left right and centre at the moment) with a cracking time of 34:24, only 19 seconds short of the course record. First lady was Aiveen Fox running for Durham City, in a time of 40:36.

An enjoyable race, well organised and marshalled by Skyrac AC. I look forward to celebrating my 'running anniversary' on this course again next year.

Graham Pilling

PB and Recent results

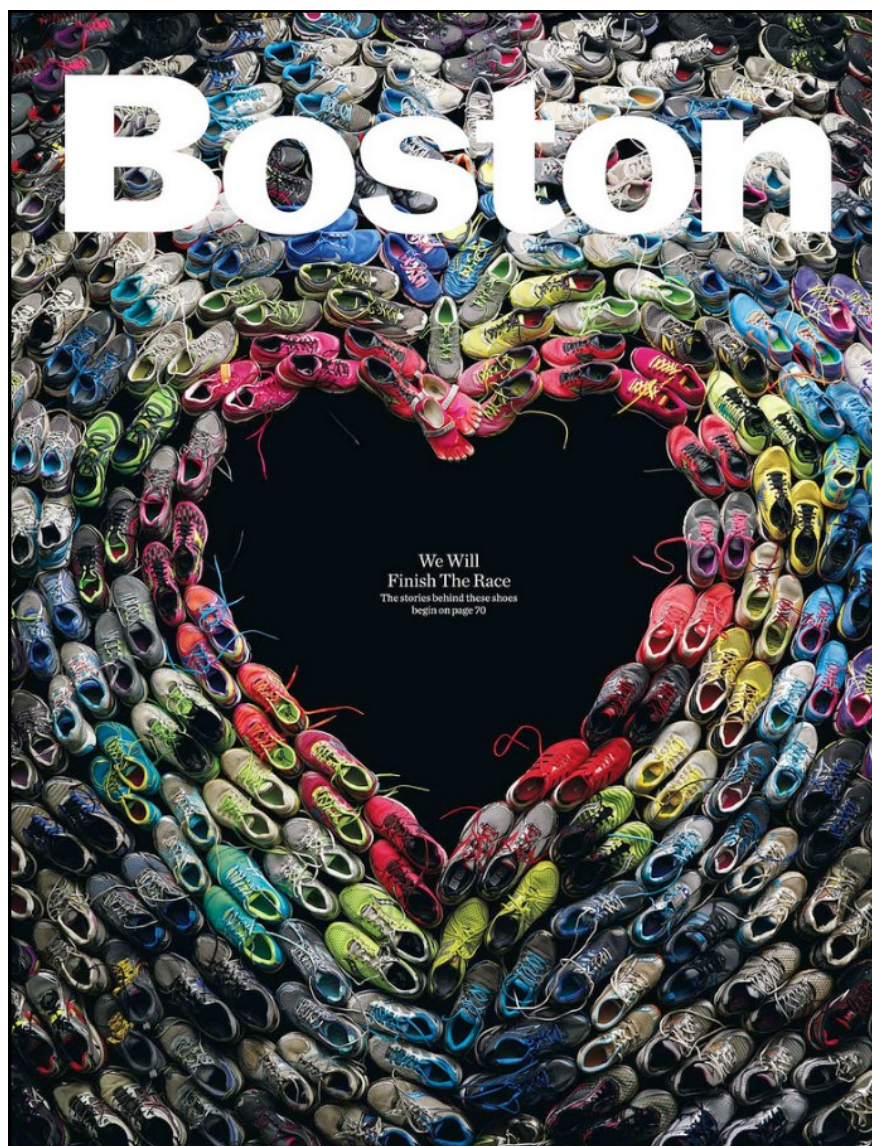
Congratulations to everyone who has taken part in races during April in Club colours, it's always great to see the Purple Shirt flash past at local and national events. Check out the website and the facebook page for more results and PBs. Special Congratulations to all Harriers who completed a spring marathon, it seems the training has paid off and we hope you are all enjoying a much deserved rest.

Well done to Richard Joyce who ran a new PB time of 3hrs 41sec at the Virgin London Marathon and well done to everyone else who ran in the capital too.

Chris Hunt ran a new PB time at the Bradford 10k in a time in 49mins 51sec

Shamiso Sisimayi ran a debut marathon time of 3hrs 24mins and 29secs at the Greater Manchester Marathon.

If you run a PB time at a race please let us know and we will put it in the newsletter for that nice virtual slap on the back—Ed



In the aftermath of the awful events that took place in Boston earlier this month, the cover of the Boston Marathon magazine is a fitting tribute from runners to the runners and spectators who tragically lost their life in an attack that we can never properly understand.

It was senseless and indiscriminate and has rightly appalled the international running community and the World in general, we cannot ever hope to understand why it ever happened. However what we can do is make sure that big City races continue to flourish. Runners are a resilient bunch and we cannot ever be stopped from pounding the pavement or hitting the trail.

The best thing that we can do in memory of the victims of the Boston Marathon is to continue our own personal race, running is ours and no-one can ever take that away from us.

Matt

Temple Newsam Parkrun Mob-run

The next mob-run will be taking place at the Temple Newsam Parkrun on the 25th of May. Details can be found at;

<http://www.parkrun.org.uk/templenewsam/news/2013/04/26/mob-run-2013/>

Basically turn up in club colours and run as normal, don't forget your barcode, keep an eye out on facebook and more details will be given at Club notices on training nights.



Birthdays

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

* **Helen Goldthorpe** * **Andrew Kirby** * **Baldish Sandhu** * **David Wood**

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 or kirkstallharriers@googlemail.com if you would like to contribute to the newsletter. All articles, member profiles etc gratefully received.

