

KIRKSTALL HARRIERS

"all the news
that's fit
to sprint"

Kirkstall Harriers is a small and friendly running club. We meet on Monday and Wednesday evenings at 7pm in the foyer of Kirkstall leisure centre.

We always welcome new members of all ages, speeds, shapes and sizes.

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THE LEEDS COUNTRY WAY: A CALL TO ARMS !

By the time you read this we will have named a male and female team for the Leeds Country way. This is a 60 mile relay race round the boundary of Leeds, taking place this year on September 1st. Each team consists of 12 runners, running in pairs, 6 legs of between 9-12 miles. The first leg starts at Garforth at 8am, (and finishes here in late afternoon). Each pair must start and finish together, so pairing runners of similar ability is important. Of even more importance is knowing your way around your leg. It is essential that each pair practices their leg at least once! The route is neither flagged or mar-

shalled, and does not always follow the most obvious path. People who know the legs will help you do your leg initially, and we will do some training runs of some or all of the legs so that we all know a little of the whole route. Your leg may appear to be the hardest, but remember, **there is no easy leg!** However, entry is free, as are the delicious pie and peas at the end. If your name does not appear on the team list and you wanted to take part, don't be to upset. Past experience has shown that due to injuries, illness, or domestic reasons, we always seem to have last minute alterations to the team, even on the day itself.

For this reason it is essential that we have some individuals who know some of the legs who we can draft in nearer the date. There is also a need for support, as it is crucial that everyone is in the right place in the right time, and that the runners have support with drinks at halfway stages. Anyone with transport who wants to help, let Peter or Carol know.

This has always been a good event for teamwork, and by being well organised, and helping and supporting each other, we have done better than a lot of bigger clubs. So go Kirkstall!

WE CAME, WE SAW, WE CONQUERED! (or conked out)

The purple haze descended on Lawnwood YMCA for the Abbey Runners invitation 5k on the eleventh of June. For a small club we made ourselves very visible, not just by the number of purple vests which far outnumbered all the other clubs, but by some very fine

performances. In the under 35 women's category, Amanda and Paula found themselves romping home in 1st and 2nd. Indeed, Amanda was the overall women's winner. Stuart loped home to be third man in, (lapping yours truly in the process, and Stu-

art, I have a long memory), completing a terrific showing for the club. Even your humble editor had a PB to be proud of, as I increased my losing margin by a staggering 1 minute! Whichever way you look at it, training with the Harriers really gets results!

ARE YOU UP FOR THE LYKE WAKE WALK ADVENTURE?

Think of it as a good night out in Robin Hoods Bay, only you have to walk from Osmotherly to get there!

Proposed dates:- Fri 26th July, Sat 27th, home on the 28th.

The cunning plan:- To arrive at Osmotherly about 9ish. Into the Queen Catherine Pub, sign the book- a couple of pints- food if required- off for about 10.30/11.00. Anything not required for the walk will be left with the backup team. The backup team will meet us at predetermined points along the route with refreshments etc.

Then it is only a steady walk for about 17 to 20 hours before we all meet up again for a cracking good night in Robin Hoods Bay.

Things to do:-

- 1) Finalize both walking and backup teams by June 28 .
- 2) Organize transport to leave Leeds about 7pm.
- 3) I intend to get a list of B&B addresses so that people can book their own accommodation.
- 4) A list of things that walkers should carry.

- 5) A list of things that the backup team should have.

Finally, if there is anyone who fancies a driving adventure we would be glad to hear from volunteers to drive the backup vehicles. Any one wanting more information can contact me, John Hutchinson, on 0113 2799059.

OPERA IN THE PARK.

We have some tickets available for this do on Saturday evening 13th of July at Temple Newsam. If anyone would like to go, or even make it a mini club social, let Peter know asap.

*"aches, pains and
nasty rashes"*

RACES FOR JULY, (INJURIES PERMITTING) . P. Hey

I did think of doing a little article about our injured runners, but soon realised that we had so many, a whole book would be required. Emma and her shins, Sarah and her hepatitis, (not forgetting the trapped nerve in her neck), Amanda and her hips, and Sheila and her sciatica. Not to be outdone, the men have Phil with his back, Martyn and his hip, Ian and Tony with their Achilles and Neal with a torn ligament. So to all you wrecks, and any others I may have missed, why not get put down in **THE KNACKER'S YARD**. Yes, we are starting a new column as from August, and we want to hear all about your aches, pains and other running related upsets. In the meantime, for those of you still hobbling on, here are the races for July:

Wed 3rd Danefield Relay on the Chevin, or the Kippax Re-

lay. Lets get some teams organised!

Sat 6th Burn Valley 1/2 Marathon at Masham.

Sun 7th Pudsey 10k or Skipton 10k.

Mon 8th The Truncheon 6, (for those wishing to wade a river).

Tue 9th Yorkshire Vets at Starbeck, (come on you old gits!)

Wed 17th Hyde Park 5K- we can jog from the leisure centre to warm up.

Sat 20th Bishop Wilton 1/2 Marathon, (with club picnic) or Ingleborough Fell race.

Sun 21st Yorkshire Vets road relays at Esholt- can we do better than last year?

Fri 26th- Sun 28th The Lyke Wake Walk.

Mon 29th Truncheon 7- we'll get you there eventually.

Any spare weekends, like the **14th** and the **28th**, would be good to do a group reccy of some of the Leed's Country Way legs, so keep this in mind.

A BIG THANKYOU TO MARLENE FROM EMMA.

Usually I run my races alone, completely alone, perhaps if I'm lucky with the tiniest glimpse of the back of the field disappearing over a far horizon. However, at this years Otley 10 I was nursed around the course by Marlene Asquith. Despite the fact that she could have gone faster, she refused to leave me, cajoling, encouraging and sharing water to bring me in 1 minute faster than my previous 10 mile best..

POETRY CORNER

Over the last few weeks, several poetic offerings have arrived in my mailbox, celebrating the birthday of our great leader, Peter. Unfortunately the constraints of space do not permit us to print them all, and so I have flexed my editorial muscle and selected the best.

A GOLDEN ODE TO PETER

Peter we're here to celebrate a special day for you,
And occasions like this are rare and few
We want to say as members of the club,
You're our centre, our pivot, our hub.
You send us out in winter, when folks should be inside,
To do cross-country races, in places far and wide,
And never on nice tracks, or clean bridledways,
But in mud, streams, brambles and heavy clay.
But that's not all, when summer comes
You think up more adventurous runs.
We pant our way up high steep hills
Wondering if we've made our wills,
Then you pipe up 'its all downhill from now on',
Then we know there is more to come.
When we stagger behind unable to do more,
You say 'one more mile' and we know its four.
You encourage the poor, the weak and the lowly
So they can go further, (but even more slowly).
You encourage the young and old and all,
No one gets away from your call.
Another thing where you specialize,
Is in social events and exercise.
With you there is no easy cuppa,
We always have to run for our supper.
Peter we could go on forever and far
About how great we think you are,
But there's not enough paper, so we'll say
Have a really tremendous day!
By M.Asquith (aged 21 1/2)

PETER asked us to print this:

A HUGE BIG THANKYOU

I would like to thank all of you who attended my birthday bash and helped to make it a wonderful evening for me. Hoping you all enjoyed it too, even my dancing partners who on occasion were marginally worse than me— quite an achievement. Many thanks also for the excellent gifts of lead crystal glassware, which will take pride of place in my 'trophy room'.

BUT I THINK WE SHOULD PRINT THIS:

Thank you Peter, for a fabulous party. My own personal highlights include the special 'athletes buffet' which contained no trace of fresh fruit or vegetables and consisted entirely of meat by-products, and whose calorific content was in inverse proportion to its nutritional value. Needless to say, Harriers were to the fore in piling their plates. Also worthy of note were Peter and Tony striving to retain their masculinity whilst being paired in the country dancing; the efforts to which Claire and Amanda went to avoid country dancing, and their facial expressions when eventually forced onto the floor; and a very, very drunk Sarah Ashelford loudly insisting that the band played "Molly Malone". Champion.

SOME RACES FOR AUGUST

Tue 13th Saddleworth 6, Saddleworth

Wed 14th Mileta 10, Cleckheaton

Wed 14th Yorkshire Vets (6ish), Ripon

Thur 15th Reindeer Romp (3ish), Middlestown

18th Martin Holroyd 10k, Denby Dale

FELL

Tue 6th Crow Hill 5m/1,000', Mytholmroyd

Sat 10th Arncliffe 1.8m/443', Arncliffe

Thur 15th Denis Stitt 5m/850', Holmfirth

Sun 18th Bradbourne 6.2m/600', Nr Ashbourn

LEEDS COUNTRY WAY

Sunday 1st September 2002

04/07/02

LEG	MENS TEAM	LADIES TEAM	STARTING PLACE	APPROX DISTANCE	EARLIEST START TIMES	CUT OFF
1	JOHN H DAVE S	AMY W JODI S	GARFORTH Liesure Centre, Ninelands Lane	11.75	ALL -8.00 am PROMPT	year 2000
2	NICK S STUART M	PAULA C RACHEL H	STANLEY Top of playing Fields A642 adjacent to Grove Pub	11.15	M=9.05 L=9.40	9.50
3	RICHARD T MALCOLM D	CLAIRE W REBECCA Z	NEEDLESS PUB, Birstall/Morley Scotsman Lane, about 500yds down from pub	9.8	M=10.10 L=11.10	11.30
4	DON H PHIL T	CLAIRE M CAROL M	THORNBURY bottom of playing fields, opposite Farmers Pub	11.5	M=11.10 L=12.30	1.00
5	NEAL S STUART R	DIANE T SARAH A	GOLDEN ACRE PARK, Otley Rd A660, on grass near pedestrian tunnel	10.1	M=12.20 L=2.00	2.30
6	SEAN Mc MAURICE L	TRISH P LOUISE C	THORNER HILL, Scarcroft, at top of hill by triangle of grass/ postbox	9.7	M=13.20 L=3.30	3.30
RES	IAN B MARTYN G TOM B PETER H	MARLENE A EMMA B LIZA JAYNE W				

Please ensure that you or your partner know the route

if you become unavailable please let me or Carol know IMMEDIATELY 0113 2934 998 eve
'0113 2226 162 day

ON THE DAY MEET 7.00 am Kirkstall LC or 7.30 at Garforth LC

If you wish to meet up en route, please tell me or Carol asap and I advise that you meet at the start of the leg prior to yours about 1/2 hour prior to the expected start time so we know in advance that you are present, IF POSSIBLE we will organise transport back to the start of your leg.

No refreshments provided by organisers except pie & peas at the end, so bring you're your own food,
We will try to offer drinks at the half way point of each leg.

THIS IS A TEAM EVENT AND EVERYONE COUNTS INCLUDING THE BACK UP PEOPLE

KIRKSTALL HARRIERS RACE CALENDAR



kirkstall harrriers

ROAD

FELL

JULY

Wed 3	Kippax rat relay	Kippax	4x ??
Sat 6	Burn Valley 1/2M	Masham	13.1
Sun 7	Pudsey 10k	Pudsey	6.2
Sun 7	Skipton 10k	Skipton	6.2
Tues 9	YORKS VETS	Starbeck	6 ish
Wed 10	Helen Windsor 10k	Greetland	6.2
13			
14			
Wed 17	Hyde Park 5k	Hyde Park	3.1
Thurs 18	Reindeer romp	Middlestown	3 ish
Fri 19	Walkington 10k	Nr Beverley	6.2
Sat 20	Yorkshire Wolds 1/2M	Bishop Wilton	13.1
21	Yorks Vets Road Relay	Esholt	3/4x2.5m
21	Thorpe Arch 10k	Thorpe Arch	6.2
Fri 26th	Lyke Wake Walk	Osmotherley	40ish
27			
28	Burton Leonard 10k	Burton leonar	6.2

Tue 2	Sheepstone Relay	Mytholmroyd	3 x 3m/1,000'
Wed 3	Danefield Relay	Otley Chevin	3x2.5m/500'
Fri-Sun	Wharfedale triple T	Kettlewell	m/950' 12.5/ 3,000' 1.5m/500'
Sat 6	Osmotherley Pheonix	Osmotherley	17/26/30
Sun 7	Wharmstone Dash	Greenfield	2m/600'
Mon 8	The Trunce 6	Penistone	4.25m/550'
Tue 9	Stoodley Pike	Lumbutts	3.5m/700'
Sat 13	Thurlstone Chase	Thurlstone	4.25m/800'
Sat 20	Ingleborough	Ingleton	7m/2,000'
Sat 20	Turnslack	Littleborough	8m/2,000'
Sun 21	Oldfield gala	Oakworth	3m/500'
Wed 24	Widdop	Hebden Bridge	7m/1,200'
Sat 27	Snowden	Llanberris	10m/3,250'
Sun 28	Holme Moss	Holmebridge	16m/4,000'
Mon 29	Trunce 7	Penistone	4.25m/550'

AUGUST

3			
4			
Wed 7	Hyde Park 5k	Hyde Park	3.1
10			
11	Askern 10	Askern	10
Wed 14	Saddleworth 6	Greenfield	6
Wed 14	Mileta 10	Cleckheaton	10
Wed 14	YORKS VETS	RIPON	6 ISH
Thurs 15	Reindeer romp	Middlestown	3 ish
17			
18	Martin Holroyd 10k	Denby Dale	6.2
	Pennine 10k		
24	Burnsall	Burnsall	10
25			
Sat 31	Tholthorpe 10k	Nr York ?	6.2

Tue 6	Crow Hill	Mytholmroyd	5m/1,000
Sat 10	Arncliffe	Arncliffe	1.8m/443'
Thur 15	Denis Stitt	Holmfirth	5m/850'
Sun 18	Bradbourne	Nr Ashbourn	6.2m/600'
	Sedbergh Hills	Sedbergh	14m/6,000'
	Weets Hill	Barnoldswic	6m/800'
Mon 19	Trunce 8	Penistone	4.25m/550'
Sat 24	Burnsall	Burnsall	1.5m/900'
Sun 25	Not up the Nab	Glossop	4m/750'

SEPT

Sun 1	LCW	Around Leeds	2x6 x 10=60
7			
8	Bradford 10	c.d Aug ?? Richard Dunn	6.2
	Yorks Vets track & field	Sth Leeds std	
Wed 11	Hyde Park 5k	Hyde Park	3.1
14			
15	Yorks Vets	Honley	6 ish
21			
22	KIRKSTALL ABBEY 10K HERE		6.2
	Temple Newsam 5	Temple Nwsm	5
28			
29	Horsforth 10k	Horsforth	6.2
	Loch Ness M	Inverness	26.2

Sun 1	Bradley Fell	Bradley	3.5m/750'
	Shelf Moor	Glossop	5.9m/1,500'
Thurs 5	Hades Hill	Whitworth	5m/1,200'
Sat 7	Ben Nevis	Fort William	10m/4,400'
Sat 7	Mount Skip	Mytholmroyd	4.5m/1,000'
Sun 8	Yorkshireman off road	Oxenhope	26m/3,000'
Mon 9	Trunce 9	Oxspring	4.25m/550'
Sat 14	Briscoes brewery run	Otley	3.5m/900'+pi
Sun 22	Rosendale	Rawtenstall	12m/2,800'
Sat 28	Scafell Pike	Wasdale hd	4.5m/3,000'
Sat 28	Wound Wither Wood Welay Wace		

c.d.=closing date=no entries on day
Any queries please ask Peter or phone 2934998

OLD MEN STILL HOLDING THEIR OWN. (yuk!)

After 4 races in the Yorkshire Vets series the men are still in 10th position out of 32 clubs. This is despite only having 4 to 6 runners in each race, due mainly to injuries or holidays. Well done us old women— but **WHAT ABOUT ALL YOU WOMEN OVER 35!!!**- the competition is about the same as the cross-counties, and most of the routes are scenic— so come and give it a go! There is also a short road relay at Esholt the day after the Bishop Wilton 1/2 Marathon.

“idiots”

Scarborough 10K

The next day saw the two stalwarts (or idiots) again flying the Harriers flag, on the Horsforth coach for 8am ready for our trip to the coast. The weather stayed dry throughout the race, which followed a 2 lap course of a figure of eight, with a hill on each loop. The race started outside the Corner Café on North Bay, ran along the front, past Sea Life, up the hill into the back, into Peasholme Park, back up another hill along the top with a spectacular view of the North Sea over

CHATSWORTH WAS A CHALLENGE

4 out of 7 Harriers managed to make it down to Chatsworth: Amanda, Neal, Peter and Rebecca. This was Rebecca's first ever race. Poor child— what a race to start off with! It was billed as a six milish country run, with a limit of 1,000 runners which was quickly running out prior to the closing date! In the end there were just over 300 finishers, obviously the other 700 must have known the true details and decided to stay away. By the time everyone had found the start area, (the Duke obviously doesn't like us runners, and had sent all us riff-raff right to the edge of the garden about a mile away), we then had to wander to and fro to try and find the start line. Up a grassy hill, over several boggy fields full of livestock, then onto a tarmac path (still climbing). After about 29 minutes we seemed to have reached the top, and allowing for the hills, we thought we must have reached the halfway point. The next three miles were all downhill through the trees on

the Marine Drive, where all the rocks from Norway were being unloaded. (This is starting to get surreal— Ed). The two combatants battled it out together, taking it in turns to lead, with Neal being the eventual winner. The rest

a winding dirt track. What a lovely finish we thought, as we heard noises ahead. But no. It's the adventure playground. We leave the trees and enter the fields again, we feel sure that we've done six miles now, but the organisers, (or nasty little b*****s as we called them), seemed to know better. We took a sharp left turn and headed back towards the house, nearly a mile away. Ah well, the finish must be there, except I can see runners to my right on a lower path heading back to the car park. That made it about eight miles! And my mind and body had only been prepared for s... We all finished, cursing and swearing that it was definitely not 6, even by country standards. Amanda was first Harrier back in 58.36, (76th overall), Peter 1.02.21 (120th), Neal 1.03.36, and Rebecca 1.13.24 (216th) a time she will surely beat on her next 6mile race. Not a bad day if you consider that you got 33% free.

of the day was spent avoiding the rain, with the only available sanctuaries being public houses! We set off home at 5pm before stopping at the Fleece for a celebratory drink. The perfect end to a perfect day.

ALL STAR SHRIEK RIRK!!

Due to a succession of glamorous summer holidays, (a long weekend in Wolverhampton), your editor will not be producing a newsletter until September— so you have about 12 weeks to come up with more

thrilling accounts of road racing in Rodley etc. To keep you entertained until then we have our inaugural anagram competition, (see above). How many vulgar or otherwise ludicrous phrases can you make from

the words 'Kirkstall Harriers'. Entries to me before September 1st, when a stunning prize will be awarded to the most rude/pathetic/amusing. (All blame must go to Stuart Moore for this idea).

THE ROBERTOWN RUMBLE

By PAULA

There was surely no better way to spend a summers evening than racing in the Robertown road race as we did last Wednesday night in cold damp miserable conditions over in a not so sunny Cleckhuddlesfax.

Rachel came charging into the changing rooms at Kirkstall desperate to try on her new luminous running shorts before popping off with Neal AKA Peter to the backend of civilization for a leisurely trot. My only intention that evening had been to stroll down to the club for a relaxed couple of miles up and down the canal, and then to hit the lounge for a serious chin-wag. Instead I got mugged by the lure of a free lift and the prospect of a fun run with some great people.

Unorganised as we were, Rachel and I appeared with no numbers, very little cash and just an off chance that we could register, which we did. Unfortunately the course conditions were not conducive to summer running and most of our winter gear appeared before the run and was slowly peeled off as we went along, all except Rachels new luminous shorts which she kept on regardless. It was like an aquatic lap-dance but without the pole!

So we all shot off at the gun and I didn't see Richard Rachel or Peter, (who you could easily mistake for Neal as they both have the same hairstyle and obviously use the same shampoo—Wash and Gone), till much later in the race.

Beforehand we had all agreed to keep a beady eye out for any funny bumper stickers that we came across. Rachel spotted the witty "So many pedestrians so little time". I saw "If at first you don't succeed, blame someone else and seek counseling". And Orange Peel came across the controversial "Eat right, exercise right, die anyway".

I had an exciting run as I battled with a woman from Pudsey Pacers all the way round the course. We ran shoulder to shoulder/neck and neck, but I was so determined not to let her beat me that I would not even speak to her—competitive or what! I didn't know the course at all, so as the race progressed and we were still pushing each other along every time another corner emerged I just prayed for there not to be a hill, but most of the time there was.

At the 5 mile mark I seemed to

pull away as her footsteps faded behind me, I thought I had worn her out and continued to run for my life. To my horror at the 6 mile mark I heard her plates of meat once more. She was back on my shoulder and the race was well and truly on.

She passed me not long afterwards, and although I tried to respond the tank was empty and I had to let her go. At the finish I congratulated her, but I can remember her face, so there will be revenge next time.

We all crossed the line in respectable times:

Richard 50 mins

Paula 53

Rachel 54

Peter/Neal/Orange Peel 56

We jumped back in the jam jar and headed off homeward bound for the fair city and the sanctuary of our own club. It was so cold when we got back with no hot showers that Rachel and I simply sat in the changing rooms with a cup of hot chocolate, a Zip firelighter and a packet of Trebor Extra Strong Mints trying to thaw out.

I thoroughly enjoyed the evening and would recommend it to you all next year.

*"luminous
lapdancing"*

HARRIERS NEW WEBSITE ADDRESS !!!

www.kirkstallharriers.co.uk

Courtesy of Amanda and Michael

Newsletter July/August
2002

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This is your newsletter,
all contributions
welcome

run rabbits run

A LETTER FROM THE CHAIR

Dear Harriers,

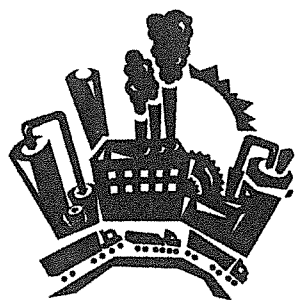
When I entered the London Marathon, I didn't realise that the whole of the city takes part in the race. The crowds of spectators could be quite intimidating, pressing in on us to see your name or number.

Perhaps they sensed my impending fame! A few weeks later, my darling daughter and I ran in the Manchester Great North Women's Race (5M), and we were aiming for a time of around 47mins. Well, we did 48, which was great, but the best thing was my starring role in ITV's coverage of the race. Part of the course went through 'Coronation Street'. Not only was I shown running along there, but the clip of me crossing the finish line and stopping my watch was shown **three** times. Diane, despite running the whole race next to me, wasn't featured once. She even chased a cameraman on a motorbike, but he got scared and zoomed off. I'm still waiting for my contract from ITV, but Diane has entered us both for the Great North Run.

So fans, keep watching, and may your next run be the next one,

Marlene XXX

THE JOHN CARR 5k SERIES



Caption describing picture or graphic.

Who could resist the chance for a bit of 'eyeballs out' (to use Peter's expression), running around the quaint and verdant village of Esholt over the last few Wednesday evenings? It seemed that quite a few Harriers could, but I'll tell you all about it anyway.

5K used to be my favourite distance, but now I've been dragged all over Leeds on long, dark winter-night runs, I'm not so sure. The races, on consecutive Wednesday evenings, followed a route around the picturesque village and hall, had turnouts in excess of 150. Com-

petition at the front was pretty intense, (some rude words were overheard when a bit of bumping took place), but there was still a friendly atmosphere and range of ability and speed we expect from these type of social races.

The first race was the vets championship. They set off at a storming pace, which luckily led to me getting a PB by hanging on to a few shirt tails. Race 2 was post Leeds 1/2 Marathon, and despite sideburns that Esholt's former star Amos would have been proud of, my, and most other times were

down a wee bit. (Maybe that was the problem— increased wind resistance). Oh well, the swallows and the swifts made it worth it. Race 3, for which we got yet another fantastic T-shirt, was hard again, but at least Maurice and I finished the series and can now wait in eager anticipation for the results. Nick turned up for Race 2, and I think that a few more KH's would've done too. Come along and fly the purple next year— it's a good course and a good change too. Give it a go— Get Yer Eyeballs Out.

Stuart Moore