



kirkstall harriers

NUMBER 126, MAY 2014 Edited by Rose George

Hallelujah

Spring is here, light nights are back, and we are an off-and-on-road running club again. Goodbye obligatory hi-vis; hello canal (at least until they actually get round to redoing the towpath), mud and unpredictable but warmer weather. We wish all Harriers a wonderful spring in their step.

April Fool

Yes, this is the May newsletter but remember April's? There is no documentary on Britain's running clubs in which you can star. Well done to everyone who spotted that (though it sounded like a perfect Channel 5 documentary). But fear not: you can still be a running ambassador by starring in Gemma's radio show Running on Air. See penultimate page

NEWS IN BRIEF

PHOTO OF THE MONTH: Rain, howling winds & 5000 feet of ascent: Harriers still keep smiling.



IN THIS BUMPER ISSUE:

- 1. NEWS IN BRIEF
- 2-3 RACE REPORTS
- 4-8 MARATHON REPORTS
- 9-10 MEMBER PROFILE
- 11-16 RESULTS
- 17 CLUB CHAMPIONSHIP
- 18-20 RUNNING WITH BABY
- 21-22 THE ART OF NAVIGATION
- 23 NOTES FROM OUR CHAIRMAN
- 24 PBs, BIRTHDAYS, NEW MEMBERS
- 25-27 DATES FOR YOUR DIARY
- 28 VIDEO DIDN'T KILL THE RADIO STAR
- 29 BACK PAGE

"Spring is nature's way of saying, 'Let's party!'"

[Robin Williams]

RACE REPORTS: GUISELEY GALLOP

In the interests of getting back in the game and getting a bit of confidence back Mr. Buckley was persuaded that doing the Guiseley Gallop on Easter Sunday would be a good idea. Which it was. Lovely little race this. Simple but effective. Nice course. Couple of short steep pulls, bit of a killer hill at the end which you can't walk as people are watching, but nothing you can't handle. Entry on the day too- something which you don't see very often anymore in the online scramble for race entries these days. Anyway the plan worked as I managed to do four out of the 6 miles in under ten (mile two I was stuck in a queue for the bridge crossing and mile 6 was the aforementioned hill) which for me off-road is pretty good. At one point I was on for under the hour for the first time in many years.

In the end it was 1:04 so I was still pretty chuffed with that and regained a bit of confidence. There was an amusing moment en route though when I had to spit (neatly in a grass verge having checked for other runners and taken into account the prevailing wind) and the woman in front of me shrieked in horror. Mind you she spent most of the six miles whining on to her poor husband who was doing his best in a lovely manner to keep her spirits up only to

be met with whinging and ungrateful moaning. I suspect this may not be the sport for her. I wonder what she would have done if I'd had to nip in the bushes en route. Also imagine my horror when I reached the end

and was told the beer had ran out and I was presented with a tiny bottle of wine, the equivalent of a gobful where I'm from. Anyway thanks to a swap with Sandra all is well.

Though I did lodge a complaint. Excellent,

well organised race with a lovely atmosphere.

JILL BUCKLEY

YOU CAN RUN BUT YOU CAN'T SPIT by JILL BUCKLEY

(EDITOR'S NOTE: Perhaps the whinging woman was saved from watching our Secretary doing one of her bush trips because it was too warm for gloves? SECOND EDITOR'S NOTE: this editor's note will make sense to some people.)



RACE REPORTS: BLACKPOOL HALF

Blackpool Half Marathon offered a great combination of tack and tinsel, beautiful coastal views, and hard work. The route along the sea front took us past colourful arcades, and under looming Pleasure Beach rollercoasters, all good stuff to distract from the run.

I brought up the rear of Team Kirkstall at the first turn around three miles in, having been passed by Niamh and Timoth   on their return. I decided to put my foot down. I never did catch Niamh, but I ran a little way with Tim: not much conversation but with a shared disgust at the smell of cooking batter.

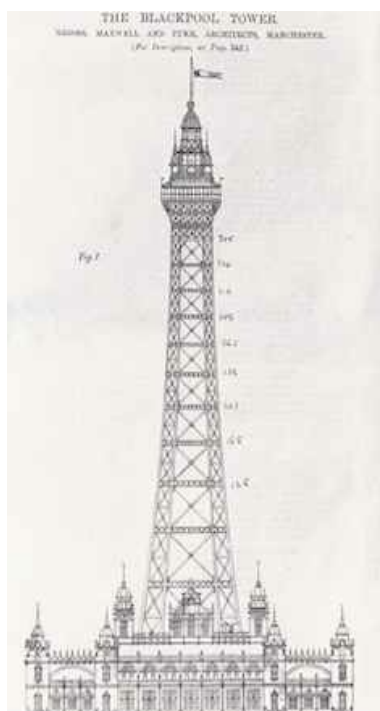
Due to the out-and-back route, I felt like most of the run was spent heading towards the promenade and Blackpool Tower. They never seemed to get any closer though. Halfway through, we left the glamorous end of town to run along a high, peaceful green promenade overlooking a deserted beach. The sea stretched out into the distance, and the sun shone on us all.

I had started out running half a minute/mile faster than ever before for a run this far, and I wasn't sure I could keep it up. Also, I was so hot! I was running through any puddle just to splash my legs, and I had trouble resisting the inviting waves crashing below us. We descended from the cliff-top and headed straight into some mighty wind. My reassuring 'only a

Parkrun left' thoughts were blown straight out of my head. Imagine running a Parkrun in a parachute simulator! It was tough. I tried ducking behind some big men, but that didn't work. The wind was bigger. We rounded the final bend at nearly 13 miles to climb a mean, cobbled slope up to the long finish straight. I enjoyed the Blackpool Half, but I think more than three corners will be a requirement for future races.

DO I LIKE TO BE BESIDE THE SEASIDE?

by
LAURA HOGG



Niamh, Tim and I found our Kirkstall champions Emma and Scott soon after finishing. 1st lady and 4th place! So when the good old British rain finally appeared we got on with the best bit of our day out to the seaside: Car picnic!

We decided to skip the big dipper and fish and chips. As usual when I look back on a race, I remember only flashes of views en route, the fun of the journey, and the post race high. But I suppose that's for the best, and what makes us all keep doing them.

LAURA HOGG

Back in 2012 senior management enrolled me in the Sport Relief mile. She decided it was time we started to get fit and set a good example to our two-year-old son. Before then my last run in any sort of organized event was cross-country in PE at secondary school, 22 years earlier. I hated it. Fast forward to April 6th 2014 and I find myself standing in light rain with my uni mate John at the start line of the Brighton Marathon.

At 09.15 the klaxon sounded and Paula Radcliffe set us on our way,. It stopped raining. I later

heard stories of a pile-up at the start as some runners had reversed over the start line with phones in hand to secure a "selfie" with Mrs. Radcliffe. Lunatics! The first half mile saw us do a lap of Preston Park and the only hill worthy of any mention. Thereafter we were into a steady 25.5 miles of flat (and

nothing but flat) running. We latched onto the 3h30m pacers, the first 10 miles came and went without event and we found ourselves a little ahead of the pacers. We were now pushing 7m30s pace, so at halfway I told John I'm going to stick with the 8-minute mile plan. Then I reached mile 17. I don't know what was different about mile 17. The course was still flat, there was plenty of on-course support, my pace was fine. But at this point I died.

My time plummeted and I had to walk for 30 seconds whilst I chewed down some Powershots. This pattern continued for the next nine miles. This is going to sound odd (and leaving aside the fact that marathons

are a long way and are supposed to be difficult) but the only thing I can think of is that the course was just too flat for me. My legs were screaming at me for putting them through the repetitive plod of the same terrain. Oh what I would have given at this point for a short climb or a downhill section to strain some different muscles. Or even just a few corners. But no, we headed on down to the power station at the far end of the seafront, passing a working harbour along the way that reeked of fish and made everyone feel queasy. At 22 miles we turned for home. We were now running

along the seafront and the end was in sight. I'd kissed goodbye to my 3h30m target and, having done some sums to kill a few hundred yards, decided that sub 3h50m was realistic. With 200 metres to go I had one last push and got over the line in 3:47:26.

It was my first marathon and I should be pleased

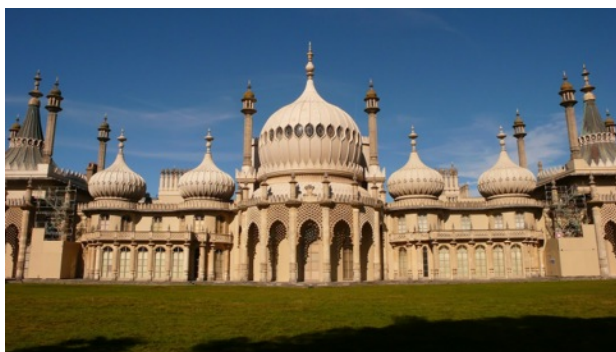
at even finishing. But I'm disappointed. I met senior management soon after (who thankfully hadn't gone into labour during the race) and proclaim that marathons are not for me. Two days later, I excitedly entered myself in the Loch Ness Marathon this September. But would I do Brighton again? No. It was brilliantly organized but it's an uninspiring route that takes you along the same seafront three times. And it's just too flat. I'd take the Spen20 over this one every time.

ADAM RHODES

Editor's note: The club welcomes Martha Emilia, Adam's new daughter, who obviously already has perfect timing by waiting to be born until after her dad's first marathon: definitely a runner.

MORE CORNERS PLEASE!

by
Adam Rhodes



After running the London Marathon in 3:00:41 last year in an all-out attempt at running my first sub 3 hour marathon, I massively considered not running it again, as the race took so much out of me physically. But I have to admit it, I am addicted to this World Marathon Major event. When the dust settled, I used my well-earned and privileged 'Good For Age' place to my advantage and entered again for 2014.

After struggling with an Achilles injury after last year's marathon season, it took me seven months to get anywhere near the form I expect of myself and although I felt the fittest I'd ever been, at times I questioned my desire to push my body to my limits again. But the thought of knocking off just 41 seconds to become a 'sub 3-hour' marathon runner (my long-term running ambition) was too much of a pull for me.

CRAMP? WHAT CRAMP? by RICHARD KENNEDY- JOYCE

My last big race before the winter season was the Abbey Dash 10k and I managed to get the PB I wanted (36:11). My confidence in my form was starting to rise again. I put in some intense 10k runs to achieve that but I knew that the marathon was a different kettle of fish.

I am not a huge lover of cross-country running (mainly because I hate cold hands) but I wanted to help the team out and keep myself active over the winter period, so I did some cross-country runs, then the Liversedge Half

Marathon. I was a minute off my PB but I felt in good form. After two years of marathon experience I have learned that training at marathon race pace is very important and I felt my training was going to plan. My 20 mile race before London was East Hull 20 where I beat my PB by a minute (2:15:41). I chose that this year because last year I ran the Spen 20 – hills, hills, hills – and it took a lot out of me.

Even so at Hull I went too fast. I struggled for the last four miles and came out with a foot injury which is still a mystery. So going into London I was a little underconfident, especially since I couldn't run past six miles without my left foot hurting.

[CONTINUED...]



Not only did Richard run for charity, but he found one with the right coloured-vest. Well done.

MARATHON REPORTS : LONDON

I got to the Expo on Saturday, and despite a slight scare when the organisers couldn't find my race number (they had left it in the office) everything went smoothly. The next day I got to the Good For Age pen 30 minutes before the start of the race. I had a strict pacing plan for 2:58:00, and a laminated card I had typed up for every mile. I told myself, 'stay disciplined and everything will fall into place.' The race started and it was very steady as it always is at London. I just kept holding back. Mile one, mile two, mile three, mile four all a breeze. At mile 5 I had enough seconds in the bank to have a toilet stop. At mile 6 I bumped into Jason and we ran together till nearly mile 12.

Pace-wise I was just on target right up to about 10 miles but my foot was really beginning to hurt and I was thinking "please don't do this to me!" I think the adrenaline blocked it out because the pain seemed to wear off. At halfway I was on 1:29:00, a big contrast to 2013, when I did halfway in 2:25:00. But I wasn't getting over-excited. I was sticking to my game plan.

Approaching 20 miles I was on target but after what I experienced last year, I knew it was the last six miles where I struggled so I was nervous about how I would react. To my surprise I felt myself getting stronger. I'd never felt so strong and powerful at the back end of a marathon. In miles 23 and 24 I actually picked up speed. I saw all the Kirkstall supporters at mile 22 and that gave me the biggest boost ever (thanks guys). I felt comfortable and I wanted to show the Kirkstall crew that I was so I waved my arms in the air. Mile 25 and 26 were tough. My main concern was cramp. I know from past experience that cramp can affect you late on and can cost you a minute easily if you struggle to recover from it.

I just concentrated on running disciplined, tucked in and no sudden movements. As I approached 26 miles I just kept staying at the same pace. I knew I had done it by then, it wasn't like last year where I was pushing my body to the point of exhaustion, pain and mental panic to try and beat 3 hours, because at mile 26 I was at 2:56:00. So I could really enjoy the final cruise down the Mall past the Buckingham Palace and as I approached the finish line I put both my hands in the air as a personal victory salute. When I crossed the line at 2:57:29 I was ecstatic.

The feeling just after I had finished was unbelievable. It was one of the best feelings of my life and I felt really emotional, I really struggled to ring my friends and family as I was a bit choked. (PS. I made it onto TV too!) I think there were two main factors to how I did it: Experience, and core strength. I have made a conscious effort over the marathon training period to work really hard on my core muscles and my balance which means you run with a far better posture. You don't waste energy as your running style is more disciplined and your hips and shoulders are tucked in. I would recommend working on core strength to all runners.

What next? At first I felt completely satisfied with 2:57:29 but now I want to improve it. London Marathon 2016: I can't wait. I would also like to say a huge well done to my fellow Harriers who also completed the London Marathon 2014: Shamiso Sisimayi, Edward Munro (PB), Jason Buckley, Kieran O'Brien (PB), Eleanor Gallon, Rose George (first marathon), Burjor Langdana, Gemma Rathbone (first marathon), Mark McKone and Paul Chapman (first marathon).

RICHARD KENNEDY-JOYCE

MARATHON REPORTS : LONDON

The weekend began on the Saturday morning with a four-and-a-bit hour coach trip (cheaper than the train) punctuated by some guy from Wakefield Tri Club spouting the biggest load of rubbish about running I may have ever heard in my life (example: “once you get to 13 miles you’re half-way there”) and the gradually worsening pungent aroma from the loo.

Journey completed, we headed off to the Expo where frankly I was disappointed by the lack of pens and general free stuff. I did however get a free cotton bag and pen from one stall, a free Women’s Running magazine, which this month has a fascinating article about the menstrual cycle. I made the mistake of picking up a copy of “Distance Running” magazine, which will have a huge impact on my bank balance as I have earmarked about 17 half marathons in bizarre places

which I would like to do over the next few years.

On race day we boarded our first bus at about 5.30 am. Three buses and a walk up a hill later, we arrived at

THE VOLUNTEER’S EXPERIENCE

by
JILL BUCKLEY

Blackheath. This year I was given the rather prestigious role of being in charge of the Blue Start water stations. I had an excellent team of volunteers, including my mam, Emma, Graham and Lisa, and we had a great morning as always. Being a water station

volunteer you don’t just hand out bottles, you also end up providing a bit of reassurance. We had several runners who were on their own who just wanted a chat. It’s quite emotional being at the start line of a race that means so much to so many people for so many different reasons. It was also a great meeting point for several of the Harriers and it was lovely to be able to send them off. [CONTINUED]



MARATHON REPORTS : LONDON

LONDON (continued)

Having been rewarded for our efforts with a rather nice medal and t-shirt and also looting some of the discarded clothing left at the start line, we made a dash to Shadwell and the 13/22 mile point, where Tom, Kimberley and Marion were waiting with the banner. I got there just in time to see my wonderful husband whizz past, on target for just a fraction under three hours at mile 13. Sadly three hours was not to be due to cramp, despite assistance from several other runners and St Johns and a rub down by three young women. He did a fantastic job just to finish. I am also to blame for a severe case of joggers' nipple as when I sewed his name onto his vest I put the knots on the inside. I may never be allowed to forget this.

The atmosphere along the route is fantastic; Mo Farah actually smiling on his way, some

brilliant fancy dress and a hell of a lot of ordinary people doing a pretty extraordinary thing. I did get worried when Jason didn't appear in the expected time and I was just about to run back up the course when he appeared. The ladies did a rather good job of keeping me calm. As well as seeing the Harriers I managed to spot and cheer on several other friends too.

So off we went to the pub and as predicted after several pints and Kentucky Fried Chicken we were asleep by about 9pm. A good weekend was had by all. Thanks to everyone who helped at the water station with me, and who cheered the runners with me and well done to everyone who ran. You have my utmost respect for getting round so well in that heat and for the effort you've all put in to your training. I won't be entering the ballot as I have no intention of ever running London, but I'll be back next year at



MEMBER PROFILE : ANDREW KIRBY

NAME: ANDREW KIRBY

AGE: 35

OCCUPATION: Bug Man: Grow 'em (bugs) and kill 'em (bugs)) *Editor's translation: Consultant in Microbiology*

ORIGINALLY FROM: MANSFIELD (pretty much the world's centre, we've got Superbowl)

TIME AS A KIRKSTALL HARRIER: 2 years

When did you start running and why?

As soon as my brothers starting practicing their Kung Fu moves on me.

How did you end up joining Kirkstall?

Jill wrote an article for some magazine which said if you could run 3 miles you could come down. I am still waiting for that 3 mile run!

What are your motivations for running?

I am locked in a running battle to the death with my brothers. Currently I am second in the half marathon PB competition (sub 1:30

to beat), and I came 3rd in this year's first annual Boxing Day Dash which consists of running from our old school to our old house, with the additional danger of there being no lollypop lady to help us negotiate the bridge crossing.

What are your greatest running achievements?

At one of the Pudsey runs I was risking a bit of Shami-baiting. I got more than I bargained for when I got baited back: She told me I was an F grade running student with a lot still to learn. So I decided that today was a good day to beat Shami, or I'd die trying. The cross-country route suited my running, and by halfway I'd caught her up. I held on until the final hill, when a sprint near the last corner was too much for Shami to cope with, and BOOM, victory. Shami has another version of this story which she can tell.

[CONTINUED]



MEMBER PROFILE : ANDREW KIRBY

What are your best running related memories?

Watching ten skinny runners take on ten burly farmers at the Bishop Wilton fair after the Bishop Wilton half marathon. I think a new PB was set in the category of the number of Harriers flying at one time.

Codeine can sort out one of them, two litre drinks bottles the other one. Is that enough misfortune Marion?

Any words of wisdom for your fellow harriers?

Ooh lots. A target-related one is: The



What are your worst running related memories?

Marion tells me the purpose of this section is for others to take pleasure in my misfortune. So, my most unfortunate running-related memory followed the Great North Run. I knew I had some niggles beforehand, but I had a "free" place, and had done the training. I even managed the run in an OK time. But a few days afterwards I got out of bed and pop went the weasel. Except the weasel was my back. My housemate carried me to bed as at this point I was stuck all of 3 metres away from it, but it may as well have been two Three Peak challenges away. I was then stuck in bed for the next few days. You will realise this poses a couple of problems.

slower you go, the faster you get there. It makes perfect sense to me.

Second bit of advice: Take information from others, and advice from yourself.

Third bit of advice, if you want a performance enhancer take a placebo, they work. I have some at the right price.

Can you share an interesting fact about yourself?

I am a Jedi. If you don't believe me, check the 2001 census. Also, one part of my body is colder than the rest. Ask Sam Broome to explain.

Editor's note: this first interview was first carried out with the aid of Marion on the ascent of Wearnside during the Three Peaks Walk. Getting more than monosyllables out of Dr. Kirby was harder than the climb, which was a perpendicular ascent up slippery rock. The editor thanks the heavens for Sunday rest days with email access.

RESULTS: AIREDALE TRIPLE CHALLENGE

Airedale Triple Challenge 2014

This series of three races on consecutive weekends in April is a club favourite. The races are the Baildon Boundary Way Half Marathon (BBW) (Sunday 6th April), the 7-mile Meanwood Valley Trail (MVT) (Saturday 12th April) and the Guiseley Gallop 10k (Sunday 20th April). All three races are off road/trail and provide a welcome alternative to the big, expensive road events. The Meanwood and the Guiseley events are Club Championship races. The Baildon would be if it were not so difficult to get an entry! The BBW course is hilly and it was wet & boggy in many places, but it's still a great half marathon and no wonder it sells out so quickly every year. This year, twelve of our members managed to get an entry before it sold out and here are our results from a field of 368:

BAILDON BOUNDARY WAY RESULTS

POSITION	NAME	CATEGORY	TIME
37	GLOVER, Chris	M50	01:41:35
120	COOK, Sean	M	01:57:24
153	HUTCHINSON, John	M60	02:02:36
173	HUNT, Chris	M	02:06:02
192	THOMAS, Richard	M50	02:09:00
200	GLOVER, Paul	M60	02:10:12
265	HEY, Peter	M60	02:20:35
266	WARREN, Sandra	F35	02:21:19
267	GLOVER, Alyson	F45	02:21:56
307	DANIEL, Victoria	F	02:30:02
354	DAVIES, Laura	F35	02:50:14
366	FISHER, Graham	M40	03:17:31

RESULTS: AIREDALE TRIPLE CHALLENGE

The final race at **Guiseley** attracted a large field of 462 runners including 25 of our members. There were entries on the day, so the event was not sold out. The ground had dried out allot in the two weeks since the BBW and runners could have got round the route easily in road shoes. Congratulations to John Hutchinson who won the first place MV65 prize in this race and to Paul Glover who was third MV65.

46	Robert Pratt	M	023/060	00:42:41
50	Paul Miller	M	024/070	00:42:56
64	Christopher Glover	M50	006/045	00:44:23
97	Jason Buckley	M	006/045	00:46:53
106	Adam Rhodes	M35	018/36	00:47:23
111	Timothé Dazin	M	042/070	00:47:53
126	John Hutchinson	M65	001/007	00:48:38
161	Jon Potts	M60	003/021	00:50:50
161	Sean Cook	M	051/070	00:52:00
207	Richard Thomas	M50	031/045	00:53:13
223	Paul Glover	M65	003/007	00:54:12
273	Hannah Lee	F	013/047	00:57:47
284	Alyson Glover	F45	009/025	00:57:08
289	Peter Hey	M60	014/021	00:58:08
304	Victoria Daniel	F	016/047	00:58:58
306	Jill Camm	F35	009/028	00:59:07
307	Sheila King	F45	011/025	00:59:07
313	James Nundy	M35	034/036	00:59:51
320	Rebecca Dwyer	F	020/047	01:00:19
327	Sandra Warren	F40	019/36	01:00:41
348	Bethan Thomas-Lloyd	F	023/047	01:02:48
358	Rhona Cameron	F55	006/011	01:02:48
374	Shevonne McLarnon	F40	025/036	01:03:42
380	Jill Buckley	F35	025/028	01:04:43
432	Laura Davies	F35	025/028	01:11:09

RESULTS: AIREDALE TRIPLE CHALLENGE

The second race at **Meanwood** is easier to enter and they were taking entries on the day. We had 26 members running in a total field of 234. Not a bad turn out for us, considering that it was London Marathon day. Our results:

Robert Pratt 00:51:35

Paul Miller 00:51:55

Christopher Glover 00:52:36

Stephen Groves 00:54:00

Stephen Webb 00:55:39

Timoth   Dazin 00:57:27

Sean Cook 00:57:49

Adam Rhodes 00:58:07

Laura Hogg 00:58:25

John Hutchinson 00:58:45

Andrew Kirby 00:59:15

Emma Lavelle-Wood 01:00:35

Jon Potts 01:01:08

Paul Glover 01:04:48

Sheila King 01:06:07

Hannah Lee 01:07:18

Alyson Glover 01:08:58

Peter Hey 01:09:36

Rebecca Dwyer 01:10:19

Vikki Daniel 01:11:04

Bethan Thomas-Lloyd 01:16:02

Karen Longfellow 01:17:47

Graham Fisher 01:20:38

Claire Bromley 01:23:58

Samantha Broome 01:25:58

Laura Davies 01:25:59



“No, Laura, the egg came BEFORE the chicken.”

RESULTS: AIREDALE TRIPLE CHALLENGE

Of the hundreds of runners who ran in at least one of the three races, 33 runners did the triple challenge by completing all three. Eight were our members, which is a very good representation this year. The times for the three events are added together to produce a league table for the triple shown below. Our runners are highlighted:

POSITION	NAME	GROUP	TOTAL TIME	POSITION/ GROUP
1	MARC SENNET	M	02:52:09	1
2	ROB FURNESS	M	02:52:56	2
3	SHAUN WILKINSON	M50	02:54:29	1
4	JAMES GOODALL	M	02:58:57	3
5	RICHARD BEWELL	M50	03:08:35	2
6	JENNY BEAUMONT	F	03:12:20	1
7	SIMON VALLANCE	M40	03:14:45	1
8	MYRA JONES	F	03:16:57	2
9	CHRISTOPHER GLOVER	M50	03:18:34	3
10	GRAHAM PILLING	M	03:20:19	2
11	RACHEL PILLING	F	03:25:35	3
12	JULIE BUCKNELL	F35	03:35:24	1
13	DAVE WEIGHT	M50	03:36:46	4
14	AILEEN BALDWIN	F45	03:46:21	1
15	SEAN COOK	M	03:47:13	5
16	JOHN HUTCHINSON	M50	03:49:59	5
17	SHARON WOORUFF	F35	03:52:28	2
18	MARTIN LOVE	M50	03:54:13	6
19	TRACY FOY	F35	03:57:26	3
20	JOHN CRABTREE	M50	04:05:03	7
21	PAUL GLOVER	M50	04:09:12	8
22	NEIL MIDGLEY	M50	04:10:37	9
23	CATHERINE GRAY	F45	04:23:13	2
24	PETER HEY	M50	04:28:19	10
25	ALYSON GLOVER	F45	04:28:41	3
26	MARK SMITH	M40	04:29:39	2
27	WAYNE MEEHAN	M	04:31:16	6
28	VICTORIA DANIEL	F	04:40:04	4
29	MARK WILKINSON	M40	04:53:42	3
30	JANET MURNIN	F45	04:58:32	4
31	BEV MCCLURE	F45	05:00:02	5
32	ARTHUR WOOD	M50	05:22:18	11
33	LAURA DAVIES	F35	05:27:22	4

Leeds Athletics Network 2013

This is a series of 21 races in which your best 8 performances are totalled and listed on a league web site. The series is run by Bob Jackson of Valley Striders.

After the Meanwood Valley Trail race on 12 April, presentations were made to the winners of the Leeds Athletics Network 2013. Amongst the winners were:

- Gemma Rathbone – Ladies F25 1st Place
- Alyson Glover – Ladies Overall 2nd Place and F45 1st Place
- Chris Glover – Men M50 1st Place



Despite valiant club efforts, Eric's entry to Leeds Athletics Network is still lost in the post

If you want to enter this competition for this year, just go to <http://www.leedsathletics.net/> and click on the Senior & Junior Race Series on the left of the page. Scroll to the bottom where you will find a link to the senior race series entry form. It's free to enter.

YORKSHIRE VETERANS ATHLETIC ASSOCIATION (YVAA)

We had another good turnout of members at the last race at Honley on 30th March. There were eight ladies and four guests and eight men plus two guests. After two races the ladies are 3rd in all to count, 4th in first 4 to count, and 3rd in the rest to count. This is out of 16 clubs. The men are 4th, 6th and 4th respectively from 27 clubs taken part so far. This is a great achievement! Let us hope we can sustain this throughout the year. In addition we have some individuals who are well up there amongst the leaders in their individual age groups. So as not to embarrass anyone the positions are as follows, but not the age groups!

Karen Longfellow 4th
Bal Sandhu 5th
Carol Moran 1st

Adam Moger 3rd
Chris Glover 4th
Jon Potts 1st
John Hutchinson 2nd

For more information please check on the yvaa.org website

Emma Lavelle Wood 1st
Alyson Glover 1st



The editor reserves the right to stick in pictures that have nothing to do with the rest of the page. Here is Adam eating cake to assist Diane Thomas in celebrating her 50th birthday at Hyde Park Parkrun. Happy Birthday Diane!

RESULTS: CLUB CHAMPIONSHIP

Over the year 60 of our members have taken part in at least one of the CC races. April saw races 5 and 6 in the 2014 series of 20 races and the total number of members taking part has reached 83. That makes this already a record year for the championship. The two April races were the Meanwood Valley Trail and the Guiseley Gallop. The top scorers in these races are shown below. Well done to Sheila King and Hannah Lee.

RACE 5: MEANWOOD VALLEY TRAIL

Position	Name	Time	Points
1	Sheila King	06:07.0	50
2	Hannah Lee	07:18.0	49
3	Jon Potts	01:08.0	48
4	John Hutchinson	58:45.0	47
5	Stephen Groves	54:00.0	46

RACE 6: GUISELEY GALLOP

1	Hannah Lee	00:57:08	50
2	Jon Potts	00:50:50	49
3	John Hutchinson	00:48:38	48
4	Bethan Thomas-Lloyd	01:02:18	47
5	Robert Pratt	00:42:41	46

Jon Potts remains at the top of the table with Peter Hey chasing close behind. The one to watch is Hannah Lee with 194 from only 4 races. Your score is the total of your best 6 races.

POSITION	NAME	POINTS	RACES
1	JON POTTS	272	6
2	PETER HEY	261	6
3	CHRIS GLOVER	209	6
4	HANNAH LEE	194	4
5	PAUL MILLER	192	6
6	LAURA HOGG	189	5
7	ADAM RHODES	165	4
8	BETHAN THOMAS-LLOYD	153	4
9	RICHARD THOMAS	151	4
10	BURJOR LANGDANA	150	4

The next race in the CC is the Leeds Half Marathon on Sunday 11th May

CHRIS GLOVER



I had all these visions of running throughout my pregnancy, sweating out morning sickness as if it were a hangover and running the Peco cross countries with glowing radiance and an eight-month bump bobbing along happily. Unfortunately, and maybe not surprisingly, that's not quite how things panned out. I only managed to find the energy to keep running until about half way through my pregnancy. But unlike injury, it was reassuring to know that there was an end date to my maternity leave in sight.

I was actually very excited to think that I would have a new reason to run – to lose the baby weight – and I was looking forward to this new challenge. In my naïvete I genuinely thought that shifting the extra pounds and being slower than before would be the hardest part about getting back to running. I was so

wrong. Here are just a selection of the silly thoughts I had with regards to running and fitness pre-baby, and the reality that only hit after giving birth.

**Thought: Losing baby weight will be really hard and it will make running hard.*

Reality: Least of my problems! Finding time, getting more than 2 hours sleep, finding someone to look after the baby while I run are just a selection of the actual barriers to getting back into running.

**Thought: Losing baby weight will be really hard and it will make running hard.*

Reality: Least of my problems! Finding time, getting more than 2 hours sleep, finding someone to look after the baby while I run are just a selection of the actual barriers to getting back into running.

[CONTINUED...]

HAVE BABY, WILL RUN? by ELEANOR GALLON

**Thought: Babies sleep loads when they're young don't they? I'll have loads of time to run!*

Reality: You aren't allowed to leave the house while they sleep. Oh yes.

**Thought: I'll get my brother-in-law's running buggy and take the baby with me!*

Reality: You aren't allowed to do that until they are SIX MONTHS old. Argh!

**Thought: I've carried on swimming throughout pregnancy so I'll probably get back into that sooner than running.*

Reality: *Swimming!?! How on earth do I find time to drive to the*

pool, get changed, spend time swimming, shower and get dressed and drive home again?!

Even so, I began exercising again as soon as

I was allowed to (six weeks post-birth) at a local "Pramercise" class. This is basically a circuits class in a park but with babies in prams who every now and again you push around a bit to get them back to sleep when they cry, or the instructor does it for you so you don't have an excuse to break up your press-up reps. It took a few weeks to be convinced but I soon realised that these weekly sessions were not only shifting the pounds nice and quickly (along with exclusive breastfeeding which apparently burns off the equivalent calories of running about five miles a day!) but also strengthening parts of my body, eg my pathetic arms, that I'd never really paid much attention to before.

By the time my son got too bored at the classes to sit still in his buggy he was just about old enough to begin running with me. At last! Of all the many hand-me-downs from my

husband's brother, the BOB running buggy was by far the thing I was most excited about.

Until I could take Louis out in the buggy, I had only ever run for 2 -30 mins as that was about the longest window the little feeding machine would let me have away from him. The first few runs with him were pretty tough, mainly as you need to find a whole new running style to adopt as you don't have one or both of your arms which makes things quite different. For the record, I generally push the buggy with both arms apart from when going uphill - the hardest part of buggy running -

when I find having one arm free helps a little.

The Leeds 10k last summer was the furthest I'd run in over a year and it was a shock to the system to find getting round just 6.2 miles a challenge. I'd not really intended to return to race again that soon but

entered on a bit of a whim and absolutely loved it. It also gave me a big confidence boost that I could just about train up to 10 miles to run a leg of Leeds Country Way on my birthday at the end of the summer. One of my fondest "this is nuts" moments of the last year has to be the seven or so miles that Ni-amh and I ran of our leg of LCW in training, WITH buggy. I had carefully worked out how far we could go on our leg without meeting any stiles and then double back. What could go wrong?!

A crying five-month baby plus my sense of direction (lack of) is what. We had to stop only 10 minutes in so I could get Louis out and sit on a dirt path and feed him, much to the bemusement of a passing dog walker. By the time we got lost Louis had at least gone to sleep so the second half of the run wasn't as

BREASTFEEDING BURNS AS MANY CALORIES AS RUNNING FIVE MILES A DAY

MEMBER NEWS : ELEANOR GALLON

Parkrun is a naturally good place to take Louis as buggy runners are well accepted amongst the community. The hardest part is always the start. I've given up starting with the masses as a) I never knew where to stand and would annoy everyone pushing through as I never arrived early enough and b) Louis used to start crying when people cheered through the announcements! So we tend to jump in the middle of the pack about 40 metres after the startline. Thanks to Adam Moger for pointing out recently that I should run a few extra metres to make up for this, though as I run 2.25 miles to get there I don't think I'm doing myself any disservice.

In January 2014 it was suddenly time to think about the London Marathon. I'd run 11 marathons before so knew the minimal I could get away with doing in terms of training. I carefully timed my longest runs round Louis' settling-in days with his child-minder before I returned to work. That worked fine apart from one disastrous 20-miler that I did one evening after putting him to bed that I can hardly bear to even think about now. I managed a few speed sessions, and even a few "buggy hills" sessions which involved pushing Louis up Spen Lane five times.

A surprisingly good run (without buggy and baby) was a 16-miler which consisted of run-

ning to Otley from home and back. I'd been up with Louis four or five times during the night before and he was up for the day at 5am. I remember sitting feeding him at this time feeling terrible, bawling my eyes out thinking there was no way on earth I could

run even a mile that day let alone 16. I seriously thought I might have to defer my marathon place and started cursing myself for even beginning the training. But somehow, something inside me won over and I laced my trainers up and you know the rest.

Buggy running gives you a great excuse for being slower than normal but still gasping for air as if you've just sprinted 100m on the track flat out. You know how when you're coming back from injury you feel like wearing a sign saying "I've been injured, don't you dare be smug for overtaking

me"? It's like that. Nobody knows how heavy your child is or how much harder it is to push them, there are no terms of reference. It's brilliant! People are automatically impressed when they see you. I really should stop telling everyone "it pulls you round on the flat and downhill, it's only the uphill that are any effort".



ELEANOR GALLON

The Fox House pub was the 9am meeting point I nearly could not find for the start of my half-day navigation course. Someone in Sheffield had decide to close the ring road and the detour signs had sent me off on a suburban adventure (as it turns out for the cancelled half marathon, bloody runners). But I made it, thanks to the directions of a bloke getting his Sunday morning paper. Here I met my brother Matthew and his friend Kev (London marathon time 2.57). They had

THE ART OF NAVIGATION by ANDREW KIRBY

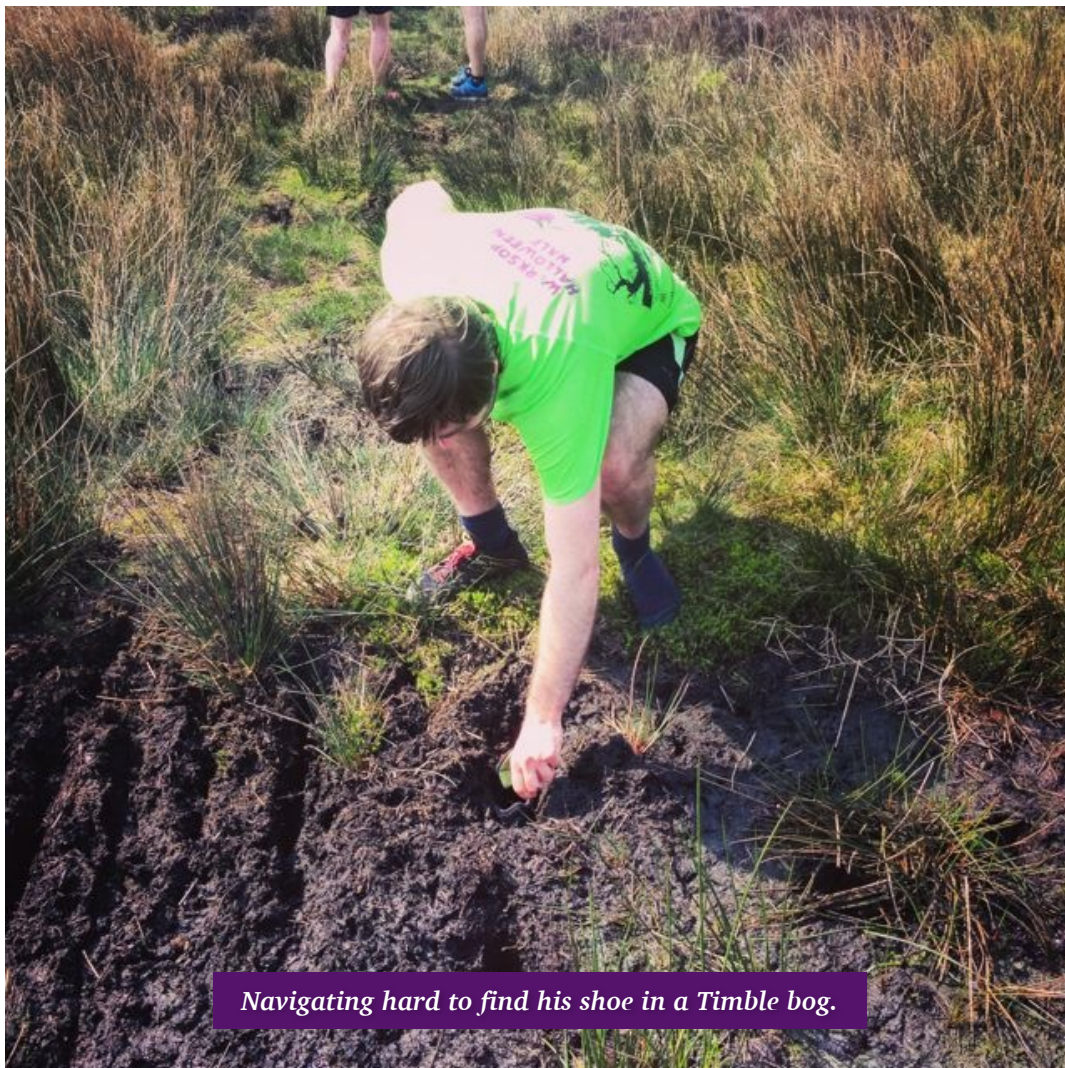
both entered the Fellsman run: 61 miles and 11,000 feet of ascent. The Fellsman

requires a high level of navigation skill.

Unfortunately for them, Matthew only ever learnt to navigate to the pub before he started running, and Kev drives trains,

where the navigation mostly takes care of itself. So they decided to get a lesson from Dave Taylor, our guide for the day.

[CONTINUED....]



Navigating hard to find his shoe in a Timble bog.

Dave used to teach kids outdoor skills, but the kids were not always there by choice. So he decided he would rather spend his days on the hills with like-minded runners, and so fell running guide was born.

Any concerns that the day would be too high-paced were

quickly lost, as

Dave was to be found with a coffee inside the pub.

Very sensible. We started by him showing us how to take a bearing with a compass. A bearing is basically a direction you can follow with your compass. I should say at this point I've done a fair bit of navigation, using it in the "big country" of New

Zealand with success. So I've done bearings before and wondered if the rest of the day's lessons may be within my skill level as well. A minute later I was happily learning new skills as we were shown how to read details on the map. Do you know how to tell which direction of the hill you are looking at on a map is up, and which is down? Or which paths are legal rights of way, so may not actually exist, and which are footpaths? By looking at distances on the map it was clear that efficient navigation needs you to move to metric. Calculating how long it will take you to run 3km is much easier if you know your pace in km's per hour.

By now Dave had finished his coffee and we headed out into the Peak District to practice the three D's:

Direction, Distance and Detail. These apparently simple skills are fundamental if you want to be a good navigator. Out on the hills we repeatedly practiced these skills as we moved over fell, through forest and across bog. There were rests along the way, so the course is suitable for groups with

mixed levels of fitness. Out on the peaks, I learnt how to do a "reverse bearing." I also learned that I'm crap at estimating distance, and that I found more detail than the map had on it. All these are reasons why navigation, once learnt, has to be practiced. The weather was kind and we stayed dry, so the day was un-rushed. We only

headed for home as Kev had a train to catch that evening, otherwise I think Dave would have been happy to stay out on the hill as long as we wanted. Though Matthew's dog, Blue, who had been with us all day, was also ready to head for home for food. On the way home it occurred to me that there are a few Harriers who may benefit from a bit of navigation practice. So although I'm no pro like our instructor Dave, if one day people want to head for the hills and practice some navigation, I can pass on the basics. Or at least point you in the right direction.



<http://fellrunningguide.co.uk>

ANDREW KIRBY

BRATHAY 10 in 10

Yes, that is **TEN** marathons in **TEN** days. In fact, it's the same Windermere Marathon circuit done ten times over.

We are proud to say that a second Kirkstall Harrier will be taking on the challenge this year. Kevin Blackhurst will be following in the footsteps of Diane Shaw by running the ten marathons between 9th and the 18th May this year.

We wish Kevin all the best for each



marathon and especially the 10th one on 18th May which is the actual Windermere Marathon when many more will be joining the Brathay runners on the course. There is a “fun day” at the finish

if you wish to go along and cheer Kevin over the line after his 262 miles.

More information on the Brathay 10 in 10 can be found on this link: <http://www.brathaywindermere-marathon.org.uk/brathay-10in10.aspx>

Kevin is raising money for the Brathay Trust, which specialises in engaging and inspiring young people, many of whom are experiencing difficulties with their lives. He is nearly 60% of the way to his target of £3000. If you wish to sponsor Kevin, you can do so via this link: <http://www.justgiving.com/Kevin-Blackhurst>

Good luck Kevin!

2014 Subs

108 members have now paid their subs for 2014. Thank you to all those who have paid up.

If you have not paid yet and you do wish to remain a member of the club, please make an effort now as it is over two months since they became due. Annual subs are only £25, which is less than the entry fee for the Leeds Half Marathon! Remember that you cannot run for the club in team events such as the summer relays until you have paid your subs.

CHRIS GLOVER

**Congratulations to all Harriers
with PBs in April!**

Marathon

Paul Chapman	04:47:09
Jamie Crooks	03:56:56
Rose George	04:07:40
Richard Joyce	02:57:29
Mark McKonE	04:19:50
Edward Munro	03:30:20
Kieran O'Brien	03:54:38
Gemma Rathbone	05:27:29
Adam Rhodes	03:47:00
Stephen Webb	03:45:38

Half Marathon

Emma Ballantyne	01:26:31
Niamh Jackson	01:37:14

5k

Catherine Barrett	00:23:48
Jennifer Berg	00:19:50
Rhona Cameron	00:25:53
Laura Davies	00:29:15
John Durkan	00:21:23
Julie Hustwit	00:29:23
Gillian ParK	00:25:27
Kimberley Ridout	00:25:25

A warm **WELCOME** to our new
members:

Gillian Park
Edward Munro
Andrew Carter
and
Jonathan Moore

**And a very **HAPPY BIRTH-
DAY!** to our members born
in May:**

Lorenzo Allievi
Claire Bromley
Andrew Carter
Lucy Churm
Ben Coldwell
Helen Goldthorpe
Emma Hustwit
Andrew Kirby
Matthew Kirkham
Steven Knight
Dominika Malinowska
Robert Pratt
Baldish Sandhu
Elizabeth Walker
David Wood



SATURDAY 10th MAY

Kevin Blackhurst is running the Brathay Ten in Ten in May (ten marathons in ten days). As part of his fundraising efforts they are holding the **Brathay Ball** on May 10th. The evening will start with a champagne drinks reception accompanied by the talented singer Melody. There will also be a fabulous 3 course dinner followed by a disco, a live band, a raffle and an auction. Tickets are £35.00 per person (payable by 31st March 2014) and you can book places individually or tables of 10 for £350. For information or to book tickets please contact Diane Shaw on 07550 076455. Diane: "We had a great time last time the ball was held so I'd highly recommend it as a lovely night out." See more on Kev's Ten in Ten overleaf.

SATURDAY 17th MAY

Your club needs you!

The annual **Mobrun** will take place at Roundhay Parkrun on May 17th. It's a chance for all clubs to get together and "take over" a Parkrun. As usual the club with the most members participating will win. So don't forget to wear club colours! (And let's beat Valley Striders tally of 60+ last year!)

TUESDAY 27TH MAY

It's the **YVAA Grand Prix** hosted by Kirkstall Harriers!

We still need some more marshals on the night. Peter Hey is still collecting names, so if you can help and would like a specific task let him know. The

venue is Kirkstall Abbey and we will be using the Burley Rugby Club clubhouse as race HQ. The race starts at 7.30pm but we need people to help mark out the route from 5pm onwards. We will recce the route once more before the actual race 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 course, so instead of going along the canal towpath, the course will include a lap through Bramley Fall Woods. More information will be given as we progress towards the date.

The other YVAA races to date:

June 24th Tuesday Meanwood 7.30pm

July 9th Wednesday West Vale 7.30pm

July 29th Tuesday Cross Gates 7.30pm

August 6th Wednesday Knavesmire 7.30pm

August 12th Tuesday Bingley 7.30pm

Aug 19th Tuesday – Abbey Runners to confirm

Nov 9th Sunday – Spenborough 11.02am

DATES FOR YOUR DIARY

Kirkstall Abbey 7 2014

It may seem early but we have set the date (Sunday 21st September) for our main event of the year –our own race! Entries are now open, so please pass on the word. There now is a link to the KA7 race page on the web site front page. Online entries are through Racebest on this link: <https://racebest.com/races/kirkstall-abbey-7>

Please do not enter the race if you are a member of Kirkstall Harriers. We ask all members who can make it, to assist in the hosting of the race. There is a lot to do, so please put the date on your calendar.



We have had flyers printed for you know of places/notice please ask for some. We keep leafleting at a few races over to help, just let us know. We are for the organisation of the KA7. Buckley, Chris Glover, Sam Sandhu. Please speak to any of them in any way. We will be asking for volunteers for marshalls and other race duties nearer the time.

you are a member of Kirkstall Harriers. We ask all members who can make it, to assist in the hosting of the race. There is a lot to do, so please put the date on your calendar.

advertising the race (see below). If you have boards where you can post a flyer, please put them in the LPSA. We will also be doing this over the summer, so if you would like to have a sub-committee specifically for the race, please contact the committee members are: Jill Broome, Marion Muir and Bal Sandhu. Please speak to any of them in any way. We will be asking for volunteers for marshalls and other race duties nearer the time.



COMPLETE RUNNER

KIRKSTALL ABBEY 7

hosted by **Kirkstall Harriers**

In support of Wheatfields in memory of Stephen Blades and Paul Reynard



Sunday 21st September 2014 @ 10:00am



6.7 mile multi terrain course starting and finishing within the Abbey grounds. A bottle of beer & goodie bag to all finishers
Courses are not suitable for wheelchairs, are uneven in parts and slippery if wet



9:00am - Mad Monk Meander Fun Run

1 mile family fun run. Chase the mad monk around the Abbey grounds! Goodie bag to all runners

9:25am - Junior Race

2 mile course within the Abbey grounds for under 17s
Trophies for 1st male & female. Goodie bag to all runners



MORRISONS

Entry to any event is accepted on the day, KA7 race subject to RACE LIMIT OF 300
Race HQ is : Abbey Visitor Centre, Abbey Rd, Kirkstall, LS5 3EH (Toilets & bag storage)

Prizes Courtesy of our generous sponsors. Trophies Courtesy of LPSA



SUNDAY 29th JUNE

We are putting together a team (preferably two teams) for **Bradford Millennium Way** on Sunday June 29th. The race consists of five legs run as a pair. Legs vary between 8 and 11 miles in length and vary in terms of climb. You must recce your leg at least once as the race is not marshalled or marked. If you would like to take part please let me know as soon as possible so we can start organising pairs and recces. If you have a preference for a leg or know a leg or several already please let Jason Buckley know. There is more information about the race on the website: <http://johncarr5k.org.uk/site/bradford-millennium-way-relay/>
Please email Jason at jasonbuckley01@hotmail.co.uk if you'd like to take part.

SATURDAY 12th JULY

Volunteers are required to help us man (and woman) our stall at this year's **Kirkstall Festival**, on Saturday July 12th. Anyone who would like to walk the parade with the club banner, perhaps bake a cake for sale, think up a game for the stall or anything else you can think of: please let Jill know. It's always a lovely day and a great opportunity to promote our club, our race and our sport as a whole. They are also looking for people to spend an hour selling programmes (programme sales fund the festival) so if you could do this it would be great. If there's anything you can help with, for whatever time you can spare, please let email Jill at stoxy78@hotmail.com.
<http://www.kirkstall-festival.org.uk/>

This newsletter was brought to you with the assistance of some really cool socks. (The other two blokes had nothing to do with it)



LAST BUT NOT LEAST: STARDOM!

running
on
air



South Leeds Community Radio

My show, running on air, is now up and running (sorry) on South Leeds Community Radio. It is broadcast via

www.slcr.org.uk and you can also use radio apps such as TuneIn to listen. A new show goes out every Monday at 1pm, and then is repeated each weekday at the same time, with shows uploaded to YouTube the following week for those who can't listen "live".

During the hour-long show I talk about how awesome running is, spread some news on sports and activities across Leeds, play some music and interview the occasional guest.

Now I need YOU!

Would you like me to play your favourite running song?

Have you a yummy recipe to share with the world?

Can you impart some running advice or a review of your latest shoes/gadget/read?

How about being interviewed (it doesn't hurt!) to tell the listeners why you love running?

Do you know someone who would make a great guest?

I'm open to all ideas of involvement, so if you want to get your 15 minutes of fame just drop me a line! Please also like/follow/share/RT/

whatever my social media shenanigans.

Facebook: www.facebook.com/runningonairSLCR

Twitter: @runonairSLCR

Email: runningonairSLCR@gmail.com

Thank you!

GEMMA RATHBONE



Kirkstall



harriers

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. We usually run in at least three groups, and no-one is left behind. You are very welcome to turn up and run with us a couple of times to try us out. We are very friendly!

Please visit our website for more information: www.kirkstallharriers.org.uk

We also have an active Facebook page for our members. And anyone is free to follow us on Twitter: we are

@kharriers and welcome all your thoughts, in 140 characters or less.

Please email kirkstallharriers@googlemail.com if you would like to contribute to the newsletter. All articles, member profiles etc are gratefully received.

It just remains for us to wish you good speed, fair winds, minimal injuries and dozens of PBs for the rest of 2014. Happy running from everyone at Kirkstall Harriers.

**The End
(Really!)**