

Kirkstall Harriers Newsletter

No. 117 August 2013



News in brief...

* Kirkstall Festival

A huge thank you to everyone who helped to plan and man/woman the stall at Kirkstall Festival on July 13th. We raised £95 for Sue Ryder Care Wheatfields through various activities planned and executed by Gemma Rathbone, Laura Davies, Sam Broome, James Nundy, Kieran O'Brien, Vikki Daniel and Bethan, Chris and Alyson Glover, Ian Brown and Emma Ballantyne. We had a lucky dip, guess the race bib, cards made by Gemma and lovely baby knitwear made and donated by Ann Brown. Thank you to everyone who manned the stall and also to those who took part in the parade (see photo below). Thanks again to everyone who took part and visited the stall.

* Pontefract parkrun

Last Saturday (27th July) saw a mini "club trip" to Pontefract parkrun which can go down as extremely successful as we had 1st, 2nd and 4th finishes - Alan Brydon 1st, Emma Ballantyne 2nd & Steve Webb 4th. Well done to them and everyone else who ran.

Photo: Before the start of the Golden Acre Park Relay last month (see page 4 for race report)

* Kirkstall Harriers to host Leeds parkrun - 31st August

Hopefully a bit warmer than last time we took over hosting duties, we will be taking up the mantle again on Sat 31st August. This is the day before Leeds County Way relay so perfect timing for marshaling / helping out instead of running. Adam is coordinating and will announce more details shortly. We will also be using this as an opportunity to promote our Kirkstall Abbey 7 race...

* Kirkstall Abbey 7 - 22nd Sept

MAKE SURE THIS DATE IS IN YOUR DIARY! We need as many people as possible to help out on the day at our annual race. We will be allocating tasks shortly. Thanks to all those who have already put their names forward.

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New Members

We are delighted to welcome the follow new members to the Kirkstall Harriers family this month, we hope you will enjoy running with us!

* Lee Hannah * Timothe Dazin * Becky Black * Alton Morgan * Malcolm Dennison (returning member - so, a welcome back!) * Jamie Crooks *

Club Championship Update

Two new races have been added to fill in the gap in August and September. These are the Knavesmire Vets race on 7th August and the Golden Mile at Leeds Carnegie track on 7th September.

July was a very busy month in the CC. We had 25 members at the Eccup 10, 18 members at the HPH summer mile and a very good turn out of 31 runners to the Pudsey 10k. The points award in these races have made some significant changes in the league table.

The top of the table after 11 races is below. Vikki Daniel has taken over at the top. With more runners now reaching the 6 scoring performances, the competition is going to be close as we run into the last 7 races. We will soon be adding the bonus points to the table for parkrun attendance and the marathon score for those who have completed a marathon this year.

Full details and tables are on the website.

* indicates that the best 6 scores make up the points total

Pos	Name	Points		Races
1	Vikki Daniel	107	*	7
2	Stephen Groves	93		5
3	Christopher Glover	90	*	10
4	Paul Glover	89		6
5	Graham Pilling	88		6
6	Chris Hunt	77		6
7	Paul Miller	75	*	7
7	Liam Mealey	75		5
9	Alyson Glover	70	*	10
10	Peter Hey	69	*	7
10	Rhona Cameron	69		6
12	John Hutchinson	64		5
12	Harriet Carlyle	64		4
14	Kieran O'Brien	60		6
15	Adam Moger	59		6

Kirkstall Festival Photos!



Yorkshire Vets Update

After 5 races both our ladies and men's teams are doing a great job. This is even more remarkable as we have not been able to put a maximum turn out at most of the races. If we could get all our eligible runners out at the last 3 races our positions could be even better. The ladies are 4th in two competitions and 5th in the third – from 25 clubs. The men are 6th in 2 competitions and 7th in the third, out of 31 clubs. Individually, again we are struggling this year as most runners have not been able to do all races. Despite this Chris Glover is 11th, Mark Skinner 14th, Patrick Nesden 10th and the star for the men is Paul Glover who is 2nd – in their respective age groups. For the ladies we have Rose George 12th, Laura Davies 6th, Karen Longfellow 5th, Bal Sandhu 9th, Alyson Glover 11th, Sheila King 12th, Carol Moran 5th and Rhona Cameron 13th.

The 6th race is at Barnbow, Cross Cates on 30th July so unfortunately just a little too late to report for this newsletter. The race after that is in York from the race track – and is the flattest route of them all. Anyone wanting to share transport or want a lift can meet outside the LPSA at 6.00. The race starts at 7.30

Nearly all the Yorkshire Vets 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 individual awards provided you have done so many.

The last race of the series – unless they spring a late venue on us is:

Sun Nov 10th – Spenborough – 11.02am

Peter Hey

Leeds Country Way - Sunday 1st September

Here are our 3 teams for Leeds Country Way and the all-important reserves. If you have any problems contacting your race partner or recci-ing your leg, please contact Adam Moger as soon as possible.

See

<http://www.kippaxharriers.org.uk/lcww2.htm>

for details of all legs.

Kirkstall Vets

Leg 1 - John H/Paul G
Leg 2 - Rhona/Karen
Leg 3 - Laura/Jill
Leg 4 - Mark S/Marion
Leg 5 - Patrick/Burj
Leg 6 - Harriet/Alyson

Kirkstall A

Leg 1 - Adam/Emma
Leg 2 - Paul M/Alan
Leg 3 - Chris G/Jason
Leg 4 - Matt Marsh/Richard J
Leg 5 - Kevin L/Graham
Leg 6 - Shamiso/Gary

Kirkstall B

Leg 1 - Chris Hunt/Jamie
Leg 2 - Matt S-H/Gemma
Leg 3 - Jo-Anne/Kimberley
Leg 4 - Sean Cook/Tom
Leg 5 - Bal/Samantha
Leg 6 - Eleanor/Niamh

Reserves:

Andrew Kirby
Kevin Kelly
Carl Lockwood
Colin Chapman
Peter Hey
Rory Smith
Andy Cooper

Club Trip! Bridlington Half Marathon - 20th October

We are hoping to organise "Bals Minibus" for a trip to Bridlington Half Marathon on Sunday October 20th. I highly recommend Brid Half (even if I did break a couple of ribs one year). Flattish and cheap. Well organised. Fish and chips and beer to follow. No great t-shirt but as it is rotary organised you do get a little medal. Please let me know if you would be interested by email at stox78@hotmail.com. First come first served!

Jill Stocks

Winter Training

Yes we're afraid to report that summer is on its way out, and the dark nights are fast approaching again. Anyone with any new ideas, or what they liked best about last year's winter training runs can put their views forward and we will try to incorporate them in the training schedule from September onwards. Please remember to start wearing hi-viz clothing once the training nights begin finishing in the dark too.

More Great Photos...



L-R: Flat Eric at the Washburn Relay, Gemma trying to recruit Nel McAndrew to KH, Mosa receiving his parkrun 50 t-shirt

RACE REPORTS

Leeds 10k - 14th July

In the baking heat on a Sunday morning a surprising number of Harriers were all set to run up and down Kirkstall Rd just one more time. 14 members in fact and I was one of them! I was running as part of a corporate team for charity as were one or two others from the club. Even so, the chance of a PB on this flat course was always there and as you can see from the results table below, five of our members did record PBs. I did have an eye on a first time sub-40min 10k if I could get away quickly from the crowds. Even though I could not wear my club vest, the Clarion team shirt I had been given was purple, so I did not feel too bad. I could have done with vest rather than a t-shirt though. Some had cut the arms out to make a rough looking vest and I was wishing I had done the same when stood in the starting area in the sun for 25 mins. By the time the race started, I had been in the city for 1 hr and 30 mins. That's allot of hanging around.

It was a "welcome back to running" event for Eleanor who was taking part in her first event since becoming a mum. It was good to see Eleanor back running.

The event is very busy and crowded at the start with over 7500 runners. I inevitably got caught up in the mass of corporate runners who were separated from the main field and were mostly jogging and walking, so by the time I made my way past many of them by zig zagging all over the place, my thoughts of a sub 40 were gone. In fact the weather was so hot that I don't think I would have kept up the pace anyway.

Congratulations to Shami, Sean, Kieran, Sophia and Gemma for recording PBs in such hot conditions.

A few of us met in a pub afterwards for a chat and a drink (or an all day breakfast in the case of Shami).

Thanks to those who came out to cheer at the roadside. I spotted Alyson, Adam, Sam, Kevin L en route but I'm sure there were more.

In conclusion it was a lot of faffing about just to run a 10k on Kirkstall Rd.

Chris Glover

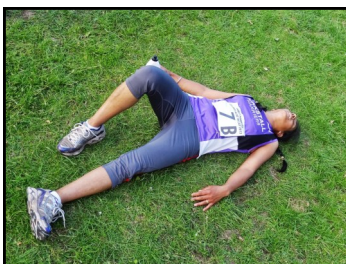
Northumberland Coastal Run - 14th July

This will now be known as the race Gary forgot he had entered. Nonetheless four Harriers - myself, Jason Buckley, Gary Carlisle and exiled northerner Catherine Elvin made it to the start, and, in my case eventually, to the finish. This race has always been one of my favourite races, especially as it is run in Gods own country, Northumberland. 14 miles of exquisite coastal paths and beach. Hard work but incredibly satisfying. The scenery is second to none and the organisation excellent. In the past this race did not prove as popular until some fool decided to tell Runners World about it. Word to the wise – if you enjoy a race keep it in house/harrier or you too will be sat at 12.01 am pressing the enter button frantically (it wasn't me by the way). For me it was a bit of a daft decision. My dodgy knee had prevented me from anything over a few miles for some time so I knew my fitness, let alone my mileage, wasn't up to scratch. So it was a bit of a make or break. Thankfully it was make by the time I reached the end in 2:48 (expect to add at least 10 mins for the fact that we are landlocked in Leeds and therefore never run on sand). Granted I did have a couple of walk breaks but that was to be expected. A great day was had by all and not a bad t-shirt either. Very wearable. Lovely course, great challenge, everyone should do it at least once.



Jill Stocks

Golden Acre Park Relay - 17th July



Bal after a tough run...

A record 10 Kirkstall teams, 30 of us, with Richard's cousin Matty drafted in to make up the final team. A strong 11th place for the Monks (Paul, Steve Groves & Alan), with some noticeably fast leg times elsewhere from Richard J, Steve Webb, Liam and Chris G, and a sub-20 ladies time from Shamiso despite having done quite a few miles getting to the start.. Great to see a mix of newer and "longer serving" members.

Adam Moger

RACE REPORTS

Bishop Wilton Half Marathon - 20th July

Following the return of my mojo at the Coastal Run off we went to Bishop Wilton Half Marathon the following Saturday. Having persuaded Sam to run it too we set off together and remained together for the duration. Despite being near York Bishop Wilton half is a tough hilly course and not for the faint hearted. Two thirds road, one third off (in an ideal world you could swap shoes in the valley) but very scenic, and a small field, making it a rather unique half in this day and age. Cheap too - £12 on the day. And a mug at the end. What more can you ask for??! Thankfully the heat wasn't as bad as it had been that week which was a godsend. The only problem we had was the bloody St Johns Ambulance acting as a sweeper vehicle which followed us both... the monotonous drone of the engine somewhat taking away from the peace and quiet of the countryside. I was surprised, having done this race three times now, that there were not more at the "back end". Usually this race has attracted a good spread of runners but that's just the way it is. So we were joint last. But the job was done. And done well.

Photo of the Month!



Sam's second half marathon. My 47th. And Rory's first!!! The one thing you can claim from this tough race is bragging rights. But even more so if you decided to do it as your first half! Also Alan Brydon's second half marathon having done one a couple of weeks previous. Well done to all no matter what the tally!!

We went on to enjoy the show, doing particularly badly in the Tug of War. At least we weren't last I suppose. The beer tent had some rather lovely Yorkshire beers, much appreciated at anytime but even more so after 13.1 hilly miles. Many thanks to Bal for sorting out the minibus for us. We hope to have other trips such as this in the not too distant future (see page 2).

Jill Stocks

Pudsey 10k - 21st July

The second half of the dirty double. Bishop Wilton on the Saturday, Pudsey 10k on the Sunday. This year I managed to "encourage" several people it was a good idea. For me it turns out it wasn't. But there you go! I was fine for the first 5k but my back turned on me (sorry for the pun) in the second half, and had it been a longer race I would have had to pull out such was the pain. I love Pudsey and it is the race I have done the most times - 8 years in a row. Now I am showing my running age. It was about the second race I ever did and I said I'd have to keep it up subsequently. Reasonable entry fee, good marshalling, great and very challenging course. And on the doorstep too. Quite literally in Alyson and Chris Glovers case and I must thank them on behalf of all the Harriers for their hospitality before and after the race. After the race I had a sports massage during which my screaming seemed to attract a lot of attention.

Congratulations to all the Harriers who did the dirty double! Two of the hardest races in Yorkshire (with the exception of a few fell races I don't care to mention at this point). You now join the role of honour. You don't get anything; just a mention in the newsletter. But you did well.

Sam Broome
Bal Sandhu
Jill Stocks
Chris Hunt
Alan Brydon
Steve Webb
Patrick Nesden
James Nundy



Jill Stocks

Voted the most scenic trail marathon in Britain by Runner's World readers, the route takes in a complete circuit of Coniston Water, including a full lap of Tarn How. Though it undulates steadily uphill for around 15 miles (with a total ascent of over 2,500 ft) there are no severely steep, killer climbs so while it's certainly a challenging course it's also a very satisfying one. The clear views over the lake from the top, surrounded by mountains, are absolutely stunning.

The terrain is mostly footpaths and bridleways but also throws in the odd technical section – most memorable of which was a very loose, sharp and rocky descent occurring in the last few miles which required a lot of concentration, particularly on tired legs. I remember hitting a patch of soft, bouncy grass after the rocky section and it feeling like running on clouds in comparison!

There were some very well stocked food and water stations along the route which had bananas, flapjack, Kendal mint cake, gels, energy drink, flat Coke and more - unfortunately I didn't really dare take on any 'unfamiliar fuel' so I ignored it all and only stopped to refill my water bottle. With hindsight, perhaps I should have filled a doggy bag for later.



The July heat proved to be an extra challenge but thankfully dunking myself in the plentiful streams along the route helped immensely. It's difficult to know how well you will cope with the heat and I felt lucky to have escaped the worst of it since quite a few otherwise experienced marathon runners really seemed to be suffering towards the end. Thankfully the finish line was literally meters away from the water's edge so almost everyone ended up in the lake to cool off afterwards – an amazing way to finish the race.

On the whole the event was really enjoyable, well organised and supported, and I'm glad I chose such a beautiful place to do my first marathon.

Graham Pilling

PBs and other worthy mentions

A very good month for PBs so well done to everyone below. Please don't forget to let us know if you have run a PB, a first race at a certain distance or taken part in an interesting event.

At the Eccup 10 we had 6 PBs: Scott Anderson (1:02:51), John Paul (1:06:03), Liam Mealey (1:10:28), Shamiso (1:13:58), Steve Webb (1:13:59) and Kieran O'Brien (1:24:37)

At Pudsey 10k Graham Pilling bagged himself a PB of 44:47.

The much flatter Leeds 10k saw 5 PBs in the shape of Shamiso (42:34), Sean Cook (44:18), Kieran O'Brien (50:15), Sophia Bull (52:01) and Gemma Rathbone (58:06)

The Hyde Park Harriers 'Summer Mile' event produced the following speedy 1 mile PB times, and yes these are officially to the nearest .1 of a second! Adam Moger (5:40.2), Liam Mealey (5:42.0), Colin Chapman (5:43.9), Sean Cook (5:56.7), Shamiso (6:12.0) and Paul Glover (6:45.2)

And finally, parkrun / 5k PBs have been recently achieved by the following: Sam Broome (31:16), Scott Anderson (17:03), Harriet Carlyle (25:27), James Nundy (23:26), Gemma Rathbone (26:47) and Steve Webb (19:15)

Well done everyone!



August Birthdays

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

* Kevin Green * Stephen Groves * Chris Hunt * Jim Meta * Adam Moger * Diane Shaw * Neal Shotter
* Mark Skinner * Stephen Webb *

Member Profile - Rhian Kempadoo-Millar



Name: Rhian Kempadoo-Millar

Age: 36

Occupation: Flat Cap Designer

Originally From: Leeds

Time as a Kirkstall Harrier: 5 years

When did you start running and why?

I started running when I was 8 - my first official race was The Destiny Run in Newcastle across the Tyne Bridge. My hero Daley Thompson gave me a medal at the end and I was hooked! From then on I ran for all the school cross country teams and did a lot of junior fun runs. I stopped running at 15 then took it up again after my first son was born at 23.

How did you end up joining Kirkstall?

I lived near Kirkstall Leisure Centre and always saw everyone in purple vests in the lobby when I took my kids swimming downstairs. One night I

decided to join and put on my trainers but when I got there all I saw was the 'fast lads' looking really pro and I hadn't run for years. I bottled it and ended up going to the aerobics 'Bums, Tums and Thighs' session in the hall. Dancing to 'It's raining men' for an hour made me vow to join Kirkstall Harriers the next week. I did - and it turns out it's the most welcoming and friendly running club ever!

What are your motivations for running?

Headspace, balance and probably sanity some mornings. Other times it's the buzz, fun and team spirit when it's a race or an event. And sometimes it's Bal calling me at 7.30am!

What are your greatest running achievements?

Amsterdam Marathon 2008 - running through my favourite city, up the Amstel river with windmills & barges, through Vondel Park and finally into the Olympic Stadium was the best feeling in the world. And then having a cold beer by the canal afterwards wearing my medal, knackered but happy.

What are your best running related memories?

Still got to be meeting Daley Thompson at the age of 8 - even after all these years. And Leeds Half is always nice to do as you see loads of people you know, it's like an annual

social every year on the route.

And anytime running with my Mum in Trinidad - we run at 5.30am as it's too hot any later. Seriously hilly but beautiful: we have a fresh coconut afterwards and it's just a great start to the day.

What are your worst running related memories?

Any run I did with an IT band injury was agony. I think I damaged it in Amsterdam but did Hell Up North 10 days after, I was dragging my leg in the mud wishing it would end. I kept trying to 'run though it' but for nearly 2 years after that every run was painful. Makes me so happy now when I get in from a run and realise it doesn't hurt - the body is an amazing thing.

Any words of wisdom for your fellow harriers?

I run my own business & on days when it's a bit tough or long hours I always say it's a bit 'Mile 22'. That it feels like the best thing to do would be to sit down on the pavement, go home and have a cup of tea. But even though the last 4 miles is the hardest, if it takes baby steps to the finish line it's always more than worth it.

But if you have an IT injury then you probably should sit down and have that cup of tea instead!

Can you share an interesting fact about yourself?

When I was a teenager my feet always got damaged from all the running. In the end they removed my big toe-nails so I wouldn't have anymore problems. It resolved the feet issue but left me with odd toes. My 10 year old calls them the 'little bald men' and draws faces on them in biro.



Photos: Top - at the Amsterdam Marathon 2008

Left - on the front page of last Saturday's Yorkshire Post Magazine!

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

