



Kirkstall Harriers

NEWSLETTER

NUMBER 129, AUGUST 2014 Edited by Rose George

Canal

There is still no certain news about what will happen to the towpath and when. Stay tuned. And there was some very sad news this month: a woman was murdered on the towpath near Armley Mills. Apparently her partner was responsible, but even though it not being a random attack may reassure you (however tragic and horrible it was), stay safe anyway. Run with a phone. Make sure people know where you are. Don't not run,

but remember: sometimes the only way off the canal is into it, so be as safe as you can.

Weather

Hydrate, hydrate, hydrate. Please make sure you take plenty of water with you in this weather (of course by now the heatwave will have broken and the rains will be thundering down). Dehydration is not only bad for you, it can affect your performance by up to 10%!

NEWS IN BRIEF



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"Summer afternoon, summer afternoon; to me those have always been the two most beautiful words in the English language."
HENRY JAMES

PHOTO OF THE MONTH Golden Acre relay, no caption needed.

RACE REPORT : BISHOP WILTON {CONTINUED}

On an extremely wet Saturday morning Jill, Laura, Patrick and I headed to the north east of York to the Bishop Wilton showground. Now in its 116th year, the BWS offers what you would class as traditional show entertainment for the whole family: local produce stalls, cakes, tractors, live music, beer tent, cakes, horse/pony gymkhana, Morris dancing, contests for the best veg, best flowers, best cake, best knitted tea cosy (maybe) and of course, a half marathon (or “marathon” as all the signs and indeed the guy on the PA kept announcing, much to our surprise).



James told me to put this picture here so I did.

After meeting up with Sandra and having a quick look at some of the stalls (bacon butty, chilli plant, coffee) we were ushered to the far side of the car park for the off. For me, an incredibly low key ‘off’ as I was busy updating my FB status towards the back of the pack and became the last person to cross the start line. At least the rain had stopped and the sun was trying to make an appearance.

I’d not been running much over the last couple of months due to injury and work/life and needed something to get me back into it - the pack of 152 runners ahead of me were therefore needing to be caught, however, this course is known for its hills (as I am, for my lack of love for them). The roads would be great for cycling, indeed, there was also a national cycling event taking place at the same time and our paths kept crossing at various stages. Luckily we were always going in the opposite direction to them. The half marathon route had been changed for its 30th anniversary this year, now having two long and slow climbs, with an uphill finish. Mainly on roads with a few bridleways, the scenery was pretty good despite the weather. There were also lots of friendly marshals and plenty of water / wet sponge stations.

[CONTINUED...]

RACE REPORT : BISHOP WILTON {CONTINUED}

Considering my lack of preparation and the conditions, I was happy enough with my performance on this course and even appreciated the bitter/sweet of Sandra powering past me on the final big climb up Great Givendale.

The home straight took us back into the show ground and I managed to pick off a chap I'd been battling with for most of the course and I managed to keep 11 other runners behind me too. Then, in complete contrast to last year, the heavens opened. Horses had lifejackets on, the tuba player in the brass band resembled a whale, stall holders were packing up early and it was standing room only in the beer tent!

In summary, a scenic but tough good value half ((£12) with a great finishers' memento. Fingers crossed for better weather next year and consider late entry as the capacity is 600 but only 133 entered online.

JAMES NUNDY



RACE REPORT : NORTHUMBRIAN COASTAL RUN

I last ran this race in 2006 and suffered badly in the last three miles so here I was again to conquer this tough race. The race is something of an iconic event in the running world and sells out very quickly in January. It starts on the beach at Beadnal and finishes 13.3 miles down the coast at Alnmouth. There is another beach section in the middle – the beach sections total four miles - and the route stays close to the coastline all the way. You can pay £3 extra when you enter the race and this gets you a bus ride from Alnmouth to the start. The beach sections add up to about 4m of the course. Off the beach, the

SUN, SEA AND GHOSTS

by

CHRIS GLOVER

route is on cliff-top paths or small lanes, and the scenery is fantastic. The Harriers who were lucky enough to get an entry to the race this year were myself, Alyson, Paul Miller and Niamh. Niamh's boyfriend Joe was also running as was Catherine Elvin who was a member of KH until she moved away to Todmorden. We met Catherine before the start and had a chat. Apparently, Todmorden don't meet at one place for training but instead meet at a different pub each time. Best not tell Jill or she may consider changing clubs!

[CONTINUED....]



RACE REPORT : NORTHUMBRIAN COASTAL RUN

The weather was dry, hot and sunny, so a 15 minute delay to the start didn't go down well with the 900 runners baking in the 1.30pm sun on the beach. The race start time varies each year with the tides. The tide had just made

enough space on the beach for the initial charge of the runners who had spread out to create a very wide start line. Someone commented how surreal it felt to be standing on this lovely beach waiting for the start of a race.



You can't scare us, we're Harriers.

Once we were off, the field thinned out quickly and we were running through small rivers of retreating sea water across the beach. That cooled the feet. I had decided to take it steady at the start but still was dragged along by the crowd to a 7-minute first mile. The heat was bothering everyone and no one missed a drink at the many water stations. I saw a number of runners who had abandoned

presumably due to the heat. The last section of the race is about 1.5 miles of beach and seems to go on forever, but I made it over the line and was glad to have finished. There was a tech t-shirt for all finishers. Paul had a great run and finished 21st.

We stayed in Alnmouth overnight on the Sunday in what claimed to be "the most haunted hotel in the UK". That may be the case but after that race, the ghosts could not wake Alyson or me! Over breakfast we got talking to a couple on the next table: the man had done the race. He was a vet 40 and had finished 3rd in a time of 01:20:48.

That is a 5:46 min/mile average. Respect!

This is a fantastic race and thoroughly recommended. But sign up early!

CHRIS GLOVER

RESULTS

Pos	Name	Time	Cat	
21	Paul Miller	01:28:49	Senior M	6:20 min/mile
93	Christopher Glover	01:40:17	(M) Veteran50	7:09 min/mile
183	Niamh Jackson	01:49:04	Senior F	7:47 min/mile
518	Alyson Glover	02:10:42	(F) Veteran40	9:20 min/mile

RACE REPORT: THUNDER RUN

When I agreed to take part in this last October I thought to myself a lot “why am I doing this, the most I have ever run in a day is 13 miles, how will my body cope with more, and not much sleep or rest and refuelling?”. But I can now say my body did great.

The idea came about when Gemma and Andrew decided to put two teams together and enter Thunder Run. Like many other people I had never heard of Thunder Run before, so I was surprised to hear that it apparently sold out within minutes of going on sale (so well done to Andrew for staying up late and get-

ting us in). As you can imagine with any race being booked so far in advance, the teams changed a few times, but in the end we had two amazing teams of six runners each.

rope in at such last minute, which is when she turned to Malcolm! It took me god knows how many months to persuade Malcolm to join the Harriers and it took her about 20 minutes to get him to consider joining the Thunder Run team, but obviously he could only take part if he wasn't playing tennis. You can imagine the look on his face and the words that came out of his mouth when he realised that the Thunder Run weekend landed on his 'free' weekend of tennis (You can also imagine the laughter on my face when I heard him shout 'Bollocks!').



ting us in). As you can imagine with any race being booked so far in advance, the teams changed a few times, but in the end we had two amazing teams of six runners each.

Before I give you an overview of the weekend I'd like to mention that with only weeks to go we had a unforeseen team member withdrawal which meant we needed another person and fast. Meeting Gemma outside Tesco one Sunday afternoon, she was in a ranting mood and wondering who she will be able to

The trip down to Catton Park on Friday was warm and the closer we got the more we started to realise that that night would be our last night of proper sleep. Thanks to Andrew's brother Matthew who had secured us a massive patch near to the race route, we pitched up the tents, ate food, had a couple of beers and talked tactics. Before we knew it, it was 11.30am on Saturday and we were at the race briefing. 12 noon came and off went team captains Gemma and Andrew. [cont...]

RACE REPORT: THUNDER RUN [CONTINUED]

The week of Thunder Run was here, and for most of us it was all about making sure we had everything and that we were ready. The trip down to Catton Park on Friday was warm and the closer we got the more we started to realise that that night would be our last night of proper sleep. Thanks to Andrew's brother Matthew

within the 24 hours. Each team had a snapband and there was a cross-over tent just off the start line which is where the change over happens.

The weekend was warm. Whilst out cheering I overheard someone say it was 32 degrees! Phew! The atmosphere was absolutely brilliant: the great thing about Thunder Run is that they



Gemma: "24 hours, 48 laps (480k), dozens of brews, many piles of carbs later and still smiling!"

who had secured us a massive patch near to the race route, we pitched up the tents, ate food, had a couple of beers and talked tactics. Before we knew it, it was 11.30am on Saturday and we were at the race briefing. 12 noon came and off went team captains Gemma and Andrew.

The rules of the race: throughout the 24 hours at least one person in your team had to be out on the course at all times, no swapping half way through the course, no coming off etc. The aim is to complete as many full laps as possible

do not charge supporters to come on site and cheer people in, which meant there were people everywhere along the course cheering on runners.

[CONTINUED...]

[WELL, IT WAS A LONG RACE....]

RACE REPORT: THUNDER RUN [CONTINUED]

The course itself an off-road loop consisting of grass tracks, hills, wood trails and a ridge crossing with an amazing view. Around the 5.5k mark there was the ContiClimb which between the hours of 6 and 7 becomes a 100-metre sprint race. I am not sure who won it but I know it was done quick, I attempted to go up it as quick as I could but there was no way my time would have won us the trainers.

Throughout the 24 hours each of us ran at different parts of the day. My first one was at 4:20pm. It was warm, but it felt like a pretty normal off road 10K. Then the night run came and it was amazing. Running in the dark was something I was worried about because some of you maybe aware that my ankles aren't exactly the strongest so I spent a lot of the time tiptoeing around the trees to make sure I didn't fall over. The third lap was at sunrise, so I made sure I took the time to look around me and watch how beautiful everything was. Seeing how beautiful the sunrise was from the top of the ridge even made me forget my dodgy stomach. The final lap took a lot of convincing for me to do. My legs felt fine, but I had had trouble with refuelling so my stomach wasn't feeling too good. Luckily Bethan decided that she would too run a final lap so we took off together, soaked up the atmosphere of the final lap and along with a few random runners had an enjoyable few games of eye spy. Crossing the finishing line

felt like it was a massive four laps because I knew that and from from camp my legs distance as a marathon distance to achieve.

**24 HOURS, 480K,
NO SLEEP: WHO'S
IN FOR NEXT
YEAR?**

was emotional and I personally achievement. I wanted to do along with the running back would have built up the same tance, which is what I wanted

As a team we were all brilliant and I couldn't have asked for a better bunch of people to spend the weekend with. We got on well, no tears or tantrums. There was lots of humour around the camp, Alan's shorts got shorter, Bethan and Vicks nearly set the camp on fire when their stove burnt, Andrew entertained us with some bending dogs (or what ever the yoga positions are called), Alan has now been renamed Alanna Petal, Ewan destroyed toilets, Laura ate everything in sight and ran really well, Ben enjoyed topping up his already dark tan, Mark came equipped with every kind of camping gear imaginable (apart from Ewan's chair), Gary enjoyed eating two cheeseburgers at 8am in the morning, Gemma didn't swear as much as expected and apparently everyone around us knew that "Malcolm nailed it"!

As a final note I would like to say a massive well done to Malcolm who before Saturday had never run anything longer than a PECO. So to go out and do his first lap in 1:09 (yes he was over a minute quicker than me) and then to go and do two more is just brilliant. As he did so well I have entered him into the Wetherby 10K race on 31st August.

I'M UP FOR NEXT YEAR, WHO'S WITH ME?! #tr24

SAM BROOME

YORKSHIRE VETERANS ATHLETIC ASSOCIATION (YVAA)

The fifth and halfway stage of the series was at West Vale, just the other side of Halifax. With it being an evening race, and a bit more difficult to get to than most others, the turnout was smaller. Or did they all know it was one of those races that seemed to have more ups than down?) [EDITOR'S NOTE: a quote from Peter Hey as your editor was making her way to her first ever race in a purple vest, the YVAA at West Vale, "Oh, I probably wouldn't have started with this one."]

We had 14 runners out of a total field of 139 so some good scores were there to be made. For the ladies we had Emma Lavelle-Wood 3rd in her age group with 137 points, Rose George 133 points, Alyson Glover 124, Catherine Barrett 123, Bal 112 and Karen 110. The ladies slipped from 2nd to 3rd in Rest to count, to Stainland who were hosting the race anyway, and are still 3rd in all to count, and 4th in First 4 to count. The men were led home by Adam Moger with 182 points, just beating Chris Glover on 180, who did win the 2nd in age group, then Jon Potts 152, also 2nd in age group, Richard Thomas 135 points, Peter Hey 124, and Patrick 119. The men move up one position in two of the events and stay the same in the third. They are now 4th in All to Count, 6th in First Four, and 4th in Rest to Count. Taking home a spot prize too was Catherine Barrett.

Hopefully our two "young" guests Paul Miller and Matt Kasperek enjoyed the challenging multi-terrain course. We need as many runners as possible for the rest of the series. The next one coming up is on **WEDNESDAY 6TH AUGUST** at the Knavesmire race course in York. **THIS IS ALSO A CLUB CHAMPIONSHIP RACE.**

If the route is the same as previous years this is a nice flat, fast scenic course, mostly off-road, with grass, cycle routes, footpaths (and also passes most of the planets?) There are another two races in August, then the last race in November.

Races:

Tuesday August 12th Bingley 7.30pm

Tuesday August 19th Abbey Runners at West Park 7.30pm

Sunday November 9th Sunday, Spenborough 11am

On an individual basis, in their respective age groups, competing for the best 7 scores out of 10 races, we have

Emma Lavelle-Wood 1st from 5 races, Catherine Barrett 3rd from 4 races, Rose George 10th from 3 races, Colette Spencer 11th from 3 races. Alyson Glover 1st, Karen Longfellow 4th and Bal 5th – all three of them having done 5 races and Carol Moran 2nd from 4 races. For the men we have Adam Moger 2nd from 5 races, Andrew Kirby 12th from 2 races.

Chris Glover 1st from 5 races, Richard Thomas 7th from 5 races. Jon Potts 1st from 5 races, Ed Munro 12th 2 races, John Hutchinson 6th 2 races, and Paul Glover 10th 2 races.

We have several more runners who have only done 1, 2 or 3 races who

can quickly move up the leaderboard if they turn out for the rest of the races. Even if you finish last, you score points. If you're younger than 35, then come along as a guest and try to beat some old gimmers!

PETER HEY

CLUB NEWS: TIME TRIAL

TIME TRIAL Monday 21st July

In order to create more time for Neal Edmondson's interesting and humorous talk on his Marathon De Sables effort, we did the winter time trial route. The run does normally create a lot of interest in winter. Not too sure if the runners were as keen on the hot night but we did manage 30 runners. Many thanks to Adam Moger for assisting with the results.

Despite taking a wrong turn at the very end, first across the line was Stephen Corcoran, even allowing for the extra time for the right finish. Would it have been too cruel to make him run it again? Following him home in 2nd and 3rd respectively was Laura Davies and Marie Turton. Bringing up the rear, presumably because he is back into his long runs, was Patrick Nesden. Fastest lady on the night was Gillian Park, just missing out on 3rd place with a run time of 23.48, thus moving up 12 places. Fastest man on the night was Steve Webb with 18.37, which earned him 15 places. Look out for the future training schedules – only eight weeks for the real winter time trials to start!

PETER HEY



Many thanks to all who supported the Marathon Des Sables evening at the LPSA. Neal Edmondson from Horsforth Harriers was there to give us an excellent presentation on his experience at this year's event. We also enjoyed a fuddle afterwards. Perhaps the presentation gave some of those present some food for thought (see what I did there?).

If you were unable to attend or would just like to read more you can read Neal's blog here: www.massivedesertshuffle.wordpress.com

Or if you would like to sponsor him - he has already raised an amazing £4,000 for Children's Air Ambulance, his Just Giving page is here:

www.justgiving.com/nealmds2014

SECRETARY BUCKLEY

CLUB NEWS: SUMMER RELAYS

The three short evening relays in the summer are always popular with our members but this year we have smashed all records for the number of teams entered into each race. Each event is a three-leg off-road relay and the legs are about 5K each.

The first race at Danefield with its famous uphill finish saw 13 KH teams racing around the twisting and turning course and eventually up the climb to the finish. The ladies Kirkstall A team (Jen, Shami, and Emma B) were the second ladies team on the night: an excellent performance. Well done to Shami for continuing after a big fall into a bog. (And thanks to KH nursing staff for assisting her, particularly Nurse Glover for her handy medical kit.)

The mens A team (Chris G, Rob P, Alan) came in a creditable 9th. Thanks to Adam for organising and to Steve Webb for running two legs.

The second race is the Washburn Valley Relay and has three differing courses around Fewston and Swinsty reservoirs for the three legs. Here we had 9 teams and despite a few last-minute substitutions but none had to run two legs. Thanks to Richard and Diane Thomas for standing in and relieving the mini mountain marathoners (Andrew & Russell). Our fast ladies team came first in the women's open category. Congratulations to Shami, Niamh and Emma B. Our fast mens team (Alan, Rob & Paul M) came in about 7th, so a very strong run from them also.

It is becoming traditional to have a picnic after this event so that is what we did again.

Thanks to Marion & Alyson for organizing.

[CONTINUED...]



CLUB NEWS: SUMMER RELAYS [CONTINUED]

The last summer relay is at Golden Acre. This is probably the best one of the three and certainly attracted many of our members. We entered 16 teams (48 runners). That is more



The embankment in Golden Acre that will forever be known as Harriers Hill

than 1/3 of the membership! It was a very warm evening and many runners entertained the photographers with their post race expressions and poses (see the web site photos). Our vets ladies team of Marion Muir, Emma Lavelle Wood and Rose George were awarded 1st vets ladies trophies but were later taken back due to a results error. Anyway we got some photos during the 2 minutes that they had them! Well done for coming second in the end. The many KH runners who had finished their leg congregated on an embankment to make LOTS of noise and cheer in our leg 3 runners. Well done everyone. Thanks again to Adam for organising.

CHRIS GLOVER



MEMBER PROFILE : ER, ROSE GEORGE

EDITOR'S NOTE: Due to your editor this month a) having a mad travel schedule & b) being an eejit, she forgot to organize a member's profile interview in time. So her cat Dora interviewed her on behalf of the club.

NAME: ROSE GEORGE

AGE: 44

OCCUPATION: Author, journalist, procrastinator

ORIGINALLY FROM: DEWSBURY

TIME AS A KIRKSTALL HARRIER: 2ish years

When did you start running and why?

I used to be a swimmer when I lived in London. When I moved back up to Yorkshire, I couldn't find a pool as nice as the London Fields Lido, i.e.. 50 metres long, outdoor and heated. (No, Ilkley doesn't count.) Even so I didn't start running properly until I was on a container ship for 5 weeks, and there was a gym, and I did half and a bit of the Couch to 5K running programme. I never stopped running after that, although it took a year for me to get off the treadmill and run outside. I can't stand treadmills now. Give me MUD



How did you end up joining Kirkstall?

Famously, it took me about 18 months from sending an enquiring email to actually turning up. I finally did it after doing the Kirkstall Abbey 7. I got there and was totally intimidated by everyone standing around in club vests in little groups talking about PBs and sub-this and that. But everyone in purple seemed nice, and I asked about joining. I think it was Carole and Bal who gave me some information, and they were really friendly so here I am. Blame them.

What are your motivations for running?

I'm a freelance writer, which means spending a lot of time a) alone and b) sitting down. Running gets me out, and it cheers me up. Being a writer also means you have to look inside your mind a lot and sometimes that's quite stressful. I think running is the best thing anyone can do for their mental health. I love doing long runs on my own, but I also love races (though never at the start, obviously) and running sociably.

What are your greatest running achievements?

Getting off that treadmill. And then, having no desire to do a marathon, finding I did want to, and doing it, and loving it.

MEMBER PROFILE : ROSE GEORGE [CONTINUED]

What are your best running related memories?

Any moment in which I'm running along a wooded trail or through mud, or descending a fell and I feel giddy to be moving, and outside, and in nature. Also, overtaking 1,500 people in the last three miles of the marathon, and only being overtaken by 35 or so: I'm very proud of that.

What are your worst running related memories?

I had a horrible, marathon training run this year. I'd calculated really carefully that I was going to run around Eccup lanes, then would hit the main roads just as it went dark, and would then run safely and hi-visibly home. Except when I got to Otley old road, I found to my horror that it had no pavements. I walked along the verge in oncoming traffic and it was very scary. I knew there was a pavement up to Harewood, so I carried on, and then saw that the pavement disappeared. At this point, I didn't know what to do. It was dark so I didn't want to run along the path through Harewood woods. I had £5 with me but for some reason I didn't want to take the bus (IDIOT).

So I set off walking, using my iPhone as a torch. I thought it was a mile to Eccup and I knew there was pavement there. But it was at least two miles, my iPhone battery died, so I was walking along the verge into oncoming rush-hour traffic for more than an hour. At one point the verge ran out too and I had to walk

in pitch-black through a ditch that had coils of barbed wire in it. I've travelled to all sorts of weird places with my job: Iraq, Afghanistan, Kosovo. Apart from nearly being fired at by pissed-off Serbs with AK47s in Kosovo, this was the scariest experience I can think of. Do not do it! Though: why on earth are there no pavements on main A roads?

Any words of wisdom for your fellow harriers?

Anyone who has had to run near me on a club run while I go on - and on and on - about injuries knows that I think running form is really important. I got biomechanics training because I kept getting injuries all down my right side, and realised it must be because of how I run. I was right: I had weak glutes, a sagging pelvis, and a really thumping stride. So I've worked on that. Two other bits of wisdom. Core strength! And more core strength!

Can you share an interesting fact about

yourself?

I went to Saddam Hussein's birthday party, twice. Yes, there was cake.



*Your interviewer for this week.
She only runs after long
blades of grass.*

CLUB CHAMPIONSHIP

In July we had two more Club Championship races, the Pudsey Post Hill Challenge and the Eccup 10 (races 10 and 11 of 20). In the Post Hill race, held on a Friday evening - not everyone's ideal time for running - Kevin Kelly took the maximum 50 points with a very strong run. Marion Muir followed up with 49 points and Alan Brydon who finished 5th in the race earned himself 48 championship points. At the Eccup 10, which was once again held on a very warm day but not as bad as last year, Chris Hunt took the maximum 50 points. Rose George & Kevin Kelly followed up with 49 points and 48 points respectively.

After these races, the top three in the league stay the same: Jon Potts, Hannah Lee and Peter Hey but John Hutchinson jumps into fourth place and Laura Hogg into 5th. Rose is also racing up the league table and still has only 5 races in her total of 212 points. There are still 9 races to go, so plenty of time to build up your best 6 race scores.

The next CC race is the Knavesmire Vets race on Wednesday 6th August.

POSITION	NAME	POINTS	TOTAL RACES
1.	JON POTTS	283	10
2.	HANNAH LEE	279	7
3.	PETER HEY	274	9
4.	JOHN HUTCHINSON	258	7
5.	LAURA HOGG	247	7
6.	CHRISTOPHER GLOVER	247	11
7.	ADAM RHODES	243	7
8.	PAUL GLOVER	236	6
9.	BETHAN THOMAS-LLOYD	235	6
10.	BALDISH SANDHU	225	8



Even our speedy chairman can't run those damn cobbles.

Congratulations to all Harriers with PBs in July!

Distance		Name	Time
10m	PB	Jason Buckley	1:10:49
10m	PB	Gary Carlisle	1:15:01
10m	First Race	Andy Carter	1:23:04
10m	PB	Rose George	1:22:53
10m	PB	Laura Hogg	1:18:00
10m	PB	Chris Hunt	1:21:37
10m	First Race	Rachael Kearns	1:35:45
10m	PB	Kevin Kelly	1:29:26
10m	First Race	Shevonne McLarnon	1:30:23
10m	PB	Jon Potts	1:19:39
10m	First Race	Robert Pratt	1:07:01
10m	PB	Adam Rhodes	1:15:13
10m	PB	Shamiso Sisimayi	1:11:17
10m	First Race	Bethan Thomas-Lloyd	1:37:59
10m	PB	Sandra Warren	1:35:12
10k	PB	Kieran O'Brien	0:45:11
10k	First Race	Gillian Park	0:50:38
10k	PB	Robert Pratt	0:38:21
10k	PB	Adam Rhodes	0:42:27
5k	PB	Stephen Corcoran	0:28:00
5k	PB	Laura Davies	0:28:35
5k	PB	Gillian Park	0:23:48
5k	PB	Kimberley Ridout	0:25:23
5k	PB	Marie Turton	0:28:40
5k	First Race	Neil Marshall	0:24:14
Mile	First Race	Eleanor Gallon	0:06:27
Mile	First Race	Hannah Lee	0:07:08
Mile	PB	Kieran O'Brien	0:06:24
Mile	First Race	Sally Russell	0:07:41
Mile	First Race	Bethan Thomas-Lloyd	0:07:37

MEMBER NEWS: BIRTHDAYS, NEW MEMBERS

These Harriers will celebrate their birthday in August, so **HAPPY BIRTHDAY!**

Nick Clayton
Jamie Crooks
Stephen Groves
Chris Hunt
James Meta
Lee Mitchell
Adam Moger
Ashley Russell
Diane Ruth Shaw
Mark Skinner
Chris Strowbridge
Stephen Webb

And **CONGRATULATIONS** to Tom and Kimberley on their upcoming August wedding!

WELCOME to our new members this month:

Simon Smith
Amy Crook
Ashley Russell
John Kelly
Neil Marshall



A REMINDER

Kirkstall Abbey 7 2014

Sunday 21st September is our wonderful KA7 race. Entries are now open, so please pass on the word. There now is a link to the KA7 race page on the web site front page. Online entries are through Racebest on this link: <https://racebest.com/races/kirkstall-abbey-7>

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

We have had flyers printed for advertising the race (see below). If you know of places/notice boards where you can post a flyer, please ask for some. We keep them in the LPSA. We will also be leafleting at a few races over the summer, so if you would like to help, just let us know. We have a sub-committee specifically for the organisation of the KA7. The committee members are: Jill Buckley, Chris Glover, Sam Sandhu. Please speak to any of the committee if you can help in any way. We will be asking for volunteers for marshalls and other race duties nearer the time.



COMPLETE RUNNER

KIRKSTALL ABBEY 7

hosted by **Kirkstall Harriers**

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



Sunday 21st September 2014 @ 10:00am



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



9:00am - Mad Monk Meander Fun Run

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

9:25am - Junior Race

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



MORRISONS

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

Prizes Courtesy of our generous sponsors. Trophies Courtesy of LPSA



Leeds Athletics Network

Kirkstall



harriers

Kirkstall Harriers meet every Monday and Wednesday at Kirkstall Leisure Centre at 6.50pm for a 7pm start. All standards of runners are welcome to join us. We usually run in at least three groups, and no-one is left behind. You are very welcome to turn up and run with us a couple of times to try us out. We are very friendly!

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

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

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

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

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

The End

