



# Kirkstall Harriers Running Club

## NEWSLETTER #128 July 2014

### SPECIAL MENTION

On the evening of Tuesday 24 June, Patrick Nesden fell and injured himself while running the Yorkshire Vets race at Meanwood. One of our ladies was running close behind him and stopped to help. She then stayed with him while he received first aid and was walked back to the race HQ (missing the remainder of the race), then took him to the LGI and stayed with him until after midnight, and then gave him a lift to his home in the early hours of Wednesday morning.

**Thankfully, Patrick's injuries are healing and he will be back to running soon.** (Editor's note—Patrick is back with a bang and planning his next set of long runs—see the website training schedule for details.)

**We need all sorts of people to make a good running club - fast runners, slow runners, volunteers and behind the scenes workers but most of all we need people like Laura Davis. Thanks Laura, the club is proud to have you as a member.**

### YORKSHIRE VETERANS ATHLETIC ASSOCIATION (YVAA)

For more information you can always check on the yvaa.org website. It may seem some time ago now but a second thank you to all you "youngsters" who marshaled at our race on the 27<sup>th</sup> May – the third race in the YVAA series. As well as a good turnout of marshals, we also had 29 runners - 15 ladies and 14 men. Eddie Munro in his first race for the club won a prize for his age group. After three races we have several members up there doing well in their respective age groups in the individual's competitions. Emma Lavelle-Wood 1<sup>st</sup>, Catherine Barrett 4<sup>th</sup>, Alyson Glover 1<sup>st</sup>, Karen Longfellow 4<sup>th</sup>, Bal Sandhu 5<sup>th</sup> and Carol Moran 1<sup>st</sup>. For the men we have Adam Moger 3<sup>rd</sup>, Chris Glover 3<sup>rd</sup>, Jon Potts 1<sup>st</sup> and John Hutchinson 3<sup>rd</sup>. Looking at the teams positions our club is having their best year ever. The ladies are 3<sup>rd</sup> in all to count, 4<sup>th</sup> in first 4 to count, and 2<sup>nd</sup> in rest to count, out of 18 clubs. The men are 5<sup>th</sup>, 6<sup>th</sup> and 5<sup>th</sup> respectively out of 27 clubs. If you have not run one of these yet, and are 35 or over, please support your club and come and have a nice friendly run over some nice routes of about 6 miles. Every finisher scores points for the club, but you do have to register,

Edited by Gemma Rathbone

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either online before, or on the night at registration. If you have done one or more already I am sure you will be hooked on these races and looking out for the next ones. There are prizes at each race for the first 3 in each age group, which goes up in intervals of 5 years. And at the end of the year there are prizes for the first 3 again with your 7 best races out of 10 counting.

There are two races in July, both starting at 7.30pm. The first one is at West Vale on Wed 9<sup>th</sup>, just the other side of Halifax, where the Bluebell trail starts from. To get there allowing for the heavy rush hour traffic, we will have to meet at 6.00pm or earlier at the LPSA. The other is at Barnbow on Tuesday 29<sup>th</sup>, about a mile behind the Cross Gates Centre. Again an early meet will have to be organised to ensure we all get there in time.

August 6<sup>th</sup> Wednesday -

Knivesmire 7.30pm

August 12<sup>th</sup> Tuesday - Bingley 7.30pm

Aug 19<sup>th</sup> Tuesday – Abbey Runners West Park 7.30pm

Nov 9<sup>th</sup> Sunday – Spenborough 11.02am

by Peter Hey

### Photo Of The Month

Paul and Alan running Bradford Millennium Way leg 1. Not a bad view, eh? ;)

Photo by Neil Wallace



## CLUB CHAMPIONSHIP

June saw races 8 and 9 in the 20-race series and they came in quick succession on 22 and 24 June. At the Pudsey 10k on Sunday 22 June the weather was dry and warm which has become the norm for this race over the last few years. This is a great event and one of the toughest 10k races of the year, especially in hot weather.

Our 29 runners had a good race and were all rewarded with a technical t-shirt at the finish. Quite a few of us got a spot prize (pair of running socks) as well which made the £10 entry fee look very good value indeed. John Hutchinson also came away with the MV60 first prize so congratulations to John.

The runners who outperformed in this race to earn top CC points were Caron Moran (50), John Hutchinson (49) and Jon Potts (48)

Only two days later the Pudsey 10k we were off to Meanwood for the evening Vets race. This two-lap trail race is 4.8m long and has a few testing short climbs though the woods. The big winners in the CC points awards were Rose George (50), Kevin Kelly (49) and Hannah Lee (48). Ed Munro took the MV60 first prize yet again so “well done again” Ed.



Rose in fine form at the Meanwood Vets Race. “50 points please”



Carol powering her way uphill and to 50 CC points in the Pudsey 10k

The top 10 places in the league table are shown below. As we approach the half-way point in the championship, Jon Potts is still holding on to first place but Hannah Lee is closing the gap in second. Peter Hey is holding steady in third. Paul Glover jumps up to fourth after his 47 point haul in the Meanwood vets race. The ones to watch on the table are Niamh Jackson, Adam Rhodes and Carol Moran who have not yet built up to 6 races in their totals.

Pos	Name	Points	Total Races	Race 1 PE C O XC Midlet on	Race 2 Live rs ed ge Ha lf Ma rat ho n	Race 3 PE C O XC Wes t Pa rk	Race 4 PE C O No rth cli ff Pa rk	Race 5 Me an wo od Va lley Tr ail	Race 6 Gu ise ley Ga llop	Race 7 Le ed s Ha lf Ma rat ho n	Race 8 Pu ds ey 10 k	Race 9 Me an wo od Vets
1	Jon Potts	283 *	9	48	42	40	45	48	49	45	48	32
2	Hannah Lee	279 *	7	0	0	46	49	49	50	35	37	48
3	Peter Hey	266 *	7	45	46	34	48	43	45	39	0	0
4	Paul Glover	236	6	26	0	0	42	40	42	0	39	47
5	Christopher Glover	234 *	9	33	37	36	32	39	32	16	45	44
6	John Hutchinson	227	6	16	0	23	0	47	48	44	49	0
7	Niamh Jackson	219	5	44	0	42	50	0	0	50	0	33
8	Adam Rhodes	205	5	40	45	0	0	36	44	40	0	0
8	Paul Miller	205 *	8	21	34	31	41	32	33	0	34	31
10	Carol Moran	199	5	41	0	21	44	0	0	0	50	43

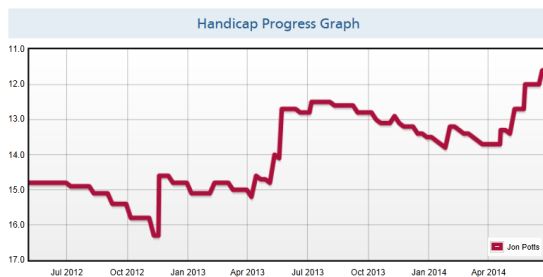
\* Indicates that the total is the best 6 scores

## How does the Club Championship work?

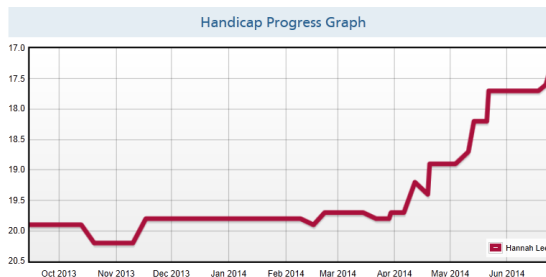
We always say that the CC is for all abilities and that is definitely the case. In order to do well in the points allocation all you have to be is an improving runner. In each CC race, your pre-race Runbritain handicap is fed into a complex calculation along with the race distance and a course difficulty factor which gives a personal predicted finish time for the event. After the race, this is compared to the actual finish times and the runner who has beaten it by the largest percentage margin gets top points.

Your Runbritain handicap is measure of your current running fitness and is calculated by Runbritain based on your past running performances. If you visit your personal profile page on the Runbritain web site and look at the graph of your handicap, this will tell you if you are improving, getting worse or remaining constant in your running fitness. If the graph is climbing consistently up the page (decreasing handicap) over a long period of time then you will score high points in the CC races. To reduce your handicap and keep it reducing you have to train hard, increase your fitness and run faster. So it does not matter whether you are a speedy runner with a 2.5 handicap or a slower runner with a 25 handicap because it is all about improvement, not the absolute value.

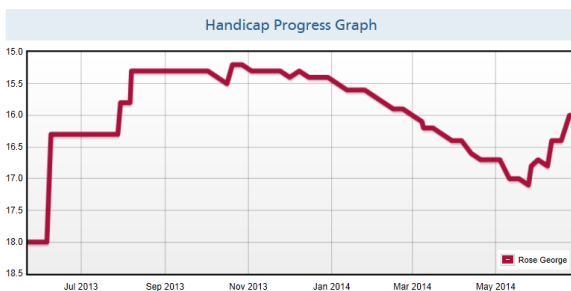
The Runbritain handicap progress graphs below are those for the recent high points scorers in the CC as at 27/06/14. You can clearly see what it takes to increase your chances in the competition.



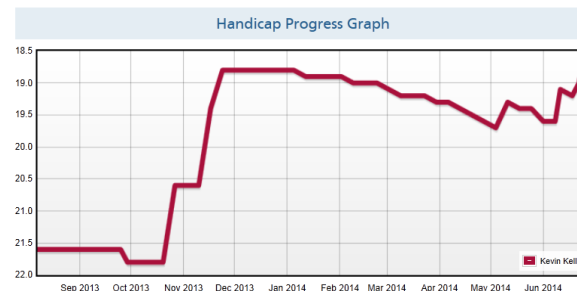
Jon Potts



Hannah Lee



Rose George



Kevin Kelly

[www.runbritainrankings.com/runners/runnerslookup.aspx](http://www.runbritainrankings.com/runners/runnerslookup.aspx)



## YVAA results so far

The one Vets race in the last month was the Meanwood race on 24 June. The results from that race leave the team league tables as below. We are doing well again this year, especially the ladies. The next Vets race is West Vale (Halifax) on 9 July hosted by Stainland Lions. Let's get as many over 35s there as we can to keep up the momentum. Under 35s are also welcome to come along and run as guests. [www.yvaa.org/](http://www.yvaa.org/)

### LADIES

Position	All to count		First four to count		Rest to count	
	Club	Points	Club	Points	Club	Points
1	Horsforth	8637	Stainland	2336	Horsforth	6439
2	Stainland	4607	Horsforth	2198	<b>Kirkstall</b>	<b>2410</b>
3	<b>Kirkstall</b>	<b>4405</b>	Pudsey Pacers	2004	Stainland	2271
4	Pudsey Pacers	2746	<b>Kirkstall</b>	<b>1995</b>	Pudsey Pacers	742

### MEN

Position	All to count		First four to count		Rest to count	
	Club	Points	Club	Points	Club	Points
1	Pudsey Pacers	12039	Pudsey Pacers	3081	Pudsey Pacers	8958
2	Stainland	9720	Stainland	2875	Stainland	6845
3	Horsforth	6792	Queensbury	2814	Horsforth	4046
4	<b>Kirkstall</b>	<b>5323</b>	Holmfirth	2780	<b>Kirkstall</b>	<b>2756</b>
5	Holmfirth	5316	Horsforth	2746	Holmfirth	2536
6	Queensbury	4080	<b>Kirkstall</b>	<b>2567</b>	Queensbury	1266



The Purple Posse ready for action before the Meanwood Vets Race



**Name: Samantha Broome**

**Age: 28**

**Occupation: Digital Developer and KH parkrun Organiser**

**Originally from: Far Forest, Worcestershire**

**Time as a Kirkstall Harrier: 17 months**

### **When did you start running and why?**

December 2013. My best friend Kathryn decided she was going to run the London Marathon in aid of Parkinson's (her dad was diagnosed in 2005). Seeing as I had only ever seen her run to a shop when the sales open, I thought I would help her as much as I can. I started off going for a 2-mile run and sponsoring her £1 every time I went out, after a few runs I started to enjoy it and found myself getting excited when I would reach a point quicker or if I managed to run a little further. I then entered the Leeds Half Marathon on New Year's Eve.

### **How did you end up joining Kirkstall?**

I started getting a bit bored of running on my own and Malcolm's mum was getting a little worried about me running the streets on my own. I knew I wouldn't be able to get Malcolm out running with me, so I decided to look into running clubs. After searching the net for some clubs and doing a bit of research, it was a choice between Horsforth and Kirkstall. My reasons for joining Kirkstall was that I liked how up to date the website was, I noticed from an old newsletter that Lil Em was a member and of course the fact that the kit was purple.

### **What are your motivations for running?**

If I run I can eat cake and sweets, lots of cake and sweets!

In all seriousness though, I enjoy the achievement of finishing a race, beating a time and meeting new people. Apart from the club encouragement, I am lucky enough to have many close friends outside of KH who are runners like Big Em (Emma Clayton), Lil Em and Welshy (Katie Parry) who are supportive, encouraging and give me good advice.

### **What is your best running related achievement?**

Without sounding cliché that fact that I can go out there and run is an achievement for me. There have been times when I suddenly think, 'I am currently running and taking part in a running race, what is going on?'

For 2013 it was all about me finishing my first half marathon. I am glad it took a while for Malcolm to get to me after I had finished the race, because my emotions were a mess and I probably would have cried.

Earlier this year I eventually broke the sub-30 5k mark. It took me by surprise after I somehow managed to finish second at one of our Winter Time Trials. The hug I got off Adam when I showed him my watch was one of the nicest non-spoken gestures I have ever had.

### **What are your best running related memories?**

It is very hard to think of a memory which does not require a PG rating, but I can recommend that the Fiesta of Filth is a good way to travel to a race and any conversation with Jill and Jason about KFC will provide hours of fun.

I am also big fan of club outings some of my favourites have been:

- \* Bishop Wilton - where the first (and last) appearance of the KH Tug Of War Team was seen and when me and Jill got followed for 6 miles by a noisy ambulance!

- \* Washburn relay - there was food and cake afterwards!

- \* Northern Cross Country Champs - X-rated stories not for public print, please see me in the pub with a beer for more details.

### **What are your worst running related memories?**

My first (and only) DNF. I went over on my ankle during the West Park PECO race, which put me out for about two weeks. I did try and finish the race, but the two blokes who had to carry me off the course, because my ankle was the size of tennis ball, said no! They didn't understand that Malcolm and I had a bet on, that whoever crossed the finish line last would have to clean the trainers! I would like to point out that before the race Alan had a prep talk with Malcolm and his words of Voodoo, sorry wisdom, were 'The only way you will beat is her, is to take her out!'

### **Any words of wisdom for your fellow Harriers?**

Don't ever let a race or time get you down, the biggest achievement is making it to the start line. If I ever get annoyed about my running performance or time, I just think to myself how far I have come in the past two years - I've lost three stone in weight, taken part in a number of easy and hard races and made some great friends.

Also if you think you are going the wrong way in a race, then you probably are – don't carry on going!

### **Can you share an interesting fact about yourself?**

I like board games, cake, sweets, coffee dates with Big Em and Lil Em and mugs, oh and I have been struck by lightning!





## Bradford Millennium Way Relay

Many thanks to all ten members who took part in the Bradford Millennium Way relay on June 29<sup>th</sup>. Only one team this year but all got round safe and sound. Particular thanks to those who stepped in in the last week or so because of injuries and particularly Alan Brydon who quite literally stepped in for leg one just over an hour before the start. Well done to everyone who took part, organised recces, sorted out logistics and spent time driving all over, helped sort out problems on the day and generally did us proud as a club.

Leg 1 – Bingley to Penistone Hill Country Park, 10.4 miles – Paul Miller and Alan Brydon

Leg 2 – Penistone Hill to Laycock, 9.4 miles – Jason Buckley and Chris Glover

Leg 3 – Laycock to Silsden, 8 miles – Alyson Glover and Andrew Kirby

Leg 4 – Silsden to Ilkley, 8.5 miles – Jill Buckley and Sam Broome

Leg 5 – Ilkley to Bingley, 10.7 miles – Fiona Venner and Laura Davies

*by Jason Buckley Mens Vice-captain*

### The Leg 4 Story

So the Bradford Millennium Way leg 4 tale starts on the Friday afternoon. Myself and Sam set off to do a recce in rather pleasant weather. Until halfway. When it became hell. We couldn't see anything in the mist. It was raining and we couldn't feel our hands. We finally arrived back at the car after three hours; soaking and freezing. And really quite shell-shocked. Not to mention that I had also acquired two lovely blisters, one on each heel. The left one was particularly bad. I can only put this down to my feet being so wet and my being prone to blisters in any case. Sam spent the rest of the evening drinking full-fat Coke. I spent it crying into a pint (or maybe two) after screaming the flat down when myself and the aforementioned blister got in the shower. I took heart in the fact that after some of the worst conditions I had ever ran in then with the forecast looking good for Sunday then it would be a doddle compared to this afternoon. And that the skin on my heel would miraculously heal itself overnight. Come Saturday I couldn't get my left shoe on and I was in some pain walking. I dressed my heel. And said a little prayer.

It should also be pointed out here that Leg 4, Silsden to Ilkley, is arguably the hardest leg because of the climbs, particularly the final one up on to Ilkley Moor itself. Though frankly you start climbing in the first mile. And whilst there are some good run offs in-between, there is a lot of climbing. Did I mention the climbs?



So the blister hadn't miraculously healed. So I decided just to suck it up and get on with it. Contrary to the extremes of Friday's weather the weather on the Sunday was perfect for running. Not too hot and a low chance of sunburn. Even the pollen count was kind to me. Thanks to Alyson and Andrew on Leg 3 we even got to set off 20 minutes before the mass start. I have never sat off before the mass start on any of the relays I've done. And it was really a rather nice experience to see people en route, even if it was only because they were overtaking. We womanned the first few hills and were making great time as we got to the bottom of the big one. I actually found it easier psychologically to be able to see the top so I knew where my goal was than Friday's experience of being able to see nowt. We had a stroll up the hill with several teams around us, all encouraging each other. Then there was only the small matter of a couple of miles across the moor to the finish. A much nicer experience than Friday's recce! And nearly an hour quicker. Sam was an excellent navigator and running partner. And as for the blisters, I was in agony most of the way but managed to fall into a stride where the pain could be managed. Laura described it well when she said "that's not a blister, it's an absence of skin". All in all, tough but enjoyable as my Pudsey Pacer friend summed it up perfectly.



*by Jill Buckley*

*Photos courtesy of Dave Woodhead (Woodentops)*

## Total Warrior, Bramham Park

When you are asked the following at a race, 'How's your Sausage, Matt?' you know things are definitely not all they seem. The question was asked by my fellow Total Warriors Gemma, Vikki and Paul as I was rather ungainly straddling a big wooden pole. My answer... 'Battered'.

And so sets the tone for the following article - those of a nervous disposition should skip along to the next section because it's going to get really filthy in the next few paragraphs!

So a small elite band of Kirkstall Harriers decided one winter's afternoon on Facebook that it would be a darn good idea to sign up to the first running of Total Warrior extreme obstacle race in Bramham Park. The organisers promised more mud than you could well, er throw a muddy stick at! Well I thought to myself I ran the Pudsey Vets race this year so I know a thing or two about mud! How much worse could it be? The answer is lots worse or depending on your mental state much better! As you're about to find out...

At 8.30am team 'Monastic Mayhem' met at the LPSA to board the Fiesta of Filth v1.0 bound for hell, or in reality Bramham Park not hell although with the sun beaming it was probably as hot. We arrived in plenty of time to get our race numbers, temporary tattoos and Rambo-esque headbands sorted after handing over a two-page waiver absolving the organisers of everything up to and including our own lives.... A bit over the top do you think? I reckon if you had asked the organisers if they thought the world was round they would probably have denied it. Still, dubious legal documents aside, Total Warrior is a really slick organisation, we were through the registration process in a jiff, all tattooed up and raring to go.

We watched as wave 1 sets off to pumping rock tunes, everyone is stupidly excited at what's in store! The true nutcases who are actually trying to win the race are lined up at the front of the pen, stripped to short-shorts, bare-chested with their names and race numbers drawn on in permanent marker pen; clearly vest tops or t-shirts are not suitable attire for real warriors. The claxon sounds and they are off like mad March hares running through billowing coloured smoke and screaming spectators. Even the spectators are a little unhinged - they dash off to follow their loved ones around the course and watch with glee as they half drown themselves repeatedly over the 12.5km course! We are not in Kansas any more people!

Soon enough it's our turn to start, we are in wave 2 and are asked if we accept the Total Warrior challenge, which of course we all do, repeatedly and at the top of our voices. I am chomping at the bit to get going, I am almost as excited as Gemma who is so pumped up she looks like she is about to tear the place apart, even Vikki and Paul, normally quite normal and relaxed Harriers, are leaping about to the rocking pre-race tunes.

The claxon sounds and we are off straight up a hill climb, then another and another and so it goes on for the first 1k, the course levels out and we regroup, the plan is for us all to stay together as much as possible. Today is not about times it's about the experience and laughing at each other's misfortune. We finally hit some water and mud about 2k in as we wait patiently to wade through a small tunnel and brook (which we will be spending most of the next hour in) under a road in the park, then it's into the first of the 'varying depths of mud' sections. It turns out that the Chief (the mythical head honcho of this festival of filth) doesn't lie - the mud is really deep, up to at least waist height in places depending on how tall you are.

This is what we really signed up for; over the next couple of hours we repeatedly wade through deep energy-sapping mud, refreshing water crossings, plunges, tunnels, under cargo nets, even some crawling sections through mud with barbed wire strung across the top are thrown in for good measure. Are we in the army now? Nah I have just seen a pack of Wildcats or in fact a bunch of girls in pink t-shirts with some of the most obscenely funny nicknames I have ever seen written on their back, I genuinely cannot mention a single one in these pages, shocking! I can however guess that they had probably drunk more Malibu and Coke than was entirely wise.





We made our way around the course in pretty much a euphoric state, stopping to help one another over obstacles as required. When we eventually found Sam B manning the pole to pole obstacle and scene of the 'Sausagegate' incident, we were in a pretty bad state. It would be fair to say that skin and clothes were so filthy you would hard pressed to say what anyone was wearing... Sam was looking so resplendently clean in her lovely blue volunteer t-shirt that we obviously had to give her a great big messy hug, for which you are welcome Sam!

And so on to the last few obstacles the ones you pay the big money for, 'The Hang Tough' which I fell off, 'The Human BBQ' which I cleared without a singe, 'The Side Step' which I fell off, 'The Shocker' which only three out of the four of us went through, though to be fair to Paul he did have a 'heart condition' which turned out to be asthma, I think he should change doctors if you ask me! Anyway Paul your secret is safe with me.

Then there was the final obstacle the 'Peaks of Pain', described as a proper bas\*&%d of a final obstruction by more than one desperate Warrior which included me. It's basically a huge steep ramp with some helpful ropes dangling just out of reach. The only way to scale it is to hurl your exhausted body up the ramp and hope you can grab hold of the rope and pull yourself up and over the top. If you miss the rope you slam into the ramp and slide to the bottom in a splinter riddled mess! I managed to get the top on my eighth attempt... my knees are buggered! But it was worth it, I was so elated when I got to the top you would have thought I had just scaled the North face of the Eiger!

And with that it was over, we crossed the line together hand in hand team Monastic Mayhem had survived the challenge more or less intact. We collected our well deserved yellow t-shirts (which I have been wearing non-stop for two days now!) We were also given a handy Buff, chocolate Cliff bar, which I scoffed immediately and ice cold can of Fosters... never has a can of the amber nectar tasted so good! Back at the Fiesta of Filth v1.0 we change into slightly less messy clothing and head home for really well deserved showers and in my case a massive pile of bacon and egg butties and a nap on the sofa!

If you haven't tried an extreme obstacle course yet, then you definitely need to sign up to one, they may be more expensive than a regular race but its worth every penny and certainly an experience! It's certainly the most fun you can have with your friends with your clothes on. And judging by the amount of people taking part on Saturday you can rest assured that the Chief and hi minions of mayhem will be back next year with an even more outrageously muddy course.

I have been well and truly muddied and I want some more of this action. Are you game?

*by Matt Sykes-Hooban*





## Kirkstall Festival

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, come up with a game or activity 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](mailto:stoxy78@hotmail.com).

## Marathon De Sables Evening

On Monday July 21<sup>st</sup>, after a short training run, I have invited Neal Edmondson, a Horsforth Harrier, to come and tell us about his Marathon De Sables experience. The event will be held at the LPSA, and for those not coming to training we will aim to begin about 8pm. The bar will be open and I thought in terms of food if everyone who is coming could bring along an item of sweet or savoury snack, like we do at the Christmas Fuddle, then we can all share. The event is free but I am sure that Neal would appreciate donations towards a charity of his choosing. Any questions email me on [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com).

## PBs

Congratulations to those who achieved new PBs.

Distance		Name	Time
Half Marathon	PB	Rose George	1:49:44
10mi	First Race	Catherine Barrett	1:29:40
10mi	PB	Sean Cook	1:17:30
10mi	First Race	Timothe Dazin	1:17:45
10mi	PB	Rose George	1:25:33
10mi	First Race	Laura Hogg	1:21:12
10mi	First Race	Kevin Kelly	1:36:44
10mi	First Race	Hannah Lee	1:33:24
10mi	First Race	Edward Munro	1:13:59
10mi	PB	Kieran O'Brien	1:20:42
10mi	First Race	Adam Rhodes	1:15:17
10mi	PB	Rory Smith	1:10:48
10k	PB	Andy Carter	0:42:10
10k	PB	Kieran O'Brien	0:45:28
10k	PB	Robert Pratt	0:38:27
5k	PB	Eleanor Gallon	0:21:43
5k	First Race	Shane Nicholl	0:22:00

## New members

Please say hello to our newest member:  
Ryan Owens



## Birthdays

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

Scott Anderson	Jill Buckley
Rhona Cameron	Harriet Carlyle
Martin Crosby	Timothe Dazin
Andrew Greaves	Matt Kasperek
Tom Keeber	Carl Lockwood
Kevin Longmate	Anna Moger
Marion Muir	Edward Munro
Shamiso Sisimayi	Hikari Yamaguchi

## Tadcaster Triathlon

In preparation for my Olympic Distance Triathlon in September I took part in Tadcaster Triathlon, and even though training wise I was prepared, it didn't get off to a smooth start! We had bike trouble before we even got there as our bike rack came off and I had to take the wheels off my bike to fit them in the car! Luckily, a very kind person at the event helped me put my bike back together as I had never used the wheel release before.

Malcolm was in an earlier wave at 10:20, and I was 12:20, so it made me more nervous waiting around.

The course is set up slightly differently due to the fact that you have to run from the pool to the bike stands, which is about 300/400meters. I was the first to get out of the pool in my lane so that was a boost, but I had the sudden heat of the pool to the cool air outside impact so putting my trainers on made me a little dizzy. The bike was a 14k route which went through some of the surrounding villages of Tadcaster. As it was a countryside route there were a few hills (one felt like a 90 degree climb) and part of the course was tough. I was aiming for a time of 40 - 45 mins.

The 7k run took on part of the bike route so you went straight off up a hill first, which I didn't find as bad as other hills I have run up. The route took you around the back of Tadcaster and through a field (full of sheep), there were no kilometre markers so I was unsure how far I had got left, I only had my watch time to estimate my distance. I was pleasantly surprised with how good my legs felt from bike to run, they felt more tired from the swim to the bike. I got overtaken by my friend Neil at the last half kilometre, but his cheer pushed me to the end. I had the run planned for 40-45mins.

Sam:

Swim (400m) and run up to transition - 11:30

T1 - 1:05

Bike (14k) - 36:05

T2 - 1:08

Run (7k) - 43:34

Total: 1:33:21

Malcolm:

Swim (400m) and run up to transition - 12:08

T1 - 1:59

Bike (14k) - 44:05

T2 - 1:15

Run (7k) - 51:42

Total 1:51:07



Overall I am really happy with my first triathlon, and I am currently looking for another sprint or medium distance to do. The main thing I will remember for next time will be to tie something around my bike or put something by my bike to make it stand out more. I struggled to find my bike and put it back into a slot at the end!

*By Samantha Broome*



In the past few years it's been possible to do Bishop Wilton Half Marathon on a Saturday in July followed by Pudsey 10k on the Sunday. It has now become traditional. So imagine my horror when Pudsey decided to move forward a month. Then along came Laura Hogg to tell us all about a 15 mile race the day before at Rother Valley Country Park. Phew! Panic over then.....

So off we went to the Three Lakes Classic on a sunny Saturday. I'm not sure how I've never done this race as it's the sort of barely-publicised race I was likely to have found trawling through the internet. I can't recommend it highly enough. It ticks all the boxes; nice course, well organised, friendly, open to all abilities, cake and tea at the end. All this for five quid!! And a mug and a pen for your troubles! The course went round three lakes, as the title suggests. It's essentially flat, multi-terrain with a couple of manageable hills. It was a very warm day which gradually slowed me further and further down but with the exception of a little stroll after a water station (there was a water station about every two miles which was brilliant) I ran the lot, albeit slowly. So I just sneaked in under three hours. Not a great time but really I just wanted to get round so job done. Great race. Thanks to Laura for recommending it. And thanks to Killamarsh Kestrels for the great organisation.

So it was on to Pudsey 10k the next day. I've always enjoyed this race. Again this has everything you could ask for; reasonably priced, nice but very hard course, friendly, all levels of ability (in fact there is always quite a high proportion of non-club runners compared to other races from what you can tell at the start line), well organised and great support on the way round. This year I decided to give the hills a go, rather than seeing them and automatically slowing to a walk. I made it as far as half way up the third one when I decided enough was enough for one weekend. I was pleased with myself for getting as far as I did as I usually find them unmanageable. Must be the hills 'n' drills session (Thursday evenings, 7pm, Kirkstall Leisure Centre). Or perhaps it was the 15 mile warm up the day before. Either way my Garmin had me at just over 65 minutes, averaging 10:32. Now I was chuffed to bits with this thinking it must have been my best time on that course as I had felt so great. Imagine my disappointment then when I looked back at previous results and found my quickest was actually 62 minutes in 2010. Need to find my old diaries and see what exactly I was doing right in 2010 then. Still it was 8 minutes quicker than the previous year (which was a bit of a disaster in fairness). So still positive. And I got a new techy t-shirt. And a pint. So all in all I can't complain. Which is unusual for me.

*By Jill Buckley*

### Otley 10mile

Otley 10mi had always eluded me when ticking off the "local" races, the ones you hear people talking about and which often appear in the Club Championship: Guy Fawkes, Abbey Dash, Leeds Half, Meanwood Valley Trail, Post Hill 5k, Apperly Bridge Canter and many more..

It's a brilliant "do once race". Probably the hardest hill I've run up - not the steepest but with false summits and a bone-clanging, knee-destroying, gut-churning, but fabulous descent. A tight start meant it took time to reel in Shami, Jason and others, before swapping positions several times with Steve Webb up to 6 miles and the second big hill, where he pushed on to a very respectable 69:39. Then a battle with Rory (70:48), whom I thought I'd left behind on a descent, only to have him dance past with half a mile to go. Paul Miller was first KH home with 63:59, and first lady Shami in 73:08, both good times on a tough course. Beer at the end, friendly marshals on the way round, and a race to recommend.

*By Adam Moger*



## Kentmere Trail Race

An old friend of ours who lives on the Isle of Man and fancied a weekend off the island talked us into running in this event with him. In the end he did not come over due to it being TT week and the resulting sky high ferry/flight costs, so we did it on our own.

This race is part of a series called “Lakeland Trails”. They are all set in very beautiful locations in the lakes and consist of multiple races (fun run, junior race, senior 10k, 18k, walk & run) held over the summer/autumn seasons. We have done 3 of these before (Keswick, Hawkshead and Garburn) so we knew the form. This was the first one of the 2014 season. The price was £25 but included a purple tech t-shirt and they support the mountain rescue service. The events always have a few things going off at the start finish (hog roast/bar/stalls/entertainment). We did the previous race from this location in 2006 called the Garburn Trail Race. At that time it was my first year of running the longest event I had done so I suffered badly on the course. I remember thinking that my knees would never work again after the last decent!

Alyson and I had entered the 18k trail race (the hardest event) and made a weekend of it by staying in a B&B in Kendal on the Sat and Sun nights. For some reason the race is advertised as 17k but it actually 18.3k (11.4m). The race start/finish was on recreational grounds in Staveley near Kendal. We decided to leave the car in Kendal and take the short train journey over to Staveley which turned out to be fast, almost on-time and free because the ticket man never got to us before we got off!



We arrived in glorious sunshine to see the 10k race finish and the 18k challenge (run/walk) event start one hour before our main trail race, which would follow the same route. There were many serious looking runners among those who had opted for the slower “trail challenge” event rather than the trail race which worried Alyson a bit. Eric spotted the mountain rescue vehicle and spent the rest of the afternoon with the staff on their stall. When the field gathered for our race it was obvious that most had gone for the 10k or the slower “challenge” event, including many club runners, so Alyson worried a little more. The runners were being entertained by a large group of drummers in the start/finish area which created a carnival atmosphere. We got underway at 2pm in full sunshine and 25 deg temperature so it was going to be hard afternoon’s work. Never having done this route before, I had randomly set myself a target of less than 90 mins allowing for the terrain which we knew from other events in the series would be tough under foot and very hilly. The route was very scenic and did climb some hills on very rough tracks. After about 6 miles I started catching the “Trail Challenge” run/walkers and it helped mentally to be overtaking more and more people in the second half of the race. The route has a famous “sting in the tail” which is a climb to a summit at mile 10.

They had another band of drummers at the summit to encourage you to the top. A rewarding but leg hammering decent followed and then I had to sprint the lap of the field at the end to ensure that I achieved my target time of less than 90 mins and I managed it finishing in 01:29:29 and 31<sup>st</sup> place. Alyson had worried unduly because she finished 155<sup>th</sup> in 01:59:04. The total field for the 18km trail race was 177. In contrast, the trail challenge had 441 finishers and the 10k had 278. The 18.3km trail route included just under 500m of ascent.

The fine weather encouraged us to stay and sample the beer and sit in the sun listening to a guitarist/singer. To round the day off I won a spot prize – a book about coastal & mountain running called Wild Running. The short train ride back to Kendal for a rest in the B&B followed by a nice meal in the town ended a great weekend and we thank our missing friend Gareth for instigating our participation. This series of events is highly recommended, particularly the summer ones.

[www.lakelandtrails.org/index.php](http://www.lakelandtrails.org/index.php)

*By Alyson and Chris Glover*



## Wakefield Marathon

Like too many Sundays, it starts with the dreaded sound of the alarm clock and, unsurprisingly, I don't feel really rested. It's been on my mind for a couple of months and, finally, today is the big day. Am I ready to run my longest distance ever?

I don't know exactly what came to my mind two months ago when I decided that signing up for the Wakefield Marathon would be a good idea. I am already registered for the Yorkshire Marathon in October, but it seemed a bit too distant to me. I don't think I have been overconfident; my objective was just to force myself to take part into a bigger challenge, outside of my comfort zone, and then to do everything I could to get prepared for it.

At least, I was right about this last part, because I have rarely been so active. I had prepared a training schedule including short and long runs every week with a precise mileage, building up progressively until one week before the race. And, well, I don't even know where I've put this schedule! I tried my best to follow it rigorously at the beginning, and realised it wasn't working, because I was still following the same process I had started this year: taking part in any running challenge that I could get my hands on! I filled most of my weekends with races of various distances, thinking they would feed my marathon anyway: North Lincolnshire and Leeds half marathons, Apperley Bridge Canter, a trail running weekend in the Peak District, Otley 10, the 3 Lakes Classic...and a few parkruns in between when my legs allowed it.

With this busy calendar, and a few injuries, I managed to do only one long run of 20+ miles, completed by some cycling and a few sessions of swimming (I hate swimming).

I'm mostly concerned about my frequent hip problems, and this painful sprain above the knee that I had for nearly two months, I hope they don't get in the way. "Take it easy for three or four weeks, just some gentle exercise" is not something you want to hear from your GP a month before a marathon! Maybe I'm pushing my luck too far, but when I'm done with this race I can take as much time as I need to properly recover.

Overall, my training has been a bit chaotic, it had ups and downs (quite literally), but I mostly enjoyed it and I have no regret considering all the fun I had. If things get bad today, at least I will have a bit of solace thinking that everything I've done these last two months was not for nothing: I wouldn't have done all these races without my objective in mind.

From an historical perspective, a marathon seems a bit scary: In 490 BC, after running the distance from Marathon to Athens, Pheidippides barely had the time to announce the victory of Greeks over the Persians, and then he collapsed and died. This story is likely a myth: Greeks could probably use horses to deliver important messages quickly. But I'm not a historian so I'll leave it at that.

I should consider myself lucky: poor Pheidippides (don't ask me to spell this name again!) didn't have any marshals along the way, or any water stations. Gels didn't exist, and I really doubt his shoes were well cushioned to run long distances.

So here we go, in a couple of hours I will find out if I was ready for it. Some people like to have a mantra in mind before an important event, it could be helpful for motivation or good luck, I don't know. This is what I came up with:

"Strength and Honour"

"Run and run again, until lambs become lions" (slightly adapted from the last Robin Hood movie, I'm sorry but I still prefer the older version with Kevin Costner)

"Endure and Survive"

"May the force be with you"

"Ave Caesar, morituri te salutant"

"Tonight, we dine in hell!"

"Damn it, I'm running out of time!" (Jack Bauer)

"Yippee ki-yay, motherf\*\*\*\*\*!"

"Run Forrest, run!"

"I'm not in danger Skyler, I AM the danger!" (Classic Walter White)

"I didn't know it was impossible, so I did it" (Chuck Norris)

This is all very inspirational. Being a nerd, I could fill up several pages but I think that will be enough for today. Which one am I going to tattoo on my leg?

Now get to the point! People want to read a race report; they are not interested by your digressions.

OK, it's getting late, and I always spend too much time in the morning to get ready before a race, the list of items to take with me seems to grow every week.

We are not many Kirkstall Harriers today: I won't have the chance to see Diane Shaw, but I meet John Durkan who is doing the half marathon. And a bit later I meet Kevin Blackhurst, the guy who does 10 marathons in 10 days. For him, it must be the Sunday morning jog before breakfast! (I'm sorry if I've forgotten to mention anybody else from the club, but the entry list on the website may not be exhaustive).



It won't be an overcrowded event: about 60 people for the full marathon and less than 100 for the half marathon, it's probably better this way. It's called the Wakefield Marathon, but it doesn't actually take place in the city as I initially thought. The start line is in front of the Nostell Priory house, and most of the race takes place around the estate.

I walk to the start line, hear the whistle and realise I forgot to set up my Garmin. By the time I finally get a satellite signal, I will have been running more than a mile swearing on my watch. Quite a sloppy start, now I will have to add about 1.20 miles every time to figure out the distance I've really run and I've got no idea for the time elapsed since the beginning. Never mind, I need it mostly to follow my pace. I have to be careful because there are more runners doing the half marathon: trying to catch up with them would be a bad idea. I'm pleased to notice that my knee is not painful so far, it seems I have more trouble walking with it than running.

The route is very nice, mostly off-road; it goes through footpaths and woodlands with some reservoirs along the way. Then, the second part of this lap is not so nice and more difficult: a long, hilly, tarmac road. It doesn't look so steep, but it's going constantly up so you have no time to catch your breath for a couple of miles. This is where I experience the first difficulties to follow my pacing plan: this road is costing me some precious minutes that I wanted to save for the second round. Finally, for the last two miles, the route follows a footpath on the grass close the Nostell Priory house. It is beautiful, but this path is mostly going up again, and the wet, spongy soil doesn't help.

And I'm back at the start line where many half marathon runners are celebrating their victory, lucky them. I'm feeling fine, I managed to save some energy, but that was the easy part. Let's go for a second lap, yeah!

On the same footpaths, I already notice that I'm slower than the previous lap, but that was expected, and it's time for my first gel. I enjoy the next woodland parts, feeling tired but still motivated, I have done most of the distance and I have survived so far without any major incident.

I think it's somewhere after the 21 miles sign that my real difficulties begin: I'm back on this awful tarmac road, which already took a lot of my energy before, and now the sun is out. I feel dehydrated, and there are few water stations on this race, only three per lap where you get a small plastic cup. I get another gel, but the lack of water makes it difficult to absorb. My stomach is starting to complain about so much sugar. After an excessively long time on this road, at a sluggish pace, I know that I won't get my ambitious target time anymore. It's my first marathon, I should only think about surviving.

On the last footpath on the grass, I try to comfort myself: there are only two miles left, I can make it. But these are the longest two miles I've ever run: I'm exhausted, my leg muscles are aching, I'm trying to keep a side stitch under control, and my stomach doesn't really appreciate this race. I can see the finish line and I keep up the pace. It's like breaking free of my chains, in a few seconds I will see the end of this misery. I finally cross the line, a bit euphoric, grab my goody bag with a t-shirt....and I run on the side to throw up a multicolour liquid, mostly made of the electrolyte drink and the four gels I have absorbed during this race. Then I lie on the grass for a few seconds, relieved, until the ambulance team rush to me. "Don't worry, I'm fine. Can I just get some water, please?" That's what I call a good finish!

A bit later, I'm walking with difficulty to get my bag back, and I suddenly get a muscle cramp on the leg. I'm 20 metres from a massage stand, but I can't even move, it's too painful. After struggling for a long minute, I get my leg under control and consider that a £5 massage is probably a good investment right now.

I must admit I had probably underestimated the difficulty of this specific race but, overall, for a first marathon it was a good experience, and a day I'm not going to forget. Now, a few hours later, I'm trying to finish this report for this month's newsletter and I have only a vague idea of my official finish time, the results will be on the website in one or two days. But I'm really happy to have crossed the finish line anyway, I feel relieved of a burden and I can focus on something else. Don't tell me about any upcoming race, I'm out of the game!

I know this is a lie; I'll be back on track whenever I can.

*By Timothé Dazin*



## Leeds 5k Track Races

Six Kirkstall Harriers entered, but only four made the start line due to injury/work. Eleanor Gallon recorded her 2nd PB inside a month with a perfectly paced race to run 21:43. Alyson Glover ran 23:42 (but had done parkrun in the morning, as had husband Chris, 19:24) and I managed sub-19 but some 8 seconds outside PB. Paul Glover was also there guiding his niece Louise in the first heat. 12.5 laps is a long slog - it feels harder than a straight 5k, and UK Athletics officially recognises "5,000m" as distinct from 5k. Hoping the mile at the same track in September will now feel easy!

*By Adam Moger*



## Fountains Abbey parkrun

On Saturday 14th June, myself, Laura, Paul, Sean and Timothe took a trip to the recently opened Fountains Abbey parkrun. Having only been running for three months it is becoming a popular parkrun for locals and visitors. Three miles south-west of Ripon, Fountains Abbey & Studley Royal Water Garden is a World Heritage site and one of the most historic and beautiful places in Europe.

It is a two-lap undulating course and starts at the Hubby's Tower, the runners follow footpaths along the River Skell, and through the Studley Royal Water Garden.

The parkrun is well organised and with the stunning views I can see why it is becoming popular.

It is a parkrun I highly recommend people do, though because of the distance it is worth finding something local to do after and make a day of it. Luckily there was a food and drink festival on in Ripon so we went and refuelled with brownies!

*By Sam Broome*

## SportsShoes.com Club Discount!

Your new code for use during July is **RCLU74**.

We have some great offers coming up including the popular Saucony Kinvara 4s with up to 50% off and a few other big new reductions, so keep your eyes on the site over the next week or two. (If we can keep this code off the internet it would be much appreciated.)

Many thanks and happy running!

Dan @SportsShoes.com

## Creative Corner

Ever wondered what to do with your medals? Why not make Medal Magnets? All you need is some magnets (I got mine from eBay for about £3.50) and medals.



Just be warned some of the more bling medals require more magnets.

*By Sam Broome*

## About us

Kirkstall Harriers meet every Monday and Wednesday at Kirkstall Leisure Centre at 6.50pm for a 7pm start.

All standards of runners are welcome to join us. Just turn up and say hello, we are very friendly!

Please visit our website for more info:

**[www.kirkstallharriers.org.uk](http://www.kirkstallharriers.org.uk)**

Please email [kirkstallharriers@googlemail.com](mailto:kirkstallharriers@googlemail.com) if you would like to contribute to the newsletter.

All articles, member profiles etc gratefully received.