



Kirkstall Harriers Running Club

NEWSLETTER #124 March 2014

KIRKSTALL HARRIERS AGM 2014 MON 17th FEB

The AGM took place on Monday evening. Here are the main items from the meeting and presentations:

Election of Officers for 2014

Chairman – Chris Glover
Secretary – Jill Buckley
Treasurer – Paul Miller

Election of Committee for 2014

Adam Moger
Marion Muir
Jason Buckley
Carol Moran
Bal Sandhu
Kieran O'Brien
Matt Sykes-Hooban
Sam Broome
Rose George
James Nundy

Election of Team Captains

Ladies Captain – Marion Muir
Ladies Vice Captain – Alyson Glover
Mens Captain – Adam Moger
Mens Vice Captain – Jason Buckley

2014 Subscriptions

The subscriptions were kept at the same level as last year: £25 full, £10 second claim.

After the AGM, the following presentations were made by Mens Captain Adam Moger:

Club Championship 2013

1st – Vikki Daniel
2nd – Graham Pilling
3rd – Chris Glover

Sportsman/Woman of the Year

Sportswoman of 2013 – Gemma Rathbone
Sportsman of 2013 – Chris Glover

TIME TRIAL WED 12th FEB

After some very high numbers turning out for these races we only had five runners on the night, which included one non-member. Maybe the gale force winds and rain had something to do with it. Due to the bad weather and low numbers all runners set off at the same while the timekeeper sat in the warmth of his car.

Edited by Gemma Rathbone

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There were reports the day after that a tree and a lamppost had blown over on Queenswood Drive, which just shows how bad the conditions were.

Working out the finishing sequence from their run times, the order over the line would have been, Emma Southern non-member in 25:28, Claire Bromley 27:39, Carol Moran 27:08, Adam Moger 20:58 and Russell Bromley 28:59. To date we still have seven runners who have done four or more time trials.

Leading the way with 27 points from the best four out of five is Adam, closely followed by Carol 29 (best four from five), then Chris Hunt 38 from four, Chris Glover 46.5 (four), Burjor Langdana 48.5 (four) Dave Wood 55 (four) and Paul Miller 58.5 (four).

What could be the last race is planned for Monday 10th March. In addition to the above runners we do have quite a few others who have done three races and can upset the positions above with a good run on that night. We may throw in another race due to the low turnout this month.

By Peter Hey

Photo Of The Month

Scott does his best “creature from the black lagoon meets The Terminator” impression at the National XC Championships.

The impromptu Facebook caption competition, which was only a little offensive with just a hint of smut, gave us such gems as ...

“I want your spikes, your shorts, and your vest.”

“Meanwhile, Scott trials Asics’ new ‘Paint On’ running tights.”



PECO XC



Sunday Muddy Sunday.

SUNDAY 16th FEBRUARY – WEST PARK PLAYING FIELDS

The numbers for this race were slightly less than the previous record high. For the men we had 28 compared to 29, and for the ladies 21 compared to 25 – but it is still a great turnout for this club. Well done to all those who ran this fairly flat course.

Although it was a mainly grassy route it was well waterlogged and muddy, with some interesting cambers in places. I saw many a footprint going sideways rather than forward. At one stage I managed to narrowly avoid taking Russell out in order to grab hold of a tree before it hit me. Hopefully Sam's ankle will soon be better.

The men had a good race and finished 5th, and are now 7th overall after four races. If we can muster our best team out for the next and final race at Shipley we could overtake two other clubs – Ilkley who are only half a point in front, and STAC who are one point in front. Despite losing three of our normal scoring ladies – Emma, Shami and Jen – those who ran did a great job and managed to finish 3rd overall. This left the ladies joint first with Abbey, both on 10 points but losing out on countback, Abbey having 522 and Kirkstall 566. If we can muster all the ladies out for the last race and beat Abbey the title is

ours, and what an achievement that will be.

The next race is Sunday 2nd March at Shipley – If you manage to read this before that date – we will meet at the LPSA at 9.30am. This is a brand new course for the PECO's so no handy advice is available.

WARNING RE JUNIOR RACES: Just to remind everyone that we should not be seen warming up around the course while the junior races are being run.

By Peter Hey

YORKSHIRE VETERANS ASSOCIATION (YVAA)

SUNDAY 2nd FEBRUARY - PUDSEY

One down, nine more to go, and what a start to the YVAA season. Many a runner will pay good money to run in these very muddy conditions - £30 plus - but we got great value for £4 and food afterwards if you stayed.

It is usually muddy in the middle of summer in some parts, but this was festooned with it everywhere – and a very wet and deep ford crossing en route to wash your shoes – twice.

We had seven ladies and 12 men running, and two youngsters guesting. First four main counters home for the ladies were our new member Emma Lavelle-Wood in 14th, Alyson Glover 30th, Rhona Cameron 37th and Karen Longfellow 40th. For the men, Chris Glover 23rd, Adam Moger 32nd, Andrew Kirby 50th and Gary Carlisle 61st. Our two youngsters seemed to enjoy what we old folk get up to and finished 5th and 16th overall respectively. We had three prize winners in their age groups - Emma, Alyson and John Hutchinson. Overall in the teams, our ladies finished 7th in four-to-count and 3rd in all-to-count. For once our men are slightly in front of the ladies as they came 4th in four-to-count and 3rd in all-to-count.

If you have not done these before you may be surprised to know that you are a veteran as soon as you hit 35. These races are about 6 miles in length and are usually a good mix of off-road and on-road running, with a good range of abilities for both sexes. There are individual prizes in five year age groups at each race. Even if you don't come at the top of your age group there are several spot prizes given out – provided you stay for the results. . At the end of the year there is usually a presentation evening where the best individuals over the year are also awarded prizes. Each runner also scores points for their club – even in the unlikely event that you came last. Even if you are not 35 or over, you can still run as a guest.

The next race is

Sunday March 30th at Honley – 11.00am Anyone wanting a lift or to share transport should meet outside the LPSA club at 9.00am.

The other races to date are:

Tuesday May 27th Kirkstall - 7.30pm **Please keep this date free as we also need marshals on the night.**

Tuesday June 24th Meanwood - 7.30pm

July tbc West Vale

Tuesday July 29th Cross Gates - 7.30pm

Wednesday August 6th Knavesmire - 7.30pm

Tuesday August 12th Bingley - 7.30pm

Tuesday August 19th Abbey Runners tbc

Sunday November 9th Spenborough - 11.02am

By Peter Hey



Gary makes a splash.

My Liversedge Half Marathon 2014 Experience by Richard Joyce

Introduction

It's the beginning of my 2014 marathon season and as usual, Liversedge Half Marathon is my first official 'marathon preparation' race. I usually only do a couple of cross-country races over the early winter season due to Christmas & my birthday so am often pretty inactive race wise over the Christmas period but as soon as New Year is over I get straight into some good training both running and in the gym.

This time of the year is generally when I perform to my best and get PBs due to the fact I am fresh from resting over Christmas and putting in a dramatic increase in training. I already had good general fitness and speed due to playing regular competitive football so I quickly found myself building my endurance with regular 6 to 7-mile runs.

I managed to run one half marathon in training two weeks before Liversedge this year, something I haven't managed in the previous two marathon seasons before so I felt very confident that I was fit enough to possibly get a PB, although I wasn't putting any pressure on myself. The only concern for me was the potentially bad weather. There was a wind storm predicted but I was very pleased to hear it wouldn't be anywhere near the -2 snowy and icy conditions we experienced last year, as the extreme cold does affect me a lot.

The Race

I managed to get down to Liversedge pretty early after my two friends (Simon and Emma) who regularly come to watch me run gave me a lift. I got my race number early and managed to get to the toilet easily enough and just kept warm in the car until 15 minutes before the race.

It was very windy and cold just before the race started as the area was quite open so I kept my parka jacket on right till the last few minutes before the start. So the race began and I started near the front as I like to try and keep near the front pack as I have learned over the last two years that the front pack pace this race very well.

I am familiar with this route now and I felt great cruising to the 3 miles mark without feeling out of breath and out of rhythm and to be honest I was surprised how quickly the first 5k went by. I usually break down a half marathon into 3 miles at a time, that way 13.1 miles doesn't sound too daunting. As I approached 6 miles I still felt comfortable and knowing I wasn't pushing myself to my limits, I felt I was pushing myself enough to know I was running at a strong pace.

The wind seemed to have settled down a bit and by the time I had reached the top of the huge steep hill I looked down the other side and thought - here we go - so I let my legs go and the gravity did the rest, I overtook four runners on that section slapping my feet hard on the tarmac.

I then crossed over the overflowing stream and that other big winding hill was my next test, but I had the energy to cruise up the hill although it was a huge relief to reach the top. I was approaching the half way stage of the race and I still felt really good and was enjoying every moment of it, I always try to tell myself it's easy when I get to 7 miles, 'only another 6.1 to go, easy', it always seems to work for me mentally.

I used my SIS carb gel and I just kept pushing myself though the housing areas around 8 to 9 miles. I was now getting to the 'business' end of the race where the 'tear ups' and 'battles' with other runners begin. As I knew I had reserved some energy rather than full-on pushing myself I was gradually overtaking other runners and it felt good. I overtook two on the big main road which is a tough part of the race, especially in the wind and I seemed to be getting further away so I knew I was running at a very strong pace.

The last 3 miles I was still holding something back, just for the finish as my biggest fear in running, always has been and always will be, is being overtaken at the 'sprint finish' or 'marque finish' when people are watching, often you'll see me looking behind my back at finish lines just making sure. I overtook another three runners in the last 2 miles and I must have been a good half a minute ahead of the runner behind me as I approached the final stretch. I saw the line ahead and knowing my friend Simon was filming me finishing I put on a decent finish for the camera.

My time was 1:25:23 in 27th Position - 2013 was 1:24:17 in 21st Position - 2012 was 1:24:15 in 18th Position (PB)

You can view my finish on my RJSPORTS YOU TUBE CHANNEL @ www.youtube.com/rjworldsportsnews
You can also view the start of the race too, see if you can spot yourself.

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...CONTINUED CONCLUSION

Despite being a minute off my PB I was very pleased with how my race went. I probably didn't push myself to my full limits but I feel I paced it so much better and I felt comfortable but still pushed myself to be on the edge of uncomfortable if that makes sense? After two years of coming so close to breaking a sub 3 hours marathon (London 2013 - 3:00:41 & Edinburgh 2012 injured - 3:04:56) I feel that this time I am looking more at learning to pace races better rather than trying to run them as fast as I can. To run a 2:57:00 marathon I need to be at the half marathon stage at 1:28:00 so I am hoping that this year by pacing my preparation races better I will be able to stick to my game plan. Next race is East Hull 20 (last year I ran Spen 20 - 2:16:41 which was far too hilly and unlike London).

I am running the London Marathon this year for Epilepsy Society. If anyone would like to sponsor me you can do so by visiting my Just Giving address: <http://www.justgiving.com/Richard-Joyce-London-Marathon-2014>

Any help would be greatly appreciated, thank you.

Ras al-Khaimah Half Marathon by Rory Smith

A couple of weeks ago, I decided - at the very last minute - to take time off work to visit my mum (a British expatriate) in Dubai, and run the annual Ras al-Khaimah half marathon wearing my Kirkstall Harriers jersey. The event was held on Valentine's Day, and I admit with some shame that I left my girlfriend behind in stormy Armley to indulge



myself in running in glorious sunshine on what was a particularly rare opportunity. The race starts at 7am, the reason being that, in the UAE, it is actually very cool until around 10am, after which the heat really kicks in. The early start meant leaving from Dubai at 4.30am in the morning; my mum drove me the three-hour round trip.

RAK is well known as being one of the flattest half marathons in the world, and is the stage of the recent breaking of both the men's world record (Samuel Wanjiru, 2007, 58:53) and the women's (Mary Keitany, 2011-2014, 65:50). Needless to say, this year's event bore no difference in attracting 'running royalty', with no fewer than *eight* men finishing under the hour mark.

The event is extremely well budgeted, with Saqr Port (a government-owned authority) providing sole sponsorship. Wilson Kipsang Kiprotich, the current marathon world record holder, was the 'special guest' (he wasn't running); unfortunately I didn't manage to get a picture with him. Commemorative technical t-shirts were sent out weeks before the race, alongside an elaborate and well-documented race pack.

The route is beautiful, taking participants along very long, straight roads paved with palm trees just after the sun has risen. A couple of miles are spent with the massive Fujairah Mountains as backdrop, a breathtaking sight. Kilometre markers were slightly distracting as I am so used to miles, but the locals - gathered at these markers - came out in their droves to give support, which was very encouraging. The route involves running up one half of a road for a mile or so, and then going back on the other side; seeing the elites run on the other side of the road (miles in front) was a sight to behold. They really do look as fast as 100m-sprinters up-close.

I find that running such flat courses brings unexpected challenges to the mind. With literally zero inclines on the entire route, you simply have to maintain consistent pace for all 13.1 miles. It is much easier to switch into auto-pilot mode on such a flat course, so keeping mentally focused is more difficult than on an undulating course. I had aimed for a sub-90 time, and was going well on target until mile 8, when I started to tire (I had gone off too quick for myself - far too much adrenaline and excitement!).

My mum cheered me on at three separate points of the race (she brought along her road bike). Post-race, every runner was given fruit, water, sports drinks, a commemorative towel, and a medal. Next to the finish line was a large cool tent in which to lie around and enjoy the loot - and the shade.

In a race made up of runners from a total of 93 countries, RAK was an incredible, unique experience, one that I am very happy to have competed in, and looking forward to running it again should I get the chance. Organisation of everything about this event was beautifully seamless, and a very refreshing change from a certain North Yorkshire-based half marathon which I had run a few weeks prior (and paid roughly the same amount to enter). My next overseas challenge will (hopefully) be Dubai half in December!

Member Profile - Rhona Cameron



Name: Rhona Cameron

Age: 55

Occupation: Nurse

Originally from: Stirling

When did you start running and why?

I just felt unfit a few years back and was beginning to stiffen up, it was mostly muscular so I started just running round the block and initially I thought my chest was going to burst open. I just persevered although I never thought I would be able to join a running club, I never felt worthy.

How did you end up joining Kirkstall?

I met Alyson Glover through work and over a period of a year she cajoled me, offered bribes, flattered me, convinced me the colour purple

was more than just a book and finally ground me down and made me sign the cheque. I've seen her use this technique on others too, it usually works.

What are your motivations for running?

To keep fit and healthy and try to keep out of nursing homes in my old age.

What are your greatest running achievements?

Getting my Parkrun 50 t-shirt and my last PB there. It's such a great event which encourages everyone to run and at the same time is just a run in the park.

What are your best running related memories?

My first 10k which was also the first Jane Tomlinson Run for All 10k- Jane attended the event even although she was very ill, and she waited for all the runners, including her mum, to finish. It was very humbling and quite moving. Even now if I find it difficult to get out there I think of her great determination and motivation and put my running shoes on.

What are your worst running related memories?

I ran the Calderdale Way last year and did a reccie with Alyson G. Chris Glover drove us to the start. It was

snowing on the top of the moor in the middle of nowhere and we had to drop down to the side of the car to shelter. We had double jackets and gloves on and it was so cold. Chris said "smile" took a photo and drove off. It was a low point for me as I knew we had no choice but to run. He was later heard to say that he had no choice but to drive off as we would have gotten back in the car.....given half a chance.

Any words of wisdom for your fellow Harriers?

Take care of your body. It's the only place you have to live.

Can you share an interesting fact about yourself?

I speak Italian and teach yoga – that was two facts.



Workshops and Courses

There are a variety of free workshops and a number of subsidised training courses available to club members through Leeds Athletic Network and England Athletics. Recently several members attended a first aid for sport course in Headingley through Leeds Athletic Network for the subsidised fee of £15. It is a very useful qualification to have both as an event participant and if you are a marshal. There have also been free workshops at Leeds Met recently organised by England Athletics – myself, Gemma, Jason, Vikki and Bethan attended "Physical Prep without a Gym" and found it to be a very useful session.



Jason demonstrates his skills with an oversize elastic band.

I hope to organise another first aid in sport course for Leeds Athletic Network in the next six weeks so if you would be interested in attending please let me know and I can reserve you a place. Visit the England Athletics website for more details of what is going on as there are frequently events and workshops added:

<http://www.englandathletics.org/your-area/england-athletics/yorkshire-and-humberside/events---yorkshire--humberside>

Secretary Jill Buckley – stoxy78@hotmail.com



"My name's Rose and I know a bit of first aid. Can you hear me?!"

National Cross Country Championships—Wollaton Park, Nottingham by Jill Buckley

Last year's National Cross Country was downright miserable. And I don't mean because it was in Sunderland. This year's by contrast was positively tropical.



The only mud covered a 200m area (though admittedly by the time the men were on their third lap it had become pretty much impassable without losing a shoe) and there was a water jump but apart from that it was very runnable indeed.

In fact there were murmurs after the event that some people were moaning it was too easy. I'd have to disagree; there were a couple of nasty hills but it was a pretty traditional cross country course, in beautiful surroundings I might add, and as with all cross country the conditions are weather dependent. We were lucky that the conditions had left the course in a pretty solid state.



I had a great run, with sub ten minute miles for all but one of the five miles (unheard of for me in cross country). And we actually had a lovely day out.

The men's team consisted of Jason, Scott, Liam, Kieran and Burjor, and the ladies myself, Marion, Bal, Hannah, Rose, Gemma and Niamh. The only slight casualty was Scott who decided to have a closer look in the ditch on the final lap.

The National Cross Country is a very prestigious event and a pleasure to take part in; so much so that there was actually a round of applause and cheering from the ladies as we were allowed into the pens to start the race.

It is also a pleasure to be in the same race as and to watch the best runners in the country. And there are plenty of us slower runners at the back; the atmosphere is very supportive around the course and all are made to feel very welcome.



I'd encourage anyone to take part next year when the Nationals are at the iconic venue of Parliament Hill in London. As a lady from Barnsley said "it is a privilege to take part".



The KH ladies team finished 65th out of 83 teams—fantastic!

Recipe by Sam Broome

I thought I would share with you one of my favourite healthier recipes.

In 2012 the Hairy Bikers took on the challenge to adapt some favourite dishes to make them healthier without losing any flavour. Note: my ingredient alternatives/suggestions in brackets.

Chilli Salad Bowls (approx: 397 calories per portion serves 4 – does not include rice)

This dish is an alternative to chilli con carne. To save time I have chucked all the chilli ingredients into my slow cooker and it has worked just as good.

Ingredients

300g/10½oz lean minced beef (less than 10% fat) (turkey mince)
1 small onion, finely chopped
2 garlic cloves, peeled and crushed
1 tsp ground cumin
1 tsp ground coriander
1 tsp hot chilli powder (add more or less to suit your taste)
2 tbsp tomato purée
300ml/½ pint beef stock, made with 1 beef stock cube – (can use vegetable stock)
4 large flour tortillas
40g/1½oz mature cheddar
4 tbsp half-fat crème fraîche
4 tbsp fresh tomato salsa sauce
Salt and Pepper to season
Serve with: Mixed salad and/or brown rice

Method

- * Put the minced beef, onion and garlic in a medium non-stick saucepan and cook over a high heat for five minutes, stirring with two wooden spoons to break up any clumps of meat. Once cooked, drain any excess fat from the pan.
- * Stir in the cumin, coriander, chilli, salt and pepper and cook for two minutes more, stirring constantly. Add the tomato purée and stock and bring to a simmer. Cover the pan and leave to simmer gently over a low heat for 30 minutes. Remove the lid and stir the chilli mixture occasionally.
- * While the beef is cooking, prepare the tortilla bowls. Preheat the oven to 180C/350F/Gas 4. Take a sheet of foil about 1 metre/40in long and scrunch it up into a ball about 10cm/4in in diameter.
- * Take a tortilla and wrap it around the foil ball and place in oven. Bake for five minutes until the bowl shape is set and the tortilla is lightly crisped.
- * Take the tortilla out of the oven and carefully remove it from the foil – it should be just cool enough to handle. Place the tortilla on an upturned glass and press to create a flat base on which to turn the tortilla once cold. The tortilla should still be warm enough to mould to the shape of the glass. Leave to cool while you make the next bowl in the same way. Put each upturned tortilla on a plate as soon as it is ready.
- * Remove the lid from the pan of beef and turn the heat up high. Cook for a further 4–5 minutes, stirring constantly, until most of the liquid has evaporated and the beef is looking fairly dry.
- * To serve place some shredded lettuce at the bottom on the tortilla bowl along with any other salad – tomatoes, cucumbers, avocado, onions etc. Place a spoonful of the chilli on top on the salad and you're done.

Temple Newsam parkrun Takeover

On March 15th Kirkstall Harriers are taking over Temple Newsam parkrun.

It would be great if we could follow on the success that we have had at Leeds parkrun, so we need as many volunteers and runners waving the purple flag as possible.

Please contact Sam Broome via the Facebook group or at training/races to let her know if you can help out—there are many roles available.

Meet at Temple Newsam around 8am on the day (or at LPSA at 7.45am for lifts). And don't forget your barcode!

Did You Know?...

We have a notice board in Kirkstall Leisure Centre? It's at the bottom of the stairs, along the corridor. Among other info, it has the current training calendar and it's also a great point of reference for anyone stopping you on a training night wanting to know more about the club. Check it out - with several photos, you might even be on it already! *By James Nundy*



With cross country season coming to an end, it seemed right to provide some interesting (or maybe not) facts on the event we all look forward to each winter. Cross country events usually start around September and end in March. The courses can vary in distance, so could be anything from 4-12k. The race itself is run along grass, woodland and muddy surfaces.

Cross country is a very British Sport. With the rules and regulations coming from Britain, it also follows a children's playground game called Hare and Hounds (also known as Paper Chase or Chalk Chase).

The first championship event took place in December 1867. Despite schools competing in smaller events since 1837, the championship event was seen as a joke. The course was run at night, was 3.5 miles long and went through a very boggy and hill terrain. Matters weren't helped when it was reported to have not been marked properly which meant many competitors got lost (*apart from the running at night, this sounds very much like my experience at Northernns.*)

The most important competition in international cross country running is the IAAF World Cross Country Championships. The event is held annually and organised by the International Association of Athletics Federations (it replaced the International Cross Country Championships in 1973).

The most common cross country injuries are sprain/twisted ankles, broken toes/foot - basically anything foot based (*I know this all too well*). Last year cross country running was classed as an 'extremely dangerous sport' - it was claimed to be more dangerous than skydiving.

"It may call to mind nightmares from school, but cross country running is one of the more enjoyable things you can do on two legs." Tobias Mews, adventure athlete

By Sam Broome

PBs

Congratulations to those who achieved new PBs.

10mi

Victoria Daniel	1:31:39
Shamiso Sisimayi	1:11:38
Steve Webb	1:06:46

5k

Sam Broome	30:51
Rhona Cameron	26:06
Emma Hustwit	36:32
Niamh Jackson	22:35

New members

Please say hello to our newest members:

Nick Clayton
Malcolm Taylor
Shevonne McLarnon
Matthew Dennis
Tom Wall



Birthdays

Many happy returns to the following members who celebrate their birthdays in March:

Gill Booth
Gary Carlisle
Ruth Cooley
Stephen Corcoran
Matthew Dennis
John Hutchinson
Abdulwahid Saleh Mosa
Kimberley Ridout
Diane Thomas



About us

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.