

Kirkstall Harriers Newsletter

No. 119 October 2013



Kirkstall Abbey 7

The record of always getting good weather for our race day continued for another year when forecaster's promise of a clear warm day was delivered. The race was even featured in the Evening Post (twice!)

We already had the highest number of pre-entries for the KA7 (185) before race day and the good weather brought us many "on the day" entries for the KA7 and the two fun run/junior events. As with previous years, people started turning up at race HQ at around 8:20 to register their children for the fun run and themselves for the KA7. It was a good thing that we had turned up early to set-up. The 300 bottles of beer, 350 goodie bags and 350 bananas were already in place waiting for the first race finishers. Adam had many of his marshalls gathering in the Abbey and all was running smoothly.

To everyones surprise, Richard Joyce arrived in time to put on the Monks outfit and prepare to be chased around the Abbey. Jill started the fun run at 9.00am and we were off! As the fun runners ran around the Abbey paths in pursuit of Richard, there were more late entries coming in and in the end we had 265 entries to the KA7 and 29 for the junior race. Both record numbers.

The junior race set off at 9.25am chasing the Monk again but no-one managed to catch him. Jill did the presentation of trophies to the junior race male/female winners before starting the KA7. Richard the Monk now had some serious chasers and he had 3 miles in his legs already (as well as a monks robe to wrestle with). He managed a creditable 17th and had a sprint finish with two Valley Striders.

In the end 241 runners finished the KA7 race. The winner, Tom Adams of Ilkley Harriers beat his own course record by finishing in 35:44.

After the next committee meeting, we will announce how much money we will be giving to Wheatfields.

We had many positive comments about the race and the people hosting it from runners on the day and afterwards.

Thanks to the KA7 Race Committee (Jill, Jason, Alyson, Marion, Kieran, me) and Adam for doing a great job of preparing for and organising the event.

Lastly, a big thank you goes to all those who helped in any way towards the hosting of the events, especially those friends and family who are not even members of the club! It was a very successful day and would not be possible without all you volunteers. I hope that you enjoyed it and will be back for more next year.

Chris Glover



"You can't catch me, I have a higher power driving my legs!"



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Photo of the Month

Odd Couples Run - Weds 25th Sept 2013

I don't think it was a coincidence but the numbers on the night were a bit lower than usual despite a few feeble excuses being banded about. At least we had 16 runners to pair off, and a poor Russell Bromley (a relatively new face) who did volunteer to run unattached with one of the groups. At least we had two officials – Andrew Kirkby whose idea it was, and myself. Nobody had brought any batons but fortunately I just happened to have some Little Angels Pom Poms at hand.

We were short of a couple of faster runners to make it more balanced but we paired the runners off best we could. One good point of this event – or could it be a bad one – is that all the runners had no excuse to stop for a gossip on the way round, such as the latest knitting patterns which the men may discuss, and whatever topic is the ladies favourite. On the night the winning pair were Alan Brydon and Carol Moran, (she being the usual dark horse) followed by Helen Thompson (another one who can speed up when she wants) with Paul Miller. Hannah Lee and Matthew Kirkham (one of our latest new members) came in 3rd.

Only 9 and a half minutes separated the slowest and fastest runners with Alan running the quickest in 48.13, and the slowest 57.43 – but I should imagine the distances covered varied quite a bit. The general consensus from the runners on the night was that it is a good idea and that we should do it again. As usual, it is getting the individuals predicted run time that is the hardest.

A full set of results may be printed here if space permits, if not they are on the website and I do have a couple of hard copies.

Peter Hey

Yorkshire Vets Update

Just to remind you all that the last race for this year is at Cleckheaton running track on Sunday 10th November. Start time is 11.02. We need as many out as possible either to gain the odd team place or ensure we do not drop any lower. For those new to the Harriers you become a vet when you are 35. In these races you are all broken into 5 year age groups, but all in one race which makes for some interesting results. At the end of the race you are all given points which all add into the club total, so if you finish first or last your contribution valuable to the club. There are individual prizes at the end of each race and at the end of the year provided you have done sufficient races. If you have not tried one yet, have a go at this and see if you fancy them for 2014. This course is slightly up and down, but is quite scenic over fields, tracks and disused railway lines, and starts and finishes on the running track.

PECO Cross Countries

The provisional dates and venues for this year's series is as follows.

Sun 24th Nov – Temple Newsam

Sun 15th Dec – Golden Acre Park

Sun 12th Jan – Middleton Park

Sun 16 Feb – Danefield – Otley Chevin

Sun 2nd Mar – Northcliffe Park? Shipley/Saltaire way somewhere?

If you have never done any of these before they are about 4 to 5 miles long and are designed to encourage all club members to take part regardless of your ability. There are about 17 clubs involved and attract about 3/400 runners. The courses are not too difficult – unless it's been raining heavy, and on dry days most courses are suitable for road shoes. We would suggest though that you invest in a pair of trail shoes if you have not got any yet. A good purchase bearing in mind all the nice trail races these days. If you have any queries about taking part please discuss with any other member who has done them. On the day we will share transport too – details will be announced prior to each race.

Club Championship Update

After race 14 of 18 - Horsforth 10k...

There were two Club Championship races in September, the Golden Mile at Leeds Met Carnegie track and the Horsforth 10k at Apperley Bridge.

The top points awards for the two races are below:

Race 13 - Golden Mile

Position	Name	H'cap Time	Diff	Time	Points
1	Marian Muir	00:06:43	00:00:22	00:06:21	20
2	Richard Joyce	00:05:19	00:00:17	00:05:02	19
3	Paul Glover	00:06:51	00:00:14	00:06:37	18
4	Gemma Rathbone	00:07:51	00:00:13	00:07:38	17
5	Eleanor Gallon	00:06:59	00:00:11	00:06:48	16

Race 14 - Horsforth 10k

Position	Name	H'cap Time	Diff	Time	Points
1	Rory Smith	00:48:59	00:06:46	00:42:13	20
2	Kimberley Ridout	01:00:55	00:05:02	00:55:53	19
3	Gemma Rathbone	01:00:05	00:04:03	00:56:02	18
4	Peter Hey	00:56:59	00:02:54	00:54:05	17
5	Paul Glover	00:51:51	00:02:54	00:48:57	16

The resulting top 10 places in the league table along with any additional bonuses added in the month is below:

Pos	Name	Points	Total Races
1	Vikki Daniel	117	* 9
2	Graham Pilling	105	6
3	Christopher Glover	100	* 13
4	Paul Glover	99	* 8
5	Liam Mealey	96	6
6	Stephen Groves	95	6
7	Alyson Glover	89	* 13
8	Stephen Webb	88	* 9
9	Gemma Rathbone	87	* 8
10	Kieran O'Brien	86	* 7
10	Harriet Carlyle	86	6

PBs and other worthy mentions

It's been an absolutely stunning month for PBs, so much so that Chris had to compile them into a fancy table to submit them for the newsletter which is a first! Huge congratulations to everyone who features on this bumper list, especially those who have achieved more than one this month. A special mention goes to Shamiso who achieved PBs across a total of 3 different distances! As there are so many they will be listed by distance and not individual race this time. Here goes...

1 Mile

Scott Anderson 4:55, Richard Joyce 5:02, Stephen Webb 5:21, Adam Moger 5:29, Liam Mealey 5:34, Chris Glover 5:35, Shamiso Sisimayi 6:06, Paul Glover 6:37, Vikki Daniel 7:06, Gemma Rathbone 7:38.

5k

Ben Coldwell 18:48, Adam Moger 18:50, Rory Smith 19:37, Kieran O'Brien 22:15

10k

Stephen Webb 41:24, Shamiso Sisimayi 41:45, Rory Smith 42:13, Andrew Kirby 42:50, Sean Cook 43:05, Kieran O'Brien 47:35, Sam Broome 1:05:41

Half Marathon

John Paul O'Toole 1:24:17, Paul Miller 1:25:01, Chris Glover 1:31:21, Shamiso Sisimayi 1:31:24, Vikki Daniel 1:55:47, Hannah Lee 1:58:32



Photos...

KA7 race numbers collection point at race HQ. looking ready for action!

Leeds Golden Mile Heat 8 start line featuring our very own Richard Joyce and Scott Anderson



October Birthdays

Happy Birthday to the following members who are celebrating birthdays this month:

* Kevin Blackhurst * Peter Branney * Colin Chapman * Paul Glover * Kathryn Hogben * Carol Moran *
* Alton Morgan * Graham Pilling * Collette Spencer * Sandra Warren *

Member Profile - Gary Carlisle



Name: Gary Carlisle

Age: 51

Occupation: Haemodialysis Ward Manager

Originally From: Newtownards, Northern Ireland

Time as a Kirkstall Harrier: Over 6 years

When did you start running and why?

I started about 7 years ago - I was in an interesting period in my life and needed to get out and clear my head. Running seemed a better option than shouting at strangers in the street.

How did you end up joining Kirkstall?

I initially didn't consider joining a club - I thought clubs were for 'proper runners'. I had a set route of about 5 miles and was happy plodding this. I had been doing this for a few months when one day I was day dreaming, missed my turn at Rodley and stayed on the canal to Apperley Bridge. When I got back I realised the route was about 9 miles and I wasn't particularly tired so I entered the upcoming Leeds

Half Marathon. I enjoyed the atmosphere of the race and running with others and also noticed that most of those finishing around me were in club vests. That evening I googled running clubs and joined the mighty Kirkstall Harriers the next day.

What are your motivations for running?

The main motivation is I enjoy it. It's a sport that requires no co-ordination or special skills - you just have to put one leg in front of the other at a reasonable pace for a reasonable distance without falling over (please note that last point Patrick). Sometimes it feels good to get out on my own and clear some headspace; other days I enjoy the camaraderie of running with others or the buzz of racing.

What are your greatest running achievements? I suppose I would have to class one of my PBs as my greatest achievement. Of these the 3hr 23 min 22 sec Edinburgh Marathon 2010 is the one I would be most proud of - the marathon distance feels a bit more

special than the other races we do.

What are your best running related memories?

Not directly running related but the post marathon pub crawls from Edinburgh, Liverpool, Stratford and Manchester were pretty good (what I can remember of them!). Finishing ahead of the train at Race the Train and the paratroopers at the Paras 10 were also funky.

What are your worst running related memories?

Mostly injury-related.

Mile 22 of Nottingham marathon. I rather foolishly decided to run this despite not having trained due to injury and hit the wall big time. Not being injury-free for most of the last 18 months has been a bit disheartening. Nearly dying of exposure at the Manchester marathon baggage collection debacle wasn't much fun either.

Any words of wisdom for your fellow harriers?

If you need a motivational slogan then you can't beat Danny Glover in Lethal Weapon - "I'm too old for this sh*t".

Can you share an interesting fact about yourself?

When I was secretary of my students union we gave Eddie Izzard a grant to take his first show to Edinburgh.

Photos: Top - celebrating his 50th birthday after the Manchester Marathon last year

Left - Leeds Half Marathon 2009



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

