

Club mail No. 36 - October 2006

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OCTOBER RACES

KIRKSTALL ABBEY 10K - THIS SUNDAY - 1ST OCTOBER

PLEASE CAN EVERYONE WHO IS AVAILABLE COME DOWN TO THE LEISURE CENTRE FROM 0815 ONWARDS TO ASSIST WITH SETTING UP AND MARSHALLING. EVERYONE IS NEEDED IN ORDER WE MEET THE REQUIREMENTS OF THE RISK ASSESSMENT.

THE RACE STARTS AT 10 AND SHOULD BE FINISHED ABOUT 1115

EVERYONE WILL GET A RACE T SHIRT

LEEDS COUNTRY WAY

Well done to all those who ran and backed up our two teams on Sunday. The field was down on previous years, 34 teams entered this year and 32 finished, there have been over 40 teams in the past. The quality of the teams seemed higher as well. Our men's team narrowly beat the ladies team, coming 27th & 28th respectively in 10.11.04 and 10.45.09. A special thanks to Paul Luxton for his backing up and rescuing 2 damsels in distress who had the wrong car key at the finish???, to Gemma's boyfriend for backing up her leg - (backing up and seeing pairs in, becomes very complicated towards the end, due to the cut off times) and a very special thanks to Mandy for turning out at the 11th hour - or was it 11.00 am, despite not being 100%. It was nice to hear the huge roar at the end as our two teams finished. Hope you all enjoyed the pie and peas better than Peter B, and if you have not got your wine goblet yet, please let Peter Hey know.

BERLIN MARATHON - STOP PRESS NEWS!!

Part of the Press news from yesterday's Berlin Marathon

Glenn Pringle - 4h12m

Garrett Reynolds - 3h57m

Jonathan Gidlow - 3h51m

Peter Branney - 2h48m

Well done to all 4, but especially to Jonathon for a very good time on what we believe to be his debut marathon and for a fantastic performance to Peter. That is a very special time sir!

Apparently the weather was very hot which wasn't so great for the race but I think it made for a few cool beers afterwards.

WEST YORKSHIRE CROSS COUNTRIES

We hopefully will have about 6 lads running in this competition, dates and venues are on the race schedule, races start between 2 and 3.00 in the afternoons. If you fancy cheering them on and seeing some proper runners, I am sure they will appreciate this. If you still would like to enter these races, please let Richard know in good time - at least two weeks before the event.

SPORT DIRECT CROSS COUNTRIES

For a level to suit the more mortal runners! These cross countries are races designed to suit ALL club runners. As yet we are still awaiting details from the organisers for dates and venues. We will let everyone know as soon as we hear, and we will be looking for as many Kirkstall vests as possible in each race. These races make up the club cross country championships.

Just to remind you that both mens and ladies teams are now in the first division after the men got promoted last season, so we'll be looking for a good season from both teams.

CHAIRMANS CHASE

Many thanks to all those who did the Chairman's Chase on Wednesday 20th, it's a record turn out of 27 starters and finishers – including the two who forget to go through the gate, and the 4 “new faces” who hopefully found it fun!!! The first 3 “members” across the line were Wendy, Carol and Chloe in that order. All the times and positions are attached. Thanks to the night watchmen and their lantern. Please advise Peter Hey of any errors or omissions. [Click here to view the results \(Excel format\)](#)

THE ADVENTURES OF AMANDA SEIMS

Amanda is having fun travelling around South America. If you want to keep abreast of Amanda's adventures you can log into www.travelpod.com and type in one word amandaseims. It seems as though she is having an eventful time.

NOTE FROM FRANCIS KLONOWSKI

Every time I get a new newsletter I think, It's about time I wrote to update you. Then the day passes and I forget again. So here goes.

I had my 3 Synvisc injections in May, suffering in silence as the doctor did his thing. Was it just me, or did he deliberately take his time to prepare the needle just to prolong my agony? Anyway, this time I took a whole 8 weeks off any form of exercising - 3 weeks spanning the injections, the extra week they recommended, plus 4 more.

So it worked, then? Well, in a word - No. In fact the worst pain came 7 weeks and 5 days into the rest period - imagine a hammer and chisel hitting the inside of your knee while you're driving and you get the idea. I decided two things : first that whatever they paid for Synvisc they'd wasted their money, and second that my knee was no better or worse whether or not I kept on running.

Since the beginning of June I've managed to keep up with 3 or 4 morning runs a week, averaging 4.25 miles on weekdays and managing 5.5 or so on Sundays. Hard work after some of those hot sticky nights, but I'll put that down to age.

The swelling has never gone down in 2 years, which means I can't bend it properly. It's particularly painful after sitting & a long time bent, like on a train. But worst of all is in church, because you sit with your foot under the kneeler in front. Now I have another reason for wanting shorter sermons!

Bizarrely, I hardly ever get any trouble or pain when actually running so I'll carry on while I can. I hope I will be brave enough [and fit enough!] to come down to training nights again before long. Meanwhile, if all else fails, they've just opened a mobility shop near us - a daily reminder of what the future holds if it all goes wrong. More cod liver oil, dear!

OCTOBER RACES

Sunday 1st October – KIRKSTALL ABBEY 10k
Sunday 8th October – Bramham Park 10k fun run
Sunday 8th October – Harewood 10
Sunday 15th October – Bridlington 1/2M
Sunday 29th October – Holmfirth 15

All the above have on the day entry according to the Runners World web site