

Kirkstall Harriers Newsletter

No. 83 October 2010



News in brief

* Chairman's Chase - 22nd Sept

Many thanks for all 21 runners who turned up for this event, despite the damp and dark conditions. At least the night watchmen with the lights in the Abbey remembered us from last year, but alas would not let Stuart and I play on the forklifts whilst waiting. Many thanks to Stuart for helping with the timekeeping. Any errors are down to him!!!

No one got lost this time and again everyone failed to cross the line together - except Peter Britton and the new guy Ben, but they did come in through the wrong gate.

There was 13 minutes difference between the 21 runners but taking out the first and last 2 runners this comes down to 4 mins. and 18 seconds. The first 3 club members over the line were **Kevin Longmate** in a run time of 42.16, **Marion Muir** 48.50 and **Eleanor Franks** 48.55. If we remember for next year we will try to hold the Members Meander and Chairman's Chase further apart and make both of them a social event afterwards as well.

* Leeds Country Way - Sun 5th September

Well done to everyone in the two teams - it seems as if it was a bit of a race

between our two teams with the open team just beating the ladies by 1 min and 44 seconds. The open team finishing 29th out of 37 and the ladies finishing just behind but 4th ladies team.

* Club Championship

There were no championship races in September to report on, but a reminder that the next race is the **Guy Fawkes 10** on 31st October and the final race is **Harriers v Cyclists** on 20th November. Don't forget if you have not run any of the free parkrun 5ks in Hyde Park this year, this can qualify as one of your race for the year and is an easy way to get points! See website for full details of this.. similarly (but a little further) there is still time to run a full marathon before the end of the year and get your "marathon bonus" of 15 points!

Finally, looking ahead to the 2011 Club Championship, we are delighted to confirm that the first race of the year will be the **Liversedge Half Marathon** again, and entries are open for this now. The date is 13th February and it does fill up prior to race day each year so make sure you enter asap. See www.roberttownroadrunners.co.uk for more details.

* Club Clothing

As winter fast approaches we will soon be putting in an order for club clothing

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such as hoodies, long sleeved Kirkstall Harriers High-vis tops (in technical material), or anything you fancy really! Carol, our bag lady, has a catalogue and various samples, or you can look at what is available on the Peco website at www.peco.itd.uk. Please email stoxy78@hotmail.com if you would like to place an order or see Carol. As a reminder at this point please remember to wear high vis clothing/vests as the dark nights draw in. Also if you are competing in an event as a Kirkstall Harrier you should be wearing your club vest for the event. Carol has a supply of these at all times or can obtain one for you quickly if required. Sports soccer on the Headrow in Leeds also has an excellent very reasonable range of running clothing, long sleeved high vis tops for £6.99 for example, located on the lower floor.

Key Dates for your diary

Sun 3rd Oct: Harewood 10

Sun 10th Oct: Woodland Challenge

Sun 31st Oct: Guy Fawkes 10mile, Ripley (9th Club Championship race)

Sun 7th Nov: 1st PECO XC race, Pontefract race course

Sat 20th Nov: Harriers V Cyclists, Bingley (6 miles - final Club Championship race of 2010)

Sun 21st Nov: Abbey Dash 10k, Leeds City Centre to Kirkstall and back

Sun 12th Dec: Calderdale Way Relay

Sun 19th Dec: 2nd PECO race, Middleton Woods

Kirkstall Abbey 7

Well done to **Jill Stocks** and **Matt Hooban** who organised our club race for the very first time, and a massive thank you to everyone who came along to help with the race in some way or another. There are too many of you to mention individually. The event was a huge success with more than 150 finishers on what was a pretty poor day weather wise. The feedback has been very positive with particular mention to the marshalls who were very encouraging. One runner said we were a "lovely lot"! Thanks also to those who made or donated cakes and to Mario and Pam who made the sandwiches. The cake and sandwich stall was a huge success raising £120 for Sue Ryder Care Wheatfields. Once we have totted up the rest of the proceeds. We will hopefully have a final donation figure by the next newsletter.

if you would like to be part of the race committee for the 2011 race even if you can only help in a small way we would be very grateful to use your talents and time! Please email stoxy78@hotmail.com if you would like to help or if you have any feedback or comments you would like to pass on about the race.

Other comments received from runners following this year's event:

"I was very impressed with the organisation of your race."

"Good run ,lovely course, well marshalled. Will fully recommend to my club runners. Look forward to see you next year."

"My first race/comp and I loved it. All involved were very pleasant and helpful. Will be there next year if poss and recommending to friends."

"Thanks for a great race – I really enjoyed the run!"



Photos: The runners set off, Race Director giving.. directions, Tim Midgley - 1st runner home

London Marathon 2011

Those of you who applied for the ballot for next years London Marathon will know this month whether you have been successful or not. If you do receive a rejection letter but would still like to take part do not despair! We are entitled to a limited number of places as an affiliated club through the club places system. As a club we have certain criteria for allocating these places, such as length of membership etc, but if you would like to be considered for a club place please keep hold of your rejection letter and pass it on to either Jill or Peter, or forward your rejection email to stoxy78@hotmail.com.

Messages from our agents at home and abroad

If you do not already know **Martin** and **Gill** had a baby boy – **Gregory Savage** weighing in at 7lb 11oz on Friday 10th September at 3.00am. This was after Gill had started at 7am Wednesday morning. And we thought running a marathon was long and hard!!! All are doing well and Martin has already popped into the club pushing the pram. Congratulations to all 3.

Another congratulations going out to **Helen Thorpe** who is now **Helen Marshall** after getting married to **Rob** on 18th September, and looked very happy in a stunning pink dress. We won't be seeing her for 6 weeks whilst she's gallivanting off on her honeymoon all over the place (lucky Helen, but very well deserved!).

For those members who have been in the club for quite a few years we have just found out that one of our ex and stalwart members **Phil Trueman** is finally leaving this country for Canada. If we get this newsletter out in time - and if you read this in time - he is having a farewell drink in the Hops bar in the Granary Wharf from 8.00pm on Friday 1st October. I am sure all those who knew him wish him all the best out there.

Yorkshire Vets Results

September was a quiet month with no races. The last 2 races are:

Sunday Oct 10th Skipton – start 11.00am. This race is from Craven College/Aireville School adjacent to Skipton swimming baths. It is best arrived at by going around the Skipton bypass and taking the road signed back into Skipton when arriving at the A65 roundabout to Ingleton and Settle. Full details can be found on their website yvaa.org

Sunday Nov 14th Spenborough – start 10.30am

There will be only 9 races this year. Instead of your 7 best races counting, only 6 will now be counted.

PECO Cross Country League

The dates and venues of the 5 races have provisionally been arranged at the meeting held 20th September. They are:

Race 1 Sun 7th Nov Ackworth/Abbey – Pontefract race course

Race 2 Sun 19th Dec Rothwell/Kippax – Middleton Woods

Race 3 Sun 9th Jan Kirkstall/Horsforth – Bramley Fall Woods or Becketts Park – tbc

Race 4 Sun 30th Jan STAC/Hyde Park – John Smeaton School

Race 5 Sun 6th Mar Valley Striders/Aire Centre – Otley Chevin

Please make a note of these dates as we would like as many members as possible turning out for these races. It is a team as well as individual competition and you have to do well in at least 4 if not all of them. Both the ladies and the men's team are now in the Premier league and we would both like to remain in that league at the end. For those of you who are new to this league the main aim is to encourage all runners of all abilities to take part. The race is usually 4 to 5 miles in length and the terrain not too difficult. The scoring is based on the first 5 ladies from each club and the first 8 men, but the more runners you have, can push the scorers of the other teams further down the field, so everybody counts in a way. There are also junior races which start at 11.00 which are open to any children of club members in the age range 11 to 14 or 1 mile for the younger and 2 miles for the older ones. The senior races start at 11.00.

You may have picked up on race 3 being organised by ourselves and assisted by Horsforth. This means selecting suitable courses and providing a route to the race start and finish which will be the responsibility of the club. However, if you are unable to do this they may be able to assist in marshalling or providing food, your presence will be most appreciated!

Please watch this space in the newsletter for the coming months.

Calderdale Way Relay - 12th December 2010

We are entering a team in this year's race. It is an official fell relay with 6 pairs of runners running 50 miles in total around the Halifax/Todmorden/Bradford area. Last year we just missed out getting the entry form in – despite a limit of 120 teams.

The first leg is 9.8 miles from West Vale to Cragg Vale

The 2nd leg is 8.45 miles from Cragg Vale to Todmorden

The 3rd leg is 4.8 miles (but uphill all the way) from Todmorden to Blackshaw Head

The 4th leg is 9.36 miles from Blackshaw Head to Wainstalls Road

The 5th leg is 7.55 miles from Wainstalls to Shelf Park

The 6th leg is 10.0 miles from Shelf Park back to the start at West Vale

It would be a pleasure to see you there and we would be happy to help you in any way we can. If you are unable to do this they may be able to assist in marshalling or providing food, your presence will be most appreciated! See Collette, Peter, or Iain know. It would be great to have some group training sessions.

New Members and Subscriptions

Please welcome our latest members: Chris Hunt who lives in Wortley and has done some races previously, but quite a while ago. Although not entering as a member he will have done the Horsforth 10k and is also doing the Harewood 10 and Guy Fawkes 10. Also joining the club as a 2nd claim member is Paul Glover, and old adversary going back years at the Peco Cross Countries – especially of John Hutchinson – but in the nicest possible way. He will be joining us at the Pecos this year. Membership for this year now stands at 28.

Subscriptions are £20 per person unless you are already a member of the I.P.S.A. in which case the cost is £15. You can pay for 2 years which will be £38. If you cannot get down personally to pay your subs please send your cheques to Tony Downham at 17 Stainburn Avenue Leeds LS17 6PQ – cheques made payable to Kirkstall Harriers.

RACE REPORT

Yorkshireman Off Road Marathon - 12th September

It might not be one for the PB chasers, but if there's a better marathon in the UK when judged on the smiles to entry fee ratio I've yet to find it! And I've tried a few...

For a mere £13 we got scenery galore, welcoming checkpoints, endless supplies of biscuits at checkpoints, hot food and cake at the end plus technical t-shirts. And despite technically speaking being a fell race, it's actually surprisingly runnable.

This was my first attempt at the full marathon after a couple of runs round the 15 mile "half marathon" over the last couple of years. Plans had been hatched to run the race with a group of friends from around the country, and that's what we did. As one of the closer runners to the route I was part of the navigation team, so a couple of reccies of the "new" part of the route were done, which just increased the excitement about the day itself.

If you've ever done the half, the thought of 11 more miles of the same might be daunting. But actually most of the climb is in the first 7 miles or so where the route is the same, and the full marathon offers a much more varied route of farmland, woods, beckes and a multitude of views of the ever-present wind farm! However, some heavy rain in the week before the race led to some "leg disappearing into bogs" moments for most of the group!

We might have been slow, but the marshalls were almost without exception cheerful and encouraging. To be fair, I think they could see how much we were enjoying it! Liam put in a sterling effort cycling round the area to meet us when we crossed roads, carrying a selection of Yorkshire delicacies (Wensleydale sandwiches, pork pies, seabrookes crisps and a bottle of Yorkshire beer for us to share - Withens IPA for the Withens checkpoint!), and to continue the "Yorkshireman" theme, several of us actually ran in hat caps!

The weather was fantastic (as ever), and some of the views took the breath away - from the natural, to the man made reservoirs, and of course the view when you come out of a wood to see Hewenden viaduct spanning the valley ahead - swiftly followed by running over it! Some of the clouds took the breath away too, but I never managed to put quite as much as the steam trains heading up and down the Worth Valley



After a grand day out we headed back into Haworth, up the cobbled street forever known to us as Hovis Hill and even further up to the school. The camaraderie of the day was sealed by all 6 of us joining hands to cross the line together (to the horror of the timekeeper who had to record us all at once!). Even though the school was being cleared up, stew was reheated for us, and as we sat in the school playground with a well earned bottle or two of Black Sheep the organisers came out and offered us some of the left over t-shirts!

Part of me thought that I'd do the full marathon once and then go back to doing the half - but something tells me I'll be lining up for the big one again next year - I just hope I enjoy it anywhere near as much!

Heien Goldthorpe

PBs and other worthy mentions

We have some impressive PBs to report this month! Firstly **Diane Shaw** and **Kevin Blackhurst** at the Berlin Marathon - Diane finished in 4.16.12 and Kevin in 3.25.57, PBs for both of them so well done to them and sounds like you had a great trip!

Next is **Rob Goulsbra** who knocked an amazing 6 minutes off his half marathon PB by running a magnificent 1.26.30 at the Macclesfield Half, very well done to him.

And finally, **Heien Fearn** got an incredible 15 minute PB at the Great North Run with a time of 2.09.55, another fantastic achievement, well done!

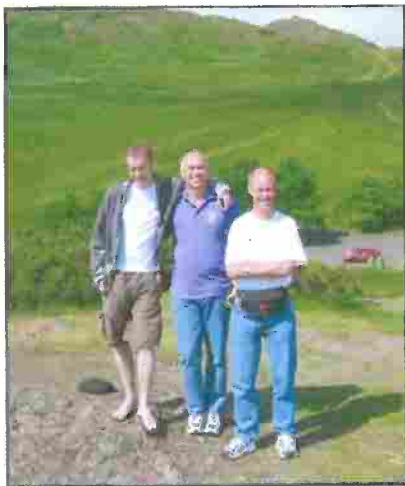
On to notable achievements, we'd like to mention **Rhiann Millar** who came first in the 'High Heelathon' 1 mile race in high heels through the city centre to raise money for Yorkshire Cancer. Apparently her prize was a dress worth £90, nice!

And finally, **Helen Goldthorpe** decided that the best way to recover from her Yorkshireman Marathon experience (see above!) was to run an Ultramarathon 2 weeks later on 25th September so well done to her for completing the JW Ultra (30 miles) in 5hrs 40 mins.

We are impressed with her custom-made Kirkstall Harriers school uniform outfit too - see photo →



Member Profile - Peter Branney



Name: Peter Branney

Age: 31 this month

Occupation: Senior Research Fellow in the Centre for Men's Health - I apply knowledge about psychology and research methods to help understand how groups of men use (or don't use) health services and how they experience illness.

Originally from: Leicester

When did you start running and why?

I did a little bit of running at school – where I thought the 1500m was long distance – and would amble out every so often. Despite the scarcity of my running, I still liked the idea of completing a marathon. On the day that I found out I had funding for four more years of study at Leeds Uni, I read an article in the Leicester Mercury saying that a local children's hospice needed runners for the New York marathon. As I was so happy about getting funding, I signed up for the marathon without really thinking things through. My training consisted of a few 15 to 20 minute runs in the week, and after the marathon I wanted to keep this up.

When/How did you end up joining Kirkstall Harriers?

When I was training for the marathon, I ran with a few times with Abbey Runners. I never joined because I didn't like the idea of spending more time travelling to meet them than actually running. After the New York marathon, I was on the look out for a new club and noticed a group of runners meeting

outside Kirkstall Leisure Centre. I rocked up the next week to say hello and go for a run. The first run was strange – I wasn't really welcomed as a new comer. I came back next week and found out that they had thought I was a relation of Peter Hey's, so they didn't think I was new. The rest, as they say, is history.

What are your motivations for running?

My motivations vary. Sometimes, I am looking for solitude, time to think, and something to tire me out. Other times, I want to keep healthy, to spend time with friends, and to discover a new part of the world (even local, well run parts reveal new paths). Rarest of all, I do run to become fitter and faster, to run a better time and win a race.

What are your greatest running achievements?

My greatest achievement must be completing the 2006 Berlin marathon in 2 hours 48 minutes and 48 seconds. I also had a good year of running after the Berlin marathon, winning all the PECO cross country races and completing a hilly 10k in 33 minutes and 34 seconds.

What are your best running related memories?

My best memories are from marathon trips, which usually end up as long weekends away. I went to Edinburgh with a few Kirkstall Harriers and slept in a hostel right by a noisy pub. We tried to get an early night sleep on Saturday but the noise was so bad it was as if we were in the middle of the pub. In Madrid, we found a tiny rum bar where the Argentinian barman regaled us with stories and samples of rum. I didn't run in Rome but used my number to support Glenn during the last mile and get past the finish line for all the goodies available only to find that water was all they had put on. Also, the timing chips failed in Rome, so they went to finish line photos and I got a finishers certificate.

What are your worst running related memories?

After a two week trip to Mexico, I had a dodgy stomach that only came on after 10 minutes of running. I've done a lot of squatting around Leeds! I would also add in any races that combine running fast with drinking, such as a chunder mile and



the Oxenhope straw race. While both races are 'fun', the combination of breathing heavily, drinking fast, and chundering are awful. It feels like I'm sweating alcohol-smelling poison.

Any words of wisdom for your fellow harriers?

I'm not sure I'd count myself as wise. I would recommend that runners all do national service – that this, they should help to organise or marshall a race. They could see what it's like for a drop of rain to wreck the paper in the timing machine and to deal with complaints from aggrieved runners when awards are given out. But that does sound a bit miserable. In terms of training, I would say run lots and run fast rarely (but not never).

Can you share an interesting fact about yourself?

I helped carve a lion in a playground in the small but beautiful village of Modra in the Czech Republic.



Photos: Top left - Edinburgh Marathon trip with Peter Hey and Neal.

Top right - running one of the PECO XC races last year

Above - the Oxenhope Straw race.

RACE REPORT

Budapest Half Marathon - 5th September

My husband & I were returning to Budapest for the first time in 10 years to visit friends and his work colleagues so I just had a little look on the net to see if there was any chance of there being a race of some sort and voila!! a Half Marathon - perfect!!

The 25th Nike Budapest Half Marathon was a real tour of Budapest - houses of parliament, castle, historic buildings and lots of bridges across the Danube. On the first 2k they had 5 pianists at various points playing grand pianos in the middle of the street! The trouble with classical music is that its not very good for running!! But it was a nice thought and the runners cheered as they went past them. We also had DJ's near the bridges and that was a great help - playing everything from jazz to Elvis Presley!!

The weather was lovely and sunny (for a change!) and I ran the first 10k with a Hungarian lady who gave me all the lowdown on the historic buildings as we passed them. I tried to stay with the pacemaker for 2 hrs 15mins which helped when the spirits flagged (not to mention the legs). And the organisers provided sponges and buckets of water for which we were all very grateful when the temperature reached 24 degrees!

I completed it in 2:15:03 (no: 6715). Not a PB, but I am quite pleased that I managed with so little real preparation...only one 10 mile run the weekend before, as it was a last minute decision to enter. Attached is a photo of me looking quite cheerful running along the Danube in my Kirkstall Harriers vest, with the castle in the background (before the legs started to ache!!!) I would recommend this 'Hungarian Felmaraton' as a well organised and fun one.



Manghanita Kempadoo

Para's 10 - 12th September

Myself, Neal, Gary, Peter H, Peter M, John, Dave and John took part in the "Para's 10" Challenge at Catterick Garrison, some of us for the second time. The weather forecast was good for the day and good running conditions which helped. There was plenty going on side stalls etc to keep you occupied before the start of the race as well as the queueing for the toilets. The start was delayed by about 20 minutes but the PE instructors got us warming up. I had forgotten about the long climb (3 miles) up hill start before it levelled off but the view from the top of Tank Hill was superb you could see for miles - shame I did not have the camera! Never mind maybe next year.

Got to the 5 mile mark - The Lake feature and the dreaded camera man waiting at the top as you get over the hill - so much for looking my best, I was hoping to look better than last year at this point!

We still had the two hills at the end to go and the water feature (if you can call it) but you could see the snake of runners in front of you making there way to the finish line. End of mile 7/8 is the water area and last year we had a soldier shouting at us and making us go through this area this year they actually let us go round the outside if you did not want to go through - some of us will own up to missing this out and taking the easy way out but since we had no showers available this year (not like last year)!

The camera man this year was placed at the bottom of Pussy Hill instead of the top which was better at least you did not look to bedrugged - hopefully! and the soldier at the top was very encouraging.

Mile 9 and once you had got up the last hill it was downhill all the way. You could hear the guy in the arena and everyone clapping etc which spurred you on to the finish. There is plenty encouragement from the soldiers who are dotted around the course and plenty support for this.

All in all this year we had a good run and somehow seemed easier. Myself and Neal did a respectable 1 hour 45 and can I thank the guys who I have been running with on Otley Chevin on Wednesday evenings - I am sure this helped with getting round. My hat goes of to the guys who do this in full gear and burgen packs, there was a lot more of them this year than last year. If you want a race with a challenge but quite enjoyable - can't believe I said that! this is a "must" race. It is a good day out with plenty going on for those wanting to watch and most people make a full day we had stalls, barbeques, beer-tent and the Red Arrows.

Stuart - Sorry you couldn't make it due to your injury, maybe next year with the back pack. The clock has started counting down already for next year www.paras10.com. Now - I am going of for a well earned rest for two weeks so, see you all in October.

Amanda Burd

Leeds Country Way Photos



Thanks to Collette for all the LCW photos. There's too many members to mention showed, but you know who you are!!

October Birthdays...

...Will be in next month's newsletter - very sorry!

The 'Kirkstall Harriers table' at Matt and Leann's wedding at the Left Bank Centre in Leeds

Abbey Runners Track Sessions

Abbey Runners are still very kindly letting us run with them at the track at Beckett's Park on Thursday evenings. This is the last time we will mention it in the newsletter but just two things to note are that on the last Thursday of each month from now until the end of winter they meet at their club for grassy hill sessions, and that the cost of using the track each session has gone up to £3.50 now. For further information please visit their website: www.abbeyrunners.co.uk

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

Please email eleanor5446@hotmail.com or kirkstallharriers@googlemail.com if you would like to contribute to the newsletter. All articles, member profiles etc gratefully received.

