

Kirkstall Harriers Newsletter

No. 125 April 2014

This Month Edited by Matt Sykes-Hooban



News in brief

* Subs Update

We have had 84 members who have paid their 2014 subs so far. It's a good start but that does leave 71 who haven't!! Please make the effort and pay up if you intend to stay with the club this year. It will make it much easier for those who collect subs and administer UKA registration etc. (*Oops I'll pay up ASAP—Ed*)

* Congratulations

To Adam and Anna Moger on the birth of the newest member of the Kirkstall Harriers, Lauren Jill Moger born Friday the 14th March, weighing in at a very respectable 7lbs 9oz. The club wish them the very best and we hope to see little Lauren at training soon.

* Special Announcement

Turn to page two to find out more about a very exciting project that Kirkstall Harriers will be involved in over the Summer (*Its just so exciting!—ED*)

* Birthday milestone

Diane Thomas will be celebrating her birthday on Saturday 19th April by doing the Park Run at Hyde Park and would very much like our members to be there to help celebrate with her. Diane has been a member since 1991, and where she met her now husband Richard, a founder member. As they live in Burley in Wharfedale, nipping out to training nights is not that easy. Diane and Richard do turn up at many team events and can often be seen helping out at our various functions that we get involved in throughout the year. (*Do you think we could get 50 Harriers out in Purple to celebrate the occasion, come on the gauntlet is thrown down people—Ed*)

* Fund raising pleas!

As spring marathon season fast approaches so do the fund raising requests from friends, so we thought it best to group them all together and let them duke it out for your cold hard cash! Turn to page 6 to find out more about who is running for whom.

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They are all great charities so be as generous as you can.

* Fancy a bit of Pain?

If you enjoyed running in the mud of the cross countries or are looking for one of these muddy and wet adventure challenges, there is one on our doorstep coming up the Pain Barrier Saturday 1st November. This is at Parkland, an off road 4x4 driving experience area in Tong Village. Its only £22.50 if you enter before the end of April and discounts are available if you enter as a team. The course is about 6 miles. The first time it was run, due to poor signage some runners ran about 4 miles whilst others ran about 8 – but hopefully in their third year – they have got the route markers sorted now!

Photo of the Month:

Is it a bird? Is it a Plane? No its Alan Brydon and his death defying leap over the PECO relay water hazard... Total hero!

Photo Of The Month





Running Club Documentary

Exciting times are indeed ahead as we can finally announce after a long application process that the Kirkstall Harriers Running Club has been selected by the producers of **AF Productions** to be one of the three Running clubs to feature in the upcoming documentary '*Run, Blighty Run*' which will be aired on Channel 4 this Autumn. The production company will shortly be contacting pre-selected club members (subject to final agreements from all participants, police checks etc) to arrange the filming schedule over the summer.

The concept of the documentary is to follow club members of differing abilities (from Novice to VET) from several carefully selected clubs, one from the North East, one from Yorkshire and one from London over the course of several months as they prepare and race in local and national events.

They want to explore the running club culture in different parts of the country to determine which part of the country is best suited for runners, they are particularly interested in what goes on at training nights, what we get up to on the run and what happens afterwards once the running is done. They are ultimately trying to dispel the myth that all running clubs are for

hard-core runners only, lead Producer John Smith says;

"We want to delve deep into the very heart of what makes a running club great, AF Productions want to show that a club is not just defined by their brightest and fastest stars but that the real hero's of the club are the kit girls and the VETs that have seen it all before. We Strongly believe there are great stories waiting to be found in the locker rooms of the clubs up and down the country."

And that's not all expect special Olympic guests from each region to appear on the show, they will be running training boot camps for all interested members not just the featured club members. We have also been told that coaches from Runners World will be appearing as well to offer training tips and advice of the right clothing and footwear so there could even be some freebies in it for us all!

One last thing you know the meeting room is out of action for a makeover? ... Well now you know why, everything has to look good for Television.

Very good luck to the featured club members and as for the rest of us we get to be in the background as running extras so get down to the training nights as you never know it might just be your moment to shine.



PECO Cross Countries round up

A new experience for all as this was the first time we had run the course at Northcliffe Park in all the years that Peco has been going. The course was a good one, high up in Bradford and giving good views onto Baildon Moor. As usual parking was an issue. I managed to find a place after exploring the many potholed private unmade roads in that area.

To finish off the season in a similar manner the course had its many muddy stretches, but thanks to my brand new Karrymoor shoes with deep studs, this seemed a bit easier. Oh why did I not buy them earlier in the year? As usual my nose in the cold weather ran a lot better than my legs. The number of our club runners was well down on the last two – for various reasons. We only had 18 men compared to our record of 29, and 19 ladies compared to 25. Despite this I don't think it made much difference to the overall results.

The ladies came 4th in the race. They finished as runners up in 2nd in the Premier league, just pipped by Abbey Runners who did put their best team out on the day to ensure victory. The men finished 8th in the race, and due to the results in previous races stayed in the Premier league for next season by just half a point in front of Ilkley in 7th position of 9. Thanks to all our runners who ran by my reckoning we had 47 men and 39 ladies running in one or more of the races.

Lets hope we can get the same or more out next year, and as a club we now have quite a lot of strength in depth. This is compared to quite a few years ago when I remember we had to phone up members in the morning, or go around to their house to knock them up – just to ensure we had the minimum numbers for a team. The ladies also finished 3rd in the Vets first division and 3rd in the 2nd team league table. Only 7 months to go before the 2014-15 season starts. I am sure you are all looking forward to this and we will let you know more details after the league meeting which is usually in September.

Peter Hey

Winter Time Trial Series

The last of the winter time trials was on a fairly good night weather wise and we had 23 runners. The first three over the line were Lucy Churn who put in a lot of effort to record a run time of 25.37, 2nd was Sam Broome with 29.48, and third Malcolm Taylor 30.27. All 3 ran a PB time for a 5k, including Emma Hustwit 35.24, Russell Bromley 26.09, Hannah Lee 23.43, Liam Stead 25.46, Rob Pratt 19.29, Becky Dwyer 25.29, Sharon Beattie 23.42, Jon Potts 22.41 and Ruth Coley 24.19.

Bringing up the rear for a change, either expecting a phone call, or just chasing some chocolate to celebrate the arrival of his new baby, was Adam Moger in 23.26. The fastest runners on the night were Alan Brydon doing his first one, in 18.03, and for the ladies it was Jen Berg with 20.54. Many thanks for the assistance of Paul Glover, Andrew Cross and Patrick Nesden to ensure names and times were correct and the runners found the correct way around the course.

The overall winners with the lowest scores from 4 time trials were Russell Bromley with 16.5, Adam Moger 27 and Carol Moran with 29. Congratulations to all who ran off with a prize, to everyone who bagged themselves a new PB and for everyone who ran in at least one of the time trials over the last few months. **Peter Hey**

(Who's up for a Summer time trial series? Let us know if there is a demand-Ed)

Yorkshire Veterans Athletic Association (YVAA)

The Llama Song

Here's a llama
There's a llama
And another little llama
Fuzzy llama
Funny llama
Llama llama
Duck

Llama llama
Cheesecake
Llama
Tablet
Brick
Potato
Llama
Llama llama
Mushroom
Llama
Llama llama
Duck

I was once a treehouse
I lived in a cake

But I never saw the way
The orange slayed the rake
I was only three years dead
But it told a tale
And now listen, little child
To the safety rail

Did you ever see a llama
Kiss a llama
On the llama
Llama's llama
Tastes of llama
Llama llama
Duck

Half a llama
Twice the llama
not a llama
Farmer
Llama
Llama in a car
Alarm a llama
Llama
Duck



The VETs before the hilliest of hill Reps! What were they thinking!

Is THIS how it's told now?
Is it all so old?
Is it made of lemon juice?
Doorknob
Ankle
Cold
Now my song is getting thin

I've run out of luck
Time for me to retire now
And become a duck.

*Many thanks for the race report submitted
by Gary C, I think that just about covers it!
- Ed (Click below if you dare)*

www.albinoblacksheep.com/audio/llama

3rd GRAND PRIX TUESDAY 27TH MAY – HOSTED BY OURSELVES

We need as many runners as possible 35 or over to run this race to collect points for the series, so are relying on you youngsters to help assist in the marshaling and other aspects of the race. I will be collecting names, so if you can help – and would like a specific task please let me know.

The venue is Kirkstall Abbey and we will be using the Burley Rugby Club house as race HQ. The race starts at 7.30 but we need people to help mark out the route from 5.00 onwards. We will recci the route 3 or 4 times as a training night run so we all should know the route – and be aware of any hazards. We will need a minimum of 28 marshals along the route – with people helping out at the end taking times and numbers, and keeping the runners in order. Due to work on the canal towpath we have had to alter the route, so instead of going along the canal towpath, we are going to be doing a lap through Bramley Fall Woods. More information will be given as we progress towards that date. **Peter Hey**

The other races this year include:

| | | |
|--|--|--|
| June 24 th Tuesday Meanwood 7.30pm | July 9 th Wednesday West Vale 7.30pm | July 29 th Tuesday Cross Gates 7.30pm |
| August 6 th Wednesday Knavesmire 7.30pm | August 12 th Tuesday Bingley 7.30pm | Aug 19 th Tuesday – Abbey |
| Runners to confirm | Nov 9 th Sunday – Spenborough 11.02am | |

Marvelous March PB Madness

March see an other amazing month of great PBs recorded by the Purple Army at races the length and breadth of the country.

Members recording Half Marathon PBs this month include:

Samantha Broome 2:24:27 Rhona Cameron 2:05:45 Jamie Crooks 1:37:09 Kieran O'Brien 1:39:38
Gemma Rathbone 2:09:05 James Nundy 1:57:48 (First Race) Bethan Thomas Lloyd 2:06:46 (First Race)

Members recording 10 Mile PBs this month:

Paul Miller 1:02:46

Members recording 10K PBs this month:

James Nundy 0:48:53 Dominika Malinowska 0:51:25 (First Race) Robert Pratt 0:39:57 (First Race)

Members recording 5K PBs this month:

Sharon Beattie 0:23:42 Russell Bromley 0:26:09 Samantha Broome 0:29:26 Rhona Cameron 0:26:01
Rebecca Dwyer 0:25:29 Emma Hustwit 0:35:34 Niamh Jackson 0:22:28 Emma Lavelle-Wood 0:22:40
Hannah Lee 0:23:43 Jon Potts 0:22:41 Robert Pratt 0:19:29 Malcolm Talyor 0:29:25
Lucy Churm 0:25:37 (First Race) Liam Stead 0:25:46 (First Race)

RACE REPORT



Sam on her way too a new PB!

Stafford Half Marathon

On Sunday 16th March I took part in the Stafford Half Marathon. I was persuaded to do it by my friends Matt and Jo and at a cost of £19 and it being a local(ish) home race I couldn't really say no. After lining my stomach with lasagne Matt made me drink a glass of beetroot juice (he was expecting me to PB). The juice was very 'interesting' and wasn't as bad as I thought but it meant that I did get a shock when I went to the toilet 24 hours later!

Race day was perfect running conditions, slightly chilly but the sun was out, to be fair I was thankful there was no wind! The course started off in the town centre and made its way round the town and through a couple of little villages and housing estates, a country road, through the local park which leads you back into town for the finish. I placed myself with the 2:15 - 2:30 runners whilst Matt stood right at the front. Jo had advised me of the little climbs through town so I was prepared for them and took them rather well. As the miles went on the sun got warmer and the 4 water stations were greatly received.

Despite the headwind which I encounter between miles 6 -8, the course was really enjoyable, varied and there were loads of people were out cheering, singing and offering jelly babies . Having only completed Silverstone two weeks before I wasn't really hoping for much, though I was secretly hoping for a time near to 2:25. As I reached the end I could see Malcolm and my friends and just about managed to hear Matt shouting something along the lines of 'Come on Sam you can PB', I finished in a time of 2:24:27, whilst Matt took an impressive 11 mins off his time from last year to finish in a time of 1:21:20 and came 17th out of a field of about 2600 runners!!!

All finishers received a technical t-shirt, medal, water and banana (other goodies such as water bottles and wrist bands were available to purchase), the only difference was you collected your medal and tshirt before the race, this was because apparently they run out? There was no messing about with shoe tags because the tag was placed on the back of your race number which worked well.

So all in all a really enjoyable race and I think I will defiantly be doing it next year and would say it is a good 'PB' course, only thing I am not sure about taking up the beetroot juice pre race drink! **Sam Broome**

Did you Know... about PECO cross country

As many members will tell you the amount of runners to Peco has vastly increased. The very first Peco race took place on Sunday 8th November 2009 at Golden Acre park, it saw a total of 173 runners take part(160 men and 113 women). The first race of 2013/2014 took place at Temple Newsam and saw an increased total of 652 runners take part of which 388 were men and 264 were women. Photos from the very first race can be viewed here:

<http://woodentops.org.uk/index.php?topic=home&subtopic=photos&gallery=09peco1dw&title=PECO%20XC%201,%202009&photographer=Dave%20Woodhead>

<http://woodentops.org.uk/index.php?topic=home&subtopic=photos&gallery=09pecolew&title=PECO%20XC%201,%202009&photographer=Eileen%20Woodhead>

Member Profile - Gemma Rathbone



Name: Gemma Rathbone

Age: 31

Occupation: Freelance copywriter

Originally from: Helsby, Cheshire

Time as a Kirkstall Harrier: One year and three months

When did you start running and why?

I started running in June 2012 because I got talked into doing the Spartan Sprint with some friends and, being overweight and depressed, I figured it would do me good to be a bit fitter and more active. I wasn't bothered about doing much running in the race as I was warned that the obstacles would slow me down and zap my energy, but I figured I should make at least some effort. I went through the Couch to 5k programme and slowly but surely fell in love with running. By the end of the year I had run three 10k races and one 3-mile race.

How did you end up joining Kirkstall?

Towards the end of 2012 I began to realise just how much there was to running and decided I should look into joining a club. I was worried that I wouldn't be quick enough or that I would show myself up, but I decided to give it a go. After a quick internet search it was obvious that Kirkstall Harriers was the only real option – purple has always been my favourite colour. I came to a training session and everyone was lovely and really made me feel welcome so I signed up the following week.

What are your motivations for

running?

I still run to deal with my weight and to manage depression, but I also do it just because I love it and I can't stop. Running is also an important social outlet for me so I am glad to be part of such a friendly club as Kirkstall Harriers.

What are your greatest running achievements?

I have several, even though I've been running for less than two years. In July 2013 I set five PBs. OK, two were "automatic PBs" for new race distances (10mile and 1mile), but I also set a 10k PB (58:06), then smashed it less than a week later (55:57), and got a 5k PB (26:47).

I am also delighted with my progression in the Abbey Dash 10k (in 2012 I ran it in 1:09:53 and in 2013 I did 54:41) and similarly with the Silverstone Half Marathon (in 2013 I ran it in 2:21:59 and in 2014 I did 2:09:05).

Being named Sportswoman of the Year is something I am very proud of, and finally, I finished first in my age category in the Leeds Race Series in 2013.

Not a bad start to my running career!



What are your best running related memories?

Pretty much anytime I'm at a race with my fellow Harriers. The conversations we have in the FunBus and the Fiesta of Filth are not fit for publication, but they make me laugh.

The training holiday with Embrace Sports in October 2013 has left me with many happy memories, especially running along the warm sand and

stunning coastal paths.

The best running moments overall though are those five minutes after you cross the finish line – there is nothing that can compare to the natural high and sense of achievement.

What are your worst running related memories?

I narrowly avoided what could have been a massive toilet drama at the Pitstop 10k at Croft circuit last July. It was an evening race and Vikki drove us there for a PB attempt (three laps of the circuit – flat, fast and smooth-ish). The first two laps went to plan, but half way round the third I started to get tummy cramps and thought I was going to have to make a pitstop of my own behind a marshal hut. I struggled on, crossed the line and, without stopping, shouted to Vikki (and the rest of the runners and supporters) that I needed to do a big toilet. Except when I got to the loo nothing happened! All that discomfort and worry for no reason! I never forgave my digestive system for upsetting my chance of a PB, and I never figured out what went wrong either!

Any words of wisdom for your fellow Harriers?

Smile and wear neon. You will go faster and have more fun.

Can you share an interesting fact about yourself?

As a little girl I longed to be a pathologist – Dana Scully from The X Files was my hero. By the time I got to A Levels my dream wasn't looking very likely so I studied forensic science at uni but biochemistry exams at the end of the first year were the final straw. Well, biochemistry and the fact I spent most of my time drinking Jagermeister in various tour buses! I switched to Communication Studies and it turned out I am pretty good at writing, so that was that! I love working in the media, but if I had one wish I'd use it to get a job in a path lab/ mortuary without a second thought.

Photos TOP: Gemma Smoking hot at the Spartan Sprint. MID: Running barefoot in the Algarve.

Park Run Madness

Saturday 15th March saw the first of many (hopefully) Kirkstall Harrier parkrun take overs. A number of us turned up to either volunteer, pace or run the event. This week saw Temple Newsam put on an alternative route due to the bottom of the course being redone, this did mean that the runners had to tackle the hill 3 times! It was another successful parkrun with 170 people taking part in the event and another good turnout of volunteers and supporters. It also allowed us to celebrate Partick and Jason's birthday as well as celebrate James 50th Parkrun. Well done James and thank you to everyone who came to wave the purple flag!

The following Saturday saw 9 harriers take part in the three legged sport relief relay. Organised by Leeds parkrun Kirkstall had 3 teams in : Charlie's angels, The Good, The Bad and The Ugly and The Three Musketeers. Paul Miller, Alyson Glover and Sam Broome of Charlie's angels were the lucky winners of the race and now proud owners of the first sport relief trophy!



Answers on a postcard as too which person belongs to which team!

I am hoping towards the end of summer to organise some more parkrun takeovers as it can help us to promote KA7. If anyone has any requests for parkrun trips then please let me know, as I will be looking to sort out some parkrun away days for us all. The next parkrun event is the annual Mob run which will take place at Roundhay on May 15th. **Race Director Sam Broome**

Fund Raising Pleas...

Gemma Rathbone is raising money for **Mind**. Gemma says, 'When I took up running a couple of years ago as I found it was a fantastic way to manage depression and I wanted to give back to help others experiencing mental health troubles'

<http://www.justgiving.com/Gemma-Rathbone> To donate by SMS, please text: GMAR83 £1/£3/£5 etc to 70070

Rose George is raising money for **Seafarers UK**. Rose says, 'My last book was Deep Sea and Foreign Going, about going to sea on a containership and what life is like at sea for modern seafarers. I was surprised to find exploitation, abandonment, & a generally difficult life. So I'm raising money for seafarers' welfare missions, which are often the only places the people who bring us everything in our shops get to visit' www.justgiving.com/rosegeorge3

Eleanor Gallon is raising money for **Bliss**. Eleanor says, 'They have helped friends who have had premature babies through the toughest times of their lives. I feel really lucky that my son was born in perfect health last year so want to help those not as fortunate' www.justgiving.com/eleanorgallon

Richard Joyce is raising money for the **Epilepsy Society**. Richard Says, 'My dad was diagnosed with Epilepsy just four years ago and after a couple of tough years he is now on the right medication and hasn't had a seizure for a few years. My godson Harrison also has a form of epilepsy and being great friends with his mother I thought it would be great to run for this charity' www.justgiving.com/Richard-Joyce-London-Marathon-2014

Kieran O'Brien is raising money for **CLIC Sargent**. Kieran says, 'This April I am running two marathons in one week to raise awareness and funds for CLIC Sargent. I've also given up alcohol for Lent, and I'm not sure which is harder!' www.justgiving.com/2marathons-1week (The two marathons are Manchester and London)

Shamiso Sisimayi is raising money for **Leeds Mind**. Shamiso says, 'Leeds Mind provides innovative and effective services for people in Leeds who have mental health problems in order to aid an rapid recovery; it aims to promote understanding of mental health problems, provide solutions for individuals and to campaign for all people experiencing emotional distress' www.justgiving.com/Shamiso-Sisimayi

Kevin Blackhurst will be running 10 Marathons in 10 days around the very undulating Windermere marathon course for the **Brathay Trust**. Kevin says 'I am so pleased to be picked to be able to take part in this challenge and I would like to raise as much money as possible. The Brathay Trust works with vulnerable and disadvantaged young people from all over the country, the work they do is fantastic. So please dig deep and help me to raise as much money as possible'. www.justgiving.com/Kevin-Blackhurst

Did you Know... about PECO cross country

Cross Country and Peco season is now over, so no more running in mud or spending days cleaning your kit or shoes, it is now time to get out the shorts, sleeveless tops and racing flats. With this in mind I thought I would go through the Peco archives and have a look at our past achievements.

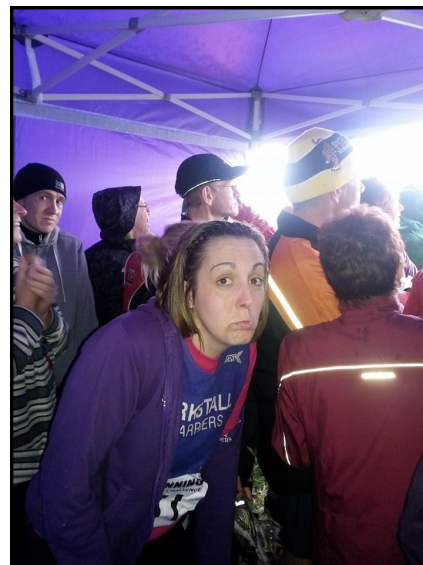
| Season | Mens Team (overall finish) | Vets Team (overall finish) | Men Individual | Women | Vets | Women Individual |
|-------------|----------------------------|----------------------------|--|---|----------------------|--|
| 2009 - 2010 | 1st - First Division | 9th (18 teams) | Peter Branney (6th) | 2nd - Premier Division | 9th (15 teams) | Gemma Smith (1st) |
| 2010 - 2011 | 5th - Premier Division | 11th (17 teams) | Peter Branney (3rd) | 3rd - Premier Division | 10th (17 teams) | Eleanor Franks (13th) |
| 2011 - 2012 | 6th - Premier Division | 11th (17 teams) | Matt Woodhouse (54th) | 3rd - Premier Division | 10th (17 teams) | Rachel Pilling (3rd) |
| 2012 - 2013 | 6th - Premier Division | 15th (19 teams) | Peter Branney (1st) | 5th - Premier Division | 14th (19 teams) | Emma Ballantyne (4th - 2nd claim), Shamiso Sisimayi (13th) |
| 2013 - 2014 | 7th - Premier Division | 4th - First Division | Andrew Cross (45th - 2nd claim), Ben Coldwell (46th) | 2nd - Premier Division (3 points difference to 1st place) | 3rd - First Division | Hikari Yamaguchi (15th) |

Due to the increase in second claim members, from 2012 saw Peco produce results for second team scores to which Kirkstall received the following positions (I think this is the reason for this table) :

| Season | Men B Team | Women B Team |
|-------------|----------------|----------------|
| 2012 - 2013 | 5th (7 teams) | 3rd (6 teams) |
| 2013 - 2014 | 6th (11 teams) | 3rd (14 teams) |

Well done to everyone who took part in Peco this year braving the cold, wind and even hail. Whether you completed 1 race or all 5, if you finished in the top 5 or the bottom 5 (or in my case didn't finish one) or just came along to cheer, you each played a part in the stopping the men from being relegated from the Premier Division and the women making this year their most successful by finishing 2nd! All hail the purple army and so long to Cross Country season for another year! **Sam Broome**

PECO cross country relay event



All smiles before the off and Sam's reaction to the Hailstones that the last leg runners have the good fortune to experience!

We had six teams representing the club at the PECO relay event. Laura Hogg, Hannah Lee and Alyson Glover won the Female Open category. Robert Pratt, Alan Brydon and Andrew Cross won the Male Open category. Congratulations to them. We also we had Rhona Cameron running for the PECO representative F50+ team. Well done all that ran on the day.

Trimpell 20



Timothe looking good on Lune Bridge

I have been running with the Kirkstall Harriers for nearly a year now, and a lot of things have happened during this time.

At the beginning I had to force myself to run once a week just to stay in shape (you know how sitting in front of a computer every day is bad both for your sight and your fitness level). And progressively I started to get involved in races, trying to chase my next PB: park runs, 10ks, cross countries, half-marathons...there is always a new challenge waiting for you.

And I found a real challenge on the 16th March 2014 in Morecambe, the Trimpell 20 mile race.

No, there is no town called Trimpell as I initially thought, it is the name of the sports club organising the event. I'm sorry Burjor, but Trimpelland is a myth, a product of your imagination!

Five of us met in front of the LPSA on the Sunday morning: Shamiso, Patrick, Burjor, Jason and me. I am glad Jason was the volunteer driver for the 2 hour trip; discharged of this responsibility I grabbed some more sleep.

The weather looked nice, but by the time we arrive in Lancaster it turned grey and windy.

Overall it's not bad weather for running; we are just getting a bit worried about the wind and

its possible effect on our performances.

I haven't had a very good year so far, spending more time off running than training for this event because of a shin splint and a hip problem. The Four villages and Liversedge half marathons were supposed to prepare me for this, but I wasn't able to run them. I'm looking forward to get back on track with the Trimpell 20 and to leave the bad times behind me; but I'm also worried and have this feeling in my stomach, like on an exam day.

Lancaster is really a lovely place, quite similar to the Yorkshire Dales with beautiful green hills and a wet weather. The website promises a "99% traffic free" race with "breathtaking views along the Lune Valley", and I can now confirm that these statements are true.

There are around 500 runners at the start line in a stadium, but it doesn't look too much compared to some other overcrowded events I have taken part in. I find a space in the first quarter of the queue to avoid the confusion that usually occurs during the start, and nobody will get in my way as these people seem to know where they are going. This is far from the mess I am used to in casual 10k races, this time I am more careful to avoid being an obstacle for someone else.

Pacing myself is important as I have never attempted to run such a long distance. This is not really about the completion time, I want to come back in one piece. However, I have set a target of 3 hours because during the trip Patrick had asked me how long I thought it would take me.

For the first half hour I overtake a few people to gain a better position but realize how pointless it is, I need to save myself for later. I am always looking in the distance to find the next sign indicating the distance accomplished.

Mile 4 and I'm feeling fine, I can picture a progression bar in my mind: 20% and it was not too difficult. But by mile 8 I already start to hear the sound of my breathing and have too slow down.

Outstanding view over the Lune Millennium Bridge, I am too focused to really appreciate it.

I meet Jason rushing the opposite way along the canal; I nearly give him a high five but change my mind, if I add up our cumulated speeds it is probably not a good idea! A bit later Shami and I cheer each other. And 15 minutes later I can hear Burjor encouraging me, but I'm too slow to turn my head. I am tired and I don't really pay attention to my environment anymore.

By mile 13, half marathon distance accomplished, I feel my energy depleted because my body is not used to going any further. There are still 7 miles to go, not a huge distance but in these conditions it's going to be complicated.

My knees start to hurt. This is not my usual light run anymore and I can feel my own weight, is the gravity stronger in Lancaster? More and more runners are overtaking me, chatting as if they were having a cup of tea. Yes, I just got past casually by this guy with a mullet talking about some football match...so much for my self-esteem.

The same song got stuck in my head for the last hour, Unkle – Lonely Soul I think. I usually enjoy it but I'd better find something with more cheerful lyrics than "I'm gonna die in a place that don't know my name" to motivate myself. Now Kasabian – Switchblade Smiles, nice but it doesn't fit at all with my rhythm right now. I will have to get an iPod someday.

Mile 17: stitch. This reminds me of the painful experience I had at Leeds half marathon last year. There is only 3 miles to go but every step is more difficult. The marshalls cheering give me a look of compassion and pity, which makes me realize I probably look as miserable as I feel.

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Trimpell 20 continued...

Miles 18 and 19, not far from the finish but I have to struggle constantly against the idea of giving up or just walking for the remaining distance. I can't get rid of this pain from the side and my legs don't really want to carry me anymore. I keep going only because there are more and more people gathering and I can hear a few "Go on Kirkstall!".

And finally I reach the finish line...but not really, around the corner there is still a lap of the stadium to make it 20 miles!

This is a moment I have been missing for the last couple of months: the euphoria of the last 100 meters after a long race, a final and desperate rush to gain a few places or a few precious seconds on the clock. But there will be no final rush today, I have nothing left in reserve to attempt a good finish. I must look as graceful as a playmobil but it doesn't really matter, this is still an epic moment after everything I have been through.

Finally, I cross this line in a last painful effort encouraged by Patrick. And I am pleasantly surprised to see the time displayed as 2:46 on the timer. I really thought I was largely over 3 hours; at least this is how long it felt for me.

At this point I have to sit down on the grass; I just can't stand up anymore. This is really unusual for me but, at this moment, I could easily break into tears; this must be caused by a mix of different feelings like the joy of having finished and the exhaustion.

20 minutes, a sandwich and 2 slices of cake later, I start to regain my composure. I regroup with Burjor, Shami and Jason who look relatively fresh compared to me. I must have been sleeping half of the time on the way back, between two conversations.

I am aware of how ridiculously dramatic this report is, but these are my impressions one day after the race. Time will twist these memories and I could have a different opinion in one week or one month.

Despite all the difficulties I had, there is nothing tricky or perilous in the Trimpell 20. In fact this is a very friendly race, as flat as it could possibly be, a nice run along the canal with many marshalls and frequent water stations. So if you had the appropriate training to run 20 miles, you will encounter no particular problems here. I think it is worth the investment in terms of "price per mile" and a good appetizer if you are training for a full marathon.

Overall, Trimpell 20 has been a very positive experience that made me push over my limits...and this was also a lesson of humility, a race that put me down on my knees (literally). Now, at least, I have gained some confidence for my next race, I am a bit more aware of my strengths and weaknesses.

A man's got to know his limitations. **Timothe Dazin**



Timothe going long to find out what he's made of!

Running on Air... Gemma Rathbone



Jo Whiley better keep running, there's some competition on the airwaves now!

I am presenting my very own show on South Leeds Community Radio called running on air and it would be super if my Harrier friends would get involved. You can do this in all sorts of ways:

Be interviewed on the show. It is pre-recorded so no need to worry about fluffing your words or swearing! You can either come to the studio or I can bring the portable recording equipment to you. EVERYONE can do this – I just want to chat to as many different runners as possible about why they run. Let me know your favourite foods, recipes, running songs, books, tips etc. I need as much stuff as possible to talk about! Keep me up-to-date about any other sports or activities that you are involved in or know about. The show is mostly about running but I also want to cover anything in Leeds that encourages people to be active.

And, of course, please do listen to the show and spread the word. The show is aired via www.slcr.org.uk and you can also use apps such as Tuneln. A new show goes out every Monday at 1pm, and then is repeated each weekday at the same time. The previous week's show will be uploaded to YouTube for those who can't listen "live".

Stay in touch/interact via Facebook: www.facebook.com/runningonairSLCR, Twitter: @runonairSLCR or email: runningonairSLCR@gmail.com.

The First Show aired on the 31st of March, well done Gemma, to listen again head to the facebook page and follow the links—Ed

Recipe by Hikari Yamaguchi

Carrot and banana cake

This is a super easy recipe that cannot go wrong! Just put everything in the bowl and mix! I sometimes add: raisins, walnuts, desiccated coconut, or anything else I fancy!

Ingredients:

3 medium eggs,
175g soft brown sugar
175g plain flour
1 tsp baking powder
1 tsp bicarbonate of soda
1tsp salt
175ml sunflower oil
2 bananas
175g carrots
For icing: 75g butter
75g cream cheese,
150g icing sugar
Drop of vanilla extract



** Pay attention to the NOT icing until cool as you can see from the before and after pics here the result is not so go.*

Method:

Preheat oven to 170 degrees
Mix eggs and sugar
Add flour, baking powder, salt, bicarb and mix
Mush the bananas and grate the carrots into the mixture
Add oil into the mixture
Pour into either loaf tin, cupcake cases, or two round cake tins
Bake for about an hour (until knife comes out clear)
Leave to cool and then ice!
*Do not decorate and leave standing..



Birthdays

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

*Gill Booth

*Gary Carlisle

*Ruth Cooley

*Stephen Corcoran

*Matthew Dennis

*John Hutchinson

*Shevonne McLarnon

*Abdulwahid Saleh Mosa

*Kimberley Ridout

*Diane Thomas

New Members and Subscriptions

Please welcome our latest members -

*Christopher Strowbridge *Elizabeth Walker* Paul Chapman *Liam Stead *Robert Pratt *Patricia Convey

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

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.

