

# Kirkstall Harriers Newsletter

No. 115 June 2013



## News in brief...

### \* May 2013 10K Predictor Run

We had 20 runners turning up for this friendly self timed event. At least there is no organiser to blame if you got your predicted time wrong with this one! It was even more interesting as several of the runners had done the Leeds half marathon the day before so there would have been some tired legs. There were 2 equal winners, missing their predicted time by only 9 seconds - Mark Skinner whose time was 49.12, and Helen Goldthorpe 51.30. Finishing close behind was Patrick Nesden just 15 seconds off with a time of 64.00 and just pipping Paul Glover, 16 seconds, whose time was 49.30. Full results are available on the web site or Peter Hey has some hard copies. The fastest runner on the night was John Paul O'Toole with 42.43.



### \* Kirkstall Festival - 13th July

Jill requires volunteers to help out on our stall for the Kirkstall Festival. It's a great family day out and always very enjoyable so if you can help out, please get in touch, thanks!

### \* Harrier Weddings

Congratulations to the new Emma Ballantyne (nee Willits) who married Matthew Ballantyne on 3rd May and also Adam and Anna Moger (nee Hollingworth) who married on 31st May. Photos of both the happy couples below. We wish them all the very best for very happy marriages.



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## New Members

We are delighted to be able to give a big warm welcome to the following new members who have climbed aboard the purple army since March this year - deep breath: **Ayisha-Marie Hooper**, **Jo Kendall** and **James Nundy** from Kirkstall, **Samantha Broome** from Armley, **Steven Lightfoot** from Bramley, **Kevin Kelly** from Wortley, **David Murillo** and **Rory Smith** from Burley, **Jo-Anne Redshaw** from the City Centre, **Steven Knight** from Beeston, **Kevin Green** from Pudsey, **Mark McKone** from Sheffield (that's some commute!) and finally the new **Mrs Anna Moger** from Hyde Park, and Hyde Park Harriers, joins us as a 2nd claim member.

## Photo of the month



We couldn't decide between these two gorgeous specimens of Harriers from the Leeds Half Marathon.

Left: John-Paul O'Toole

Right: Jim Meta

Looking good lads!

## Yorkshire Vets Race 3 - Tues 28th May, Bingley

Following on from a scorching Bank Holiday, the weather for the 3rd York's Vets race at Bingley was definitely on the cool side, very cloudy and possibility of some precipitation. As it turned out, it did spot only a little, and the conditions under foot were relatively dry - fortunately for Carol's footwear which had been cleaned from their inaugural run at the very muddy 1st race around Hunger Hills.

The turn out was quite poor for a Vets race - only 158 finishers - which was good for the runners at the back end of the field as this increased their points tally. Kirkstall were again short of a few runners, but managed to field a full team of at least 4 for both genders.

This gave the ladies a score of 553 points. The men provisionally are now 7th 6th and 7th respectively and the ladies 4th in all 3 competitions. But no individual prizes, not even spot prizes.

The route was again slightly different, but still managed to have the same famous steep hill up the field for the start and finish. The other field at the top did not help either, as the cows had managed to make it as uneven as possible. Altogether a very scenic route but I am sure once on top of Shipley Glen someone had moved the Glen pub as the run along the top seemed longer then ever.

See below for table of results from the Bingley race.

The next race is Tuesday 11th of June from the Bankhouse Tavern Pudsey, with another Tuesday 25th from Leos Rugby club Moortown. 2 very good off road races - so come on everyone lets see you support the club. No excuses they are on our doorstep.

MEN				
Pos	Name	Cat	Time	Points
34	Christopher Glover	M50	43:41:00	167
67	Kieran O'Brien	M35	51:03:00	134
72	Paul Glover	M65	52:54:00	129
87	Peter Hey	M60	59:20:00	114
92	Patrick Nesden	M60	63:52:00	109
WOMEN				
Pos	Name	Cat	Time	Points
28	Alyson Glover	F45	55:46:00	123
38	Carol Moran	F50	61:33:00	113
40	Karen Longfellow	F45	61:59:00	111
44	Bal Sandhu	F45	65:03:00	107
52	Laura Davies	F35	72:10:00	99

## RACE REPORT

### Calderdale Way Relay

Great to get Kirkstall colours out on the CWR, billed as "the largest off-road club relay in the country". Some late changes saw Alan come in for J-P on Leg 1, Paul Glover in at Leg 3 with Vikki, and super-sub Bal into Leg 6 with Jill with a week to go, neither having a chance to recce the leg first. Patrick & Burjor (Leg 2), myself & Chris (leg 4), Alyson & Rhona (Leg 5) made up the team.

Cold and wet the day before, it got progressively hotter on the day itself, but other than the heat it made for great running across a sometimes barren fell landscape. Against very good competition, Paul & Alan were 33rd on their leg, Patrick & Burjor 75th, Vikki/Paul 63rd, Chris/myself 33rd, Aly/Rhona 68th and Jill/Bal 76th, to give us a creditable 64th out of 83 teams overall (with 4 being disqualified for "kit violations" - a little harsh to have to carry hat, gloves, full waterproofs, compass, whistle & map in that weather, but those are the rules). The whole course took the team 9hrs 42m, and although it's the hardest of the "local" club relays, I hope we'll be back again next year.

Adam Moger



*Photos: (L-R) Patrick & Burjor setting off, with Paul & Alan in the background, The junior member of the Leg 4 pair struggled badly on the hills... , All smiles before the start - Rhona, Adam, Chris & Alyson, All smiles at the finish too - Bal & Jill*

## RACE REPORT

### Yorkshire 3 Peaks

Years ago, I walked the Yorkshire 3 Peaks of Pen-Y-Ghent, Whernside & Ingleborough. By chance, it was the same day as the annual fell race, and knowing no better, followed the runners the "direct" route up Whernside: over the morrains and a scramble to the top. I'd never even run a 10k at that point, and never thought I'd run in the 3 Peaks race (like those nutters overtaking me!).

After getting into 10ks, parkrun, joining KH, getting over knee problems/a dodgy ankle, there I stood at the start of the race in Horton-in-Ribblesdale. Having "peaked" in Feb and not run well since blowing up at Spen20, I still felt irrationally good, and went up Pen-Y-Ghent 6 minutes quicker than during a recce. Despite needle-like hail on the summit, hardly being able to believe how hard the ascent of Whernside was, and some calf cramping up Ingleborough, the descents of all three felt great.

Pacing is difficult - you could easily push Pen-Y-Ghent & have your race over before the summit, or throw yourself into the descents and destroy your thighs or take a tumble, or even push the long flat section to Whernside too hard. But you have to go fast enough to make the two timed checkpoints or your race is over. (Whilst the flat, downhill, and gentle uphill is done at a jog, the steepest parts of the ascents are most definitely walked. In the case of the top of Whernside and a part of Ingleborough, crawled/staggered).

I finished 252nd in a very satisfying 4hr15 and can recommend the 3 Peaks as an iconic "do once" race - one to be built up to with off-road marathons and longer fell runs, but one every Yorkshireman (or woman), native or adopted, should have a go at.

Adam Moger



Jogging up Pen-Y-Ghent, before it got really steep...  
c.Woodentops



## Club Championship Update

After 7 races the championship is nearing the halfway mark. The table below shows the top of the league table but there is a long way to go yet. Notice the average score column. This shows who have been scoring high points consistently. These are the one to watch! Also, you only need to run 6 races, so the eventual winner may not have run a CC race yet.

The next race is Pudsey Vets on Tuesday June 11th at 7:30pm.

Pos	Name	Points	Total Races	Ave Score
1	Christopher Glover	78	6	13.0
2	Peter Hey	61	5	12.2
3	Stephen Groves	59	3	19.7
4	Rhona Cameron	58	4	14.5
5	Paul Miller	56	5	11.2
6	Graham Pilling	55	4	13.8
7	Alyson Glover	54	6	9.0
7	Harriet Carlyle	54	3	18.0
9	Chris Hunt	52	4	13.0
9	Vikki Daniel	52	3	17.3
11	Liam Mealey	49	3	16.3
12	Adam Moger	48	4	12.0
13	Paul Glover	46	3	15.3
14	Karen Longfellow	43	5	8.6
14	Alan Brydon	43	3	14.3

### John Carr 5k Race Series

This series of 3 5k races over 3 consecutive Wednesdays in May proved once again to be a PB fest for our members. The course is flat and fast so it's "eyeballs out" running, which takes some motivation for 3 Wednesdays on the trot! Particularly when those Wednesdays follow the Bluebell Trail Race, Leeds HM and Calderdale Way Relay on the previous Sundays.

The first race was a club championship race and this one had the best turn out. Of our 12 runners we had 5 PBs for Alan Brydon, Shamiso Sisimayi, Kieran O'Brien, Gemma Rathbone and Sam Broome. In the second race, Vikki Daniel and Sam Broome recorded new PBs, so Sam had 2 in week! In the 3rd race Liam Mealey and Adam Moger posted PBs. For all the PB times see the end of the newsletter.



*The "purple PB people" before race 1*

Alyson Glover came 3rd in the FV45 category for the three race series.

# RACE / CLUB TRIP REPORTS

## Edinburgh Marathon weekend

So the bags were packed. And we were ready to go. I did enquire as to whether Jay had everything as the bag looked quite empty but he insisted he had. He had, however, forgotten his running shoes. Thankfully he realised before we had even had our dinner at Wetherspoons in the train station so his sister saved the day and brought them in in plenty of time for the train. Despite the test match traffic through Headingley. Disaster averted.

So off we went. And upon arrival at the hostel we discovered there were 6 beds rather than the required 7. So myself and Jay shared a bed. Also in the dorm was a runner from Sheffield, Matt, doing his first marathon. Though I kept calling him Dan for reasons known only to myself. Well actually not to me either. The hostel was in a great location, right next to Haymarket station, with a lovely old pub directly across the road, and various kebab options for Jay's pre race fuelling strategy. A short walk took us to the more central venues and on the Saturday evening we all ate in a little pub-cum-restaurant called 1780 on Rose Street. Whilst most of us had pie, pasta or salad, Gary's son Connor opted for the more exotic option of haggis. Which I took great pleasure in finishing off for him.

The hostel itself left a lot to be desired in terms of cleanliness. And there wasn't much room in the dorms. Especially for parties who had any baggage. Whatsoever. We also had the company of a Spanish (??) lady who liked to answer her phone in the middle of the night for a little chat.

So it was an early start for the half marathon runners. Made worse when at 6.45 am Gary informed me that the kitchen was closed meaning that my milk was being held hostage. As was the kettle. So no breakfast and no coffee or tea. Not a great start. Gary treat me to a hot chocolate in McDonalds on the way to the start which somewhat lightened my mood and reduced the nausea slightly, my usual pre-race nausea having been made worse by the stress of the imprisoned milk situation.

There were more runners than I expected doing the half and the toilet queues were long (one lady told me at the end they were last over the line after everyone else set off as they had been stuck in the queue). Something to consider for future years. We did manage to see Rhona at the start so we could get a pre-race photo.

I set off with some trepidation knowing that I probably wasn't fit enough and hoping that my knee would hold out for the £28 I'd paid to enter the race (I have clearly been in Yorkshire too long, I am developing the traits). There's not much to say about my race apart from that it was a bit of a slog as I expected it to be, and that the last three miles were awful. Not helped by the boring tree lined road that makes up the last 4 miles of the course. Great support round the course but only in pockets and some bit were quite deserted. Unusually I had decided to take music with me to distract me for my complete lack of fitness due to injury. And I am quite pleased I did. I got round slowly but I did get there so hopefully I am back on track now. Also in the half marathon Gary Carlisle finished in 1:38, but said he found it a struggle, and Rhona finished in 2:10.

The marathon runners set off at 9.50 which meant I was just in time to see them going past mile 9, which rather cruelly goes past the finish before coming back. Then I headed back to the beer tent where Gary and the "kids" were waiting. After a cold shower (very very cold indeed, not refreshing, just plain freezing) myself and Jay's daughter headed out to just before the finish to cheer the runners home. We were delighted to see Scott go past on his way to 2:57 and a massive PB and achievement, Richard came past, still smiling despite his achilles (which I feel sure will be documented elsewhere in this newsletter...yep, see below - Ed) to finish in 3:18, followed by Jay, completing his first marathon in a brilliant 3:22:56. What could he do if he actually trained properly I wonder? At this point we had to go because frankly I needed the loo. So I missed seeing Colin and Jim finishing but we did have a beer with them at the end. Kevin B and the kids were also at the finish and we all had a bite to eat in Edinburgh after the race.

We finished the evening, with Scott like a giddy kipper and the rest of us just plain knackered, with a couple of beers in the pub across the road. And a Chinese.

The next morning we were actually able to have a walk up to Edinburgh Castle after our Wetherspoons breakfast, and with the exception of an argument on the train about seat reservations, made it back safely to Leeds to enjoy the rest of the bank holiday.

A great weekend and I'm already looking into booking for next year. The earlier we book the cheaper accommodation we get. If you'd like to come with us to this beautiful city please let me know asap. The race may be a bit pricey (£28 half, £48 full) but the atmosphere is great, as was the company, and the pubs are even better. Even if you don't fancy a marathon or half marathon it's a great weekend and I have had a great time.

Jill Stocks

### Introduction

After running London Marathon 41 seconds off my first sub 3-hours marathon I was really looking forward to Edinburgh Marathon and looking for that first sub 3-hours. However, my plans didn't work out. Stupidly and making the same mistake as last year's spring marathon season I injured myself playing football a week after London Marathon instead of resting my body. Similar to last year, it was a non impact injury which was most likely caused by overuse and fatigue. I strained or did 'something' to my already aching right Achilles tendon whilst playing for my five a side football team Olympique.

So, for a second year running I was desperately trying to get my injury fit for Edinburgh whilst also trying to keep my fitness up. Like last year I risked making my injury worse by running Leeds Half Marathon (1:25:46), despite my injury I ran a course PB so I was chuffed but it definitely caused my Achilles more problems and I was really doubting whether I was going to run Edinburgh. But I had been waiting a year for it and was desperate to complete my fourth marathon in two years so I just thought - stuff it, I am running.

### The Race

My preparation in the week leading up to Edinburgh was very poor to be honest, I wasn't eating as well as I should have been and I'd had a big drinking session the weekend before and hadn't been able to train but I was just looking forward to a race of the unknown. I spent the weekend in Edinburgh with a couple of friends and we were sight seeing all day Saturday so I was a bit tired and my Achilles did feel sore but I strapped it up with a bandage and I was ready to go. I ate well on the morning - banana with cereal and orange juice. I was ready to go. I met Jason, Scott, Shamiso and Colin near the start line. Me and Scott went to our Red start. Scott was looking at a sub 3-hours and I knew I wouldn't be able to run at that pace today but I started off pacing with Scott, but needed a wee so I popped to the portable toilets after a mile and wished Scott good luck.

I was purposely running quite a bit slower than normal because I knew my injury would become really painful as the race wore on as it was sore right from the go. I was hoping I could try and even my pace up and still get a sub 3:10:00. I bumped into a Hyde Park Harrier - Roslyn who said she was looking at around 3:10:00 so I thought I would try stick around her pace and I had no watch on so I had no idea how I was doing. I ran the first half in 1:30:00 comfortably as I usually run marathon first half's around 1:25:00 and I was fine until about 15 miles - the pain was just too much and was getting to me along with the heat as the sun came out. I couldn't keep up to the pace of Roslyn - I was really hurting but thought keep pushing through. Roslyn was long gone and I was running on my own being overtaken as my energy was draining. It was really frustrating as cardiovascular wise I was fine and was never out of breath it was just my Achilles wouldn't physically allow me to up the pace.

As the latter part of the marathon wore on I said to myself, right no sub-3:10:00 so make sure am sub-3:15:00 then it went to sub-3:20:00 and then I just lost my confidence and thought - all I want to do is finish and pick up that medal. I thought I was on around 3:40:00 so when I crossed the line in 3:18:06 I was really pleased and happy as I didn't want to finish worse than my first marathon I ran. As I was approaching the final stretch I saw Jill screaming at me cheering me on which pushed me into a nice patched up little sprint finish (which you can see @ [www.youtube.com/rjworldsportsnews](http://www.youtube.com/rjworldsportsnews) ). Jill had ran the EMF Half Marathon earlier that morning and it was great to see her cheering the rest of us on and well done to Jill who ran the 'Half with a knee injury.

### Conclusion

My Edinburgh Marathon 2013 result was a bit of a comedown for me after my 3:00:41 at London and 3:04:56 at last year's Edinburgh Marathon as this year I really thought I would sub 3-hours but what can you do? Injuries happen, the biggest thing I've learned from my first two marathon season's is don't mix football and marathon running and don't over do it. I have now decided in future I am only going to run one marathon a year. Next year if my Achilles is better I am looking at maybe running a new marathon, maybe Manchester or Blackpool? Or even Windimere? I can still qualify for 'Good For Age' for London Marathon but I may use that qualification for the following year. I'd love to do another Edinburgh again at some point too. It's downhill, flat and has a great atmosphere, it's just the heat that can be a hindrance. Now I am going to have a good long rest, although keep active in the gym and concentrate on getting fit to hopefully run the Abbey Dash where I want to dramatically improve my 10K PB of 38:46 from the same race in 2011 (Aged 26).

### Well Done To My Kirkstall Team-Mates

Well done to Jill (2:16:34), Gary (1:38:30) and Rhona (2:10:32) on running the Edinburgh Half Marathon and well done to Colin (3:50:13), Shamiso (3:25:21), Jim (3:55:28 a PB), Jason (with a great time of 1:22:56 for his first marathon) and a massive congratulations to Scott after his stunning 1:57:10 PB - sub -3-hours well class !! Hopefully I'll be a sub 3-hours next !! Not sure if David Murillo ended up running the EMF Half as planned, I haven't heard?



Richard Joyce

In the weeks leading up to this race, I'd wondered to myself 'at what point does a hill become a mountain?' At least here in the UK, the answer is: when the summit is at least 2,000 feet in height. I'm really growing to love running in the mud and hills around the Lake District but I was particularly excited about Fairfield since, with a total ascent of around 3,000 feet, it was going to be my first actual mountain race.

The Fairfield Horseshoe is one of the oldest fell events, first established in 1966, and is a clockwise route of about 9 miles over 8 peaks. Being the first race in this years' English Fell Championship series it was also very busy, with the best and brightest of the fell running community out in force.

Since it had been raining steadily all morning the kit requirements were stricter than usual and my lightweight pertex top didn't quite pass muster. Judging by the number of stressed looking faces running back and forth between registration and the Pete Bland mobile kit shop, I wasn't the only one. The start was delayed by half an hour while the rain did its worst but this provided enough time for me to borrow a fully waterproof jacket from a friendly chap from Bowland Fell Runners, and with a great deal of relief, I passed kit check and collected my number.

A short while later, the rain finally ceased its tantrum and the 400 strong group of runners set off along the short road leading to the start of the ascent. Tarmac gives way to grass, mud, and stone as the long line of runners snake their way up the side of Nab Scar to reach the ridge. Onwards and upwards the climb continues.

Looking up to where we are headed, I am awestruck. Not just because the ridge affords a clearer view of the ominous peaks ahead of us but because it occurs to me that the strongest runners in the race have been running this whole time. At this point, we're not even halfway up the mountain.

For us mere mortals somewhere in the middle of the pack, it's a strange game of 'follow the leader' – everyone sticks to the familiar hands-on-knees, fell runner's crawl until further up the line someone breaks into a trot for a few yards and the little burst of activity ripples down the ranks, as everyone dutifully follows the person in front of them. Walk a bit, run a bit, and then walk some more. Endlessly climbing. Tiny humans daring one another to run under the nose of the sleeping giant.

Scrambling alongside Heron Pike at around 1,800 feet, I take a moment to look behind me at the stunning view of Rydal Water below us and Lake Windermere in the distance. It flattens out slightly here, and there's even a tiny bit of descent, so I'm thankful to stretch my legs out before tackling the next climb.

Coming over the rocky top of Great Rigg, the second checkpoint at a height of 2,500 feet, the mountain is most certainly awake now. The sound of the wind is absolutely deafening and through the whirling flakes of snow I can see the final climb to Fairfield, up into the clouds.

It's been about 4.5 miles of tough climbing but I finally pass the highest checkpoint on Fairfield's summit at around the hour mark. Even with the cloud obscuring the view and the wind doing its best to knock you back down the mountain, it's exhilarating to be up at this height and I'm looking forward to a much deserved descent.

Unfortunately the descent doesn't last long before there's a couple of very wet and rocky climbs up to Hart Crag and Dove Crag. At checkpoint 4, however, it's finally pretty much all downhill, following the wall along the ridge all the way to the bottom.

The feeling of running back down is absolutely amazing. There's a long stretch of very runnable, open grassland and with a huge grin on my face I manage to reel in and overtake a few people ahead of me. I have no idea what pace I'm running. I'm ignoring my Garmin and just running at the pace that seems most fun.

The racing route is not marked so as long as you hit the checkpoints you can choose your own line. It's an incredibly free feeling but it also means you have to have some navigational sense. I know from reading the notes on the race map that there's a point coming up where you can cross back over the wall and miss out something called the 'Bad Step'.

The notes read: "exactly where to cross and drop is for you to discover... if you can't recce it, watch the Ambleside vests!"

What colour is Ambleside's kit again? Don't worry about that now, just keep running.

The person I'm following looks confident but I end up picking a bad line and getting slowed to a crawl by having to climb down some rocks. Just as I'm debating whether I can push to catch up with them, something over to my left catches my eye. It's a man. He's waving at me.

I don't know if he's a local farmer, or a walker but I decide to take a chance, ignoring the runner in front, and as I scramble up the rocks I realise where I am.

"Is this the gap through the wall?" I ask, out of breath.

"Aye!" comes the response, "Straight down there and keep to the left!"

A couple of the runners behind me have caught up and we cross the crumbled gap in the wall and set off down a steep descent



on the other side. Off to the right, much higher above me, I leave behind some of the runners who were previously ahead, forced to contend with a series of huge and rather nasty looking rocks...

I make good progress along the much easier open grassland but can't quite keep pace with the other runners and they speed over the next crest and out of sight. Just ahead of me I spot something next to the path. It's a badger - though I realise as I approach, sadly not a living one. It's not a gruesome sight. There's no sign of how the old fella died. He actually looks quite serene. "Poor thing," I say out loud.

I look over my shoulder expecting to catch the eye of the runner behind only to notice I'm entirely on my own, with no other runner in sight. The moment is brief but somehow poignant, capturing just how harsh these otherwise beautiful surroundings can be. I crack on.

The path ahead is clear now and it seems like runners are descending from different paths all around me to converge on checkpoint 5. I recognise where I am and realise there's only half a mile of flat track to go before the finish – the same stretch of track I'd run back and forth along when I was stressing about kit hours ago. "No problem", I think, "I'll grab a couple of places here." Despite the confidence, there isn't much left in the legs and that last bit of track ends up feeling like the hardest half mile I've ever run.

I hear a much needed shout of "Go on Kirkstall!" and push over the bridge of a small brook and up a grassy knoll to the finish line. I recognise the lady who finished just in front of me as legendary fell runner Wendy Dodds (see photo above). She may be sixty-odd and I may be knackered and a bit on the slow side for a much younger man but I feel in good company.

I look down at my watch and I've clocked in at just over 2 hours for a distance of 10 miles. Which I consider quite 'enthusiastic' for a 9 mile race.

After gulping down free coffee and cake, the wife and I chat to some familiar faces and share experiences of the race. Everyone is beaming and there's a genuine feeling of energy and enthusiasm. It's infectious and I'm reminded why I love these kinds of races so much.

Fairfield is only a medium category race and considered very 'runnable' but for me this feels like one of the toughest events I've done. It has certainly also been one of the most enjoyable – amazing scenery, breathtaking views and a good match for my current level of fitness and ability.

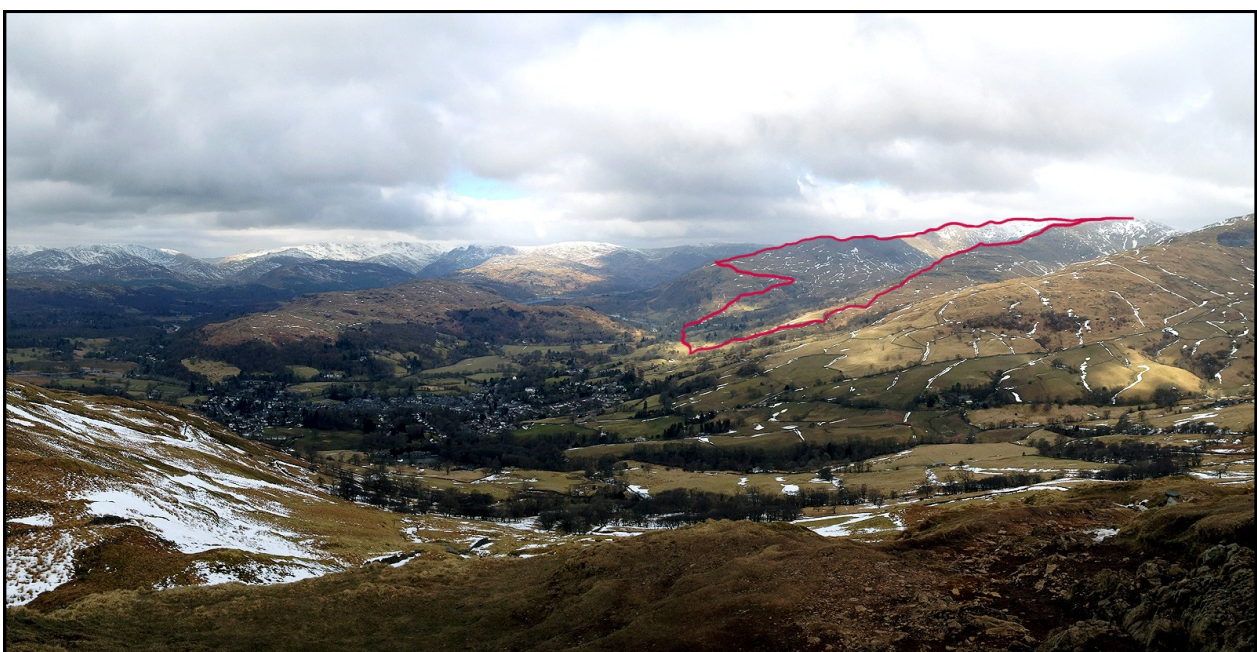
I'm left feeling very satisfied but eager to keep training and improving and looking forward to new challenges.

Something tells me the future definitely has more peaks and mountains in store for me yet.



*Wendy Dodds & Our Graham - photo credit Norman Berry, Holmfirth Harriers*

Graham Pilling





## Member Profile - Paul Glover



**Name:** Paul Glover

**Occupation:** Chartered Accountant, retired Chief Accountant Leeds City Council now amateur gardener.

**Originally from:** A Leeds lad, lifelong supporter of Rhinos and Leeds United

**When did you join Kirkstall Harriers?**

I joined first claim about 3 years ago but still remain as second claim with Fellandale fell running club.

**When did you start running?**

In 1987, by chance with Fellandale, I joined for outdoor pursuits after finishing playing football, and was informed of a social race between Fellandale and Horsforth Harriers around Hunger Hills, alas I was the only non runner present, I came last but received the loudest cheer. That was

the catalyst for the running bug, I knew things could only get better, a life changing moment.

I joined Kirkstall for competition and team events, I knew a few members for years, Fellandale was in decline, an aging club, members moving away, and not enough newcomers interested in fell running. I got despondent of turning up at races like "Billy no mates".

**What are your motivations for running?**

I always enjoyed club training and socialising, never a fair weather runner.

Made many friends over the years, great camaraderie in our sport, much prefer off road, scenic terrain, hate tarmac running, but now don't do much hard fell running. I enjoy guiding my blind niece at races, she is amazing, motivation in itself.

**What are your greatest running achievements?**

I guess still to be competing, many friends far better runners have ceased. Best times, 10 k 39 min Abbey Dash , 10 miles 67 min Otley 10, Leeds Half 1hour 28, and just completing the Three Peaks race several times, never won anything till 60 then Pecos, Yorkshire Vets and Leeds Race series - must be due to less competition in the old gits club.

**What are your best running memories?**

Numerous , competing in Bavarian Alps World Cup Fell Running , race up Mount Jenner 6000 feet, went round a couple of days before, tough uphill never thought would make it, but on the day managed to run all but last 200 feet, great feeling. Then ski lift back down and a few German beers! Also similar event in Czech Republic but not as memorable a course, though both great away trips. Enjoyed doing Lakeland races, favourites Fairfield Horseshoe and Ian Hodgson mountain relay.

**What are your worst running memories?**

Going astray in rain and mist, worst time being a group of us were supporting runners on the Bob Graham night leg on Helvellyn and the Dodds, navigation went horribly wrong we and wandered round for a couple of hours, cold wet and miserable and the attempt was aborted. Did it again two weeks later and got round.

I've never run a road marathon but listening to inspirational tales from Kirkstall Harriers I secured a place for London 2012, training went well till three days before then a calf injury had to pull out. I still went to London to support.

I had a place for this year but sadly lost interest and probably will never complete one now.

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

Mainly, just enjoy running, always give encouragement, I like to see how quickly beginners rapidly develop with support and inspiration, then I watch their backs as they pass me, still that's life!

**Can you tell us any interesting facts about yourself?**

Big fan of Kaiser Chiefs, enjoy long holidays, reason being I have gained two daughters Bolivian and American, and four grandchildren, all living miles away.

Relating to running I am currently ranked number 8 in my category in the UK for one mile, a huge surprise to me.



## PBs and other worthy mentions

It's been a fantastic month for Personal Bests so huge congratulations to all the following. 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, and let us know if we have missed you out and we'll give you a mention next time—ta!

Firstly at the **Edinburgh Marathon**, PBs were set by Scott Anderson with a super impressive 2:57:10 (75th position overall), Jason Buckley 3:22:56 and Jim Meta 3:55:28. Also completing the full marathon was Richard Joyce in 3:18:06 (see race report on page 5), Shamiso Sisimayi 3:25:21 and Colin Chapman 3:50:13.

At the **Apperley Bridge Canter (ABC) 10k** we had 15 harriers running and PBs achieved by: Jon Potts with 45:36, Rose George 52:05, Victoria Daniel 52:31 and Sam Broome 1:07:17.

At the **John Carr 5k** series there were the following PBs recorded:

Race 1 - Alan Brydon 17:24, Shamiso Sisimayi 20:18 and Kieran O'Brien 22:44

Race 2 - Vikki Daniel 24:23 and Sam Broome 31:48

Race 3 - Adam Moger 18:57 and Liam Mealey 19:00

The **Leeds Half Marathon** saw an impressive turnout of 36 Harriers and a very impressive number of PBs...

Scott Anderson 1:22:27, Paul Miller 1:25:52, Jason Buckley 1:27:00, Chris Glover 1:31:51, John Hutchinson ('recent' PB and 3rd Vet 60) 1:34:36, Steve Webb 1:35:45 first half marathon, Mark Skinner 1:36:05, Ashleigh Ewen 1:37:48, Andrew Kirby 1:41:17, Jon Potts 1:42:59, Chris Hunt 1:47:56, Ewan Malone 1:52:14, Alyson Glover 1:53:30, Peter Hey 1:55:06 ('recent' PB) Harriet Carlyle 1:57:18, Vikki Daniel 1:58:53 Will Thwaite 2:00:39 first half marathon, Kevin Kelly 2:03:24 first half marathon, Rhona Cameron 2:06:27, Gemma Rathbone 2:12:12 and Sam Broome 2:33:15 first half marathon.



## June Birthdays

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

\* **Emma Ballantyne** \* **Nikki Eastwood** \* **Richard Hancock** \* **Peter Hey** \* **Julie Hestwit** \* **Burjor Langdana** \*  
**Steven Lightfoot** \* **Katharine Mills** \* **Jon Potts** \* **Richard Thomas** \* **Helen Thompson** \*



Photo: Jill & Jason post-Edinburgh Marathon Festival

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.

