

Kirkstall Harriers Newsletter

No.123 - February 2014

Edited by James Nundy



A message from our Chairman...

Annual General Meeting 2014

The annual AGM will be held on Monday 17th February at 8:30pm in the LPSA club. It's your chance to have your say. We will also be presenting the club championship trophies to the 1st, 2nd and 3rd placed runners along with the sportswoman and sportsman of 2013, as voted for by you. There will be a buffet afterwards (£3), so please come along and join in.

The club officers, committee, captains and vice captains are standing for election again however there are places on the committee, so if you would like to help with the running of the club by joining the committee, please me know. Also, if you wish to stand for election for any of the above officer/captain positions, just let me know.

If you want to know who the current officers, captains and committee members are, just follow this link:

<http://kirkstallharriers.org.uk/new/club/contacts/>

If you have something which you would like to raise, please come along and bring it up in AOB.

The AGM agenda:

- 1) Chairman's Report
- 2) Secretary's Report
- 3) Treasurer's Report
- 4) Election of Officers
- 5) Election of Captains and Vice Captains
- 6) Election of Committee
- 7) 2014 Subscriptions
- 8) AOB

Once the subscriptions for 2014 have been set in the AGM they become due, so you can pay your annual subs on the night. If you joined the club after 1st June 2013, you will get a pro-rata discount on your 2014 subs. Those who are due a discount will get an email after the AGM advising them what their discounted subs for 2014 will be.

Chris Glover, Chairman

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Photo of the month

Eric, boldly going where no mascot has gone before:

Looking cool at a PECO race.

Yorkshire Veterans Athletic Association (YVAA)

If you haven't done a YVAA race before you may be surprised to know that you are a veteran as soon as you hit 35. The races are about 6 miles in length and are usually a good mix of on and off road running, and has a good range of abilities for both sexes. There are individual prizes in 5 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. The team awards are split into 3 events – 'Top 4 individuals', 'The Rest', and 'All to Count' so there are 3 team awards up for grabs.

Last year the men came 7th, 6th and 6th out of 32 clubs, and the ladies 4th, 5th and 3rd out of 26 clubs. So come on you old gimmers – let's see what we can do this year! Entry to each race is only £4 and usually includes food afterwards. Even if you are not 35 or over, you can still run as a guest.

If you are 35 or over, then register on the YVAA web site before the race day. If you are under 35, you can register as a guest runner on the day of the race. The website is www.yvaa.org

First race: Sunday 2nd February at Pudsey, 10:30am

Apologies for the late notice but the first race of the 2014 series was only organised a few weeks ago. Race HQ is the Royal Hotel, Station Street, Pudsey, LS28 8PR (off Carlisle Road). The race is the same as last year starting at Scholebrook Farm – which is a good mile and a bit from the

registration. Allow a minimum of 20 minutes from the race HQ. Don't forget it is a bit of a hilly course, but it does go down as well as up.

The other races in the series so far are:

- Sun 30th March, 11am - Honley
- Tues 27th May, 7:30pm - Kirkstall. **Please keep this date free as we also need marshals on the night.**
- Tues 24th June, 7:30pm - Meanwood
- July tbc - West Vale
- Tues 29th July, 7:30pm - Cross Gates
- Weds 6th August, 7:30pm - Knavesmire
- Tues 12th August, 7:30pm - Bingley
- Tues 19th August – Abbey Runners to confirm
- Sun 9th November, 11:02am – Spensborough



Yorkshire Veterans' Athletic Association

Bowling & Curry Night

On Thursday 6th March we are having a social night out starting at 7pm with 10 pin bowling at the Hollywood Bowl on Kirkstall Road.



For those who want to, we will then be going over the road to the Sheesh Mahal for a curry.

If you would like to join us for either part of the evening contact Jill Buckley.

Leeds Race Series 2014

The Leeds Athletics Network Race Series is a grand prix style series of races including most races organized by Athletics Clubs in Leeds.

In 2013 there were 21 races in the series, with distances varying

from 1 mile to 10 miles, some road, some off-road.

The 2014 season runs from 1st January to 31st December 2014 and will include any Roundhay parkrun in March, plus some of the races in our own Club Championship such as the Meanwood Valley Trail in April.

Since the last website update, Kirkstall Harriers currently make up 52% of the entrants!

Register online. Follow this link for more details:

www.leedsathletics.net/Leeds_Race_Series.htm

Race 3: Middleton Park, Sunday 12th Jan

Well done everyone who turned out for this race. We smashed the previous record of 46 runners in total and had 54 in this race (29 men and 25 ladies). I can remember the days when we did not even have 54 members and we were lucky to get a full team of counters of 8 men and 5 ladies.

The ladies had a brilliant race and came 1st overall with 113 points (beating Horsforth by 20 points). With that result they move up to lead the Premier League with 7 points from 3 races, just 1 in front of the Abbey Runners who have 8. Let's hope we can get the same team again and maybe more!

Unfortunately the men are at the other end of the league. In this race we came 6th out of 9 teams with 571 points – just pipping STAC by 19 points. Overall though after 3 races, we are equal 6th with Hyde Park and STAC, all on 19 points. However, we are at the bottom of the 3 on count back with Hyde Park on 1740, STAC on

1783, and ourselves on 1788. It appears that the bottom club Ackworth, on 26 points, will be one team definitely relegated, but it is a very close thing between us and the other two clubs. It is therefore very important that we get as many of you out as possible on the next race.

The next race is Sunday 16th Feb.

At the time of writing, the venue is yet to be confirmed. Otley Chevin has been declared too small for the runners and car parking. It will either be at Becketts Park or Boddington playing fields. We shall confirm to everyone once we know. Although both venues are fairly close we still propose to meet outside the LPSA for 9:30am if

anyone wants to share transport or needs a lift.

A warning re the junior races:

The PECO league is one of the few events that encourages youngsters to race. It has been reported that some senior runners are warming up on the course when the juniors are racing, which is off putting to them. Can we please ensure that none of our members are seen on the course when the juniors are running. The first junior run starts at 10am followed by the next at 10:20am.

The final race in this series will be on Sunday 2nd March at Northcliffe Park near Shipley.

Peter Hey



Club Championship 2014

The Club Championship got underway on 12th January at the Middleton PECO and 54 members have already entered the title race. With one race down and 19 to go and Ben Coldwell is currently riding high at the top of the table.

Next up is the Liversedge half marathon on 9th February.

New members and subs

Please say hello our latest members who joined in January:

- Bethan Thomas-Lloyd
- Jennifer Berg
- Frederick Maier
- Emma Lavelle-Wood

Welcome to the Club!

Subscriptions are £25 per person. Please visit the website for more details.

Temple Newsam parkrun: Kirkstall Harriers Takeover

We will be taking over running the TN parkrun on Saturday 15th March, giving us an opportunity to promote the club in east Leeds. The Run Director is Samantha Broome and co-ordination of the purple people is well under way.

If you would like to volunteer please contact Sam. There can never be too many marshals!



Name: David Wood

Age: 49

Occupation: Admin Assistant at 2 Disabled Children's Homes

Originally from: Leeds

Time as a Kirkstall Harrier: since 2004

When did you start running and why?

At my first job in the 1980s I worked alongside someone who went out running/taking his dog out and that resulted in me also starting, not generally any great distance but I ended up entering the Leeds full Marathon in 1990.

At the time when finishing in front of the Town Hall I thought 'mission accomplished' and did not intend doing any more marathons.

In 1992 I was severely injured in an accident and stopped running but whilst recovering I started doing short runs around the streets. I joined a gym and they formed a running club. They only

did about 3 routes with only small numbers and it closed after a while but it encouraged me to go out running in a group and enter the Great North Run.

How did you end up joining Kirkstall?

When the first club closed I looked for other clubs and heard of the Harriers at the local sports centre and started going along. I soon found it to be the right sort of club for me with varied routes and not too competitive on the practise runs. Even though there are plenty of good runners you start trying to run faster than if you are doing it on your own but you don't feel you're under any pressure to keep up. I ended up doing lots of half marathons, 14 mile runs and the full London Marathon via a club place.

What are your motivations for running?

I like to be fairly active, not just sitting and I think it does you a lot of good to maintain some activity. I've never been a particularly fast runner and cannot go as far as some other members but certainly a lot further than most people generally.

What are your greatest running achievements?

I'm proud that I can say I've run marathons even though they were not particularly fast times (although fine for me!). Again I'm pleased that when I did half marathons regularly I felt I could get up any day and run one without any special training.

After the injury it was great

completing the London Marathon, even more so because I hurt my arm shortly beforehand and I asked the hospital to only put it in a lightweight pot so I could do the run! It was also great when I've won the club time trials (3 times now!) although I realise that was partly due to getting a good starting time - but on 2 in particular I ran faster than normal.

What are your best running related memories?

I think completing my first marathon was really good. The Leeds Marathon was over a harder route than many and even though I walked a very short distance I sprinted over the finish line giving the impression that it had been a 'short jog'!

What are your worst running memories?

A while ago I fell too often as my leg kept giving way. Fortunately after a period of running less often it went back to normal.

Any words of wisdom for your fellow harriers.

Obviously I'm much slower than many members so don't feel I can advise them but I'm often amazed at the events they do and times they achieve. To the less accomplished I think it's great to take part in the training sessions and what may seem hard work at first, after doing it a few times, you soon get used to it. Running with others is much better than going around on your own and encourages you to go more often.

"Fast, flat, friendly, fiasco". Year after year the entry system fails, but the race remains as popular as ever. Many will have spent longer trying to get into the race than it took to run it. For those who wasted their morning failing to get in, read these words from Rob Champion, of Sports Systems - and be glad you didn't read them on the day:

"...800 people logged on as the site went live. We didn't anticipate it was going to be this much of a feeding frenzy, I don't think anybody could have."

Presumably "anybody" being those at or below amoeba level, for a race of 2,000 that sells out within hours and must have 5,000+ trying to get places. They avoided the problem the previous year by failing to count up places paid via PayPal, massively

over-subscribing the race, and then cancelling it due to snow. The year before that, registration opened at midnight rather than 8am, so that the race was 2/3rds full before it was meant to even open. And the year before that was another IT failure.

The race itself goes smoothly thanks to the hard work of over 100 volunteers, and other than two road flyovers, is genuinely flat. Though they did manage to get the mile markers in the wrong places (all short, one long), causing big problems for those without Garmins.

Scott Anderson ran a stonking race to finish in 34th place with 1.18.05, I threw everything at it for a 1.25.58 PB, and Rory very nearly broke the magic 90 minutes with 1.30.15. Shamiso suffered with a bug in her eye but

still ran 1.36, with Colin 1.39 and Ian Brown 2.30.



Scott - flying

Perhaps next year they'll go with the ballot system they used to allocate "IT breakdown" places this year, and cause a little less resentment.

Adam Moger

Time Trial (Club Training) – Monday 13th Jan

Another good turn out on a cold but dry night saw 30 runners including one non member. With the help of Gemma, Emma and Kevin all seemed to go well from our point of view.

The first 3 over the line were Collette Spencer in a run time of 26:09, followed by Burjor in 26:19 and 3rd was Timothe Dazin with a

time of 21:53. The fastest male run on the night was Adam Moger in 19:21, and for the ladies it was our new member Jen Berg with 20:46.

Altogether we had 12 runners within 30 seconds of their predicted time. Between the first and last runner home, only 3mins 51seconds separated the whole 30 runners. To date we have 7 runners who have done all 4 time trials, with Adam Moger on 34,

Chris Hunt on 38, Carol Moran 40.5, Chris Glover on 46.5, Burjor Langdana on 48.5, Dave Wood on 55 and Paul Miller on 58.5.

With 2 races to go and the best 4 races to count – the competition is still wide open. The next time trial has been planned for Wednesday 12th Feb.

Peter Hey

Part 1: by Gemma Rathbone

The Four Villages Half Marathon, hosted by Helsby Running Club, was always going to be an automatic favourite for me as it is held in my home village. Well, as the name suggests it actually goes through four villages, but Helsby is the start and finish point. Having persuaded a troupe of fellow Harriers to join me we got in the FunBus with Bal at the wheel and headed over the Pennines.

As is so often the case the weather at the top of the M62 was murky and drizzly, and this continued through to Manchester. But, as is also usually the case, once we were past Manchester it brightened up. We cut it a bit fine to get to the start as the car park at race HQ was full so we had to drive through the village to park at the high school. There were shuttle buses taking runners back, but we had to wait a while so by the time we were returned to HQ there was just enough time to drop off our bags, have a wee and head to the start.

The weather Gods really were smiling down on us. Last year the race was cancelled because the snow and ice made the roads treacherous, so perhaps the deities were saying sorry. It turned out to be a pretty perfect day for a run – bright, cool and no wind. I almost had tan lines at the end!

The course too was simply lovely. There weren't as many hills as we had been led to expect, and those we did encounter seemed to be

over and done with before you realised. Scenery was spectacular, although I might be a bit biased. And the marshals, particularly the kids at the water stations, were full of beans.

Of all the good things about running through my home village and being surrounded by nature the best bit for me was that, for the first time, some of my family could see me run. Mum, aunty and two cousins were just before mile 8 with a selection of Jelly Babies (Aldi, Tesco and Marks and Spencer) and lots of hugs. It was a real treat to have them there, and mum even made it through the road closures to meet me again at the finish.



I was bringing up the rear for the Purple Posse, so by the time I neared the end several of the team were waiting to cheer me in. Including Emma, who had just been shown how to utilise the inflatable stick things to maximum effect. The noise was something else – we do make our presence known wherever we go! I dug deep for a sprint finish to pass one final person and crossed the

line in 2:19:43. I would have been a good few minutes quicker had I not stopped several times to take photos and chat with my family, but I was only out there to enjoy it, and that I did. In bucket-loads.

Over the finish I picked up my medal, goody bag (Mars, water bottle), gingerbread man and a few cartons of some sort of energy drink (ask Jill what she thought of it) and Bal wrapped me in a foil blanket. It was then a short walk over the road back to HQ.

And, unfortunately, it then went a bit wrong. Seems that the kids on the baggage store had been overwhelmed at the number of runners and bags had got mixed up. With labels falling off and some runners rather unfairly resorting to directing foul language at the young helpers it ended in a long wait to get our stuff. But at least everything was there and we got a very honest and heartfelt apology from the organisers via email the next day.

The coach took us back to the car park, where we had a quick bus picnic and got back on the roads to head over the hills once more. All in all it was a thoroughly enjoyable day out and a great race and I for one plan to do it again.

Part 2: by Laura Hogg

It was the promise of matchbox scenery, a long downhill finish, and a day out in the FunBus that made me pick Helsby Four Villages for my first half marathon. I hoped the mid-January challenge would keep me training over Christmas, or at least stop me forgetting about running entirely, and I found myself excited in the lead up to my first Big race.

It was a dark but cheery departure from LPSA with Burjor, Gemma, Kieran, Gary, Jill and Jason, bus-driver Bal, and Emma, the best supporter in the North. We emerged from drizzle into glorious Cheshire sunshine, and Gemma reassured those of us getting nervous at the sight of Helsby Hill – we were only going round it. But it was the full minibus car park, the clock fast approaching 11am, and the long lines for the last shuttle bus and too-few portaloos that struck fear into our very hearts.

But all was well. We unloaded all unnecessary baggage and set off with around 2000 runners from Helsby, to much enthusiastic support along the first road. The race led through quiet country lanes, with gentle ups and downs cutting through bright green fields and offering stunning views of distant church spires in the sunshine.

Support remained strong throughout too. Elderly couples waved from twee farmhouses, and cheering kids lined the roads

One of the many bright, green fields



offering orange juice, unafraid of the shower of wet plastic they received in return. We even passed Gemma's mum with her generous jelly baby collection at the tough 8th mile.

Half way in, I heard rumours of a Nasty Uphill at mile 10. People were bracing themselves. I told myself to save energy, to try to run, not race. Despite this I spent most of the time with my eyes on someone up ahead, trying to chase them down. But the dreaded mountain never really materialised. It was more of a longish, steady climb, which seemed nicer after to The Fear and allowed for a wonderful descent back into Helsby. It was fun to pick up speed at the end, and the support grew during the

final few turns into the village.

Propelled by the sound of Emma's cheering and inflatable stick-bashing, I made it around the last corner and through the PURPLE finish line, face-first into a gingerbread man.

I was filled with relief to be finished, and pleased with my time, and Jason and I soon headed back to Emma to cheer on the rest. We saw a couple of hobblers, but all of us Harriers made it to the end at speed and smiling. Luckily, the post-race elation and goody-bag Mars Bar helped our hour-long wait for baggage to pass in the blink of an eye... there was not one complaint about the cold or our empty bellies as we inched slowly towards our layers and sandwiches hidden in a distant cabin.

Many thanks to Gavin the Saviour for offering olives and a fine meat selection whilst we waited, and to Bal for delivering us safe and tired back to Leeds.



Grinning like Cheshire cats on the FunBus

Part 1: by Sam Broome

As we know Marathon training is well and truly underway. So 10-14 weeks of dedication and hard work will be upon many club members. With this in mind, my Did You Know? this month is based on Marathon facts.

World Records

- Male : Wilson Kipsang (Kenya) 02:03:23 in Berlin, September 2013
- Female: Paula Radcliffe (UK) 02:15:25 in London, April 2003
- Oldest Runner: 100 year old Fauja Singh, 08:11:5.9 in Toronto 2011
- Youngest female at 5 years 261 days: Jennifer Amyx (USA) 04:56:36 in Johnstown 1975
- Youngest Male at 5 years 358 days: Bucky Cox (USA) 05:25:09

The Marathon is named after the legend of Pheidippides, who was a Greek messenger. It is said that in 490 BC he was sent from the battle of Marathon to Athens to announce that the Persians had been defeated. Legend has it that he ran the whole 26 miles without stopping, announced the win and then collapsed and died.

The modern Olympics began in 1896 where the first Olympic Marathon (male only race) was won by a Greek water carrier called Spyridon "Spyros" Louis, Vasilakos in a time of 02:58:50 on 10 March 1896

Boston was the first Marathon to allow women to compete in 1972

Infamous Marathon finisher: In 1980 Rosie Ruiz won the Boston Marathon in 02:31:56, but it was latest exposed that Ruiz joined the race near the finish line. Shortly after, her 1979 New York City marathon time of 2 hours and 56 minutes was revoked when it was discovered that she rode the subway to the finish line. Tut tut!!

From the beginning of training to completing the marathon race, a runner will have on average run a total of 880 miles. That is roughly the distance of Land's End to John O'Groats.

'Bonk' is an alternative word for 'hitting the wall'. A phase commonly used among runners to describe a state of exhaustion.

'Fartlek' a Swedish word for speed play. It appears in a lot of training guides, manuals etc and involves a mixture of fast and slow running. Designed to increase pace, stamina and performance.

Common Injuries: 32% muscle pull, 30% knee injury, 26% plantar fasciitis, 20% Iliotibial Band injury, 17% Achilles Tendonitis, 16% shin splints and 9% stress fractures.

Good luck to all of those who are now marathon training and remember – always reward yourself with CAKE and BEER!!!! ☺

Important note: facts have been found via the web and may not be as true to date, so if anything is wrong please complain to Google, not me ☺

Part 2: by Gemma Rathbone

The position of your belly button determines how fast you can run.

According to research published in the International Journal of Design and Nature and Ecodynamics, the higher your navel the quicker you can go. The belly button is roughly the body's centre of gravity, and if it is higher up this gives a speed advantage.

Study author Professor Andre Bejan explains: "Locomotion is essentially a continual process of falling forward, and mass that falls from a higher altitude, falls faster."

The research was based on analysis of nearly a century of sprinting records.

So form a line and lift your vests Harriers - we'll soon see who should be in the slow group...



[Hmm, could this explain what happened with James Nundy during the recent Fartlek training session?! Ed]

PBs and other worthy mentions

It is always good to set a new personal best, and even more impressive when coming off the back of Christmas/New Year! Well done to the following:

	HM	5K
Scott Anderson	01:18:10	
Rhona Cameron		00:26:26
Laura Hogg	01:39:09	
Adam Moger	01:25:58	
Kieran O'Brien	01:43:46	
Rory Smith	01:30:15	

CAKE REPORT

Kieran's Scottish Tablet (a la Northern XC championships)

Ingredients

55g butter
250ml semi skimmed milk
900g cane or granulated sugar
397g can Condensed Milk
23cm square cake tin, lined with baking parchment

Method

1. In a large pan, melt the butter with the milk. Slowly add the sugar and boil briskly for 4 minutes.
2. Gradually stir in the condensed

milk making sure that it doesn't stick to the bottom of the pan. Bring back to the boil and boil for approximately 20 minutes, stirring regularly, until the mixture is thick and a honey caramel colour. Take care while the mixture boils and during stirring as the tablet will be VERY hot!

3. Remove the pan from the heat and beat until set. Pour into the tin and leave to set fully then remove from the tin and cut into squares.

4. Run in the mud and cold, then enjoy!



Birthdays



Happy Birthday to the following members who celebrate their birthdays in February:

* Russell Bromley * Sophia Bull * Becky Dwyer * Kevin Kelly * Manghanita Kempadoo * Sheila King * Ewan Malone * Gioia Mazzanti * Rhian Millar * Tom Monaghan * Ash Niwaz * Kieran O'Brien * Gemma Rathbone * Martin Rocks * Abbie Rook * Neil Wallace

Kirkstall Harriers meet every Monday and Wednesday in the lounge at Kirkstall Leisure Centre, Kirkstall Lane, LS5 3BE 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: kirkstallharriers.org.uk

We also have an active group on Facebook. Search for *Kirkstall Harriers* on [facebook.com](https://www.facebook.com/kirkstallharriers)

Please email kirkstallharriers@googlemail.com with any questions about the club, or if you would like to contribute to the newsletter. All articles, are gratefully received.

