



Kirkstall Harriers Running Club

NEWSLETTER NUMBER 127 - JUNE 2014

Edited by James Nundy

THANKS FOR YOUR CONTRIBUTIONS!

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Kirkstall vets race Reporter: Peter Hey

On behalf of the Club and the Yorkshire Veterans Athletics Association, many thanks to all those who turned out on 28 May and assisted in the organisation of the Kirkstall race - and of course, our runners too!

The feedback from the YVAA committee and the runners from the other clubs was all positive. They seemed to enjoy the new loop around Bramley Fall Woods and thought the marshals all around the course did a splendid job.

257 runners took part and 28 of those were KH vets. Looking back through the past two seasons, 257 runners is the largest turnout since ...the last time we hosted in 2012!

The next vets race is on Tues 24 June, starting at 7.30pm from the Old Leo's club on King Lane Moortown. This race is mainly through woods, and very similar to the Meanwood Valley Trail but missing out Meanwood Park. If anyone wants a lift or to share transport I suggest they meet at 6.30pm outside the LPSA, but please let it

be known on Facebook or training nights so we have someone with a car to share with.

The other races to date are:

- Weds 9 July at West Vale
- Tues 29 July at Cross Gates
- Weds 6 Aug at Knavesmire
- Tues 12 Aug at Bingley
- Tues 19 Aug – Abbey Runners to confirm
- Sun 9 Nov at Spenborough

All are 7:30pm starts except Spenborough which is 11:02am.

For more information please visit yvaa.org

Removing items of clothing at Kirkstall Leisure Centre

We appreciate we are heading into summer so it's goodbye to the winter layers and hello to having more skin on show, however, following a very muddy training run on 28 May, reception staff asked us to pass the

following request to all of our members:

'Please can we remove our dirty shoes and socks when entering the Leisure Centre following a muddy run.'

As we have the use of

the Centre free of charge, please can we been seen to comply with their request and be careful that we do not draw bad attention to the Club. Thanks in advance,
KH Committee

Chairman's Chase

Race date: 30 April 2014

Reporter: Peter Hey

We had 44 runners doing the Club's Chairman's Chase this year, 11 more than last year's event, and most of them were wearing club colours. With so many runners it is even more difficult to get the handicaps correct for that night, but hopefully all enjoyed the competition.

There was less than 14 minutes before the first and last runner finishing, and only 10 minutes if you take into consideration the awful handicap given to Chris Stowbridge after his four or more years of not running.

The first over the line was Mark McKone with a run time of 46.31, after setting off in 18th place. Second was Ewan Malone in 49.53 who must have been doing some altitude training on Everest base camp, several months ago. Third was relative new member Sharon Beattie with a run time of 49.27.

The fastest lady runner on the night was Niamh Jackson with 43.35, who moved up 29 places from her start position. The fastest man was none other than Alan Brydon with a run

time of 36.29.

Many thanks to Marion Muir for helping at the start and finish, and also Emma Jane and Carol Moran for guiding the runners home at the end. Thanks to Chris and Alyson Glover for organising the goodie bags for all the finishers, despite not having enough for themselves.

Hopefully everyone enjoyed the night, especially if they went over to the club afterwards to share in the buffet. The next similar event

will be the Members Meander likely to be scheduled for Aug / Sept.



Purple posers before the Chairman's Chase

Club Championship update

Reporter: Chris Glover

May saw only one CC race but it was the big one! The Leeds HM often attracts the largest attendance of the year from our members. This year we equaled 44 runners as set last year and there were 15 PBs (see the PBs section later in the newsletter).

Niamh Jackson topped the points table for this race, closely followed by Catherine Barrett and Emma Lavelle-Wood.

In the league table Jon Potts holds on to first place after seven races with 277 points. Peter Hey is in second place with 266 points from his seven races, whilst Hannah Lee is looking strong in 3rd with 229 points, having only done five races!

The next CC races are the Puma Pudsey 10k on 22 June and the Meanwood Vets Race on 24 June.



Niamh Jackson on her way to a new HM PB and 50 CC points (whilst towing a caravan) - impressive!

North Lincs Half Marathon

Race date: May the 4th

Reporter: Jill Buckley

Another early start for this one as we set off for Sunny Scunny at 6.30am in the Fiesta of Filth. It's only an hours journey through to Scunthorpe which passed pretty quickly in the company of Vikki, Bethan and Jason.

I was informed this was a fast and flat race and had originally earmarked it as a sub two attempt. Unfortunately a recent bout of plague had affected my fitness somewhat so I stuck that to the back of my mind. Until I set off of course.

Number collection was simple and friendly, there were plenty of loos (football grounds have improved their facilities for ladies somewhat since I first went to Ayresome Park with my Dad twenty years ago and there was one ladies cubicle for the whole crowd), music and information was conveyed over the speaker system. So a good start.

What had initially put me off was the half hour walk to the start, but it actually helped calm my nerves slightly. The overwhelming feeling of nausea at the start of a half marathon is getting worse the more I do, not better.

Anyway the start was also well organised with people seemingly paying attention to the suggested starting 'pens' according to time, meaning that as we set off we were actually not held up in the crowds. I was however a bit disappointed to see only one Star

Wars related costume during the race.



Bethan asked me what the goal was for the race to which I replied "get round". Until I saw the Scunny Bunny in front of me, when my answer was revised to "Not get beaten by the Scunny Bunny!"

As promised it was indeed very flat and fast and definitely a PB course. But also very scenic, unexpectedly so. At half way I was just about on for a sub-two if I pulled my finger out but by ten miles the lack of mileage began to tell and I shuffled the last three miles home. I didn't have my Garmin on but I reckon I slowed from 9 minute miles to about 13 minute miles. Yes really.

The support on the course was very welcome and came in little pockets as we went through the villages en route. They were very enthusiastic and vocal and that helped quite a bit.

The finish in the football ground was great. For the relatively small number of people there the noise was great and spurred me on to a

bit of speed at the end.

Unfortunately this also spurred me on to puking on the pitch at the end. Still, it was the last day of the season the day before so I'm sure the groundsmen won't be too concerned.

We were rewarded with a techie t-shirt and a lovely bit of bling. Also a goodie bag, including in my case a cotton reusable bag and a 20% off keyring for Frankie and Bennys. Free sports massages were also available at the finish if you wanted one and all of the photos were courtesy of students at the local college.



All in all I'd say of all of the half marathons I've done I would highly recommend this race. It falls just under my payment threshold of £2 per mile but in terms of value for money it's second to none - brilliant organisation, excellent marshals, great PB course not lacking in scenery, good support on the way round, great facilities, great finish, great bling and t-shirt and above all a great atmosphere. Do this race!

[Sentiments echoed by the other Harriers]

See 'events' at www.tape2tape.co.uk

Core strength and upper body strength for running

Reporter: Richard Kennedy-Joyce

Core strength in distance running plays a very important role in both performance and preventing injuries. Working regularly and intensely on core strength will dramatically improve performance due to several factors. Core strength works on muscles which connect your spine, trunk, pelvis, hips and shoulder blades. It is really beneficial for distance runners to work on core, as it improves our balance, strength and improves our running posture which helps us reserve energy during races which results in better endurance.

In 2013 I thought I could not be fitter, I worked out in the gym, mainly doing upper body weight training and a few sit ups exercises and the odd sets of crunches, I thought I had good core strength until I read up about it at the beginning of this year and I realised my core strength was actually pretty poor. I ran like a house on fire in the London Marathon and several other long distance races last year but I always seemed to struggle late on in races as I tired, mainly due to wasting energy due to my poor running posture. I had the upper body strength from weight training but my core muscles struggled to keep that muscle tucked in and high which is why I think I struggled late on in long distance races.

I began researching and learning new exercises to improve my core strength in the gym, since then my running has gone from strength to strength and I have now had three new PB's in three races:

- Half-Marathon PB: 1:22:45
 - 20 Mile PB: 2:15:41
 - Marathon PB: 2:57:29
- including my first sub 3-hour marathon and I put a large amount of the credit to my massively improved core strength.

I have made a core strength plan for all abilities from beginners to advanced and I have produced a video demonstrating each exercise. Each exercise (on the next page) is listed in order to match the order I have demonstrated in the video.

The link to the video on RJ SPORTS TV is here:

<http://www.youtube.com/watch?v=KTMjLg9aUKU>



continued

“it improves our balance, strength and improves our running posture which helps us reserve energy during races which results in better endurance”

Core strength exercises for running

Below are the names of exercises in order of video footage:

Exercise / level	Beginner (secs)	Intermediate (secs)	Advanced (secs)
Mountain Climb	30	60	90
Plank	30	60	90
Gym Ball Crunch	20	40	60
Gym Ball Roll	30	60	90
Gym Ball Sit Ups	30 sit-ups	60 sit-ups	100 sit-ups
Gym Ball Plank	30	60	90
Floor Leg Raise Crunch	60	120	180
Russian Twists	30	60	100
Standing Medicine Ball Twists	50 twists	100 twists	150 twists
Leg Jumps	10 jumps	20 jumps	30 jumps
Bonus Super Advanced Single Leg Jumps	5 jumps on each leg separately		

Upper body strength exercises

Some gym equipment will be needed for these:

- 3 sets of 15 press-ups (no equipment needed)
- Bench Press 3 sets of 10 reps - ranging from 15kg to 40kg (depending on strength)
- Bench Press Incline 3 sets of 10 reps - ranging from 10kg to 30kg (depending on strength)
- Bench Press Decline 3 sets of 10 reps - ranging from 5kg to 20kg (depending on strength)
- Pulley Machine for biceps and lats 3 sets - ranging from 15kg to 40kg (depending on strength)
- Bicep Curl (standing) 3 sets of 12 reps - ranging from 8kg to 18kg (depending on strength)
- Shoulder shrugs 1 set of 50 - ranging from 8kg to 20kg using a dumbbell

I hope this is of help to anyone who wants to work on their core strength and it would be great if you could give me some feedback too.
Thanks, Richard.

Instagram:
@joycinho

Twitter:
@joycinho
@rjsports1
@rjrugbyleague
@JoyceParanormal

Ravenscar Coastal Half Marathon

Race date: 11 May 2014

Reporter: Jill Buckley

In stark contrast to the previous weeks flat fast half in Scunthorpe it was off to Ravenscar, between Scarborough and Whitby, for a slightly hillier off road half. A bit of a longer journey than to Millennium Square and an earlier start but in comparison to the Leeds Half route, and at only ten quid to enter with all proceeds going to mountain rescue, well worth the journey, and for me no competition. I had also dragged my husband Jason with me, after very little sleep because of work, and Paul Miller who brought along his lovely wife Clair and the equally lovely Phoebe (who is apparently a pretty good runner).

This week I did manage to keep some breakfast down but it was a close call. A very small field of very mixed ability lined up outside the village hall. And by the time we had rounded the corner the wonderful scenery was already evident. I have visited Scarborough and Whitby once before but never really to go along the coast as such and hadn't realised how beautiful it was.

As for the course, the first 6 miles were relatively easy going for an off road half; fairly easy to negotiate underfoot, some disused railway line and some downhill. After the race I read that the railway line was the Scarborough to Whitby line which was subject to the Beeching Axe in the 60's. The last train ran

on 6th March 1965. Little bit of railway history there for you. Fascinating. You can read more here: http://en.wikipedia.org/wiki/Beeching_cuts though I suspect you won't.

Things changed somewhat after the 7 mile mark when we basically descended brutally into a valley. And of course had to get back out the other side which involved a lot of steps, a 19 minute mile, a lot of chat with some lovely ladies in my case, some very friendly marshals and some beautiful views.



Smiles at 8.5 miles

I was accompanied for much of the course by my friend Karen Thrippleton (you will know her husband Andrew as the photographer at a lot of local races) and I have her to thank for her company and encouragement.

The water station at the 10 mile mark was an opportunity to take a breath. And we were informed that even the winner of the race had walked up the hill to there. To put the course into perspective the winner broke the course record in

1:25. At this point I felt a bit of a second wind. The last three miles is also the first three so I knew it was very runnable. I had hoped for 2:30 so wasn't disappointed to get 2:35ish. The splits from my Garmin will give you an idea about the nature of this course:

8:59, 10:25, 10:00, 10:56, 10:09, 9:32, 9:49, 16:15 (see what I mean), 19:16 (yes really), 16:18, 12:50, 12:18, 11.16.

We had earned our fish and chips in Whitby after the race and frankly the 199 steps up to the Abbey were disappointingly easy after the mornings efforts.

This is a beautiful race, highly recommended, well organised (though you would hope so with mountain rescue involved), lovely atmosphere and for the most part pretty run-able as off road halves go. So I suggest unless you've taken advantage of the 'cheaper' entry fee offer for Leeds half next year then you give this one a go. For me it's a no brainer. As the cool kids say.



The cool kids?
Jason, Jill and Paul

Member Profile



Name: Alan Brydon

Age: 27

Occupation: Community Nurse

Originally From: Leeds

Time as a Kirkstall Harrier:
Just over a year

When did you start running and why?

I started running in 2006 whilst I was on a gap year in Australia. One of the guys I was travelling with was a runner and asked if I wanted to join him on a run ...and so it began. From running in a pair of DC skate shoes and surf shorts I eventually bought a proper pair of running shoes and some short shorts and later that year joined my university's athletics club. I enjoy the competitive and social side of running and like that you've only got yourself to blame

if you don't run well. I am also sure that if I didn't run I would be morbidly obese as for me running is a great way of burning enough calories to eat whatever you want. I also used to surf and fly power kites which were very much weather dependent. Running on the other hand is the least weather dependent sport there is and there's no excuse not to go on a run.

How did you end up joining Kirkstall?

After university I moved back to Leeds. I ran for Valley Striders for 2 years and had stints at Horsforth, Rothwell and Wakefield Tri. Kirkstall seemed to have more sessions per week than most clubs which is what I wanted. I turned up to the winter time trial last year and signed up straight after.

What are your greatest running achievements?

It has to be my victory at the 2009 Preston 5km Santa Dash. The quality of the field that day was pretty high as the start line consisted of some of the fastest toddlers from the local nurseries. More recently, I was really pleased with being in the Kirkstall team that won the PECO relay men's open category. Even though it isn't running related, but managing to walk the 3 peaks a few weeks ago was something that I have wanted to do for a while. I think it was an achievement itself that we all managed to make it round in one piece!!

What are your best running related memories?

The Bishop Wilton Half last year was a highlight for me. Run, beer

and tug of war... what more could you want? There was also the Norland Moor trail race with Chris and Alyson Glover last summer which was a good race followed by village games such as 'bash the rat' and 'wellie throw'.

I also did the Isle of Man Easter Athletics Festival a couple of years ago which I recommend doing. The festival consists of a 10km on Friday, a 4 mile hill race and a 10 mile bar crawl on Saturday and ends with a 5km relay race and football match on the Sunday. As you can imagine there's not many 5km PBs on the Sunday, but it's a great running festival.

What are your worst running related memories?

Injuries are probably the worst but inevitable part of running. I've had the odd niggle but luckily nothing too serious. The worst injury I've had was plantar fasciitis last year which took me out for 2 months.

There was also my marathon debut at the Manchester marathon 3 years ago. This was definitely the worst organised race I've been to, queuing up for 3 hours for my bag at the end of the race in the freezing cold was not my idea of fun.

Any words of wisdom for your fellow Harriers?

Coca Cola and a Mars Bar an hour before a race is always the key to running a good one.

Can you share an interesting fact about yourself?

I can hum and whistle at the same time.

My First Half-Marathon: Leeds

Race date: 11 May 2014

Reporter: Shevonne McLarnon

A run of three (unequal) thirds: the easy does it, the fly, the plod.

Ah! You say, she hasn't learned to pace herself yet. And the answer is no, perhaps not. Maybe it had something to do with the fact that I'd never run a half marathon race before, or that I'd never even run 13 miles in training, in fact never even more than 10 miles until the Monday before the race. Anyhow, according to my (birthday present, virgin trip!) Garmin ForeRunner special stats, my average pace per mile either began with a 9 or a 10 for all of the 13 miles. The graph looked a little spiky, but surely you'd expect that from a crowded race where it took me 8 minutes from the gun just to cross the start line.

My 'training' was made of up once a week outings with the club on Wednesday nights, and the odd repeated step-climb of the 8 flights leading from the canal to Gotts Park to induce a bit of chest heaving. I'm not very structured, but I tried to at least be at least that regular. Knowing that I'd never run further than a 10k race or a club training run, I thought I'd better do at least one longer one, so I met up with my friend Tom who was also running his first half - we had a drizzly circuit of Eccup reservoir and a few housing streets, after which I felt properly shattered. After the actual half marathon only 6 days later, I actually felt better than after that 10 mile steady 10.5 minute miler, after which I had creaky and sore knees and very stiff legs the next day.

Tom and I found each other in the sprawling loo queue in Millennium Sq on the day, and started squarely at the back of the pack, near the person dressed as a washing machine. We both wanted to aim for steady completion, rather than

pushing ourselves too far. Based on the 10 mile run, I came up with a very loose estimated time of 2hrs 15mins (13 x 10 + 5 mins for unknowns due to first half marathon outing).

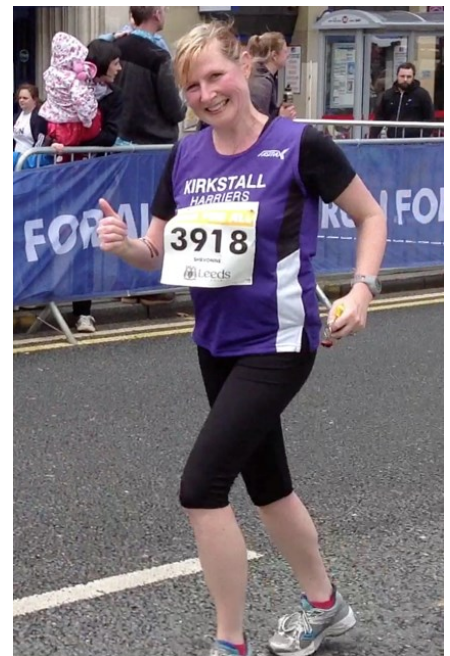
Shambling forward for 8 mins, eventually we were off! Then... shambling to instant shambles – one of my 2 bags of mini-jelly babies worked its way loose from the waistband of my leggings and threw itself on the road. Stop!! Trying not to get bowled over by the eager runners springing ahead over the start line, I snatched them up and clutched them in my hand instead for the rest of the race. Tom waited, bless him.

The race itself, as indicated earlier, really did feel like it had 3 parts. We both ran at a level where we felt we still had a bit to give, for the first 4 miles. People had said how hard it was going up the Meanwood and Stonegate roads, and yes, there was a hill or two, but by the time we got 4 miles in I was feeling properly powerful. My legs just wanted to go and go, and that's how it felt for the next 5 miles or so, with some jelly baby input for the first time at mile 8. I was flying. I took the pavement along the ring-road, and overtook loads of folk. Sadly I'd lost Tom, as I had to hit the portaloos around 7 miles and never caught him up.

The West End pub circa mile 10 was a big aim as my husband and sons were there to cheer and kiss me – Gerald had carefully calculated when I might arrive so he could minimise the time spent beside hordes of running people in charge of 3 and 5 year old boys, and he was rewarded with sighting Tom then me in quick succession.

Then, the plod. I certainly plodded home, in that I felt like I could go no faster, but I knew I could maintain the pace I was at. I felt like a graceless, inelegant limb-dragger, but glances at my pristine

Forerunner told me I was still between 10 and 10.5 minute miles even then. And this the longest run I'd ever done in my life. What a delight at the firestation! A little crowd of purple clad people, one glimpsing me and alerting the others, and as I went past there was a hail of 'GO ON SHEVONNE! GOOD RUNNING SHEVONNE!' etc. I almost burst into tears right there, it was so nice to hear my name being called and that clamouring holler just for me. I usually run 10ks alone and just drive home, no one to cheer at the start or finish so I really thank the club for that moment. A final 'GOOD RUNNING KIRKSTALL' from Rory wielding an iPad near the finish, produced this pic:



My time in the end was a respectable 2:09:08, well within my conservative 2:15, and given that Tom finished at 2:06:35 I would likely have finished with him had I not had that loo stop.

All in all, I'm delighted with my first longer outing, so much so that in that post-race flush they are so clearly aiming to take advantage of – I pounced on entry for next year's race when I got the email prompt later that afternoon. My legs were tired and a bit creaky, and my whole body and brain felt soggy on Monday, but I fared well otherwise.

Personal Bests and other worthy mentions

The Leeds Half Marathon produced many PBs this year for our members which is a good result considering the Leeds HM is not regarded as a PB course. You can also tell that May is the month of the John Carr 5k series. Look at all those 5k PBs! Well done everybody.

Marathon		
Kieran O'Brien	03:53:46	PB

10 mile		
Jason Buckley	01:11:38	PB

Half Marathon		
Catherine Barrett	01:55:58	PB
Claire Bromley	02:11:15	PB
Russell Bromley	02:08:27	First Race
Samantha Broome	02:21:50	PB
Andrew Carter	01:45:14	First Race
Ruth Cooley	02:01:46	First Race
Timothe Dazin	01:34:58	PB
John Durkan	01:41:07	First Race
Jo-Anne Fairbank	02:03:49	PB
Christopher Glover	01:31:13	PB
Niamh Jackson	01:32:25	PB
Richard Joyce	01:22:45	PB
Rachael Kearns	02:02:57	PB
Emma Lavelle-Wood	01:44:05	PB
Dominika Malinowska	02:07:16	PB
Ewan Malone	01:48:31	PB
Mark McKone	01:51:35	PB
Shevonne McLarnon	02:09:08	First Race
James Nundy	01:53:05	PB
Jon Potts	01:40:37	PB
Adam Rhodes	01:35:55	PB
Kimberley Ridout	02:01:10	PB
Paul Stairmand	01:40:58	First Race
Bethan Thomas-Lloyd	02:03:45	PB
Marie Turton	02:22:10	First Race

5k		
Catherine Barrett	00:22:50	PB
Samantha Broome	00:28:22	PB
Alan Brydon	00:17:15	PB
Andrew Carter	00:19:55	PB
Sean Cook	00:19:57	PB
Timothe Dazin	00:20:16	PB
John Durkan	00:21:10	PB
Christopher Glover	00:18:53	PB
Stephen Groves	00:18:47	PB
Laura Hogg	00:21:02	PB
Niamh Jackson	00:19:26	PB
Rachael Kearns	00:25:46	PB
Liam Mealey	00:18:49	PB
Rhian Millar	00:25:56	First Race
Paul Miller	00:17:41	PB
Kieran O'Brien	00:20:51	PB
Gillian Park	00:24:10	PB
Adam Rhodes	00:19:17	PB
Malcolm Taylor	00:26:42	PB
Stephen Webb	00:17:45	PB



Kevin joins elite club

In May, Kevin Blackhurst completed the Windermere Marathon on 10 consecutive days. He became the third Kirkstall Harrier to do so and join the Brathay 10in10 Club.

Jim Meta and Diane Shaw have previously completed this mammoth challenge. 262.2 miles in 10 days over a tough course is just that.

We are honoured to have three members who are capable of such a feat. Congratulations to Kevin who was raising money for the Brathay Trust. You can still sponsor him via this link: www.justgiving.com/Kevin-Blackhurst

Kevin, Diane and Jim >



Kirkstall Festival 2014

Reporter: Jill Buckley

Volunteers are required to help us man our stall at the Kirkstall Festival, this year on Saturday 12th July. We need people to man (woman) the stall, 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. 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 do 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 me know via email at:

stoxy78@hotmail.com



www.kirkstall-festival.org.uk

Member birthdays for June

Happy birthday to the following:

Emma Ballantyne ~ Malcolm Dennison ~ Graham Fisher ~ Richard Hancock ~ Peter Hey ~ Julie Hustwit
Burjor Langdana ~ Hannah Lee ~ Steven Lightfoot ~ Jon Potts ~ Richard Thomas ~ Helen Thompson

Over the Odda 10k
Race date: 17 May 2014
Reporter: James Nundy

On a glorious day for sunbathing, Paul Glover, Sandra Warren and I headed to Hawksworth village, west of Guiseley, to go over the Odda, a big hill in one of the most scenic local settings I've had the pleasure of viewing.

Glorious Yorkshire



This race has style. Lots of styles! Across fields, through woods, up hills, down hills – two loops, from and back to the village primary school. Certainly not a PB course

due to the bottle necks caused by the styles (the first one approx 45 seconds into the race!) or indeed the ascents and descents but with the views, you just don't care. Naturally, I was on a go slow due to the terrain which allowed me to get a few good photos along the way before cruising home in a steady 1 hour 14 (137/205).

The race HQ was well organised and there were very encouraging marshals and spectators dotted around the course. There was also a goody bag waiting at the end, which contained a nutrition bar, key ring and a 'Over the Odda' snood, perfect for drying off purposes!

The good reviews from a previous Club newsletter tempted me into sampling this race. The official blurb described it as 'a challenging off-road 10k, taking

you through woodland, across fields and along farm tracks with stunning views over both the Aire and Wharfe valleys.'



It didn't disappoint on the day and if you enjoy beautiful yet hilly trail races (and all for just £8) you know what to do.

Promotional offers

Kirkstall Harriers Running Club does not endorse any specific offers or brands - you can shop where you like!

Dear Running Club Member

From time to time, Up & Running holds discount weekends exclusively for Running Clubs. To make sure that you know about these events, you can sign up to receive the notice by email. We promise not to send you any other promotional material, unless you want us to.

All you need to do is go to www.upandrunning.co.uk/running-club-discounts then complete your details and

leave the rest to us.

There really is nothing to lose, and lots to save. Don't forget you will be able to easily unsubscribe any time.

We look forward to hearing from you.

Allison Griffiths,
National Promotions Manager

UP & RUNNING



We have also been welcomed into a running club discount scheme run by SportsShoes.com

It should get you 10% off and can even be used in conjunction with other promo codes! Just enter **RUN614J** at the checkout throughout June 2014. We should get a new code for July.

www.SportShoes.com



LIVE SPORT. LOVE SAVINGS

Ripon 10 race report (part 1)

Race date: 18 May 2014

Reporter: Jill Buckley

This was my third race in May, with a half marathon the week before at Ravenscar and the week before that in Scunthorpe.

However, after Ravenscar I thought this would be fairly comfortable. I hadn't accounted for the intense heat though. I don't work well in the heat as it takes me so long to get used to it that it's November before I'm comfortable running in it.

This is a lovely scenic run, reasonably priced, well organised and a bit hilly. Very hilly really.

Normally I'd prefer the hills but between the heat and my knackered legs I had to walk a little bit on a couple of the hills. In hindsight I didn't walk very much at all but did beat myself up a bit for the little bit I did do.

In the end it was 1:52 for a hilly course so I'm actually not that disappointed now I've thought about it. On the subject of disappointment though the goody bag was less than impressive; basically an Up & Running bag with an irrelevant leaflet and a(nother) water bottle. Also Paul was disappointed that between three of us we couldn't muster up enough change to get him a cake

at the end.



Perhaps in response to 'How many thirst quenching beers will be required at the finish?'

In short a great race but probably a race too many for me at the time!

Ripon 10 race report (part 2)

Race date: 18 May 2014

Reporter: Rory Smith

A wonderfully warm Sunday morning was the condition for Ripon Runners' annual multi-terrain race, a 10 mile course that starts and finishes just outside Ripon.

The route is fantastic, making extensive use of Studley Park and its surrounding roads, as well as intermittently following the River Skell.



It was very pleasant to run past the magnificent Fountains Abbey via the long, straight woodland-shrouded

footpath that leads up to it.

There are three climbs in total –

the first two miles are uphill – but the last three miles are virtually flat.

The day was very warm, and the water stations on the way (which were very well manned by teams of volunteers) were a very pleasant relief around three and six miles.

The race was fairly well organised, although mile markers were sometimes unfortunately misplaced. Aside from that, the 'goody bag' handed out at the end was incredibly disappointing; a plastic bag containing a flyer or two and a water bottle. It would have been great to commemorate this run with a smart Ripon 10 t-shirt, and this was sadly lacking from this race.

Ripon 10 isn't exactly a local race for many Harriers, but the 1.5 hour round trip is well worth the views and undulating course. Let's just hope next year the goody bag is full of goodies...

Other Harriers at Ripon 10 (from the top): Andrew Carter, Paul Miller and Jason Buckley



John Carr 5k race series

Reporter: Chris Glover

This series of three 5k races hosted by Saltaire Striders over three consecutive Wednesday evenings has been a club favourite for years and this year we had a good representation at all three races.

The hunt for PBs is always on at these races due to the fast course and this year our members helped themselves to six at the first race, 11 at the second and eight at the third. The second race provided the best conditions for PBs as the weather was cool and the wind was very light. The first race had strong winds and for the third race the temperature was up at 20°C.

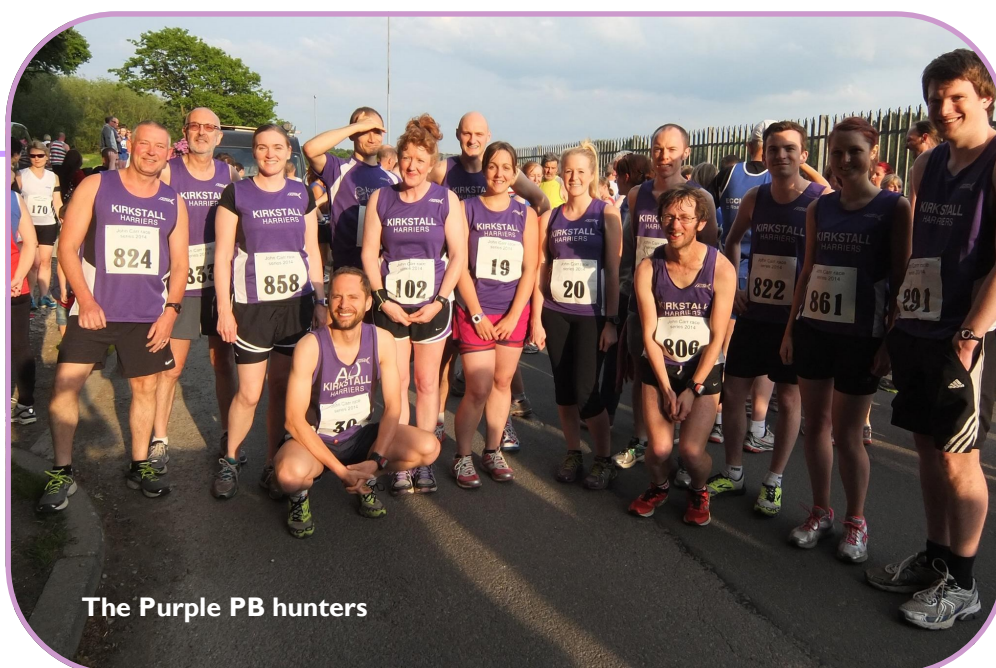
The finish line is always a welcome sight at any race but here you also get to choose a chocolate bar from a selection. Snickers for me every time!

We had nine members who completed all three races and got an aggregate time:

John Carr results 2014

		Race 1	Race 2	Race 3	1+2+3
Steve	Webb	18.04	18.11	17.45	54.00
Chris	Glover	19.00	18.53	18.57	56.50
Adam	Rhodes	19.46	19.16	19.39	58.41
Andy	Carter	20.37	20.25	19.55	60.57
Edward	Munro	20.37	20.34	21.09	62.20
Alyson	Glover	24.29	24.15	23.57	72.41
Malcolm	Taylor	26.42	27.31	27.38	81.51
Graham	Fisher	27.19	27.14	27.43	82.16
Sam	Broome	28.44	28.22	29.32	86.38

“Snickers for me,
everytime!”



The Purple PB hunters

Edinburgh Half Marathon

Race date: 25 May 2014

Reporter: Rose George

A year ago, my friend Louise died of bone cancer. She was 42. In the six months that she lived after getting a terminal diagnosis (after years of her leg being amputated higher and higher up), she did an amazing amount of good, writing a blog that helped thousands of people; starring in radio documentaries and a photography show by Rankin. She talked about what it was like to live with a death sentence. She was amazing. And after she died, at her funeral, we decided that one way we could honour her was to run the Edinburgh half marathon and raise money for SCAT, the Skeletal Cancer Action Trust. I think we chose the half because I didn't think about running marathons at that point. Over the next year, TEAMLou grew to 30 people, most doing the half, a couple doing the full marathon, and four doing a marathon relay. Lou's husband Al works in advertising, and had a graphic designer friend design us a cool vest, and we set a fundraising site.



The night before the race, my friend Elliot, who was supposed to be running the half, came round

to Al's flat and we compared our race numbers. We looked at his number, which was 330. Mine was 33,500 or something. My friend Nat said, "why is your number so small? And why does it say 'marathon' and not 'half marathon'?" Elliot's face went white. He had signed up for the marathon by mistake. But when he did that, he put in his predicted half-marathon time of 2:05, so he'd been given an elite number. If Nat hadn't noticed, he'd have found himself standing next to a bunch of Kenyans, with a predicted finish time only two minutes slower than the world marathon record.

I'm still laughing about that, several days later, though there are questions to be asked about race organizers who blithely accepted an unknown runner presenting with a world marathon record time without doing any investigation. But Elliot was in a panic. He'd done the Paris marathon but hadn't had much time to train since and certainly wasn't ready for a marathon. I think I'd have probably tried to do it, but luckily Al had signed up for the half before his knee failed him and he'd switched to the marathon, so he gave Elliot his bib - with a more reasonable 33,000-ish number - and we assumed that a race management team that didn't notice a mysterious brand-new elite athlete from Macclesfield would not be especially bothered about two Als running in separate events.

The forecast for race day was thunderstorms. It was cool and overcast when I left the house at 6:45am to walk to the start on Regent Road to meet some of



TEAMLou. One was Mike, a fell and ultra runner. He was injured but able to run so he'd decided the next best thing to getting a PB was to get me a PB. I had a pacer! The week before he'd emailed me a pacer band for a 1:45 time and I thought, "eight minute miles?" and wondered how to replace my blood with laser juice or something.

I was supposed to be in the orange pen, but we ended up standing way back in the blue one. I think we were so distracted by the godawful weather that we didn't push our way down to the front where the orange pen was, but I wish we had. By now the weather was vile. The rain started coming sideways, accompanied by freezing gusts of wind. It didn't help that for no apparent reason that start was delayed by 10 minutes. So there were thousands of very cold runners. Some of them kept their waterproofs on to run in, which I bet they regretted later. Plenty were wearing bin-bags. I'd forgotten to bring an old and unloved sweatshirt so I got colder and colder. I just wanted to run to warm up.

Finally we started with a shuffle not a bang. The first three miles were very crowded, and the next 10.1 miles were only slightly less crowded. We spent 13.1 miles overtaking and weaving. My pace started at 8:17 miles and hardly varied the whole way round.

continued

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It was such a treat running with a pacer: he had the easy gait of a seriously good runner, and it was encouraging to follow him. He never went off too fast except in the last two miles, when he was trying to get me to speed up. The route went down a hill - such a big descent that it doesn't qualify for eg. the Boston marathon as an official event - past Holyrood, through Leith and then to Portobello and Musselburgh along the seafront. It's flat and nice. The rain stopped after a few miles, I warmed up, and although I can't really remember the sights, I don't remember being bored. There weren't many supporters, probably because of the cold, but there were enough. I missed the music and relentless good cheer of London, but I had enough to concentrate on in keeping up with Mike.

I decided to follow my London marathon nutrition and hydration regime, as it had worked, and only began to drink and eat at 6 miles. I'd brought gels, but Mike offered me his, and offered to prepare them for me too. What luxury! No fumbling around with my bum-bag. He asked whether I wanted a gel with or without caffeine. I thought about it. You're not supposed to try any new food or drink in a race, and I remember Shami trying out some gels that Adam offered her at the Manchester marathon, and vomiting all the way round. It's a good cautionary tale, but I wanted the caffeine, so Mike opened a gel and handed it over. I didn't vomit, and my 10K time was about 49 minutes, which for me is great

and which put me on track for a sub 1:50 at least. I think by then Mike realised that I wouldn't make 1:45 and that my legs were stuck in an 8:17-20 pace. I was happy with that, but I think he still wanted to push me.

By now we were in Musselburgh



and we got to the hardest bit. I'd broken my gel every-three-miles rule because I felt like I was flagging, but in fact I wasn't which

proves yet again that I am terrible at interpreting my pace. And then it was the final four miles. These were the worst, because they consist of a hairpin: all the way up beyond Musselburgh racecourse, then back the same way, so that you are running into a sea of people who have run two miles further than you. It is never not a wee bit demoralizing. Mike kept saying, the turn is coming up, I'm sure the turn is coming up. After two miles of that, I said, you've been saying that for two miles, and he said, "mind games!" After the turn did finally come up, he said, "right, let's pick up the pace for the last two miles." Eek! He sprinted ahead, and I tried to keep up and sometimes I did better than other times. He only had to stop once, and when he did I felt so ashamed, I did speed my legs up a bit. I almost did a negative split but not quite but I

definitely didn't slow and when I read Mike's account of the race, I realised his tactic was to stop me slowing down rather than get me to speed up. And it worked.

By the time I got to the final half mile I was very tired and visualising a film of my friend Louise walking up a hill on a new prosthetic leg. I don't usually think that visualising works: I just get my head down and run. But I think that did. But it meant that at the finish line I wasn't looking out for anyone, I was fully concentrating on keeping my legs and head going. I seem to remember, after 12.5 miles, thinking, "I'll just stop here." But I didn't. I got over the line in 1:49:44, and nearly threw up. After I stopped nearly throwing up I was delighted. Really delighted.



I'm certain I wouldn't have got under 1:50 without Mike, though I think I would have beaten my PB of 1:55. But it was really great running with him. Thanks, coach.

continued

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I needed a toilet and warm clothes fast, but neither were immediately available. So I got my t-shirt, and found that for once it was a good, technical t-shirt, and with XS sizes (unlike London marathon's crap cotton huge pillow-case of a finisher's t-shirt). After I'd given up trying to spot Mike, Nat bought me a coffee. There were stalls selling porridge and burgers and beer and once again I watched with astonishment as people drank pints. I never feel like drinking alcohol or even eating immediately after a race. I never want anything for a couple of hours and then am suddenly the hungriest I've ever been, ever.

Aside from the fact that this was a TEAMLou event, and special, would I run the Edinburgh half again? Probably. Although after London and Edinburgh I'd like to run a race where I don't have to spend the whole duration running around, past, and through people. There were seriously slow people

all the way round, which is fine, but when there is never any space and there are always slower runners to overtake, it must mean that the pacing and pen system isn't working as it should. Of course it was my fault for not going ahead to the orange pen but even then I wouldn't have spent any less time overtaking. It adds distance and time and it's tiring. London was 26.8 miles because of the weaving; Edinburgh was about 13.28. I know - as Elliot proved - that it depends on honest self-reporting,

but I wish it worked better, though that's only a selfish wish because I'd like a bit more space to move. So it's up to me to find a flat race with hardly any people running it.

But that's just me being a race geek. Much, much more importantly, we have now raised more than £8,000 for SCAT, and that's wonderful.

(Oh, and the winner of the marathon was David Toniok, with a time of 2:15:33. So Elliot would have won by a country mile.)



New members joining in the last month

Please welcome:

Emma Hall
Matt Kasperek
Emma Southon
Rachel Vojvodic

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

You can email kirkstallharriers@gmail.com with any questions about the club, or if you would like to contribute to the newsletter.

We are also active on social media networks.

Search for **Kirkstall Harriers** on Facebook and **@KHarriers** on Twitter

