

Kirkstall Harriers Newsletter

No. 121 December 2013

This Month Edited by Matt Sykes-Hooban



News in brief

* Christmas Lights Run

Tuesday 10th December at 7.15pm in the LPSA. We will be joined by our friends from Horsforth Harriers for our annual tour of the Christmas lights in fancy dress before returning to the LPSA for food.

* Club Christmas Meal

Thursday 12th December at 7:30pm
We will be dining out at the Sheesh Mahal on Kirkstall Rd for the Christmas meal this year. We need an idea of numbers so please let Jill know or email the club if you wish to come along.

* Christmas Fuddle

Monday 23rd December at 8:15pm in the LPSA (after training)
Another traditional event where we all bring some food and put on a table in the LPSA. We then go for a run and return an hour later to try and eat it all!
(A fine tradition it is too—Ed)

* Sportsman and Sports Woman of 2013

It is that time of year again. The voting is

open and all details are on the web site. Who will you vote for? You have one vote in each category. The winners will be announced at the AGM and presentation evening in February. Voting closes on 31 Jan 2014.

* Newsletter Editor update

Starting in January there will be a new rostra of Editors for the newsletter in place. Eleanor 'Editor en Chief' Gallon has decide to step down after many years dedicated stewardship of our monthly missives. Eleanor's hard work in getting the newsletter you know and love up each month was a true labour of love but with little Louis on the scene there is a new love in her life so she reluctantly must step aside. On behalf of the committee and club I would like to extend our most heartfelt thanks to Eleanor's services—Ed.

Right enough of that gushy nonsense, the news rests for no runner so it continues with some new blood (although I'm still knocking about

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Kirkstall Towers so I will get to wibble on about stuff every so often.... Sorry —Ed)

Turn to page 6 to meet the new Editorial team.

* Seasonal Wishes

And finally on behalf of the Committee, please except our most warm wishes for the festive season, may you all have a wonderful Christmas and New Year! And remember all those little festive transgressions can be made up for in the new year when Spring marathon training begins and with the PECO on the 12th January ... So relax and enjoy that tipple and a few sweet treats you deserve it!

Picture of the Month

It really had to be the group shot of the club at the first PECO race of the season, clearly we are all super excited to be out early at the Temple Newsam event... well maybe some more an than others.



PECO Race 1 — Sunday 24th November Temple Newsam



Well done to all our 43 runners who gave our club a really good start to the league. Our previous best was about 32 runners and the race had a record entry too of 651 finishers. We had 26 men and 17 ladies. Hopefully you all enjoyed the run irrespective of your finishing positions. I certainly had some good feedback, especially from the first timers at cross countries. The ladies finished 4th out of 9 clubs in the Premier league, and 5th overall out of all 20 clubs. Another 28 points less from their total of 153, and they would have finished 3rd. The men were 5th out of 9 in the Premier, and 6th out of 20 clubs overall. They too were not far behind the next club with only 47 points adrift out of 504. The second team placing's are still not available yet but will be updated for the next newsletter. **Peter Hey**



Top Left: Peter B mixing it up front,

Top Right: Hikari seems to be enjoying PECO

Bottom Left: Mark is definitely enjoy the PECO (also how many KH can you spot in the pic?)

Bottom: Sam & Gemma enjoying PECO way too much

Right: And finally you don't even have to run to enjoy PECO, all you need is a POM POM!



The next race is at Golden Acre Park on Sun 15th. Registration and start is usually at the back entrance off Arthington Lane. Anyone wanting to share transport or need a lift are asked to meet outside the LPSA for no later than 9.45. With all the runners and cars we had at the first race – parking is going to be a problem – especially for the later arrivals. Lets hope we can have the same support if not more for this one. The other races in the series are as follows:

Sun 12th Jan – Middleton Park

Sun 16 Feb – Danefield – Otley Chevin

Sun 2nd Mar – Northcliffe Park Shipley/Saltaire

Muddy Fools — Beat the Clock Race

SUNDAY 22ND DEC BODDINGTON FIELDS

The organizer of the Peco's is organizing the above if you are interested – in his own words
The concept sounds complicated, but is in fact devilishly simple:

The course is about 3.5 miles in length and consists of 2 laps of the fields. There will be a race clock at the Start / Finish, which will be set to count down from 60 minutes. Each runner must decide when to start (based on how long he / she thinks they will need to complete the course). The winner is the runner who starts last, PROVIDED that they get back before the clock reaches 0:00. Anyone who fails to 'beat the clock' will be disqualified. Runners will wear age category numbers of the back of their vests (as in the Yorkshire Vets races) so everyone can work out who they are competing against. There will be prizes for the winners in each age category. Full details will be available here next week: www.evensplits.co.uk We tried this idea in the beach race at Bridlington a couple of years ago, and it was loads of fun! I will hand out flyers at Temple Newsam and at Golden Acre on Dec 15th: the race is open to anyone aged 15 and over, whether or not they are club members. (*I did that beach race in Bridlington a few years ago and I can confirm it was a lot of fun!—Ed*)

Yorkshire VETS



We had 9 ladies and 6 men out for the club at the last race in Spenborough. Not the best number we could get, but at least a decent turnout to keep the teams in the top end of the table. The ladies finished 4th, 5th and 3rd in the team events, out of 26 clubs so very well done to them. The men finished 7th 6th and 6th out of 32 clubs which is not a bad position for us, so well done to everyone who managed to do one or more runs and earn the club some valuable points. On an individual basis, we had the following ladies in the final overall top 10 positions (or just missing out) within their respective age groups. Marion Muir 5th Laura Davies 8th, Rose George 4th Collette Spencer 11th, Alyson Glover 5th, Karen Longfellow 8th, Bal Sandhu 9th and Sheila King 11th (despite a bad year injury wise) and Carol Moran 8th. For the men we had Adam Moger 7th, Mark Skinner 8th, Patrick Nesden 11th, Paul Glover 3rd and John Hutchinson 10th. According to the provisional list of races for 2014, the first race is April 20th at Honley. If you are 35 or over on that date – you too can take part in some very fine courses, mainly off road and some good friendly competition. You will be reminded again nearer the time!!! (*That date is going in the Diary as sadly I now qualify as a VET.. Gasp! -Ed*)

Winter Time Trial race 2—1 1th November.

After a good start with 23 runners in the October time trial – we had a record breaking 46 runners for the November one. Not too sure though how many knew it was a time trial night. We did have 7 non- members taking part, let's hope they will come back and join soon.

The problem with having 46 runner's means that 42 cannot win but the feedback we got was all positive. With having quite a few new names to add the start was delayed slightly, and we had more runners milling about on the start line, but fortunately the weather was kind and the night not too cold. Many thanks for the assistance of Jill on the timing and Rory and Sam marshaling, which all helps to make it work.

The first 3 members to cross the line were Russell Bromley in a run time of 28.05, Ruth Coley in 24.32 and Dominika Malinowska – who must have known something – as she joined half an hour earlier on the website – with a time of 25.35. Bringing up the rear on this occasion unfortunately was Stephen Knight. The fastest female on the night was Laura Hogg beating her previous run by 36 seconds with a run time of 22.35. Laura started in 33rd place and finished 17th. For the men it was Andrew Cross again. Despite setting a course record of 17.36, 16 seconds faster then his first run, he failed to improve on his previous position of 3rd. He did finish 11th member though and 18th overall, but was the last one to start in 46th place.

Already we have 15 members who have done both races and the 3 lowest scores to date are Catherine Barrett with 7, Laura Hogg with 17 and Andrew Cross with 20 The results of each race will be on the website after a couple of days of the event. Prior to the start of the next race we will have a full list of how every member stands with their times and finishing positions. Your start times will be amended based on your previous runs in an effort to give everyone a chance. The next time trial has been planned for Wed 4th Dec. **Peter Hey**



Previous 10K PB: 38:46 at Leeds Abbey Dash 2011

I entered the extremely flat and fast Abbey Dash this year with the intention of absolutely 'smashing' my previous 10K PB of 38:46 from 2011. Going into this race I was not 100% sure if I was at a peak fitness level or a level or two below as I hadn't raced as often as I would have liked in recent months. My target time was 36 minutes as I didn't feel happy about my current PB from two years ago. At the time I was very happy with my 38 minutes 10K as when I ran in 2011 I was aiming to run a sub 40 time and I absolutely smashed it with flying colours. I didn't train for races back then and I had just joined Kirkstall Harriers that week of the race so I was well chuffed with my time, I absolutely ran my heart out, sadly I didn't have my Kirkstall vest in time for the race so I was really looking forward to showing off my purple vest this year.

Richard Enjoying the support

My confidence was pretty mixed just days going into the race, I pretty much knew deep down that I would get a PB but whether it would be the 36 minutes I really wanted was still a question in my mind. I was probably the fittest I had ever been leading up to Bridlington Half Marathon a month earlier but then I got a slight injury from football so I missed 3 weeks of running going into Bridlington and although I ran reasonably well, I didn't feel comfortable in that race and massively failed in my attempt to PB for a half marathon. So having only previously ran four 10K races I was quite low on 10K experience and my confidence was mixed so I was a slightly nervous on the morning of the race.

It was very busy on the morning of the race as it was the biggest Abbey Dash in the history of the race in terms of participants. I was doing my best to keep relaxed and not think about the race too much. I really needed the toilet and that is always a worry for me that I will start races needing a wee. So I queued up for the toilet and the queue was ridiculous. After having a little panic I thankfully made it quite near the start line in good time. I started the race with the 'in-form' Scott Anderson who told me he was looking at a 34-35 minutes race time. I knew that I wouldn't be able to keep up with Scott, but I also knew I had to run 5:48 minute miles and Scott would probably be somewhere ahead of me in my sights during most of the race. So I decided to use Scott as a pacemaker by following his head and purple vest with about 50 metres between us, knowing that if Scott is still in my sights, I know I am on track (thanks Scott).

The race began and the only purple vest I saw was Scott's so I kept alongside Scott until around the Cardigan Fields Complex entrance so I warmed up with a good pace and I felt very comfortable, naturally Scott gradually pushed on but I made sure I kept Scott within my sights (it's a good job he is tall) to use him as a marker. I felt really comfortable without having to push myself too much and approaching the Kirkstall Leisure Centre I began to kick on a little bit more, being careful not to over up the pace, I saw my Grandma and Granddad cheering me on which gave me a lift and I had another big lift when I saw the Kirkstall Harriers' gang encouraging me to keep powering on (thanks guys). It was now the second half of the race and I still felt comfortable at this pace but I did have some thoughts running through my head, 'can I keep it up for another 3 miles?', 'have you got the power to keep it going?'. As it got tougher to keep the pace up, I found some inner strength to work through the pain barrier and as I did, I began running even harder, my adrenaline was kicking in and I wanted the 36 minutes PB so bad, I kept driving and driving my upper legs.

The intense running meant my breathing rhythm was becoming increasingly fast, so I began to breathe deep breaths to re-compose myself. I was now feeling really confident and determined as I approached the viaduct, knowing there was only a mile or so left to go. Time soon past and before I knew it I was at 'that slope' coming into town, I was feeling determined, bearing in my mind I didn't have a watch on so I didn't really know where I was at, although I could sense it was a PB time. Coming onto the Headrow, the last stretch I was overtaking runners and as the crowds started to appear I wanted to put on a show as always and was about to put on a sprint finish, I happened to see Alan Brydon in the distance and I absolutely shot up that finish with all my leg power and explosive energy (the gym work was paying off) to overtake about ten runners to hit that finish line where I punched the air as I saw the time above me.

The euphoria and relief kicked in and I was ecstatic, however, I started coughing quite bad as my 'empty' stomach began to twist and turn inside and I felt I was going to be sick, thankfully I wasn't and I soon got over the horrible sick feeling to congratulate Alan, Adam and Ben who soon followed me past the finish line as they also finished the race with PB's. Well done lads. I was really happy with my PB of 36:11 and was proud of myself. I had reached my target, although, I did kind of feel a bit of disappointment that I was only 11 seconds off saying I ran 35 minutes, but that's the problem with not wearing a watch, you don't know where you are at. I'm old school, I prefer not to wear a watch unless it is a marathon or a half marathon because I like to run off how my body feels rather than worrying about where I am at during the race, I feel it can damage your rhythm. Maybe I am just putting off buying an £80 pacing watch? Someone needs to persuade me I think.

In terms of PB's, I am really happy to say that I am now pretty content with all my PB's in all distances, although I know I can improve them further if I put more training in and I will keep trying to do that, I could happily stop running being very content with all my PB's. My biggest ambition in running is to run a sub 3 hours marathon and with only being 41 seconds off I don't think I am too far away, with another year's experience under my belt I think I will shave those mere 41 seconds off my London Marathon time next year, providing my Achilles injury doesn't re-occur. Having said that, if I fail to break 3 hours, I could still quit marathon running with being content with 3 hours as I know I will have ran my heart out every time and you can't ask any more than that off yourself. I will be running for charity again at London (Epilepsy Society) and I will release my Just Giving Page after Christmas.

It was a great day of running for all us Harriers so many of us got PB's it was amazing and we couldn't of got those extra seconds off our time without the support of our non running friends and Kirkstall supporters so thanks guys. Also thanks to my friend Emma who has recently started running too who was cheering me on before and after the race and my other two friends Emma and Simon who as always cheered me on too at the start and finish. **New 10K PB:** 36:11 at Leeds Abbey Dash 2013 (*Well done Richard, great effort and a great read—Ed*)

Member Profile - Laura Davies



Age: I'll be 36 on the 9th December
Occupation: Research Fellow (Social Policy) at the University of Leeds
Originally From: Guiseley
Time as a Kirkstall Harrier: 18 months

When did you start running and why?

I'd been running on and off for a few miles here and there for a year or two, and had enjoyed it but had somehow never got properly going with it. Initially it was a way of coping with a spell of depression with the pleasant side effect of helping to ease some problems I'd been having with back pain. Later it was mostly as stress relief whilst doing my postgrad. Going out for a run was a good way of making sure I didn't spend all my waking hours sitting at my desk and it was also a big factor in my finally kicking a committed smoking habit I'd had since my teens.

I decided I needed some sort of goal, so I thought I'd enter and train for the 2012 Guiseley Gallop. I chose that race because I grew up in Guiseley and also because my brother told me 'it was nice and easy for a beginner'. Erm, maybe easy if you are a super fast fell runner, but for someone who'd never run 10k before, not so much! I ran a very fast first 5k and then really struggled the last few miles, but I finished and (sort of) enjoyed it.

How did you end up joining Kirkstall?

I'd already come to a couple of training runs with Kirkstall back in 2011, but at the time I was juggling four part time

jobs and the writing up of my PhD so, rather unsurprisingly, hadn't managed to keep it up. After the Gallop, I decided I needed to join a club to keep up the motivation. I thought I'd try a few clubs out and see which I liked the best, and decided to try Kirkstall first as that was nearest to home. In the end I joined up without bothering to try any others because everyone was so friendly here. I was made to feel really welcome and I've been coming along regularly ever since.

What are your motivations for running?

Although I've always been outdoorsy and enjoyed camping, walking and cycling, I've never been particularly sporty. I was always last to be picked in PE at school, and prior to running the Guiseley Gallop in 2012, the last time I had run a race was when I came last representing my junior school in a cross country race, sometime in the mid 1980s.

Despite my usually unhappy expression on race photos, I do actually enjoy running! I like feeling fit and strong and love that I'm fitter now than I was in my twenties. I like the fact that it is an individual sport, whilst being in a club means getting the benefit of being part of a team too. I have also met some fantastic people through running and enjoy the friendliness of the whole running scene. I also find some of the older runners at the Veterans races really inspiring. I hope I'll still be turning up to run in 50 years time!

What are your greatest running achievements?

Probably running and enjoying the Baildon Boundary Way as my first half marathon. It is a tough course, and I'd have been chuffed to complete it in any case, but an emergency admission to hospital three days later revealed that the backache I'd had for a few weeks and put down to the increased miles was actually acute cholecystitis and I had to have emergency surgery to remove my gall bladder that day. So in future when things hurt, I'll go the doctor rather than having a pain killer with my pre race breakfast. Hopefully

next year I won't have a massively inflamed internal organ and will get round the Boundary Way a bit faster!

What are your best running related memories?

I enjoy off road running much more than road, and have started to do a few fell races this year. There is something wonderful about running in wild places and I like the challenge of getting round a tough course under my own steam. The camaraderie in these races is fantastic, and when you add in the fact that they are cheap to enter and you usually get fed at the end, they suit me quite nicely.

The half Yorkshireman has been my favourite race so far and definitely one to do again next year. I also really enjoyed the Bronte Way, though the high winds and hailstones made the conditions on the tops a bit harsh!

What are your worst running related memories?

Running the Harewood 5 mile in 2012 after rather a lot of Guinness and whisky the night before was a bit grim. I was secretly hoping that we'd get stuck in traffic on the way there and miss the start but it was not to be. On the upside, I got round without being sick; on the down I was overtaken by a walker when I was 'running' up the final hill.

Any words of wisdom for your fellow harriers?

Injuries aside, I never feel worse for going out for a run. In fact, the runs I enjoy the most are often the ones I wanted to go out on the least. So I'd say run, even if you don't always feel like it.

Can you share an interesting fact about yourself?

When I was at sixth form college I decided not to go to the class An Introduction to Using the Internet because I didn't think it would catch on

Photo courtesy of Woodentops : Laura enjoying herself on the Bronte Way

Meet the new Editorial Team

For many months Matt and Eleanor have shared the job of editor but following Eleanor's decision to stand down, we asked for a volunteer to replace her. It is great to announce that we had 3!! So we have decided to share the role between Matt and the three new editors. Many thanks to Rose George, James Nundy and Gemma Rathbone for coming forward to give your time. We look forward to many entertaining editions in the coming months. The rota for the editor role each month is:

Month	Editor
January	Rose
February	James
March	Gemma
April	Matt
May	Rose
June	James
July	Gemma
August	Matt
September	Rose
October	James
November	Gemma
December	Matt



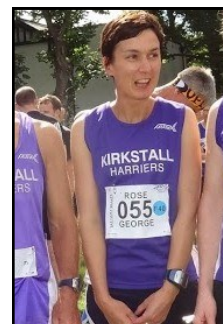
Matt



James



Gemma



Rose

And finally many thanks to Eleanor for her great effort in the role!

Club Championship

After 18 races and many points earned, it came down to the last race at the Harriers v Cyclists fell race on 16 Nov. With the Abbey Dash on the next day, we had a very low turn out of only 4 members, but the two at the top of the table were there to take the battle into the final race. In the end, Vikki increased her total by another 2 points taking her to an impressive 122 points for the season. This was too much for Graham who needed 20 points and for Vikki score less than 15. Well done to them both and congratulations to Vikki for winning the championship in her first year as a Kirkstall Harrier. The final league table and race results are on the web site.

The trophy winners this year are:

1st – Vikki Daniel



2nd – Graham Pilling



3rd – Chris Glover



Trophies will be presented at a combined AGM and presentation evening in February. Thank you to everyone who ventured out this year to partake in the CC races. For the 2014 season we have 20 events lined up and these are now listed on the web site, so keep up that training!

TRAINING REPORT

Hills and Drills with Coach Buckley

For the past 3 weeks now Jill has been running a Hills and Drills session on a Thursday night at 7pm. I would have thought by now that everyone in the club now knows that me and hills don't get on, so when Jill mentioned these sessions, part of me wanted to take them on when the other part of me wanted to stay at home watching Disney films. With the 'I will do it if you do it' conversation with Vicks and Bethan, we all decided to attend the session. I have now attended 2 of these sessions and thought I would share with you all what you are missing out on.

We start off by running up to Queenswood Drive, at a nice warm up pace and then re-group to do a series of drills. These drills involve reps of high knees, hamstring stretches and running backwards. Apart from warming up and working the important muscles you use for running up hills it also provides entertainment from Gary who tries to understand how he is to touch his left foot using his right hand. Once the drills are done we make our way to Spen Lane, which is the hill we run down for the time trial. 2 or 3 runs up and down this hill, each time going a little further (no one is ever sure if it is the 3 or 4th lamppost) and then off we go towards the Normans, where we tackle 5 different streets and inclines.

Hills and Drills is a great multi training session where everyone of all abilities start together, finish together and train together. The session time varies as one week it was an hour and the next it was about 45/50 mins, but we end up doing around 4 miles in total.

I would suggest everyone gives it a go as it is an enjoyable training session..... just to point out this does not mean that I have started liking hills! Thanks Coach Buckley **Sam Broome**

RACE REPORT

Conwy Half Marathon—24th November 2013



A Hill in Wales, I don't believe it?

A busy few weeks of races for me culminated with a trip to North Wales for the Conwy Half Marathon. The race is billed as one of the most scenic half marathons in the UK, so it was pleasing to wake up to reasonable weather conditions on race day - dry, clear and not cold enough for the many layers I'd packed.

A midday start gave us ample time to get to the start at Conwy Harbour along with over 2,700 other runners including an impressive elite field. From here we crossed the river, heading north through the village of Deganwy before joining the coastal path for a couple of miles. So far, so flat, but upon reaching Llandudno we began to ascend the cliffs of the Great Orme. Such is the shape of the headland, we could never see too far ahead, and there were audible groans at every corner when the next mile of hill came into view!

Eventually though the top was reached with a welcome drinks station. The long descent down the other side was a particular highlight, with stunning views across Snowdonia, and the finish also coming into view in the distance. It was then just a case of re-tracing our footsteps back along the coast for four miles!

I crossed the line a few seconds under 1:44, which I was more than happy with considering the mountain in the middle which rules out a PB for most people - though one person I know managed to smash theirs in the process of finishing 6th lady. Well done Myra! Definitely one for running tourists to consider - reasonably priced, well organised and thoroughly enjoyable.

Sean Cook

Did you Know... Fact(s)

We are a club of cake and running shoe loving people, but did you know that over 1 billion pairs of running shoes are sold world-wide each year?

Here are a few things the internet has told me about our beloved running shoes:

- * Nike was named after the Greek goddess of Victory
- * Adidas is pronounced "Ah-Dee-Dass", according to my Google source the Americans call it "Uh-Dee-Duhs" and people once thought it was an acronym for "All Day I Dream About Sex" - it's not, it's "All Day I Dream About Sports"
- * In 2005 Adidas released "The Adidas 1" which was a running shoe with a small motor built into the midsole of the shoe that would turn a cable and change the compression characteristics of the cushioning between every stride.... it was also on sale for \$250?!? don't think they sold to many of them
- * Japanese brand ASICS was founded in 1949 and is one of the most well known and sports footwear brand. Tailoring for running, football, netball and tennis (to name a few) it adds the 2012 Best Overall Brand in the Running Fitness Award to its name.
- * Inov-8 a British brand started off by selling Fell shoes, very popular with some runners in the UK the brand's lightweight trail running shoes and CrossFit shoes are very popular with runners in the US **Sam Broome** (Other search engines are available-Ed)

Mega PB Results Month

We have had a full on PB-tastic November with 27 Harriers smashing PBs at the Abbey Dash! And there has been a spate of 5k PBs at recent Park runs, along with a few 10 mile PBs and a few new Half PBs.. So deep breath here goes!

Abby Dash:

Scott Anderson: 35.05	Catherine Barrett: 48.44	Gill Booth: 58.20	Alan Brydon: 36.25	Ben Coldwell: 37.45
Sean Cook: 42.54	Ruth Cooley: 47.45	Andrew Cross: 34.27	Timothe Dazin: 43.28	Beck Dwyer: 53.09
Graham Fisher: 54.50	Chris Glover: 39.58	Andy Hogben: 40.27	Kathryn Hogben: 48.03	Richard Joyce: 36.11
Kevin Kelly: 50.38	Hannah Lee: 53.50	Gioia Mazzanti: 1.00.30	Laim Mealey: 39.20	Adam Moger: 38.29
Gemma Rathbone: 54.41	Bal Sandhu: 57.25	Shamiso Sisimayi: 40.43	Mark Skinner: 42.55	Marie Turton: 56.38
Collette Spencer: 49.29	Stephen Webb: 39.32			

5K PBs:

Rhona Cameron: 26.40	Martin Crosby: 23.20	Laura Davies: 30.40	Timothe Dazin: 21.19
Jo-Anne Fairbank: 26.08	Dominika Malinowska: 25.35	Graham Pilling: 20.11	Adam Rhodes: 20.38
Shamiso Sisimayi: 20.02	Sandra Warren: 25.44		

And finally Catherine Barrett who completed the distance for the first time in a PB of 24.20

10 Mile PBs:

Rhona Cameron: 1.46.19	Laura Davies: 1.51.18	Kevin Green: 1.27.23	Gemma Rathbone: 1.38.37
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Completing the distance for the first time were the following: Rose George: 1.31.26 Niamh Jackson: 1.29.18
James Nundy: 1.35.11

Half Marathon PBs:

Congratulations to Kevin Kelly who has a new Half PB of 1.55.12.

Well done to all the members on their success and remember to keep donning the purple vest through the winter months! If you have any PBs that you liked to shout about please send them into us and we will stick them in the newsletter for all to see.

New Members

There have been plenty of new members join us since we last put an update in the newsletter, we are pleased to welcome everyone to our club. May you all have many happy years running in the mighty Purple Vest, smash all your PBs and may your only troubles be minor niggles and the occasional cold!

Hannah	LEE	Graham	FISHER
Timothe	DAZIN	Paul	STAIRMAND
Becky	BLACK	Matthew	KIRKHAM
Alton	MORGAN	Russell	BROMLEY
Malcolm	DENNISON	Laura	HOGG
Jamie	CROOKS	Andrew	CROSS
Catherine	BARRETT	Hikari	YAMAGUCHI
Ruth	COOLEY	Adam	RHODES
Marie	TURTON	Sally	RUSSELL
John	DURKAN	Tom	MONAGHAN
Caitlin	FRAY	Kate	SPEIRS
Ben	COLDWELL	Gioia	MAZZANTI
Stephen	CORCORAN	Dominika	MALINOWSKA
Martin	CROSBY	Claire	BROMLEY
Neil	WALLACE	Rachael	KEARNS

CAKE REPORT

Sweet Pastry Festive Mince Pies—Sam Broome

Christmas is here and everyone loves mince pies.... well that's I lie I didn't use to like them. (*I am guessing that changed now?—Ed*)

For many years now I have used and stuck by a Good Food Recipe(2002) for making sweet pastry and then filling them with lots of jammy goodness. I have even had the seal of approval from my mother in law! So get the kids involves and make some pies..... then bring them to training.

Ingredients

- * 225g Cold Butter, (cubed)
- * 350g Sieved Plain Flour
- * 100g Golden Caster Sugar

Recipe

To make the pastry, rub the butter and flour together to form a fine breadcrumb texture, then add in the caster sugar. Combine the pastry into a ball by kneading it, it will form a shortbread dough consistency so do not worry if it crumbles. The pastry can be used straight away or chilled. - I usually chill mine for about 30-45mins.

Once the pastry is ready I cut a set of larger circles and smaller circles, Line the cake moulds with butter and then place the large circle at the bottom, spoonful of mincemeat then the smaller pastry on top. Egg wash the pies then cook for about 20mins at 180c/gas 6.

I have never made my own mincemeat, as this one creation is actually easier and cheaper to buy (there is not many things I say that about). I have tried a few mincemeats and the ones I really like are M&S mincemeat and Sainsbury's finest. I do not recommend the mincemeat with chocolate, I do recommend putting extra brandy in the mincemeat though! (*Cheeky-Ed*)



New Year's Resolution...

So its that time again when we all go a bit mad, eat far too many Cheesy sausages at the German Market (seriously they are amazingly addictive!) and drink to much beer, wine and spirits etc... As I write this I can see my box of delights from Naked Wines out of the corner of my eye, I will resist at least until the weekend rolls round.

For long term readers of the newsletter you may be getting a sense of deja vue here, Matt goes mad at Christmas and then has to bust a gut getting back into shape in the new year.. Yawn. However this year is different as I am already out of shape so there is nothing to lose! I have all the excuses which are rubbish but I cling to them none the less... But NO More I have a plan.

In fact I have several plans for next year and they involve me getting back into racing, I would like for example to be able do a Half marathon next year, Leeds Half is the obvious choice. But I also yearn for a proper dirty challenge like the off road and fell races that regular racers Liam M, Graham P, Adam M and Laura D competed in this year. Or one of the 'mud-stacle' races favoured by Gemma R. Their race reports have all been great and I am so inspired to give each race a good go. I have dabbled with fell racing before and I am keen to pit myself against the lumpiest terrain Yorkshire has to offer once again!

Although I lack a bit of basic fitness and the miles in my trainers I do have something I never had before a secret weapon. Have you ever heard of the CORE muscles? I had seen them on TV, Jess Ennis certainly has them but I have for so long believed I was born without them, I relied on over active gluts and back muscles to get me around races for too long! With obvious results. Now I am back with a year of Pilates under my belt and I am feeling physically stronger than ever so watch out hills here I come. I plan to stop the excuses and get back to the basics of what running is about for me, getting outdoors, forgetting my troubles for a while and enjoying the countryside around me. Once I whilst running through Harwood estate with Eleanor G on a marathon training run and we ran across a herd of wild deer, it was a brilliant experience that we would never of had had it not been for running, so why am I not running? Like I said to many excuses. Enough my resolution: **Stop, Run, & Enjoy Life.** Is made, yes its simple but then that the point isn't it? **Matt Sykes-Hooban**



Birthdays

Happy Birthday to the following members who celebrate their birthday in December:

- | | | | | |
|---------------------|-----------------|--------------------|----------------|--------------------|
| * Peter Britton | * Sam Carroll | * Andrew Cross | * Laura Davies | * Jo-Anne Fairbank |
| * Randolph Haggerty | * Richard Joyce | * Karen Longfellow | * Matt Marsh | |
| * Mark McKone | * Sally Russell | * Paul Stairmand | | |

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

