

Kirkstall Harriers Newsletter

No. 118 September 2013



News in brief

* PECO NEWS

For all the old members, I am sure you are thrilled to hear the 4 letter word PECO. There is the AGM on Monday 16th Sept, so we should have some dates for your diaries for the forthcoming season of cross countries. For the new members, this is a series of 5 cross country races, all fairly local to Leeds of about 4 to 5 miles. They are designed to encourage all club members, regardless of age, and ability, to take part, and the more club members we have the better the results are for the club. We do strongly recommend that you have a pair of off road shoes if you have not got any already. The first race is normally in November, but we will keep you posted – we would not want you to miss even one of these glorious events.

* Kirkstall Abbey 7 Race

On 22 September we host our own race, the Kirkstall Abbey 7 which starts and

finishes within the grounds of Kirkstall Abbey. We also have a 1 mile fun run and a 2 mile junior run for under 17s. We will be asking for helpers from the club membership as it takes many volunteers to put on a successful event. Please come along to give a hand if you can. We will be collecting names of volunteers and allocating tasks over the next 3 weeks. Please email the club at kirkstallharriers@gmail.com to add you name to the list. We will need people to marshal the 3 races, run the drinks station at half way, take entries on the day, run the bag storage tent, do the race timing, hand out goodie bags and beer to race finishers, look after the food and tea/coffee in the LPSA, set up the course, course sweeper and many more, so please give your support. We will be raising money for Wheatfields Hospice as usual.

* The Odd Couple Run

This is a new run for the club – so if it all

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Photo of the Month

There could only be one winner of the photo of the month and thats this one of Jill and Jason Buckley cutting their wedding cake....

(Well I think that's what they are doing—Ed).

Thanks to Chris G for sending in the picture.

It goes without saying Congratulations to Mr & Mrs Buckley.



goes wrong on the night – don't blame the committee. If you enjoy it and would like to do it again – you can thank Andrew Kirby for his suggestion. We will pair off everybody who turns up so the slowest runs with the fastest and work our way through both ends of the list of PB's/handicaps so that everyone has a partner. The slowest runners of each pair will run off in one direction of our 10K route, possibly up Leeds and Bradford Road, whilst the fastest runners of the pairs will set off at the same time and run in the opposite direction, Kirkstall Road. When the pairs meet up – presumably not at the half way point, they will swap batons and turn round and run back to the start. The first pair to win will be when both runners finish, and the baton is brought home by the other runner. Details to follow at notices on training nights and on the Facebook page.

Yorkshire VETs



The Kirkstall VETs have got to be the best looking bunch of old codgers in the league!

age groups. For the men we have Adam 11th, Chris Glover 7th Mark Skinner 9th, Patrick 8th and Paul Glover 3rd – all in their age groups.

We need as many out as possible at the last race at Cleckheaton. So even if you have not done one yet, or have been struggling for whatever reason to get a good number of runs in, lets all try to go out in style and whet the appetite for next year. 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 is on Sun Nov 10th at Spenborough, start time 11.02am. This course is slightly hilly, but is quite a scenic one over fields, tracks and disused railway lines, and starts and finishes on the running track. We will be reminding you of this in the next two newsletters – just in case you deliberately forget.

Peter Hey



*Left: Crossgates Vets
Right: Burjor's sprint finish at York
Below Left: James Nundy at Crossgates
Below: Gemma & Laura at Crossgates*



Members Meander Wednesday the 4th September

This is one of the two club handicap races and is about 6 miles long. The theory is the slowest starts first and the fastest last, and you all cross the line together. Fortunately this has never happened so we can give trophies to the first 3 members who cross the line.

If you are not a member yet you can still take part. The majority of finishers are grouped together, and it always makes for an interesting finish as that's where most of the places are won or lost in the last half mile. To make for a prompt start, can we all meet near the tennis courts in the Abbey grounds, or by the rugby club house if it is raining. We hope to start the slowest runners of at 7.00 if not sooner, and the fastest runners should only be waiting about 15 to 20 minutes if all goes well.

We ask all runners to wear club colours, and if you cannot run, your assistance in helping out at the start and finish would be greatly appreciated. We have done several training runs this last month or two of the course but there will be route descriptions available on the night if you need them. To finish off the night so you can argue with, or buy drinks for the handicap setters, there will be a buffet in the LPSA afterwards.

	1st		2nd		3rd	
2002	LIZ	AYLLOT	NICK	SYKES	RACHEL	HINDS
2003	NEAL	SHOTTER	PETER	HEY	TOM	BURDEN
2005	CHRIS	STROWBRIDGE	ANNE	FAIRBAIRN	JULIE	HUSTWIT
2006	DAVE	WOOD	WENDY	RICHARDSON	LOUISE	CARBY
2007	IAN	BROWN	JOHN	MITCHELL	RICHARD	THOMAS
2008	ELEANOR	FRANKS	MATT	HOOBAN	SAM	OSTERMEYER
2009	LIAM	MEALEY	STUART	REARDON	KEVIN	LONGMATE
2010	PHIL	HEWITT	KEVIN	BLACKHIRST	HELEN	THORPE
2011	SANDRA	FRASER	MARK	SKINNER	CATHERINE	ELVIN
2012	BURJER	LANGDANA	OLIVER	POOLE	RICHARD	JOYCE

RACE REPORT

Spofforth Gala 10K



Attention Puntastic caption alert: "The calm before the Swarm" (So very sorry everyone but

As many will already know, this race turned into a nightmare for some of the runners thanks to swarms of hornets attacking runners. I did not see any hornets so they must have been perfectly happy when I ran past. They did get aggravated though, and many runners were stung multiple times and one had to be air lifted to hospital. Fortunately for us, the hornets did not like the colour of purple and none of our 8 runners were stung.

The conditions were very hot and sunny. The race started at 1:30pm which meant the sun was particularly hot. The village setting in front of the castle was fantastic and the gala going on around us made a great atmosphere for the start of the run. The route is undulating with 400ft of ascent and is mostly on trails and fields. A very pleasant route if you are not being chased by hornets! The distance is 10.2k. Our 8 finishers were me, Jason, Alyson, Vicky, Patrick, Gemma, Ian and Jill. (see results below)

The gala and refreshments after the race in the village hall rounded off a very enjoyable day out. Highly recommended.

Chris Glover (Turn to page 7 for Jill's own version of events)

Pos	Name	Cat	Time
26	Christopher Glover	MV50	00:44:58
66	Jason Buckley	M16-39	00:49:23
152	Alyson Glover	FV45	00:59:12
164	Vikki Daniel	F16-34	01:01:22
166	Patrick Nesden	MV60	01:01:30
186	Gemma Rathbone	F16-34	01:06:05
207	Ian Brown	MV60	01:16:43
223	Jill Buckley	FV35	01:24:17

Family Running and a little thank you



Samantha and Malcolm running the Leeds Hyde Park Run

I have always thought that the runners I see on the street or on the TV must have spent hours, months, years training to get where they are, so needless to say 8 months ago when I decided to attempt running I found it very daunting. As the months have gone I have realised that you don't have to be the fastest runner to be able to run or complete a course as long as you have a reason for doing it, whether it is serious and goal aiming, for fun, exercise or for charity, it is all achievable.

I now find that more and more of my friends are updating their facebook and twitter status with comments on how many miles they have run or what races they have just completed. It is encouraging when you see people stepping out of their comfort zones to help raise money for charities close to their hearts. I do think that having these people around me, encouraging me and wishing me luck helped me to complete the Leeds Half as well as continue running (well attempting).

My main influence has been my best friend Kathryn who this year completed the London Marathon on behalf of Parkinson's, now her idea of running, was running to a shop as soon as the sales start and her diet consisted of a banana at breakfast followed by a small lunch and then a lot

of cocktails. Kathryn raised over £5,000 for Parkinson's and I raised over £600. In October we will be putting on our Parkinson's tops and completing the Great Birmingham Run.

Now we cannot forget Malcolm in this. Malcolm has been there from the start and has been a great support for me, taking me to races, standing out in the cold for 30-70mins waiting for me to finish, making me go out for runs as well as telling me off for not going for a run. He has also got involved with Kirkstall Harriers by volunteering at events (by volunteering I mean me putting his name forward) and taking photos of us. Last month I encouraged him to run Jill and Jason's pre wedding park run, needless to say it was his first (and last) 5k running event. Now I haven't done park run in a while so I may have told him that it was only a lap and a half long.....his face was not impressed when the organisers shouted out the actual distance. Ooops. Malcolm finished it in about 35 minutes and to say he was running in trainers designed for astro turf and only ever runs in Tennis matches, I think he did very well. As far as I am aware he has now recovered and has taken early retirement and will be going back to his role as Kirkstall Harriers Photographer.

I have two sisters who too are both into running and fitness. Katy (26) a duty manager/personal trainer at a leisure centre has been running for a few years now. She recently completed her 3rd 5k Race for life.



Sam and best friend Kathryn

Katy is not competitive and runs for fitness and apart from Race for life has never entered any other kind of running event, I did ask her if she wanted to join me in the Birmingham Half Marathon, her response to the 13.1 mile distance was 'do I have to run it all?'

My younger sister Jessica (16) wants to go into the police force or in the army. She is hopefully attending a cadet course with her school and has started running and working out to fitness dvds. Jess is also the team captain of her school's Basketball team.

My father kind of runs, if by running we can count rounding up the sheep or chasing after them if they escape and my mother has bought a treadmill.....which I think is keeping warm in the garage.

Needless to say without the support of my friends, family and everyone at Kirkstall Harriers I wouldn't be as confident with my running and I would not have gained as much race experience as I have now. I would have also only completed 1 half marathon and not 2 (yes that comment is to you Jill Buckley). So thank you to everyone at Kirkstall Harriers, my family, friends and colleagues at work. Lets continue spreading the fun of running.

Samantha Broome



Sam, Sister Katy and Friends

Member Profile - Chris Hunt



Name: Christopher David Hunt

Age: 37

Occupation: Trade counter sales

Originally From: Bramley

Time as a Kirkstall Harrier: 3 years

When did you start running and why?

Originally I started running when I was 8 as my family were all runners at the time. I did quite a few fun runs and some of my friends from primary school also took part we all enjoyed racing against each other! I stopped running events in my early teens as my family stopped running - my grandparents ran well into their 60's and also running wasn't that popular anymore. I started again in 2008 as my wife's friend sadly lost her baby at 4 weeks to cystic fibrosis so I ran the Leeds half marathon that year

to raise money for St James hospital - renovating the bereavement room and also the play area for the children.

How did you end up joining Kirkstall?

I joined the harriers as one of the longer-serving members, Stuart Reardon, used to see me every year at the Leeds half marathon and he was always saying I should join up. At the time I wasn't sure and kept thinking maybe next year.. Eventually I decided to join up and haven't looked back since!

What are your motivations for running?

I just enjoy running - in a group on training nights and the also the competing side on race days.

What are your greatest running achievements?

Completing my first my marathon at Liverpool 2011 - I was really nervous on the day not knowing if I could do it only previously doing half marathons and not really trained properly. I think 16 miles was the furthest I'd gone so that extra 10 miles was a daunting task!! But on the way over I had loads of encouragement from Eleanor and Marion and also on the start line I met up with other Harriers who were doing the race which helped settle the nerves. I eventually crossed the line in 4 hours 29 minutes and although I didn't finish it in a sub 4 hour time I think it was a achievement in itself for just completing it.

What are your best running related

memories? I was lucky enough to get a club place for the 2012 London marathon the whole weekend was a amazing experience. I'd do it again in a heart-beat and hopefully get a place through this years ballot - still hoping for that sub 4 hour time!!

What are your worst running related

memories? Just a small one that comes to mind, finishing last on one of time trial nights last November. I had been running for a few months with a couples of niggles thinking I could run them off - not a good idea!! Eventually conceding defeat I took Adam's advice and went to see Ward [KH sports masseur based in Pudsey] for a couple of massages which sorted them out - I would advise anybody with similar problems to try Ward, the man's a genius and great value at £20 for a full hour.

Any words of wisdom for your fellow

harriers? Take it one race at a time and enjoy yourself!

Can you share an interesting fact about yourself?

I have just started a martial arts course which I train for twice a week and hopefully in three years time I will be a black belt!!



*Above top: Chris at the bottom of Post Hill and still smiling?
Above: Running at a very chilly looking Liversedge Half
Right: Another photo of Chris at the Post Hill Challenge but not looking quite so happy?*



SHOE REPORT

Shoes - Rose George

I suppose the first ones were Dunlop Green Flash. For tennis, for uncomfortable running. Then I had spikes, that I seem to remember had orange stripes, for sprinting, which is what I did best at school, when 400 metres had me gasping and 800 metres was something that other people did. After that, trainers got no love from me unless they were Converse or fashion, because I became a hockey player, briefly a rower, and then a swimmer, where shoes were superfluous. Then, four years ago, something happened to my brain, because it said, "start running." It was partly because I'd moved back to Yorkshire from London, where I had lived 500 metres from the renovated London Fields Lido, a heated Olympic size swimming pool. If I couldn't find something similar in Leeds then I wasn't going to swim. I didn't swim.

So I started running. Of course, being me, I decided to do my first couch to 5K on a container ship, on which I travelled for five weeks (then wrote a book about it). I was running in cheap Asics from Sports Direct. At that point I'd never even heard of gait analysis, pronation or mild arch support. I got to 5K eventually, then thought about joining Kirkstall Harriers, famously wrote to someone (Carol or Chris?) then was never heard of again for 18 months. Partly that's because I had surgery and had to start from scratch. So my real running and shoe fetish began about two years ago, with two things: the Kirkstall 7 and a pair of Brooks Glycerin. I loved both, joined Kirkstall Harriers and that was that: the beginnings of obsession. Two or so years later, I am on my second pair of Glycerins, and also have one pair of New Balance trail shoes, one pair of Nike Frees, one pair of spectacularly garish Brooks T7s, one pair of Brooks Ravenna (thanks to a physio misdiagnosis), and yesterday I ordered a pair of Brooks Cascadia trail shoes. Why? I already have trail shoes.

Because you can fall in and out of love with shoes as much as you can with running. I know my trail shoes are good ones. I know they are nice and lightweight. But I can't stand them. They feel flimsy. I don't feel protected from corners or tree roots. I can give all sorts of excuses but the only truth is that I fell out with them almost at once.

Some runners won't get this. They think that people get obsessed with gear (yes!). They don't understand the soothing calm brought about when you are stressed and need some time out, and you head for sportspursuit, Sports Direct, sportsshoes.com or Sweatshop just to look at brightly coloured shiny things. There are runners at Kirkstall who have had the same pair of shoes for years (and who then, Andrew Kirby, buy four pairs at once so they don't have to shop for another four years). There are those who think shoe fetishists are profligate or have too much money. But you spend enough time on those sites, and you know how to not spend much money, and you know that ordering another pair of highly engineered beautiful shoes will bring you more peace than spending the same amount of money on pints. Which is why I'm now thinking of a pair of fell running shoes, then maybe some more road shoes, then some running flip-flops. No, not really. I wouldn't run in flip-flops. I'm not daft. Anyway, Brooks don't make them.

RACE REPORT

Park Run Kirkstall Harriers Style

A second go at hosting Leeds parkrun, the first done in March under several inches of snow and only 68 runners. 342 this time, with loads of positive feedback, plenty of KA7 forms handed out - and good publicity for the club. 20 volunteers made the job easy, with 6 pacers being challenged to hit the even numbers from 30 to 20 - Harriet, Rhona, Alyson, Marion, Shamiso and Emma. A trip to Opposite Café afterwards to round off the morning - thanks to everyone who made it such a successful event.

Photos: Above Right Flat Eric and Friend? Below Left The Purple Hosters, below centre Mosa and Son too cool for HI VIS and finally below right Ian tail runner!



RACE REPORT

Spofforth Gala Trail 10k—Bank Holiday Monday

So having told everyone what a lovely race it was I stood at the start line at Spofforth feeling quite sick due to a general sense of trepidation. And cherry Lucozade. It was also very, very hot. And 1.30pm. The hottest point of the day. I don't run well in the heat. In fact I find it absolutely horrendous. So not a great start.

Off we went and as I suspected the heat did tell as did my general lack of post wedding/excess work etc fitness. I got to the 5k water station knowing I was going pretty slowly. But it turned out there was a sting in the tail anyway (ahem). Just after the water station I then saw a marshal flapping his arms frantically in the middle of the field. He was trying to direct runners further across the field from what it then materialised was a disturbed nest of very angry hornets. Who were gradually becoming angrier. By the time I arrived they had already stung many of the passing runners who had apparently ran straight into the swarm before the marshal had even had a chance to realise what was going on.

It would appear that the front end of the race had stampeded past and disturbed them. So the middle lot copped for it. Some were stung five or six times. But the main concern was that some had a reaction to it. By the time I got into the woods a few hundred metres ahead runners were dropping like flies (sorry). Myself and another runner helped a lady out who started staggering about in front of us, waited for marshals and generally made sure people were ok and being attended to. Then the cherry Lucozade came back up and frankly after all the standing around my already knackered legs weren't willing to do the next 5k.

So after some walking and a stop in a bush, for goodness sake, I finally made it to the finish. I haven't looked at my time as I'm frankly not interested. Not sure how long we were stopped in the woods after the hornet palaver so I don't suppose I'd have a clue what my actual time was anyway. Apart from slow. In the end one lady was taken off in the air ambulance and all of the other affected runners were attended to en route or at the end by the ambulance and St Johns staff. I'm not sure how I managed to avoid getting stung. Though there is a theory that it was the purple that put them off. It would appear they liked white. So Otley came a cropper.

I've done Spofforth a few times and it's a lovely day out with the gala and stalls. A tough course but scenic and enjoyable. Where the helck do you put "hornets nest" in a risk assessment? The organisation and marshalling was excellent as usual and meant what could have been a pretty horrendous situation was dealt with calmly and properly. So all's well that ends well. Though I have learnt my lesson that if you know you don't run well in the heat then don't set off on a race in searing 1.30pm heat in August. Runners! Know your limits! **Jill Stocks**

Club Championship 2013

August saw only one CC race. That was race 12 of 18, the Vets race at Knavesmire. We had some different high points takers for this race. Well done to Carol for taking 20 points. It's great to see that 20 members have already completed 6 races or more from the CC race calendar. Here are the top three points winners for the Knavesmire CC race:

Position	Name	H'cap Time	Diff	Time	Points
1	Carol Moran	00:56:39	00:03:46	00:52:53	20
2	Rose George	00:49:47	00:03:06	00:46:41	19
3	Burjor Langdana	00:51:11	00:03:00	00:48:11	18

The top of the league table has changed because we have now added in the parkrun bonus and the marathon score. Remember that the marathon score replaces your lowest score with 15. The park run bonus is a straight 10 points onto your total for doing 4 park runs in the year. If you think you qualify for one of these bonuses and have not received it, please email the club address. The full results and league table is on the web site.

The next CC race is the Golden Mile at Leeds MET Carnegie Track on Saturday 07 Sept.

Opposite: the top 10 after 12 Races

Pos	Name	Points	Total Races	Marathon Score	Parkrun Bonus
1	Vikki Daniel	117 *	8		10
2	Graham Pilling	105	6	15	10
3	Christopher Glover	100 *	11		10
4	Stephen Groves	95	6		
5	Paul Glover	89	6		
5	Alyson Glover	89 *	11		10
7	Paul Miller	85 *	7		10
7	Liam Mealey	85	5		10
9	Harriet Carlyle	84	5		10
10	Chris Hunt	81 *	7		

RACE REPORT

Tour of Noland Moor Trial Race—25th August



Tense moments as Alyson storms to victory in "Target Bowls"

It is Alan Brydon who I can thank for spurring us on to run this race for a second year. Alan joined Alyson and I to give this 6.5 mile trail race a crack. We had discounted it this year as we had said we would run the Spofforth Gala 10k on the next day. The weather was overcast but warm at the start and sun breaking through by the end.

The route sets off from Copley Cricket Club and immediately climbs up a steep track towards Norland Moor. Calderdale Way Leg 1 runners will know this hill. The total ascent is 800ft and you get most of that in the first 2.5 miles. After that is it a loop of the moor and then a chance to charge back down the same track to the finish at the cricket ground. Alan came 10th with a time 42:24, I finished 31st in in 46:05 (3 mins faster than last year) and Alyson came 101st in 64:59 (4 mins faster than last year).

If you want to try a trail race/fell race, this is one to get you started as it is not bad under foot all the way round the route. At the prize presentation, we surprisingly did not win a spot prize! The facilities at the cricket club are great. A newly built and very impressive clubhouse is the race HQ.

The cricket club were hosting a festival of food which had started when we returned to the field. There were a few food stalls, a hog roast, a beer horse box and some activities to compete in. Being competitive types, we had to have a go.

Here are the results for all the competitions we entered:

	Alan	Alyson	Chris
Target Golf	2nd	3rd	1st
Target Bowls	3rd	1st	2nd
Ladder Game	2nd	No Entry	1st
Splat The Rat	1st	No Entry	2nd
Fell Race	1st	3rd	2nd

So, overall in the quintathlon I just beat Alan on the day with two 1st and three 2nd places. I am happy with that! (Sorry Alan).

A great half day out.

Chris Glover



Right: Chris in his first ever "Ladder game"

Left: "Splat The Rat"....I hope that is the "Rat" Alan is holding!



RACE REPORT

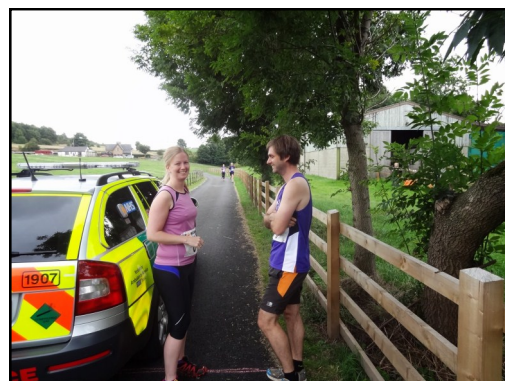
Leeds Country Way 2013



Ad & Emma Fasted Mixed Pair , Leg 1



Paul and Alan Leg 2



Andy and Kimberley ready for the handover at the start of Leg 3



Chris and Jamie, Leg 1

A best-ever 3 Kirkstall teams for the LCW, so I including reserves more than a third of the club involved. Many thanks to those who moved up from the reserves, some at late notice. Better running weather than recently - a bit windy but much cooler - and not boggy like it was last year, with no injuries or (bad!) wrong turns on the day.



Jill and Laura, Leg 3



Peter and Rhona, Leg 2

The teams were split into A, B & Vets, with all 3 finishing well, the A team coming home a superb 8th out of 48 entrants.

Thanks to Alyson and Chris for doing a lot of driving for other legs, and Alyson for getting photos of most finishers. Pie & peas (and later cake) at The Podger afterwards, with a Kirkstall mention at the presentation for myself and

Emma winning fastest mixed pair on Leg 1 (see photo to work out who dragged who round!).



John and Paul, Leg 1



Chris and Jason Leg 3

Adam Moger

And a big thank you goes to Adam and the rest of the club captains and vice captains for all their hard work organising the summer relay teams—Ed



Matt and Gemma, Leg 2

RACE REPORT

Leeds Country Way Cont'

At the time of going to press we had the following times and results (from the info posted on the pub wall), keep checking the website to find out how we did. The A team came 8th overall. The rest of the results will follow and will be posted on the web site when they do. Finally there was a very good number of us at the Podger Pub to eat up the pies, so well done them!!

Kirkstall A (8th)	Leg Time	Total Time	Leg Pos (Cat)	Leg Pos (All)
Leg 1 - Adam M/Emma B	01:21:30	01:21:30	1st of 8 - Mixed	14
Leg 2 - Paul M /Alan	01:21:10	02:42:40	10 of 29 - Mens	10
Leg 3 - Chris G/Jason	01:15:15	03:57:55	6 of 28 - Mens	6
Leg 4 - Pete B/Richard J	01:19:05	5:17:00	5 of 27 Mens	5
Leg 5 - Kevin L/Graham P	01:15:21	6:32:21	9 of 25 Mens	9
Leg 6 - Shamiso/Gary C	01:13:29	7:45:50	2 of 10 Mixed	17
Kirkstall B (39th)				
Leg 1 - Chris H/Jamie	01:37:38	01:37:38	27 of 29 - Men	33
Leg 2 - Matt S-H/Gemma	02:04:50	03:42:28	5 of 6 - Mixed	42
Leg 3 - Andrew K/Kimberley	01:43:00	05:25:28	5 of 8 - Mixed	37
Leg 4 - Sean C/Rory	01:45:12	7:10:40	21 of 27 Mens	29
Leg 5 - Bal/Sam	02:12:28	9:23:08	16 of 16 Ladies	47
Leg 6 - Eleanor/Niamh	01:25:47	10:48:55	4 of 13 Ladies	29
Kirkstall Vets (41st)				
Leg 1 - John H/Paul G	01:39:15	01:39:15	28 of 29 - Mens	36
Leg 2 - Rhona/Peter H	02:06:45	03:46:00	6 of 6 - Mixed	43
Leg 3 - Laura/Jill	02:07:37	05:53:37	11 of 12 - Ladies	44
Leg 4 - Mark S/Marion	01:45:12	7:38:49	5 of 8 Mixed	30
Leg 5 - Patrick/Burj	01:45:52	9:24:41	24 of 25 Mens	43
Leg 6 - Harriet/Alyson	01:29:24	10:54:05	6 of 13 Ladies	35



Above: Graham & Kevin, Leg 5



Top: Bal & Sam, Leg 5



Above: Aly & Harriet finishing together (C.Kippax)



Above: Gary & Shamiso, Leg 6

More Leeds Country Way



Left: Niamh & Birthday girl Eleanor finishing strongly, Leg 6 (C.Kippax)



Right: Richard over 'The Obstacle', Leg 4 (C. Andy Byrom)



Left: Aly, Harriet and Flat Eric.



Right: Graham & Kevin ignoring Harwood House in the background! Leg 5



Left: Niamh & Eleanor, Leg 6



Right: Marion, Mark, with Rory and Sean close behind, Leg 4 (Andy Byrom)



Left: Pete and Richard tackling 'The Obstacle' on Leg 4 (c. Andy Byrom)

Right: Sean & Rory, Leg 4



Unfortunately we seem to have no photos of Burjor or Patrick on Leg 5 we assume they are not missing in action, if anyone has a photo of them please send it in and we will put it in next months newsletter! — ED

And Finally...



September Birthdays

Happy Birthday to the following members who celebrated their birthdays in September:

* Alan Brydon * Sean Cook* Vikki Daniel* Isacc Dell * John Durkan * Catherine Elvin * Caitlin Fray * Eleanor Gallon * Ayisha-Marie Hooper * Paul Miller * Jonathan Turner*

PBs and worthy mentions

Well done to Scott Anderson who ran 1.18.40 at a very windy Blackpool Half.

Shamiso ran the Leeds Hyde Park Run in 20:03 in fancy Dress and Becky Dwyer also has a new 5k Park Run PB of 26:21, well done to both of them.

Congratulations to Jo-Anne Redshaw got married on 10th Aug and is now Jo-Anne Fairbank.

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

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