



**KIRKSTALL HARRIERS** Running Club

# IT'S A SELL OUT!

**KA7 2014 pulls in  
biggest crowd to date**



**A big thank you for all contributions to this month's edition.**

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Emma Ballantyne and Richard Kennedy-Joyce on a standard Sunday at the Abbey.

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**COVER STORY: Kirkstall Abbey 7 – 2014**

*On Sunday 21<sup>st</sup> September we hosted our main event of the year and yet again we were blessed with perfect weather. For the first time since making the event a trail race, we sold out the 300 places for the senior race meaning no entries were available on the day.*

*This year we had sponsorship of spot prizes from PECO and Complete Runner sponsored the race numbers and winners prizes. Marion arranged the goodie bag sponsors again, so we had free bottles of water, chocolate bars and bananas for all finishers (400) at the finish line.*

*Alan Brydon was the Monk for the two junior races and then Richard Kennedy-Joyce took over for the KA7. A new feature this year was our 'Nun on the Run' Emma Ballantyne.*

*We had one runner who fell and received first aid from Rhona before being rescued by our medic Dave (accompanied by Eric) on his quad bike. Thankfully she was OK.*

*After the races, the prizes were presented by Jill in the LPSA where food and drinks were served by Laura D and Hilary.*

*I would like to thank everyone who helped in any way towards this year's race. You contributed to a huge success. A special thank you goes to the KA7 race committee who did a great job again this year. We have had many positive remarks from runners who enjoyed the event and complemented the club on its organisation. We will be making another donation to Wheatfields from the proceeds.*

*by Chris Glover*



## Yorkshire Veterans Athletic Association (YVAA)

Don't forget that there is still one race left this year for the Yorkshire Vets Grand Prix series, at Spenborough running track in Cleckheaton, about half way between Liversedge and the M62. This will take place on Sunday 9<sup>th</sup> Nov starting at 11:02. The route will be about 5-6 miles and is a very nice mix of running track, tarmac, footpaths, disused railway line and fields. We need as many runners out as possible to ensure we maintain our best finishing position ever as a team in this event. It is also a Club Championship race – so a good chance to gain a few or a lot more points for this event too.

If you are relatively new to the club and have not done a Yorkshire Vets race before why not give this one a go as a taster for next year? You are a 'veteran' if you are 35 or more years young – or if you are going to be 35 next year. The ladies team are now 3<sup>rd</sup> in all three competitions out of 21 clubs and the men 4<sup>th</sup>, 6<sup>th</sup> and 4<sup>th</sup> out of 31 clubs.

On an individual basis, Emma Lavelle-Wood is 2<sup>nd</sup> in her age group, Catherine Barrett 7<sup>th</sup>, Marion Muir 12<sup>th</sup>, Clare Doherty 10<sup>th</sup>, Collette Spencer 12<sup>th</sup>, Sandra Warren 14<sup>th</sup>, Alyson Glover still keeping that 1<sup>st</sup> spot, Karen Longfellow 6<sup>th</sup> leapfrogging Bal into 7<sup>th</sup>, Sheila King 11<sup>th</sup> and Carol Moran 6<sup>th</sup>. In the men's individual competitions we have Adam Moger 3<sup>rd</sup>, Chris Glover 2<sup>nd</sup>, Richard Thomas 11<sup>th</sup>, Ed Munro jumping into 4<sup>th</sup>, Jon Potts 7<sup>th</sup> and Paul Glover 7<sup>th</sup>. With it being the best 7 scores out of 10 there is still plenty to race for, for those individuals who have not done their full quota yet.

For more details check on the website: [www.yvaa.org](http://www.yvaa.org)

by Peter Hey

## In memory

Many will have heard about the fatal crash that Mosa and his family were involved in on their way back from holiday, that sadly resulted in the death of their eldest son, Alin. Mosa's younger children, Ara and Arda, were left in a critical condition. Mosa was a dedicated member before a knee injury, often bringing his children along to events. Whilst there's little we can do to make things better, we felt we could at least raise some money for the benefit of Ara and Arda. Members have so far donated a very generous £220, which I hope to get to him in the next couple of weeks, so there's still time to donate if you'd like to.

by Adam Moger



## Club Championship Update

We had the two extremes of the CC in September: the longest and the shortest distances that we include. First we had the Vale of York Half Marathon on 7th September where many of our members recorded new PBs and Chris Hunt took the maximum 50 points from this race. Well done to Chris.



Chris hunting for top points at the Vale of York HM

Bal and Clare Doherty followed up with 49 points and 48 points respectively. The feedback was good and we will definitely be retaining this race on the CC list for next year. The top three positions in the table remain the same after this race.

Later in the month we had the Golden Mile at Leeds Carnegie track. A lower turn out this year saw only eight members running in the various heats. It was another enjoyable event though and it proved to be PB territory for many. Malcolm Taylor bettered his handicap time by the largest percentage and took maximum points from the race. It was Malcolm's first attempt at the mile and I think he will be back next year.



Malcolm showing off his new 1 mile PB  
(but is that a devil or an angel on his shoulder?)

Richard K-J and Kieran ran good times and came 2nd and 3rd in the CC points awards. Again, the top three in the league table stay the same.

We will soon be adding the bonuses for parkruns and marathons to the league table, so this may well change things at the top!

by Chris Glover



## Race review: Chocks away at the Vale of York Half Marathon

The inaugural Vale of York half marathon saw the purple posse flock to the Sherburn-in-Elmet airfield en masse to take a test flight around the latest addition to Yorkshire's growing squadron of half marathons. The organisation at the start of the race was smooth, and runners were (air) marshalled to the start to ensure no one missed out as a result of the queues for the limited number of toilets.

For a first time event the race attracted an impressively large (1,100, sold out) field of runners on a warm and sunny Sunday morning, including 28 Harriers (of the non-jump jet variety).

The start of the race has to go down as one of the most pleasant starts to a half marathon I have experienced. On a flat runway we were entertained by a vintage bi-plane putting on an acrobatic display of rolls and loops as we headed out onto a flat, circular, rural course in the tropical Yorkshire sun.

For a moment I had visions of running like Cary Grant in *North by Northwest*, but less elegantly, but fortunately the bi-plane opted not to strafe the runway.

The route in the pre-entry info promised a flat, fast course with

a high PB potential, and it did not disappoint. The first few miles lived up to that promise as we ran through a green and pleasant rural course, with barely a bump in the road to be seen. The key decision early in the race for runners was whether to up the pace and push for a PB, or hold back and see if the unseasonably hot weather would take its toll.

After 4 miles of steady running you could hear the audible gasps of pleasure from runners as we entered a long stretch of road with long hoped for shade edging the course. Dropping a couple of degrees centigrade never felt so good.

By the seven mile mark I checked my Garmin and saw that a PB was still on, and feeling comfortable decided to step up a gear and ignore the heat. Around the eight mile mark I began pushing harder towards the finish, and my dream of going under 1:55. By mile 10 I was cooked and those hopes had taken a nose dive. In the unforgiving heat and I had to throttle back and settle into auto-pilot to complete the course.

The last three miles were tough going as the sun beat down, with no shade available to protect runners.

One of the great things you experience as a runner is the camaraderie of fellow sufferers

sharing a few words of shared pain, or encouragement.

Entering the final few hundred metres it is always great to see and hear the purple posse cheering you on, and it always manages to drag out those final reserves of energy you thought didn't exist before you touch down over the finish line.

In the end I missed a PB by a few minutes but thoroughly enjoyed the course and atmosphere.

The race saw strong performances throughout the purple posse, with PBs and handicap defying times galore however the Top Guns of the day were Chris Hunt picking up the maximum 50 points and Baldish Sandhu picking up 49 points.

As an experience you would not have known this was the first running of this event. The venue was novel, the organisation, marshals and water stations were all faultless, and the goody bag came with a natty inaugural T-shirt and medal.

If you are looking for a fun and fast half marathon on your doorstep this one has to be in the diary for next year. In cooler conditions this is a serious prospect for supersonic times.

by Kevin Kelly

### Race review: Golden Mile – Adam Moger

The Golden Mile is an annual race at Carnegie track, open to everyone, and a rare chance to race the distance. This year saw 8 Kirkstall racing in the 8 heats, with 3 first timers and also 3 PBs. Gemma started us off in heat 1 (9.04.2) with Kieran unlucky not to win his heat but still running a PB of 6.07.6. Malcolm (6.43.5) and Andy Carter (6.00.2) were also 2nd in their heats in their first time at the distance. Ben Coldwell ran a respectable 5.20.0 in his first mile, with the ever-consistent Richard Kennedy-Joyce running our fastest time of the night in 5.05.7.



Richard



Chris <1.1 secs> Adam

The highlight (for me!) was finishing 5th in my heat – mainly because Chris Glover was 6th. We both PB'd, in my case by a whisker (5.29.7, a tenth of a second improvement) but Chris by a full 5 seconds with 5.30.8. Some might say it was my spikes that gave me the advantage...

### Parkrun co-ordination by Sam Broome

Oakwell Hall Takeover – Sat 18<sup>th</sup> Oct.

- I have started taking names for roles so if you are free to come and help support your club and parkrun then let me know. If you would like to pace could you let me know your preferred time, same goes for roles.

Temple Newsam Takeover, Sat 15<sup>th</sup> Nov.

- Details to come near the time.

Proposed trip to Lister Park, Bradford.

- Will post on Facebook when I have looked at dates.

### Temple Newsam Junior parkrun – 10am on Sundays

In the same way as an 'adult' parkrun it is a free, weekly, timed event, but juniors are over 2k and for 4-14 year olds. This weekend (28 Sept) saw the first one to take place at Temple Newsam. 77 kiddies took part with an endless supply of volunteers and support. If you have any children and want them to get into running then head on down, the TN family are supportive and very welcoming. Even if you do not have kids you can get involved by volunteering and helping support another parkrun event and cheer on the future Mo Farah's and Jess Ennis-Hill's. Email Ronnie or Junior at [templenewam-juniorsoffice@parkrun.com](mailto:templenewam-juniorsoffice@parkrun.com) and they also have a Facebook page.



## Member PBs for September

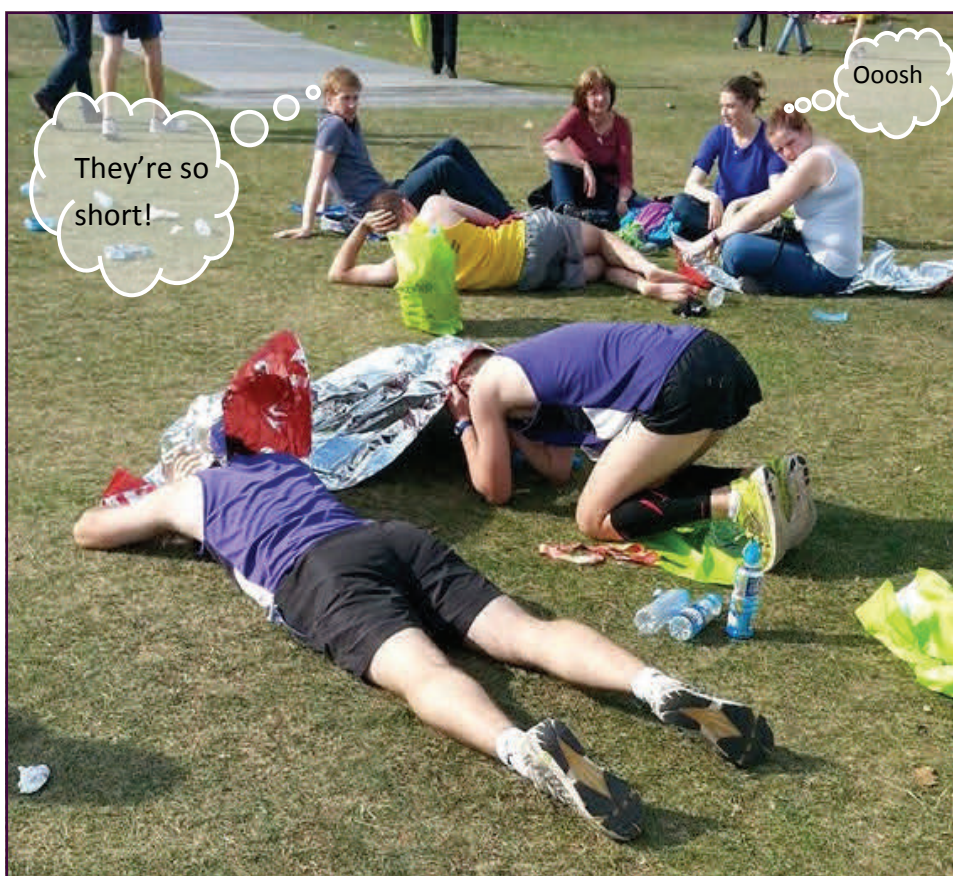
Distance		Name	Time
Half Marathon	PB	Andy Carter	1:32:36
Half Marathon	PB	Ben Coldwell	1:24:12
Half Marathon	First Race	Alex Cook	1:41:31
Half Marathon	PB	Sharon Cook	1:53:55
Half Marathon	PB	Clare Doherty	1:38:23
Half Marathon	PB	Christopher Glover	1:28:29
Half Marathon	PB	Chris Hunt	1:46:40
Half Marathon	PB	Niamh Jackson	1:32:24
Half Marathon	PB	Paul Miller	1:23:20
Half Marathon	PB	Jon Potts	1:40:14
Half Marathon	PB	Baldish Sandhu	2:09:06
Half Marathon	PB	Stephen Webb	1:26:53
Half Marathon	PB	James Woodman	1:23:28
5k	PB	Clare Doherty	0:21:35
5k	PB	Anna Jaines	0:22:31
Mile	First Race	Andy Carter	0:06:00
Mile	First Race	Ben Coldwell	0:05:20
Mile	PB	Christopher Glover	0:05:31
Mile	PB	Adam Moger	0:05:30
Mile	PB	Kieran O'Brien	0:06:08
Mile	First Race	Malcolm Taylor	0:06:43

**GOOD  
RUNNING  
Y'ALL!**

*So, you've bagged a new PB - time to treat yourself?*

*The new discount code for use throughout October at [Sportsshoes.com](http://Sportsshoes.com) is RUN141P.*

*Their new Autumn / Winter catalogue should be coming through some of your doors in the early part of the month. Feel free to give us any feedback on this, it is always much appreciated.*



### Photo of the month:

Andrew Kirby and Alan Brydon - being rubbish at hide and seek after the Nottingham marathon, whilst onlookers check out Alan's short shorts...

## Member Profile

### Name:

Hikari Yamaguchi

Age: 24 (I know I look about 12)

Occupation: Doctor

Originally from:

Osaka, Japan

Time as a Kirkstall

Harrier: 11months



### When did you start running and why?

There are a few stages to my running life: When I was 11, when I first came over to England and went into a boarding school, our strict house mistress used to make us run around the school grounds at 6am before school. This was weirdly a privilege that only a few selected pupils were invited to do (!) and no way you could reject the invitation to run at 6am (I absolutely hated it at the time).

At my secondary school's sports day every year, girls would do anything and make up all sorts of lies to avoid running the 'long distances' which included 800m and 1500m. Surrounded by friends who were literally in floods of tears not wanting to run them, I would always end up running those races, and actually didn't mind them.

At uni, I started to run more and more as the work got harder and revision was taking over my life. Running was partly procrastination and also a perfect revision break to get out of my stuffy room. When work was getting too much to handle psychologically, running would make me feel stronger and motivate me to work harder.

### How did you end up joining Kirkstall?

Shami. She was this girl who I would try and beat every week at parkrun, until she became super fast all of a sudden and I wasn't even her competition any more. I was jealous, and also slightly annoyed at my lack of improvement when Shami came up to me after parkrun with Steve and told me about Kirkstall Harriers. I felt so privileged to be invited to a running group! I went along a few weeks later on a really sunny day and could not believe how good it felt to run with other people! My first ever race was actually

with Roundhay Runners at Golden Acre Relay last year as they were short of a female runner. I could not believe the support you get just by being part of a running group, and I didn't even know that running could be a team sport. Needless to say that the loudest cheers were coming from these people in purple vests during that race.

### What are your motivations for running?

Once I was answering my friend's question on why I bother getting up early at weekends to run. My answer included 10% about my love for running and 90% about how much I love runners. Every person that I speak to at parkrun, training runs, and other races inspires me. I just love people who get up and go, and being part of a running group means I'm surrounded by these amazing people who constantly stimulate me to do more with my life. They (you guys) motivate me not only to keep running, but to keep doing more.

### What are your worst running related memories?

This is a painful past for me and probably one of my earliest memories of life. On my way to nursery my mother, who is to this day late to EVERYTHING, would make me run to the car every time. We lived in an apartment block on the 9th floor and it was a long way to mum's car. I remember crying, begging her to slow down, refusing to run sometimes, and had snot running down my face while sprinting as fast as I could to the car, every day. I HATED IT. I hated running, I hated running to the car, and I hated arriving late at nursery despite running as fast as I could.

**What are your greatest running achievements?** The only prizes I have received for running so far are: one for running all of the PECO races last year (which I thought was a good achievement/commitment) and I once got a box of Thornton's chocolates for being a first time fell-runner when I did my first fell race. I also won a 5kg bag of locally grown rice when I did a race in Japan - what an awesome prize!!! They're no biggies, but I was proud

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

Hmm, I don't know if this is interesting but I can unicycle forwards, backwards and also halt for a long time. Just something we had to be able to do at primary school ...and no, I didn't go to a circus school!



## Rose's Rant

Rose to James: Do you want something about running with music, with a bit of science?

James to Rose: Sounds good. I like your rants. I like music. I also like science.

Did your nan ever say, "put the radio on, for company?" No, mine neither. But I always do have the radio on, for company. Though only when I'm alone. The voices on the radio are a substitute for other humans to interact with. That's why I sometimes listen to voices while I run. I've listened to loads of music over the past few years, most of them running mixes put together by a friend who

- a) has a music library of about 20,000 songs and
- b) runs a lot, and fast (bloody ectomorphs).

I can associate some runs with a song (Hope and Social's Marching on Through, for example: some awful nettles off the Leeds-Liverpool canal at Methley). Sometimes music makes me laugh while running which may make me look idiotic but I don't care, because I'm laughing. Sometimes, as I'm technically middle-aged, I listen to literary podcasts. I've run six miles to an episode of Radiolab on blood.

I had a horrible training run last year, when I ended up walking three miles down Harrogate Road in pitch black and into oncoming traffic, and I remember that when

I turned onto Harrogate Road from Otley Old Road, I was listening to a short story by Italo Calvino, who I love, on the New Yorker podcast (writers pick their favourite short story and read it out, and the New Yorker literary editor Deborah Kreisman talks and it doesn't really matter what she says because she sounds like molten honey). So yes, I understand why running with voices in your ears can be wonderful. There is science to show that it is actually beneficial: when music was played to runners at a lower tempo, they ran to match the tempo. When it was increased, their heart rate increased too. Also, when runners ran to a higher tempo while listening to music, their perception of effort changed. It seemed easier.

So why on earth wouldn't I run with music? I haven't run to music or podcasts for a long time. I think it's because it's been summer. In summer, I get off the roads, and when I'm off the roads, I'd rather listen to what's going on around me. I run along the lanes around Eccup, and I want all my senses to be stimulated, for my eyes to see the kites, and my nose to smell the cows, but also for my ears to hear the snuffles and chirps and calls of birds, and for me to notice my breathing as I run, as I try and fail to start slow and proper breathing rather than huffing and panting. I love all those sounds. But I also love to run in company. I try to do long training runs with a friend. I look forward to club

training runs to bore Marion, Catherine and Hannah, about glutes and ITBs, or to discuss what Paul Glover's reading, or to find out what Peter Hey does for a living (it's to do with printing and the university).

Joining a running club was the best thing I could ever do for running, and joining a running club and doing races was the next best thing. I love the tension and excitement of races, and the anticipation and mass beep as everyone sets their watches going at the start, and the thundering of feet, depending on how wet the ground is. All that sensory sensation is, for me, part of the fun of racing. For the company. I understand about training with music. But I have no idea why people run races with earphones in. It is baffling. It's dangerous too, which is why some smarter race organisers ban it. You don't want to be listening to loud dance music on a narrow busy road. In a crowd of runners, it is sensible to be alert to everything, including people wanting to pass you. Yes, the tempo may help your pace. Yes, the music is a comfort. Yes, you're used to running with music and would feel weird and lost without it. But races are supposed to be challenges. So make it a challenge, to run with the sounds of world around you instead, and the noise of your club rival's feet behind you.

by Rose George

[I anticipate this could be the start of a new feature... - Ed]

## Race review:

### HSBC Triathlon – Dorney Lake, Windsor

In January my work asked me to take part in their sponsored Triathlon. I was keen to do one but it was one of those 'yeah I'll look into it, but never do' type of ideas, so being approached to take part in one, blog about it and then get it for free was the kick up the backside I needed. I found the training ok, though the early Thursday mornings going for a mile swim soon lost its excitement. Dorney Lake is a manmade lake, just outside Windsor and played host to the rowing events in the 2014 Olympic Games.

On the day I woke up feeling sick and had no idea what the hell I was doing, because with any big event you suddenly doubt yourself and start to think if you have done enough training. We arrived at Dorney Lake early but I am not sure I noticed because by the time I had prepped my transition station and got my wetsuit on it was time to go. The temperature of the lake was 18.1° which meant wetsuits were optional, but I took the advice given to me by Lucy and wore it. Stepping into the lake I felt ok and the cold didn't seem too bad, but that all changed. I am not sure what happened but all I know is that for the first 5 minutes I was doing breaststroke arms and front crawl legs because I couldn't catch my breath, I think it was a combination of panic and the cold water hitting my face. I then snapped out of whatever hissy fit I was having and then got into my stroke and before I knew it I could see the exit and bike transition.

Queue panic no 2 – getting my foot stuck in my wetsuit. After Malcolm shouting at me to calm down otherwise I'd fall over, I eventually got my wetsuit over my chip and off I went. The bike was 8 laps (just over 5k a lap) of the lake, which was flat and pretty boring. I found it hard to get a good constant speed going and keep my mind occupied, so needless to say the 8th lap was very much welcomed. The transition area was tight and

because I was on the far end of the area I had to make my way through all of the men in their areas getting themselves ready. The run was up and down the lake four times (2.5k each lap), my legs felt really tight and to the end of the first lap my calves were killing me, I attempted to run on my toes and lengthen my stride to help stretch but it didn't help. What I did find helped was people watching. Daft I know, but I spotted a bloke who was stupidly quick in a team GB trisuit on the opposite side to me and then within a few minutes he had overtaken me. I then thought I'd see how far I could get before he caught me again, this only happened a few times because he soon finished but I found that because I was concentrating on something else I had forgotten about how much my legs hurts and was somehow back into a painless, pretty decent pace and technique.



I finished the event in 3:34:54 which I am extremely happy about as I was aiming for under 4 hours. It also marked the end of my '3 events in 3 weekends' which I did for Parkinsons (Wetherby 10k, GNR and Triathlon). If anyone would like to donate to my daft ideas then my sponsorship page is still open:

[www.justgiving.com/Samantha-Anne-Broome/](http://www.justgiving.com/Samantha-Anne-Broome/)

It was possibly the hardest thing I have ever done but I will do it again. Thank you to everyone that helped and encouraged me over the past few months, from advice on kit, swimming sessions and training to general good luck wishes.

#### Stats:

Swim (1500 meters) – 34:44

T1 – 02:59

Bike (42k) – 1:45:17

T2 – 01:13

Run (10k) – 1:10:40

by Sam Broome



## **The 'Odd Couple' training run, 24<sup>th</sup> Sept**

We had an extra five odd couples running this year compared to almost exactly a year ago, making 13 pairs. The balance was a bit lopsided with more faster than slower runners on the night but the run seemed to go off okay - especially with Alan's pink baton for his birthday.

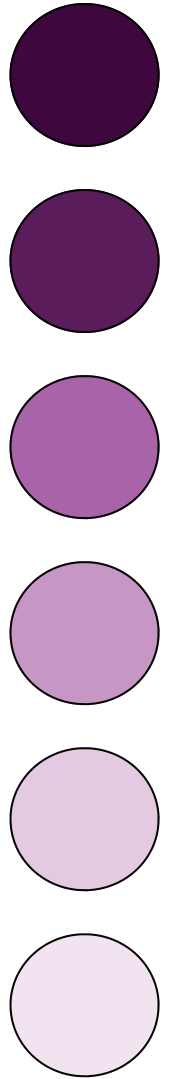
Surprisingly there were only about five minutes in total between the first and last of the 12 couples, with Andrew spoiling the sequence by taking a diversion through an estate somewhere enroute. The actual final run times may be a bit out as we (I) had more times than runners, but with runners coming from two directions it was a bit more complicated, and we think we recorded a couple of names twice!!

The first pair home was Lucy and Alan - Alan must know the short cut as he was

in the winning pair last year! The second couple home, 3 seconds behind, were Kieran and Kevin Blackhurst, followed in third place by Mark Skinner and Shami who were another 13 seconds behind them. The full results should be on the website soon.

Hopefully you all enjoyed the run as it does give you a chance for a longer run without a break, if that is what you wanted on the night. I know that you do like to stop and gossip occasionally - about the latest soaps or knitting patterns - not too sure what the ladies talk about though. Many thanks to Andrew on the night for his much needed assistance in getting the pairs sorted, off and timings. If you enjoyed the run or have thoughts of improving on it, or did not like it - please let me or the committee know, for future training nights.

**by Peter Hey**



### **New Members joining in September**

Joanne Hughes

Anna Jaines

Simon Jaines

Emma Lemont

Jullianne Odede

**Welcome to the Purple Posse!**

**So long & farewell**

A new adventure in Australia awaits

Scott Anderson

### **Member birthdays for October**

Jennifer Berg

Kevin Blackhurst

Peter Branney

Colin Chapman

Paul Glover

Joanne Hughes

Carol Moran

Collette Spencer

Marie Turton

Sandra Warren

**Fructose free cake for everyone!**

### *PECO Cross Country dates and venues*

*Diaries at the ready! The dates and venues have been provisionally set for the winter series. If you are interested in doing one or more of these races then you will need a race number allocated to you, so please let Chris Glover, Adam Moger, or someone at training know before the end of October. As numbers are limited this year please do not ask for one if you are not going to be available to do any of the races.*

*The distances will be about 4–5 miles and the races are designed so that any runner of any ability will be able to compete and enjoy the races. This is a team and individual event so we need as many runners as possible taking part. Transport to and back from the venues will be arranged nearer the dates. With 21 clubs taking part the series has been split into three leagues and the ladies and men's teams are in the Premier League.*

- Race 1, Sun 30<sup>th</sup> Nov – Pendas Fields, Cross Gates, Leeds*
- Race 2, Sun 14<sup>th</sup> Dec – Pontefract Race Course or Nostell Priory*
- Race 3, Sun 4<sup>th</sup> or 11<sup>th</sup> Jan – West Park playing fields, off Spen Lane – Please note, if you are not running we as a club will need your assistance on the day as we are hosting the event along with Horsforth Harriers*
- Race 4, Sun 8<sup>th</sup> Feb – Boddington playing fields, Weetwood, Leeds*
- Race 5, Sun 1<sup>st</sup> March – Roundhay Park, Leeds*

*by Peter Hey*

### **Triathletes wanted – by Sam Broome**

A few members of the club this year have taken part in triathlons and I know many others have spoken about doing one, so I am proposing a Triathlon club trip.

Earlier this year Malcolm and I took part in Tadcaster Triathlon and are going to do it again. It is a pool based, Sprint tri (400m : 14k : 7k) and is brilliant for people new to triathlons. It is the May Bank Holiday (first Monday) and costs £45 which includes your day licence, automatic results, hire and use of pool and facilities and finishers T-shirt.

If anyone is interested let me know. Guaranteed great day out followed by beer and food at the Bridge! I am happy to help anyone with their swimming as I know a few people have mentioned that it would be something they need to work on – I'm sure Lucy would happily help out too :)





### **Race review: Great North Run**

A few Harriers were lucky enough to get a ballot entry into this year's Great North Run, an iconic event which this year attracted 57,000 runners to the city of Newcastle. 2014 would see the event mark a milestone by being the first Half Marathon to have 1 million finishers cross the line, they even had an opening ceremony.

Unless you are running for a charity the event would cost you £50 to enter which is a lot when it comes down to mile to pound ratio, but I had been told by many people that it is a brilliant race to do, the atmosphere is great and is the closest you would get to London without running the distance (which I am not ready for).

On the day the weather was hot and I felt sorry for anyone running in fancy dress. With any big races, it took ages to cross the start line but when I started I found the pace nice and steady – this was mainly because there were so many people around me and I found

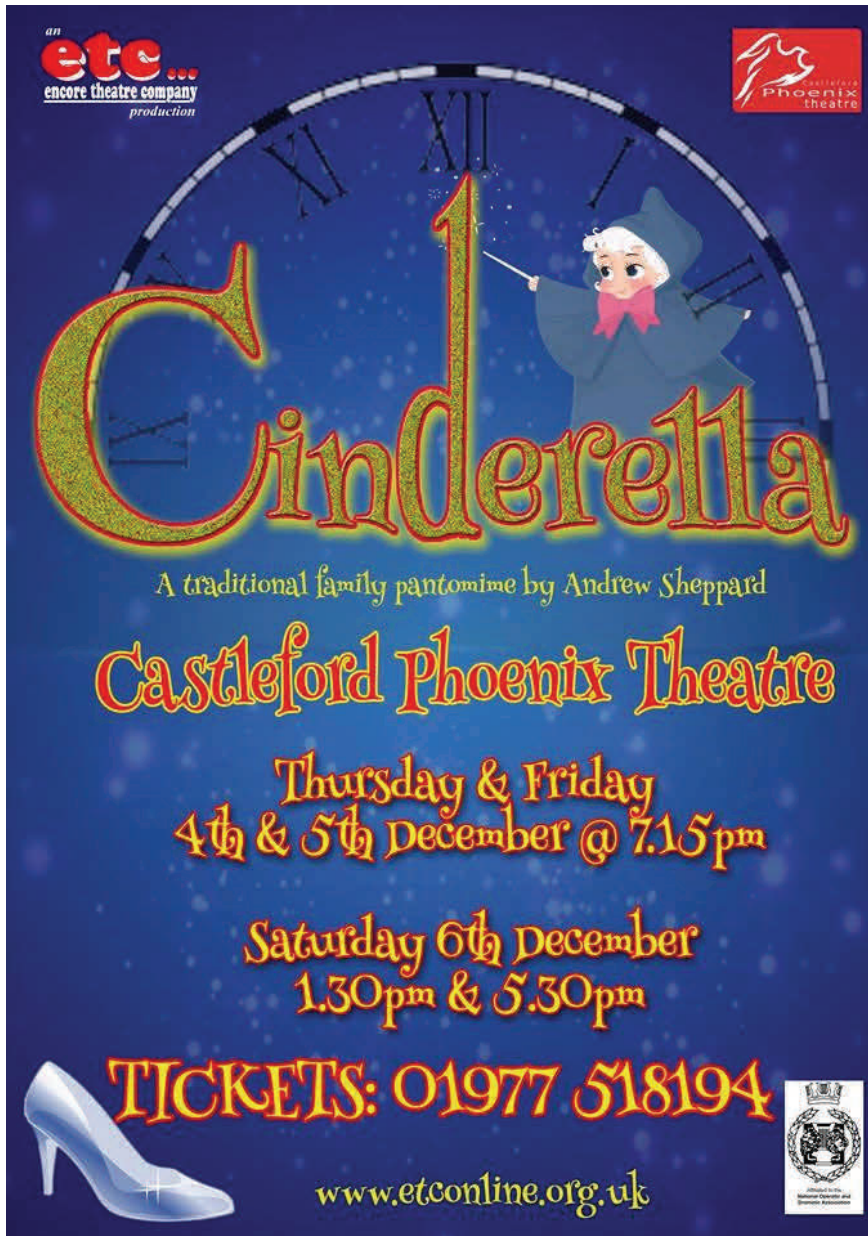
it hard to overtake or get any speed. The support from the people of Newcastle was brilliant. Families were handing out oranges, sweets and even ice lollies, runners were helping each other and the general atmosphere was amazing. GNR is mainly an event which attracts charity runners, people wanting to do something for someone or something close to their heart and it was so nice to see all the charities out supporting people, though reading some of the messages on peoples back made me very emotional – it was lucky it took me so long to get to Malcolm at the end otherwise I would have burst into tears.

The course itself was in my opinion nothing special for the first 10 miles as it was mainly city centre and then bypass, but coming into South Shields and then finishing along the Pier was great. I felt the end was exactly like how London would be, with the cheering, music and countdowns. Overall a brilliant day and I am glad that I have now ticked it off my list, but I think I will be keeping my £50 next year.

### **LONDON MARATHON 2015**

So the countdown begins! VLM magazines have started to be delivered. Good luck to all those who have entered the ballot.

This looks fun...



Some of you know that when I'm not walking up a hill, I like to drum out of time so if you're only going to go and see one panto this festive season, how about making a trip over to Castleford (a couple of minutes away from Xscape) for this one?

**Venue:**

Castleford Phoenix Theatre,  
Airedale High School campus,  
Crewe Road, Castleford,  
WF10 3JU

by James Nundy

**Cinderella:**

The most famous pantomime of them all! A classic 'rags to riches' story!

Cinderella lives a life of drudgery, bullied by her horrible Step Mother and Ugly Sisters, her muddled and confused father, the Baron, is powerless to intervene and her only comfort is her friend, Buttons. Prince Charming is holding a ball to meet his bride to be. Could this be the chance that Cinderella has been waiting for?

Despite the best efforts of her Step Mother and Ugly Sisters, Cinderella shall go to the ball with the help of her magical Fairy Godmother!

Packed with songs, slapstick, silliness, audience participation for the whole family and all the fairytale magic of a traditional pantomime. Including songs from Frozen, Tangled and One Direction!

**Tickets prices:**

Adults £10

Concessions £8

Family ticket £30

(2 adults + 2 concessions)

For tickets please call Dawn on  
01977 518 194



### *Christmas Running – plan ahead!*

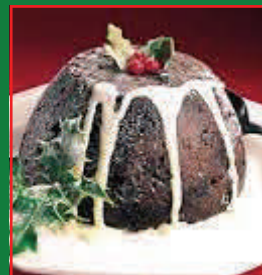
*It may seem early but you do have to be on the ball to get a place in one of the Christmas holiday period runs. Here is a list of our favourite events and dates to watch out for:*

*Chevin Chase – 26 Dec (Boxing Day)*

*Always sells out – Entries open on 12 October at 5pm.*

*Jolly Holly Jog (Ripon) – 28 Dec*

*Sold out last year – Entry open now.*



*Hot Toddy (Todmorden) – 28 Dec*

*Does not normally sell out. A good alternative if you miss out on the Jolly Holy Jog.*

*Auld Lang Syne Fell Race – 31 Dec (New Years Eve)*

*Always sells out – Entries are postal only and will appear on 31<sup>st</sup> October on the Woodentops web site.*

*Remember: If you snooze you lose!*

*by Chris Glover*

*Kirkstall Harriers meet every Monday and Wednesday in the lounge at Kirkstall Leisure Centre,  
Kirkstall Lane, LS5 3BE 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: [kirkstallharriers.org.uk](http://kirkstallharriers.org.uk)*

*Please email [kirkstallharriers@googlemail.com](mailto:kirkstallharriers@googlemail.com) with any questions about the club,  
or if you would like to contribute to the newsletter. All articles are gratefully received.*



*Kirkstall Harriers*

*@KHarriers*



# The Yorkshire Veterans Athletics Association Awards Dinner - this is your invitation

## YVAA AWARDS DINNER

SATURDAY 6 DECEMBER 2014

7 p.m.

ELLAND ROAD, LEEDS

### STARTERS

<b>FAN OF MELON AND WILD BERRY COMPOTE</b>	
<b>SWEET POTATO AND SPINACH SOUP rolls and butter</b>	

### MAIN COURSEs

ROAST LEMON AND THYME TURKEY BREAST with sage and onion	
LAMB RUMP marinated in Garlic and Thyme	
WENSLEYDALE WELLINGTON	

Served with seasonal vegetables and roast potatoes

### DESSERT and COFFEE

CHRISTMAS PUDDING WITH RUM SAUCE	
CHOCOALTE FUDGE CHEESECAKE with orange cream	
MIXED BERRY PAVLOVA with cream	

£25 PER HEAD FOR GUESTS

£15 PER HEAD FOR GRAND PRIX RUNNERS

2 payment options

Please send Menu Choices and payment by cheque to

Tina Dickinson, 15 St Peters Gardens, Leeds LS13 3EH

or

Email Menu choices to [tinadiane@talktalk.net](mailto:tinadiane@talktalk.net) and Bank Payment to 404786 91857940 quoting reference YVAA – Name(s)

Any questions please email or contact me on 07958 231 180.