

Kirkstall Harriers Newsletter

No. 120 November 2013



News in brief

* Compulsory HI-VIS

As of 1st November, we are making it compulsory to wear something Hi-Vis on the Monday and Wednesday Night Training runs. This rule is in effect until the light nights return, next spring.

By "Hi-Vis" we mean:

Day-glo top (normally yellow, orange or pink luminous)

or

Hi-Vis Bib (lightweight mesh runners versions are available from sports shops)

The best garments are those with the reflective strips which reflect light from car headlights. These are found on the Hi-Vis bibs. In case someone forgets or a new runner comes with no Hi-Vis we will have some club Hi-Vis bibs available to borrow which Carol will bring along.

* Time Trail 9th October

This was the first of the winter time trial series and just happened to be the first

cold night of winter. We had 23 runners on the night, plus Jill helping with the timings and Jamie and Alan assisting as marshals. As usual the handicaps were not perfect, but the phased starts made it interesting for most of the runners – either keeping the faster runners at bay, or catching up the slower runners as one got nearer to the finish. Only 4 minutes and 29 seconds separated the first and last runner home. Taking off the 1st and last 2 runners, this comes down to 2mins 36 seconds. If you were disappointed with your finishing position, the times will be adjusted where necessary for the next one on Nov. 11th

The first three over the line were Dave Wood, Catherine Barrett and Steve Webb who was the 21st starter. The fastest runner on the night was Andrew Cross who started 23rd and finished 9th with a run time of 17.52. Your best 4 positions over the series will count toward the final total. The lowest totals in the series will be the overall winners.

Inside this issue:

News in Brief	1
York VETs, PECO	2
International Runner	3
Embrace Running Holiday	4
CC update, Withins report	5
Andy Cooper profile, PBS	6
Race Reports	7
Yorkshireman Half report	8
More race reports	9
Even more race reports	10
Notices, Halloween run	11
Bakery corner, Birthdays	12

* Cross Country News

Along with the local PECO races, club members can find opportunities to get down and dirty right across the country. Club members can run in the Yorkshire, Northern and National cross country championships.

Dates and venues as below:

Yorkshire County XC - Sat Jan 4th - light water Valley.

Northern XC - Sat Jan 25th - Knowsley Safari Park

National XC - Sat 22nd Feb - Nottingham

These events are open to all speeds and abilities.

Please let us know by contacting Secretary Buckley.

The many faces of cross country running.. Erm actually there are only two faces and Jill and Laura have got them both down to perfection! A worthy Photo of the month courtesy of Dave Woodhead. (Sorry Laura—Ed)

Photo of the Month



Yorkshire VETs



Our Glorious VETs at the Barnbow Race in July this year

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 from the running track at Spenborough. This 5 mile (8 km) course is mainly on tracks and field paths with a small amount of road / tarmac. Given the time of year trail shoes or studded fell shoes are advisable.

Usual £4.00 entry on the day. 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. Those wanting a lift or to share transport are asked to meet outside the LPSA for 9.30am. **Peter Hey**

PECO Cross Country League

RACE 1: SUN 24TH NOV – TEMPLE NEWSAM START TIME 11.00am

The first of the 5 race series is fast approaching, full details are not yet known, but we think registration will be in the stable buildings of Temple Newsam just below the house. Please arrive early – last registration will be 10.45am. Anyone wanting a lift or share transport are asked to meet outside the LPSA club for 9.45. The race entry fee is £3.00 which includes post race food. Both our ladies and men's team are in the Premier leagues and with a good turn out at all races, I think our club could be challenging for the top 3 position.

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. The other races this year are:



Our Brave Muddy Fools from last year!

*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?*

PECO RACE NUMBERS. New this year – the organisers are trying a new finishing system instead of the old tally system, in an effort to speed up the results and provide more accuracy. This will also make it possible to time everyone. If you are going to do at least one race you will need a number. If you can only do one this could still make a difference to the overall team scores, so we urge all members to make an effort to turn out at least once for your club. If you have not got your number already please mention this to Chris Adam or Peter, as we have to register you as soon as possible. Once you have a number, this is yours for the rest of the race series – SO DO NOT LOSE IT. They can be replaced but at a cost to each member – so keep them somewhere safe. **Peter Hey**

The Trials of an International runner of sorts... Rose George



Cheeky Monkey or is cheeky macaques?

I've been a bit delinquent about doing club championships or races or anything club-related recently. That's because my book came out in August and since then I've either been glued to phones or in studios doing radio interviews, or travelling to Nepal, Bangladesh, Singapore, Belfast, Wigtown and Gibraltar on book or journalism stuff. I'm not complaining! But it makes regular running a little tricky, particularly as I travel on my own. First stop was Dhaka, Bangladesh. I've travelled a lot in Indian cities, so I was expecting chaos, but Dhaka was even more chaos than I thought. No way was I running in running gear in 30-degree heat through streets that seemed to be populated 90% by staring men. So Dhaka was a treadmill week.

Then Kathmandu: I was only there for two days on the way to western Nepal with WaterAid, but after the treadmill I wanted to run outside. But the Kathmandu authorities have decided to dig up all the roads. Most people are walking around these days with face masks because the dust and pollution are so bad. The traffic is dreadful. A run through Kathmandu streets looked like it could be dangerous. So the first night in my hotel, I turned to the runners-abroad-friend: the internet. I found a Facebook group, Kathmandu trail runners, and wrote to the admin. He turned out to have read one of my books, but he was also out of the country, so he suggested I go running with his flatmate. So at 7am the next morning, I got a cab over to the far side of Kathmandu, where a German woman named Billi met me, lent me a bike, and we cycled a mile out beyond the ringroad and into another world. A couple of hundred metres run down a hill and suddenly we were in green and lush rice paddy fields. We ran past buffalos, and farmers who took no notice of two women in shorts running past chatting. We stopped for a drink in a tiny shack where Billi is well known, as we were running her regular morning run, and where Coke has never tasted so good for 10p.

Billi is fascinating: she had a dreadful hip injury and almost had her hip replaced, was told she would never run again, and now runs marathons when she's not mountaineering. And I would never have met her without deciding I wanted to run outside in Kathmandu. It was only the next day though that I met a local woman who said, 'I never run at this time of year. Leeches.'



Ah the Tunnel of love?

There are no leeches in Gibraltar, where I've just been at the inaugural book festival, but there are Barbary apes. Actually they're macaque monkeys, and as such I know them from India travels to be vicious sods who can rip open a bag with one swipe. But still, I wanted to run. Spain is still making it very difficult to cross the border, so I was stuck on the Rock. 2.7 square miles. I started off with walkjogrun and quickly got the picture: you can run around the Rock, or up it. The first day I took the wrong route, having failed to check the elevation, and ended up inadvertent hill training during the school rush hour on a road that had only intermittent pavements. Not fun. The second attempt was better, although the map showed a long tunnel that was apparently closed to pedestrians even though there was no other way to get around the whole Rock. I turned back to Google, and found that the police don't arrest pedestrians in the tunnel and that it is lit. That was enough: I set off towards the lighthouse, which meant running in the direction of north Africa, then turned at

the bottom of the peninsula and back towards Spain. Just as I turned, and the road ran up to the first tunnel, a monkey jumped on a wall beside me. We both shrieked and jumped backwards, then he went off to do his thing of stealing food and charming tourists, I went on to do mine, which was a sunny run around one of the world's odder places, for 5.1 miles, through road tunnels, past monkeys, and alongside the green waters of the Mediterranean, into which I would have jumped except for fear of three subsequent miles of soggy chafing. So my advice to Harriers is: if you want to run overseas, look for a local running club, ask if you can join them for a session, and if not, Google and walkjogrun first. But also ask a local: walkjogrun won't tell you about the leeches and someone should.

(Totally amazing adventures I think you'll agree but I'm as jealous a Barbary ape without a clutch bag!—Ed)



Rock of Gibraltar... Thought it be bigger?

Embrace Sports Running Holiday—Portugal by Gemma Rathbone

Day	AM	PM
1	ARRIVALS	COSTAL & TOWN JOG
2	WOODLANDS TRAIL RUN 5/10M	VILLA LOOP
3	TRACK & TECHNIQUE	BEACH FUN & RECOVERY
4	LULULEMON COASTAL JOG	REST TOWN DEFOFF
5	BOARDWALK MILE REPS	VILLA LOOP
6	HELL ON THE HILLS	REST & PACING PREP
7	TIMED/TARGET RUN - LAGOS	RELAX SLIDE SHOW
8	DEPARTURES	

*ALL SESSIONS OPTIONAL

Oyi Whens the Zumba Class?

Packing has never been my strong point. I either arrive with far too much, or far too little, and what I do have in my case is never what I really need. But fortunately I found that packing for a running holiday is much easier; three pairs of running shoes, three pairs of shorts, six vests, a load of sun cream, swimming cossie, flip flops, a few dresses, toothbrush, teddy bear (yes, really) and off I can go. No need to co-ordinate outfits or spend sleepless nights wondering what a “capsule wardrobe” actually is.

I had booked on to the Embrace Sports October running holiday in Portugal way back in spring. With 188 sleeps to go I had plenty of time to try to explain to friends and family why I was using my first time abroad in three years as a chance to do even more running. Now they have been bombarded with some of the photos and tales of hilarity they understand. And are insanely jealous.

On arrival at Faro airport I was greeted by one of our three coaches for the week and some of the other runners. Coffee and bananas were already being consumed, which is a good start as far as I was concerned. Slightly tired and apprehensive, we sat in silence during the hour-long drive to the villas, soaking up the sun and the scenery (Portugal is incredibly green with rolling hills – a real home from home).

The complex that we had exclusive use of for the week was just outside of Lagos. The main area was a walled courtyard with swimming pool and an ample supply of sun loungers, plus a main building with full kitchen, barista coffee machine (heaven!), pool table, dining area, foam rollers (owie) and so on. Our villas were just the other side of the wall. Each had two bedrooms, plus kitchen with washing machine, lounge with sofas, dining area and a fantastic shower (there’s nothing worse than low water pressure when trying to get sand out of places it shouldn’t be).

That first day was all a bit of a happy daze. Fellow runners arrived throughout the afternoon and we got to know each other and coaches Alan, Neil and Andy. We were a mixed bunch of ages, running background, ability and goals and we got on like a house on fire. We had our first run before tea – a few miles down to the marina and back up the hill – which was a lovely way to get our bearings. Even at 6pm it was sweaty and sticky, and it wasn’t long before we realised the best way to cool off was to jump in the pool. Fortunately we still had had enough of our wits about us to remove shoes and Garmins first.



Neil, Gemma, Andy and Alan Coachtastic!

In an attempt to avoid this turning into an entire novel, I will now resort to a few highlights and observations from the rest of the week:

Two runs a day is nowhere near as bad as it sounds when you get five hours in between to relax on the beach/by the pool.

Food is plentiful. And very tasty. I had at least two helpings every evening. Running barefoot along warm sand is one of the most joyous things in the world.

Portugal has some beautiful trail routes. And some killer hills but also some amazing beaches and cool shores to ease the achy legs.

Living with 21 other runners in a villa complex for a week is more crazy than the Big Brother house.

Wildlife count: one lizard, three cats, half a dozen dogs, one gannet, two elephants, one massive spider hiding in a sun lounger, many fish. I make an excellent pool volleyball umpire.



Bare foot running Portugal.. nice! Hype Park... maybe not!

Advice, guidance and support were never in short supply. We all got some great tips from the coaches on improving our technique and pacing ourselves for target distances. Plus pep talks, hugs, jokes, cheers and jeers. Songs of the holiday – Duality by Slipknot and La La La by Naughty Boy. Word of the week - Benzi. Which can mean anything you want it to mean. Total miles: 38.25. My best run: Boardwalk mile reps on day 5. Fast, fun and fricking tiring!

In short: go on an Embrace training holiday! My aim was to come back tanned and a better/quicker runner and I have won on both counts. Benzi! (Fancy a go yourself well here’s the link www.embracesports.co.uk nutters– Ed)

Club Championship Update

After 16 races the championship is nearing it's conclusion. This may not be Formula 1 but Vikki Daniel has lead the table for some weeks now and looks as unstoppable as Sebastian Vettel after gaining her marathon bonus score on October. Mathematically, Graham, Gemma or Steve Groves could still take the 1st place podium spot and trophy if Vikki does not improve her score. Chris Hunt, Andrew Kirby and Paul Glover could tie with Vikki, but these are the only remaining competition for Vikki going into the last two races.

The race for second place on the podium is more open. Those who could take 2nd place are Vikki, Graham, Chris G, Alyson, Gemma, Steve Groves, Harriet, Andrew Kirby and Paul Glover. Marion could tie with Graham in 2nd.

Third place could be taken by Graham, Chris G, Alyson, Gemma, Steve Groves, Harriet, Paul Glover, Steve Webb, Liam, Adam, Marion, Paul Miller, Peter Hey, Rhona, Andrew Kirby. So that is people in the top 19 places all in with a chance of a trophy with 2 races to go. I admit that some do require some runners to do a few park runs and complete a marathon pretty in the next few weeks, but you never know!

The next CC race is the Guy Fawkes 10 on Sunday 03 November and the last race of the season which will finally decide those top 3 trophy positions is the Harriers vs Cyclists fell race on Saturday 16 November. The one thing we do know is that Vikki has at least won 2nd place. **Chris Glover**

The top 10 places in the championship now look like this:

Pos	Name	Points
1	Vikki Daniel	120
2	Graham Pilling	115
3	Christopher Glover	109
4	Alyson Glover	104
5	Gemma Rathbone	103
6	Stephen Webb	99
6	Paul Glover	99
8	Liam Mealey	96
9	Adam Moger	95
9	Stephen Groves	95



Our leading Lady Vikki

RACE REPORT

Within's Skyline



Hikari with a Curly-Wurly just before joining the Harriers

Always a good race for club championship points, Within's saw 11 KH brave the Haworth moors for one of the toughest races of the season. Won by Ilkley's Tom Adams (regular winner of our KA7 race) in a time that beat a certain J Brownlee's course record by 2 minutes, the conditions were actually pretty good. Boggy, but not soaking, and without last year's burning sun.

Still, this is a fell race, with hills, ankle-grabbing heather, slippery rocks, and comedy peat bogs that might see your foot sink a centimetre or a metre, with no indication which it was going to be. Hot tea, biscuits, and a curly-wurly made it all worthwhile. Fell running is a different world to road running, even to XC's, and everyone should give a fell race a try. **Adam Moger**

Photos including the Photo of the Month of Jill and Laura: c. Dave Woodhead

Above Right: Graham and 3rd Lady on the day Rachel running for P&B

Right: Chairman Chris with Marion and Steve



Member Profile - Andy Cooper



Age: 45

Occupation: Accountant (I try not to mention it)

Originally From: Wolverhampton. I first came to Leeds in 1990 to go to University.

Time as a Kirkstall Harrier: Since January 2011.

When did you start running and why?

I'd always been a hopeless runner. Cross Country at school was always a disaster and I would always go to great lengths to avoid it. On the odd time I wasn't able to wriggle out of it, I'd always come last! However, I'd always been motivated by a challenge so in a moment of madness, sometime around April 2010, I committed to running the Great North Run for Diabetes UK. I then started training, just running around the block at first and being jeered at by passing motorists. It was really tough, but with all the sponsorship money (around a £1000 in total) I just couldn't give up. I ended up running the Great North Run in autumn 2010 in 2.02 and thoroughly enjoyed it. I was then addicted! I needed another challenge so I registered to run Edinburgh marathon for the following May.

How did you end up joining Kirkstall?

Even though I'd done the GNR and had a

marathon coming up – I really didn't have the confidence to join a running club. It felt like I would be an imposter! And exactly how could I possibly talk and run at the same time? Following much procrastination on my part, my partner paid for my membership to Kirkstall Harriers and gave it to me (as a *fait accompli*) as a Christmas present in Dec 2010. I then had no option but to turn up for training in the January!

What are your motivations for running?

Running definitely adds balance to my life. With a demanding job, young family, relatively new house (lots of jobs to do!) life can be a bit crazy. Running helps me sleep better, provides me with thinking time and reduces stress levels. I am definitely a calmer person thanks to running.

What are your greatest running achievements?

Manchester Marathon in April 2012 – 4.00.24 (was it a dream?)
York Brass Monkey in January 2012 – 1.46

What are your best running related memories?

My best running related memories are the simple things like running through the Hollies and seeing several deer. Those early morning runs with perfect blue skies and crisp air that makes you feel glad to be alive! Coastal runs while on holiday with the sun beaming down on your back and the sound of the sea beating against the cliffs. That said, running London marathon this year was absolutely amazing. The atmosphere was incredible and I felt

like a celebrity from start to finish. Unbelievable!

What are your worst running related memories?

Being jeered at by passing motorists (I think they were students!) when I first took up running. Arriving home dazed and covered in blood after almost being knocked down by a motorist on the ring road (I basically had to dive out of the way and hit the pavement 18 miles into a long run). The last half of York marathon last week when I was suffering from pain in my back and I had to dig really deep to even finish (but that memory is already starting to fade!)

Any words of wisdom for your fellow harriers?

I think the greatest achievement (and one which is really underestimated) is standing the test of time, and continuing to run throughout the decades. I'd really like to think that I was still running in 20 years' time but I acknowledge that that is going to be hard as PB's dry up, motivation reduces and joints become older. I am full of admiration for those who keep on running throughout the ages. I also find it quite mind-boggling just what fitness levels can be achieved and maintained if you are prepared to work hard at it.

Can you share an interesting fact about yourself?

I was a VSO volunteer in the Gambia (West Africa) from January 1998 to September 2000. I worked in the country's main hospital which was located in the capital, Banjul. I've always said it's about as exciting as accountancy gets!

Mega PBs Month & Worthy Mentions

Marathon:

Adam Moger 3:18:51
Shami Sisimayi 03:19:37

Half Marathon:

Sean Cook 01:34:23
Andrew Kirby 01:34:40
Alyson Glover 01:52:41
Kevin Kelly 01:58:17

10 Mile:

Emma Ballentyne 01:03:35
Graham Pilling 01:15:22

10k:

Rory Smith 41:35
Andrew Kirby 41:44

5k:

Laura Hogg 22:34
Marion Muir 22:48
Diane Shaw 24:54
Gemma Rathbone 26:44

First time marathons in October

In the last month we have had many of our members taking the big step up to marathon distance for the very first time. Congratulations to all those who

completed a first time marathon in October. This includes:

Ben Coldwell 03:16:14
Kieran O'Brien 04:09:30
Jo Kendall 04:17:31
Kevin Green 04:29:47
Steve Nunns 04:40:22
Jo-Anne Fairbank 04:49:58
Vikki Daniel 04:52:35
Sandra Warren 05:09:33

For full list of races and results head over to the website and check out the

Plusnet Yorkshire Marathon



Adam Speeding to a new PB

Billed as fast & flat, this RunForAll event promised a lot, but would it deliver? Some Jane Tomlinson events are known for course issues - particularly narrowing roads causing anyone not at the front to come to a walk or a stop. With parking banned around the University start area for all but disabled & elites, and Park & Ride tickets a fiver each, they seemed to be setting themselves up for problems.

Although I had to walk a mile and a half from where I was dropped off, the baggage area was very well run, the toilet queues weren't as long as VLM, and the marshalling on the course was excellent, as was the support (thanks Gemma, Mark Skinner, Anna & others).

Where it did fall down was on the "flat" tag - undulating would be the best word, with a nasty mile down/mile back up around mile 18-19, and a killer hill at mile 26 that would have finished off many a tired leg. But hilly would be an exaggeration and "more undulating than London or Manchester" about right.

First home for Kirkstall, in a great debut marathon that hides a small issue of pacing (1.29 first half!), was Ben Coldwell in 3.16.14. I ran 3.18.51, an 8-minute PB that I have to be happy with, though having thrown everything at it in my 6th marathon it's left me wanting to stick to shorter stuff! Kevin Blackhurst ran 3.24.45 despite carrying niggles, something that also affected Kieran in his first marathon (though with an Ultra already under his belt) in 4.09.30. Diane Shaw ran 4.13.48, Jo Kendall (first marathon) 4.17.31, Kevin Green 4.29.47, Jim Meta 4.38.11, Andy Cooper (bad back problems) 4.38.57, Steve Nunns (knee; first marathon) 4.40.22, Jo-Anne 4.49.58, Vicki Daniel 4.52.35, first marathon and bad blisters that entailed a stop at a St Johns station, and Sandra 5.09.33 in her first marathon.

Overall, a great day with kind weather, far from a given in October.

Photos c. Andrew Thrippleton (There were other harriers racing but many ran in charity vests not KH purple so are harder to spot)

Ben on a smashing PB debut



Huddersfield Hilly Half Marathon—Sunday Oct 6th

With a name like that, it had to be some sort of warning! Well we are up for a challenge and we did not know anyone who had done this race before, so it was "into the unknown" for the five brave Harriers. The weather was perfect (again!). I think this year has produced more good weather running days than any other! It was early October and just like a spring day. A pre-race check on the web showed that we had a task on our hands. The total ascent was showing as 460m compared to races we knew which were Bishop Wilton (243m) and Liversedge (160m). The start/finish is on an industrial estate in the centre of Huddersfield. Not very attractive, but great for parking and facilities. Organization of the race numbers/bag store etc. were great. Plenty of toilets available too. The race is all for charity and is hosted by [Prohms Ltd](#) and [Forget Me Not Children's Hospice](#).

The route does a little tour of the area before setting off up Blackmoorfoot Rd out of the town. This road just climbs all the way to the reservoir which is high up on the hills near Metham. The gradient is fairly constant and not steep, just long! You then run round the reservoir and over to Metham which is the start of the descent. The road back to Huddersfield does include some more climbs but the most of the climbing is behind you by now (at 7 miles).

Overall, I enjoyed this run. I think the total ascent is a huge turn off for many, but it is made up of all runnable climbs. My calves certainly knew that they had climbed some hills when I reached the finish. The entry fee of £15 is not bad and the t-shirt was purple, so that was a bonus. The organization was good but they inexplicably had 3 water stations en-route (which ran out before the slower runners reached them) and none at the finish! They ran out of t-shirts as well but did offer to send out shirts to those who missed out. A possible candidate for the club championship next year? **Chris Glover**

Hills... Yay for hills!?



The results: Chris Glover : 01:37:08 Jason Buckley: 01:40:00 Alyson Glover: 02:02:23 Bal Sandhu: 02:22:27 Jill Buckley: 02:46:30

Last year I'd taken part in the PECO cross countries, had a go at a few trail races and been on the Bradford and Leeds relay teams. I'd really enjoyed them but somehow had never quite got the bug for road races. I think this is because being a slower runner, I'd much rather be out running somewhere beautiful than chasing PBs on the road. So I decided that it was time to try out a 'proper' off road/fell race.

I decided in early summer to have a crack at the Yorkshireman Half organised by KCAC and entered it quickly before I had time to change my mind. It is not really a half at all, but a category BL course which, in fell running speak, means a long course (more than 20km) averaging not less than 25 metres climb per kilometre with less than 30% of the race distance on road. The route for the Yorkshireman 'half' is 14.8 miles with 1750ft of ascent, most of which is in the first 9 miles.



Queen of the Fells Laura

Knowing I would be well to the rear of the field I was a little bit worried about not being in sight of other runners on race day so I ran the full course in advance, doing the first 9 or so miles with Neil (who, along with my brother Edward, had entered the Yorkshireman Marathon) on a rather wet and windy day, and the rest on my own another sunnier day. It was good to know in advance where the big hills and boggy bits would be as well as the sections where I could push on a bit but I needn't have worried about getting lost as the course was well marked on race day. Most of the time there were runners in sight both ahead and behind and there were only a few miles towards the end where I was running on my own.

Arriving in Haworth on race day, I realised I was more than a little bit nervous. The day looked as though it was going to be hot and at registration everyone else looked super fit and fast. I wondered if it was too late to change my mind but I went and got my race number and my dibber for the checkpoints and had a chat with the Pillings who were also both doing the half (no doubt much, much faster than me!). Then it was time for the marathoners to set off whilst the runners for the half had another thirty minutes to wait for their race to start. Off-road runners are a very friendly bunch and I chatted to a few Calder Valley women who assured me that it was a great race and I would enjoy myself once we set off. I hoped so, as I'd decided I had only two aims: to enjoy it and to still be alive at the end.

And I did! For the first hilly 8 miles or so up to the first checkpoint at the old Within's pub I ran with Anne Akers of Eccleshill, chatting on the flatter bits and staggering up the steep bits together. The rather appropriately named Stairs Lane seemed to slow everyone but the very fittest to a walk as we made our way up on to the moor and across towards the wind farm at the top. The clear blue skies and sunshine gave glorious views and there was a surprising amount of support out on the route from walkers, mountain bikers, runners and very friendly marshals at the checkpoints. Usually in races I set off too fast and suffer towards the end, but the hilly start had kept this early enthusiasm well in check and at about mile 9, as the course levelled out a bit, I found I was starting to overtake people. This gave me a bit of a boost as I realised that I was still feeling surprisingly good. The road stretch along from the old Within's pub was a bit dull, but the route soon turns right and onto the moors again at Nab Hill, again with glorious views. From here, the route follows moorland paths and tracks dropping down into Oxenhope village and another checkpoint. It is then about another three miles along the Worth Way into Haworth and the finish.

A couple of miles from the end the full and half marathon routes converge and I started to see marathoners coming in for the finish. How they were still going so fast after running so far I have no idea, but several shouted encouragement as they went past me. I was going pretty slowly by now, but I had made it. The finish is particularly brutal, leading you up the steeply cobbled Butt Lane and then right up another hill to the school (having done another KCAC race since, the cobbled finish seems to be something of a trademark!) and then, for a final sting, down a set of steps into the school to the finish line. At the finish were Liam and Helen (Helen having finished well ahead of me with a course PB) who seemed a bit amused by my pained expression! Also waiting for me to finish were my parents and brother who had somehow finished the marathon course in a minute less than it took me to do the 14.8 miles of the 'half'. Neil also had a good run on his first ever marathon, aiming for a sub 5 and making it in at 4:59:03.

At 3:28:20, I certainly hadn't broken any records for speed but I had finished my longest ever run (perhaps that is why the last couple of miles hurt so much!) and, rather more importantly, I had enjoyed it. In 226th position out of 246 finishers I wasn't even that near the back. The support and camaraderie from other runners was fantastic, the organisation of the race was brilliant and the stew, tea and cake after was very good indeed. I'll be back next year, to see if I can get round a little bit faster.

Photo c. Woodentops

Wetherby 10k



Another lovely day out for the Harriers!

race souvenir was a goodie bag of treats including a good sized mug and Yorkshire teabags, not to forget the 10% discount at the Wetherby Whaler for all runners. **Sam Broome**

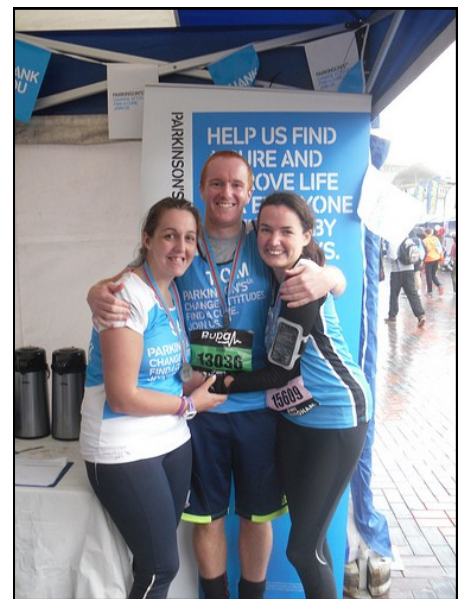
On Sunday 8th September we had 7 Harriers take part in the popular Wetherby race, attracting around 1000 runners; the course is fairly flat and quick. On the day it was warm but with a nice breeze. The race started off at the racecourse and took you through Wetherby's countryside, through Kirk Deighton and finishing back at the racecourse via the woodland parts. The good thing about running in a little village apart from the views, is the support - children and parents were sat on their walls cheering you on, men were outside the pub raising a glass to you and there was even a piper out playing some music. Malcolm's mum lives by Wetherby so this had been a race I had been looking forward to and I can safely say it lived up to my expectations. I enjoyed the course, the support was great and the

Great Birmingham Run

A half marathon running around the outskirts of Birmingham and has around 20,000 runners completing it. Described as a 'hilly course' Birmingham provided to be a very up and down course. I ran this race on behalf of Parkinsons with my best friend Kathryn and her partner Tom. Kathryn's sister Ali was also meant to run, but because she wasn't very well, she was told 'no' by her coach (Ali is a sailor for Team GB and was in this year's Olympics). This race is very popular back home with a lot of my friends from home running it, my facebook wall was full of 'Birmingham half' and 'Yorkshire marathon' posts that day.

The day was cool and not too overcast, though there was reports of rain in the afternoon. The race started on Sand Pits Parade, passing the Art Museum, the Bullring and New Street Station before reaching a good mile or two of flat road. Unfortunately at mile 5 we were not greeted to chocolate from Cadburys but instead a couple of inclines. Once through Bourneville we were back on the long stretch of Pershore Road. Once this ended we were directed into Cannon Hill Park, bypassing the Nature Center and Edgbaston Cricket ground where a girl was I think attempting to sing to us??

The park was beautiful and there were loads of supporters out cheering us on, one of which was a girl I went to college with. I haven't seen her in a few years so it was nice to have some surprising support, but as I was shouting to her, I missed a £2 coin lying on the floor – I wasn't turning round for it! I struggled a lot from mile 10 onwards, the hill that everyone was talking about seemed to go on for ages and I think I had my first ever dead leg feeling. My charity was at mile 10.5 so that helped and seeing my friends at mile 12 was also a good boost. I was also lucky enough to have the commentator spot me coming up to the finish line, so I got a shout out a compliment regarding my 'strong finish' which brought a smile to my ever exhausted face! Rory completed it in a personal best time of 1:31:36, I did it in 2:35:23 and in case you wanted to know my friend Kathryn did it in 2:52:15 (she walked 11.5 miles) and Tom finished 1:46:39. **Sam Broome**



*Friendly Support who is holding who up
Sam?*

Did You Know...

As some of you may be aware the HSE (Health and Safety Executive) has recently announced that Cross-Country racing has been re-classified as 'an extremely dangerous activity', becoming more dangerous than sky-diving, base jumping (whatever that is) and water skiing. Concerns regarding 'excessively cold conditions, muddy terrain and poor visibility' are just some of the factors that have played a part in this decision. Going forward British Athletics have said all marshals should now be wearing high-vis jackets and hard hats?!? Would like to see how that will go down. With Nationals and PECO's coming up we should now all taking extra care on those terrains and make sure we wrap up warm.....does this mean we have to declare Cross Country running on our life insurance policies now? Hee *This months 'Did You Know' was submitted by Sam Broome, if you have some fact based knowledge that you would like to share in these pages drop us a line at Kirkstall Towers and we will stick it in, the weirder the better –Ed)*

Great Yorkshire Run

I was the lonesome Harrier at this race. This 10k is part of the Great Runs which take place all throughout the year. It attracts runners of all abilities and even the odd celebrity including Matthew Lewis (Neville Longbottom from Harry Potter) and Tony Audenshaw (Bob Hope from Emmerdale).

The course started off just outside the Cathedral and took you down through Sheffield and on to the A61. Following the road down to Sheffield Wednesday football ground, before looping round and coming back on yourself. As the start was very downhill, there was indeed a bit of a climb back up into the town centre, which I ended up taking too early, too soon and therefor knacker my legs. This race limit is up to 6000 people and attracts a lot of charity runners and 1st time 10k runners.

The course itself was flat (apart from the last 2k uphill), but was pretty boring. In town the crowd was huge and there was so much support, but once you got onto the A61 it was flat and boring. There was the odd person stood in a random spot playing some kind of music and random groups of charity supporters cheering for whoever is wearing their charity vest. The race itself costs £25 (I think I paid £10 through work, over wise I wouldn't have entered) which is costly for a 10k, you finish off with a goodie bag including a tshirt, medal, water, sports drink and the usual cereal bars and leaflets, as well as the official photos (if you get any decent ones). **Sam Broome** (No Pictures were sent with this report –Ed)

Amsterdam Half Marathon 20th October



Leeds Inter-Club International weekend runners outing.. Fancy!

It seemed like many months ago that Alyson, Rhona and I tagged ourselves onto the trip over to Amsterdam with St Theresa's AC.

The trip started on the Friday at 2pm at John Smeaton Sports Centre where we joined the coach party. The group of 32 was made up of us 3, 2 from Horsforth, 2 from Hyde Park, 1 unattached, 3 non-runners and the rest St Theresa's. Some were doing the full marathon and some the 8k, but most were doing the half. We were made to feel very welcome and the holiday started on the coach to Hull.

We had the overnight crossing to Rotterdam and then on to the registration and expo at the Olympic Stadium in Amsterdam which is about 1km from the city centre. Our

hotel was out near the airport, but that was not a problem as the coach took us into the town twice and the train service from the airport to the city is frequent, on time and only 18mins duration (if you get on the right train that is Rhona!).

We also knew that Sean Cook was running in the half so we had another Harrier to look out for. On race day, the marathon start was at 9:30am and the half started in the afternoon at 13:20. They both finish on the track in the Olympic Stadium. We arrive at the stadium in time to see the elite marathon runners finish. The winner finishing in 02:05:35!! Our start was segregated into time bands and I was in the front group having estimated a time of 01:30:00. Wishful thinking but the flat course had made me think of a sub 90 time. The weather was fine and even a bit too warm at about 17 deg. The course is a circular tour of the city and is very flat. There are underpasses and bridges, but on the whole is flat. My hopes of a sub 90 were still intact at mile 10 which I reached on 1:08, but after that I slowed and ended up finishing in 01:31:54 which was not even a PB. Alyson did get a PB, finishing in 01:52:41 as did Sean in 01:34:23. Rhona finished in 02:16:18. We did not see Sean but there were 42 thousand other runners milling about (16000 doing the half) so that was not a surprise. The finish on the track in the Olympic stadium was great.

We all had a night out in the city to celebrate and some time to look around on the Monday before returning on the ferry on the Monday night. This was my first run outside the UK and all in all it was a fantastic trip and we will be doing more running abroad in future. I thoroughly recommend it. Thanks to St Theresa's for hosting such an enjoyable and well organised trip. The tour company, Godsons and the driver (Graham), also did a great job. **Chris Glover**

Where's Chris? And Alison, Rhona oh and Sean?



Kirkstall Harriers do Total Warrior

Attention fellow Harriers with a thing for mud, climbing, crawling, carrying stuff, and more mud! I am coordinating a team for the Total Warrior mudstacle run in Leeds on Saturday 21st June.

It is a 10k-ish course with 25 to 30 obstacles. Such obstacles could be absolutely anything; cargo nets to crawl under, monkey bars to dangle from, bogs to trudge through, walls to climb over, logs to carry up and down hills, and electric fences and flames to run through.

It is knackered but great fun and will be even better with fellow Harriers by your side (or giving you a leg-up).

We each get a 5% discount as part of the team, and you need to sign yourselves up at www.totalwarrior.co.uk. The price without discount is currently £55 (plus £2.95 booking fee) and it will stay at this price until February. You will need these key bits of information to register:

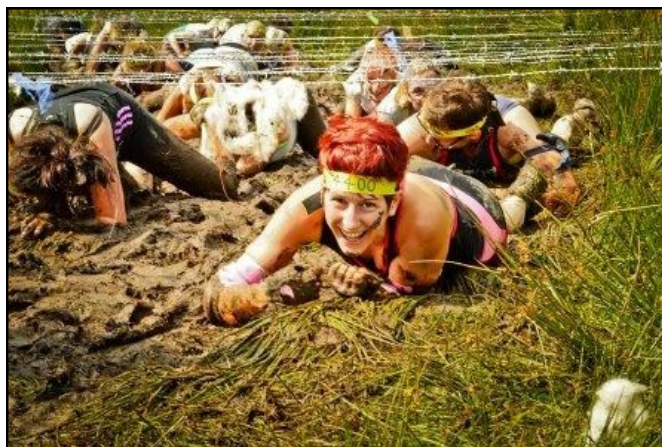
Team name: Monastic Mayhem

Code: Kirkstall1

Saturday 10k team 4-8

10:25am wave

Oh, and we will be doing it in fancy dress – monks or nuns!



What to look like this nutter? Then get yourself entered!

Gemma Rathbone

Halloween Fancy Dress Run



If you had gone down to training on Wednesday 30th you would of sure to have been surprised, what with all the frightful fancy dress and we are not talking the usual tights and Hi-Vis here! Well done to all the members for making the effort to dress up. A good night was had by all running around some of the more spooky parts of Leeds. A big thank you goes to Alyson and Chris for providing hot food including some really lovely Chilli and the buffet. Thanks to all who brought some sweet treats too!

Y&H Coach Development Workshop

A Morning with Mick Hill – Javelin coach to Jessica Ennis

A Chance to observe an Olympic coach in action and take part in a Question & Answer session

Date: 9th November 2013 10am until 1pm. Venue: Leeds Met Carnegie (CRI Hall) Cost: FREE!!!!

To book contact: Lucy Archer on larcher@englandathletics.org or 07824 302927

BAKE REPORT

Refueling the Kirkstall Harriers Way

Sam Broome writes; As a group we all LOVE food, especially cake and pies, so I thought I would share with you a cake recipe which I adore.

Chocolate Guinness Cake :

A recipe I discovered by Nigella, this cake is AMAZING! Only down sides are you realistically need to keep it cool because of the frosting.....and it doesn't last long, but it very easy to make and a great post run treat. Just make sure you do not cook the mixture in the pan!

Ingredients

*Cake

250ml Guinness
250g unsalted butter
75g cocoa powder
400g caster sugar
142ml sour cream
2 large eggs
1 tbsp vanilla extract
275g plain flour
2 ½ tsp bicarbonate of soda

* Topping

300g cream cheese
150g icing sugar
125ml double cream (or whipping cream)



Method

- * Preheat the oven to gas mark 4/180°C/350°F, and butter and line a 23cm / 9 inch springform tin.
- * Pour the Guinness into a large wide saucepan, add the butter - in spoons or slices - and heat until the butter's melted, at which time you should whisk in the cocoa and sugar. Beat the sour cream with the eggs and vanilla and then pour into the brown, buttery, beery pan and finally whisk in the flour and bicarb.
- * Pour the cake batter into the greased and lined tin and bake for 45 minutes to an hour. Leave to cool completely in the tin on a cooling rack, as it is quite a damp cake.
- * When the cake's cold, sit it on a flat platter or cake stand and get on with the icing. Lightly whip the cream cheese until smooth, sieve over the icing sugar and then beat them both together. Or do this in a processor, putting the un-sieved icing sugar in first and blitz to remove lumps before adding the cheese.
- * Add the cream and beat again until it makes a spreadable consistency. Ice the top of the black cake so that it resembles the frothy top of the famous pint.

So Sam has thrown down the cooking spatula anyone got a favourite recipe? (Samples may be sent to Kirkstall Towers for quality control proposes) Send it in and before you know it we will have Mel and Sue as club members— Ed



November Birthdays

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

*** Jill Camm * Rose George * Alyson Glover * Matt Sykes-Hooban * Niamh Jackson * James Nundy * Steven Nunns* Rory Smith * David Spink**

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 eleonor5446@hotmail.com or kirkstallharriers@googlemail.com if you would like to contribute to the newsletter. All articles, member profiles etc gratefully received.

