



# Kirkstall Harriers Running Club

## NEWSLETTER #132 November 2014

### 5k TIME TRIAL—WED 22nd OCTOBER

The first of the winter time trials went down with some success with 32 runners taking part. Unfortunately some idiot forgot to start the print out of times. We managed to get the last 6, and with those who timed themselves we managed to get some sort of times together for you all. If you see the spreadsheet and spot an obvious error please let me know. The times in bold are known times, all the others have been guessed at in between all the others. Many thanks to Gemma, Emma, Paul Chapman and Patrick for helping on the night and ensuring all else went okay. The first home was Emma Southen, who had set off at the beginning with her friend Anna Riley, a non-member. The first 3 winners of the small prizes were Steve Knight, James Woodman – who had come from 24<sup>th</sup> starter, and then Sharon Cook. Bringing up the rear but not far behind the others was Trish Convey. The fastest time for the ladies was Jen Berg with 20.25, and for the men Alan Brydon with 17.43. We shall try to arrange one each month and adjust the start times based on your previous race, so all get a chance. All being well there will be an overall prize based on the best 4 results out of the 6 races.

### 10 PIN BOWLING THURSDAY 13<sup>TH</sup> NOVEMBER AT 7.00PM HOLLYWOOD BOWL KIRKSTALL

We have reserved for 38 single games at the bowling complex on Kirkstall Road, so please arrive before 7pm to sort out your shoes – and drinks. A similar number will then be going for a curry afterwards at the Sheesh Mahal the other side of Kirkstall Road. If you can remind me (me being Peter Hey) again if you are going to one or the other – or both, as I have mislaid the list of names that were added at a later date. If you want to add your name or for whatever reason you cannot go now, please let me know so we can update the numbers. The cost of one game will be £5.50 payable on the night.

### BLAST FROM THE PAST

Our esteemed Chairman suggested that maybe we editors would like to delve into the murky depths that is the Kirkstall Harriers Newsletter archive and

**KNACKER'S YARD** Neal's latest and petty excuse is that his leg, (savaged by wild dog), has now become infected. Pathetic. Martyn's hips and legs are still defying medical science. Or so he says. Sarah Ashelford is claiming that her shin splints have returned and is being poked once a week by her physiotherapist. Slag.

Edited by Gemma Rathbone

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bring back to life some of the old waffle. I dutifully opened up the October-November 2002 edition, curated by Peter Hey, and just beyond the index that promised such treats as “mindless twaddle ... page 2” and “blah blah blah ... page 3” I found this ...

### Photo Of The Month

The Monk joins  
in with the fun  
of Hallowe'en  
and Bonfire  
Night.



I have no idea who these people are, but I am glad that it seems to have always been a Purple Posse membership requirement to be a little unhinged and maintain a healthy level of friendly abuse \*ahem\* banter. I do so hope Sarah has overcome shin splints though. Many of us have known how much of a long-term annoyance they can be, but surely there is hope after 12 years ...

## YORKSHIRE VETERANS ATHLETIC ASSOCIATION (YVAA)

For more details check on the yvaa.org website.

The last race for 2014 is fast approaching. This starts on the Spenborough running track in Cleckheaton, about half way between Liversedge on the A62 and junction 26 of the M62. This is on Sunday Nov 9<sup>th</sup> starting at 11:02. The route will be about 5 to 6 miles and is a very nice mix of running track, tarmac, footpaths, disused railway line and fields. We need as many men and ladies out as possible to give each team the best finish ever in this series.. It is also a CLUB CHAMPIONSHIP race – so a good chance to gain a few or a lot more points at the end of the year.

If you are new to the club and have not done a Yorkshire Vets race before give this one a go even if only as a taster for next year. You are a vet if you are 35 or more years young on the day of each race. They try to arrange 10 races each year.

The ladies team are now 3<sup>rd</sup> in all 3 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.

## PECO CROSS COUNTRY SUNDAY 30th NOVEMBER—CROSS GATES

The first race of the season is not far away – 30<sup>th</sup> November at Panda's field, near Barnbow, Cross Gates. If you are interested in doing one or more of these races then you will need a race number allocated to you prior to the first race so please let Chris or Adam know, or mention it at training night. This race number will be yours to keep for the duration of the season – so do not lose it – or at least make a note of the number. The distances are about 4 to 5 miles and the races are designed so that any runner of any ability will be able to compete and enjoy them. This is a team as well as an individual event so we need as many runners as possible taking part. I suggest if you want a lift or share transport we meet outside the LPSA for about 9:30, ready to depart no later than 9:40.

The other races are

Race 2 Sun 14<sup>th</sup> Dec – Pontefract race course or Nostell Priory

Race 3 Possibly Sun 4<sup>th</sup> Jan – West Park Playing Fields off Spen Lane – **IF YOU ARE NOT RUNNING WE AS A CLUB WILL NEED YOUR ASSISTANCE ON THE DAY AS WE ARE HOSTING THIS EVENT ALONG WITH HORSFORTH HARRIERS**

Race 4 Sun 8<sup>th</sup> Feb – Boddington Playing Fields – Weetwood

Race 5 Sun 1<sup>st</sup> Mar – Roundhay Park

## Junior parkrun in the words of James and his Mum (Claire Bromley)

James has accompanied me, Russ and Oliver to a few races and I think he loves the atmosphere. He has occasionally run with me around the park; but when we told him that he could take part in races, he really wanted to try them. We started with Roundhay as it was the closest, which is tough but lots of fun. In particular if you are six years old as there are lots of cobbles or curbs to balance on and lots of trees to stare into. Cue mum running behind with Oliver, shouting encouragement.

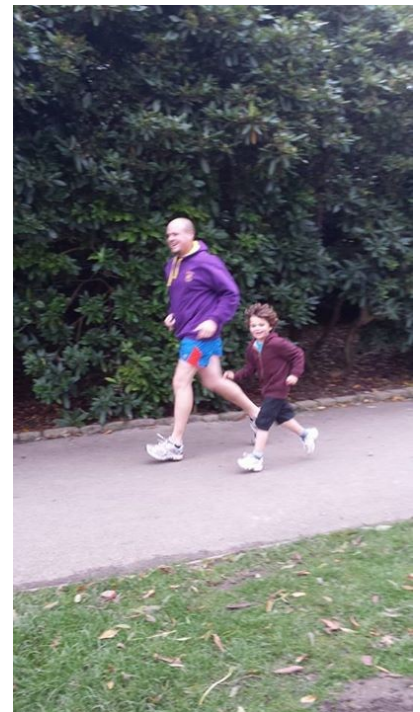
We did Temple Newsam on its inaugural run due to it being closer and it starts at **10.00am** on a Sunday. The idea was to encourage him to run on his own around the course without us pushing him, although adults are allowed to run with kids. We try to go as often as possible and James has become a superstar at running. Last week I had to blink when he ran so fast on his little legs - 2k in 12:09 – and then to see him stood between huge kids at the scanners.

Junio parkrun is a great way to get the kids into fitness but adults too, well as long as you take a child! It works in the same way as adult parkrun but is 2k. Adults are allowed to run around with their children but must not enter the barcode area as only the kids get a time. It gets you out to do a small run/jog. There are various events to take part in but see the website for more info.

James says:

I like running because it gives me energy. I like parkrun because I can run really fast. At the start we do exercises. Then somebody talks about where to go, then somebody counts 5....4...3....2....1 Go!!!! Then I run really fast around the lake twice. Then uphill to the finish. Lots of people cheer Go! Go! Go! Then I hand over my barcodes. I was very hot and sweating. I liked it lots and the sweets at the end. Then mum got me an ice cream.

EDITOR'S NOTE: It doesn't matter whether you're 6 or 60 – we all run for food!





## Kielder Run Bike Run by Sean Cook

Kielder Marathon is perhaps best known as "the one where that bloke got the bus to the finish", but if you don't fancy running the whole course there is another, entirely legitimate way: by bike. Kielder Run Bike Run takes place the day before the marathon, alongside a 10k, as part of a weekend of events organised by running legend Steve Cram.

This off-road duathlon largely follows the marathon route around the shores of Kielder Water in Northumberland, and while many choose to take part as a relay team, I was one of 140 to tackle the 11km run, 25km bike and 6km run as an individual. My only previous duathlon experience was a novice event at Nostell Priory that totalled 14km so this was going to be a tough test but one I'd been looking forward to for many months.

With the bike dropped off at transition one I caught the bus to the 1pm start where crowds were gathering to see us off along with the 10k. It was nice to hear a Kirkstall shout-out from the commentator as I crossed the line! I aimed to keep a comfortable pace in this first leg, as we snaked our way along the shore and up into the forest. The route is dubbed "Britain's Most Beautiful" so this was probably my best chance to take it in!

At the northern tip of the water it was time to take the trainers off and get on the bike, and the first transition went smoothly. This leg was certainly the most fun, with miles of fast, twisting and undulating trails, although towards the end I was really feeling those undulations.

The bike leg went so well that I made it to the second transition before my trainers! The kit box was supposed to be transported between transitions but mine was nowhere in sight. As I was about to set off running in my cycling shoes, Myra appeared and offered me her size 6s but I didn't fancy running 6km with my toes folded over. Thankfully a marshal threw me a spare pair of size 8s and I was able to continue. This all felt like an eternity but I probably only lost about a minute.

The shoes were a bit big and kept coming loose but by this time I was on my last legs (and leg) so it didn't make much difference. This was probably the hardest few km I have run since the end of my marathon last year and I was glad to reach the finish line. I did so in a total time of 2:42:42, and in position 36 out of 140, which I was quite pleased with despite the transition issues.

Also at the finish, I was reunited with my trainers, which I learned had arrived 5 minutes too late - and hand delivered by Steve Cram himself. He's obviously not as quick as he used to be!

Kielder is a bit out of the way but it is worth the effort to get there for this weekend. It's not an easy course no matter how you tackle it, but I would happily go back for another go at the Run Bike Run...and maybe one day, without the bike.



## Parkun coordinator—Sam Broome

### Oakwell Hall takeover

On Saturday 18<sup>th</sup> October a few Harriers took a trip over to Oakwell Hall. This parkrun has only been going for a couple of months now and though it is fairly new it has a very tight working team. It was a nice morning and good to be able to visit another parkrun.

### Temple Newsam takeover

On Saturday 15<sup>th</sup> November Kirkstall Harriers have been asked to grace Temple Newsam parkrun with their presence. I will be taking names and role requests w/c 3<sup>rd</sup> November. Last time we took over we had a brilliant 180-something runners turn up and as always everyone enjoyed themselves. Don't forget that if you are thinking about entering for a London Marathon club place one of the requirements is participating in club events and supporting the club. This is the perfect opportunity to grab if you are interested in a VLM place.

### Cross Flatts club run

Between 1 – 29 November anyone participating in the Leeds Athletic Race Series will be able to get a time at Cross Flatts parkrun. I am proposing 8<sup>th</sup> November as a club trip to anyone wanting to join. You don't have to be taking part in the series to come along, just wear purple. This year's club championship also involves running six parkruns,



## Harewood “10” by Adam Moger

Valley Striders' longstanding trail runs of 10 & 5 miles were 8 & 5 this year, due to work on Eccup reservoir. Kirkstall had success in the 5-mile with Sean Cook finishing 7th, but he was left wondering whether he'd run the kids race when the reward was a medal rather than the bottle of trail ale the 8-milers received! (Those 8-milers who knew to go back to the village hall to collect it that is).



More Kirkstall success in the 8-mile - 6th place from on-form hustler Paul Miller, and a prize winner in the shape of 2nd MV50 Chris Glover, 18th overall. For the first race in a while, I enjoyed a good battle with Chris - he flew past after a mile, never got more than half a dozen places ahead, and I saw my chance to catch him on the downhill at around mile 7. Little did I know he'd taken a sneaky look behind & proceeded to hurl himself down the hill - by the time I caught up I had little left for the final mile of gradient and he pulled out a convincing 4 places on me by the finish.

Further Kirkstall representation came from Richard Thomas in 66.31, Sheila making a welcome return in 72.09 (4th in age category), then Sandra 78.47, Peter 79.34 & Zoe Bennett 79.54 all within 7 places, and Marie Turton in 90.52, in a brand new pair of Mizuno trail shoes. It's a decent course but the last mile of climbs are tough - and it probably worked better as an 8 mile than the usual 10. But definitely a race to try next year if you've not done it before.

Photos c. Andrew Thrippleton





## Member Profile - Claire Bromley

**Name:** Claire Bromley

**Age:** 31

**Occupation:** Registered Midwife (finally!)

**Originally from:** Leeds

**Time as a Kirkstall Harrier:**  
One year



### When did you start running and why?

I've been on and off running for a few years; the on/off is mainly due to injury. I loved cross country and long distance at school, competing in 1500m and generally doing really well, but never continued it. I started again in 2009 with running my first race for cancer charity after having James. I ran my first half marathon in 2010 after a running fanatic friend decided I needed a kick up the backside. I still managed a reasonable time with little training. Starting uni seemed to slow my activity levels down due to time available and lack of motivation. That was one of the reasons for joining the Harriers. The other is dealing with personal tragedies and running helped a lot with that.

### How did you end up joining Kirkstall?

I had been meaning to join for a few years but Russ decided to do it first and I couldn't let him get faster than me! (Though he actually has.) When I came for my first night it was hills and drills on Normans! There was no option of not continuing after that session.

### What are your motivations for running?

The freedom and clarity it gives; running on my own just lets me think about me and de-stress. If I've been finding things tough a run usually helps boost the endorphins. I strongly believe that exercise is one of the biggest benefits to health. Also, I love food a lot, so the running helps keep my weight steady. Training has helped a lot too as I've ran in races I never thought I would, it helps me to push my comfort zones. It's also given me a great social network.

### What is your best running related achievement?

Completing Leeds Half Marathon in 2010 was the first biggish race I have undertaken and it was an amazing feeling crossing the line.

Leeds parkrun, the first time I met Gemma, gave me a PB for my first ever parkrun. I had finished a nightshift in Bradford and had set my sights on running. Drove straight to Hyde Park, ran round did amazing for me and went to bed. It appears I run better when sleep deprived. The biggest achievement for me is completing without injury!

### What are your worst running related memories?

Running and me = injury. I am forever injured when running, I'm surprised I even have an ankle left. Though the worst running was when I had only been a member a month. Running in horrible weather and really struggling, I then hit Stonegate Road; and flew down it. A puddle decided it didn't like me doing so well. I didn't realise what had happened till my face hit the ground; said puddle was a pot hole. Russ was not impressed by me rolling around

on the ground and in his words "doing an impression of a worm". That had to be the worst sprain I have ever received.

The second memory was Honley YVAA race – Russell's great idea for a mother's day. All I can say is bloody horrid.

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

I have aulophobia—a fear of flutes. It stems from a traumatic experience in primary school – one day music teacher Miss Melody brought out a selection of instruments for us to try. I grudgingly moved along the selection, demonstrating no real musical talent, and by the time I got to the flute I'd had enough and just blew as hard as I could. This had the effect of creating zero noise from the flute and also producing a massive bogey from my nose. The other kids found it hilarious, obviously, and I've never been able to look at a flute since.



# The day I gave up running by Timothe Dazin

These are dark times, times without hope.

After an unfruitful summer and a disastrous September, I have seen helplessly the days getting shorter. In a couple of weeks it will get worse thanks to the winter time. I will never see the light of day.

Running is a double-edged sword: it can make you feel better with yourself, relaxed, even powerful sometimes, you are in control.

And when it doesn't work you get the exact opposite; you become automatically the most miserable person on Earth. Because, let's be honest, what could be worse in this world than the inability to run?

... No reaction? You see, I was right.

On my last attempt to run, I ended up limping painfully up Kirkstall Road after 3 miles.

And today is a day I'd rather forget; at this precise moment, I would have been among the crowd of runners at the start line of the Yorkshire marathon.

It was just not meant to happen, I didn't stand a chance. It makes me sad, thinking I had to sign up for this race 10 months ago, just before it got sold out.

I've been in limbo for an eternity (about 6 weeks).

What I call the limbo is the state you are in when you're waiting desperately for any sign of recovery.

In limbo, every day in the normal world feels like a week. In limbo, you turn in your bed for hours, unable to sleep. In limbo, everything you like becomes tasteless. In limbo, any little thing can ruin your day or makes you very angry for no reason.

My housemate has left his empty pizza box in the kitchen since yesterday; I'm dreaming of smashing his head with a hammer. Of course, I can't blame everything on running, maybe I'm a genuine psychopath. I'll keep my distance from any hammer, just to be safe.

All this time I've been doing my homework recommended by the physio, just like a prisoner does his daily workout in his cell: one-leg squats, bodyweight deadlifts, the bridge, standing on one leg for one minute (eyes closed) etc...

What's the point? Is it really going to change anything? In less than a year, I had three major injuries, I've been in recovery longer than I've been running, or running in poor conditions. I have seen a sports masseur, a podiatrist and two different physios several times. I have missed a dozen races for which I had already paid. I have spent a lot of money and barely run at all; I wonder what would be the average cost of every mile I have run.

And I still have some good memories from this year.

... No! All these moments will be lost in time, like tears in the rain!

If I have learned one thing this year, it's that I was never supposed to run in the first place. A fish is not programmed to climb a tree, no matter how hard he will try.

I've made up my mind, just mark my words: I will never run again and my decision is irrevocable.

A few weeks later, I'm standing in the garden. Why does this Garmin always take 10 minutes to get a signal? It's not like I was living in a cave. It's probably a bad idea anyway, I feel delusional and I won't get past my street. It's going to get dark in 20 minutes, which means my options are limited: I will have to cope with the traffic and the crowd of students.

After 15 minutes I'm nearly out of breath, with some signs of a stitch. I used to hate all these traffic lights that keep you waiting for a lifetime, breaking your pace; today I'm enjoying them as an easy break. After all this time, I can't even remember how to breathe properly.

I come back home and have a look at my watch: 6.6 miles, better than expected, let's call it a day. I wouldn't say it was good, I could still feel a weakness in my knee, but it was not as bad as I got used to.

On the road again?

I will have to be really careful this time, I don't want to get overenthusiastic and ruin it all.

In the living room, there are:

- 2 empty pizza boxes
- Some underwear on the chairs and on the table (apparently waiting to dry).

I will have a word with him, I'm sure we can solve this problem diplomatically.

You have no idea how lucky you are, mate...



## Rose George and Foreign Running

Louisville. Limassol. Glasgow. Stockholm. Cheltenham. London. These are a few places I've had to travel to over the last couple of months, and the last couple of months I've also been marathon training. So I've become an expert at running while travelling. Here are my tips. First, Google running clubs. "Louisville runners." "Limassol + running clubs." Etc. This sometimes works, as it did when I went to Dallas and had a nice 8-mile run with the Lake Grapevine runners. Runners are a friendly tribe who think they are a tribe, and running clubs are usually happy to host visiting strangers. It's someone different to talk to, after all. But usually I don't stay anywhere more than a couple of days, and those couple of days never fall on a club running night. So, next stop: Routes. Walk jog run. Or Strava. Or something similar. There are always routes, but I don't find them much use, because running routes are so dependent on taste. Some people love to pound along ring-roads or highways. Some people don't mind running in foreign cities in darkness while having no idea about how safe areas of that foreign city are. I don't like doing either of those things. I like to know something about a new place or city, and areas I should or shouldn't be careful of and a simple 10-mile loop on a map won't help me do that. So next stop: Twitter. I have a lot of followers, or enough for someone usually to have been somewhere that I'm going. For Louisville, someone in the shipping industry had just been to a conference there and said, "head for the river and keep going."

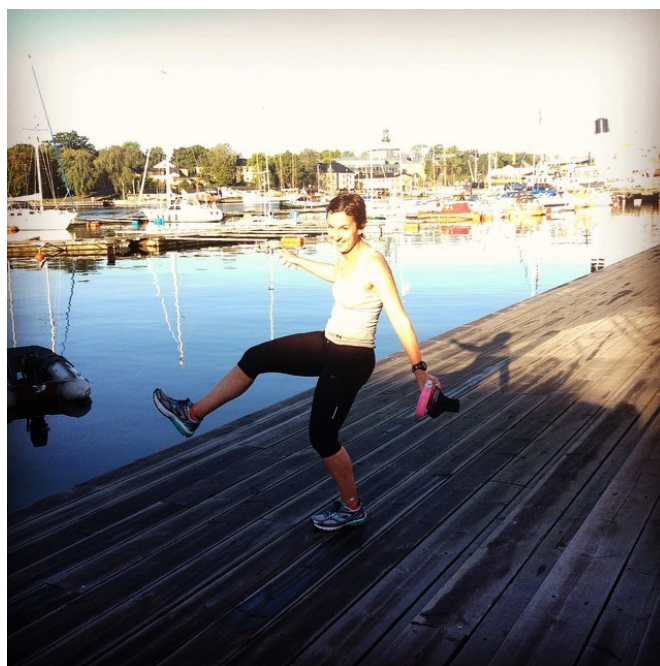


Good advice, but I did some Google forum searching too and learned that although there was a riverside path running in both directions from near my hotel, one way was populated by homeless and had several bikers and runners saying they didn't feel safe (not because of homeless people but because of drug paraphernalia they saw lying around). The other way though was fine, and so that's where I set off earlyish one morning. It wasn't too early because sunrise wasn't too early, and although I had carefully planned the route, I still managed to run stupidly by leaving without water or a hat, in summer temperatures (in October) in Kentucky. I do always ask hotel staff about running routes and these days some of the hotels I stay in have running maps, which is great. They are usually better than the staff, such as the overweight man behind the reception desk in Stamford, Connecticut who, when I asked where to run, said, "in the gym?" He said the streets around the hotel were dangerous. I asked around and they weren't, and I ended up running down through beautiful old Greenwich to a gorgeous beach. Much better than a gym.

A combination of all these techniques has seen me run 8 miles around Lake Grapevine, 9 miles until the end of the riverside path (in the right direction) in Louisville. Around Stockholm

and onto an island and back (but Stockholm is easy). Along the boardwalk in Limassol, surprisingly busy at 7.30am, then, shoes off and straight into the Mediterranean in my running kit. I don't think a dip in Roundhay Lake or Eccup would have quite the same effect.

It doesn't always work. A couple of years ago I spent three weeks on a travelling sanitation carnival going around some of the poorest states of India. I managed one early morning run through the fields in the company of a tall and striking black man, a dancer named Trevor, who everybody we passed waved at because they thought he must be a famous footballer. But when Trevor couldn't run, neither could I, so there were endless 1K loops of the stadium we were staying in, or the compound. I didn't dare go off in tight running kit in conservative areas. I didn't dare run in Bangladesh either. And I've met runners who live in Delhi who end up running endless 3K loops of the same park, every day, because running on the streets is so difficult. But my biggest, weirdest travelling-while-running failure is London. I lived in London for ten years, but I was a swimmer. And now I have a real dislike of running there. There are so many people everywhere, at all hours. I don't like the canal because it's so busy and cyclists are so aggressive, and now that it's winter I didn't really want to run along major roads for an hour before getting to the nearest decent-sized park. For London I need to get back to the running-while-travelling drawing-board. Or go to the gym.





## The Marathon Adventures of Shami Sisimaya

In April 2012 I sat on a train from King's Cross in London which was full of London Marathon finishers. I had only done a few parkruns and was looking forward to my very first race; the Leeds Half. I looked at all the people stretching dramatically and in obvious pain or discomfort and thought to myself 'they are all so badass, I want to do this one day'...The marathon bug bit hard there and then although I had not run further than 12 miles. Fast forward to April 2013 when I did my very first marathon and managed to do it in London Good for Age and at the same time achieved the ever coveted BQ (Boston Qualifying) time. It made sense to do both.... why not? After being offered a free place for the 2014 Greater Manchester Marathon I thought why not do all three of them, after all there are 6 or 7 days in between each to recover.....

The journey towards the three marathons wasn't as easy as I thought it would be. After having signed up to a race pretty much every week in the run up to 6 April my body gave up and succumbed to a chest infection that saw me DNF the Silverstone half and drop out of the East Hull 20. I did not run further than 20 miles in training and even that was really difficult and saw me complete Trimpell 20 in 2:37 which was nowhere near what I needed, to do at least one of the three in a very ambitious 3:15 or better. My best effort came in the Greater Manchester Marathon where I finished in a disappointing (at the time) 3:20, some 40s off a PB. The Greater Manchester Marathon had been tainted by the disastrous running in 2012 but the events in 2013 and 2014 had definitely benefitted from the experience as there were absolutely no issues other than the fact that it started and finished at Old Trafford (spit). The course was somewhat uninteresting, but also very flat and even the out and backs did not feel as bad because the gradient didn't change. The baggage was well managed and the event started on time.



Up next was the Virgin London Marathon; an adventure that one MUST experience at least once in their running career. The marathon is not a one day event, particularly if you're from the North. It involves getting to London on Friday or Saturday and navigating the jungle that is the London underground to find your accommodation and make your way to the Excel to pick up your number. All this occurred relatively easily (for someone who gets lost on Meanwood Road) although it also involved a £40 taxi ride from Kings Cross to Marble Arch courtesy of the delayed East Coast train. Number pick up was also relatively easy, not withstanding that I had forgotten to carry my acceptance slip and was increasingly frustrated by the amount of buggy pushers with children in tow causing absolute bedlam at the London Marathon Expo. I managed to resist spending more than just £25 on a cool pair of purple (of



course) in ear earpones. Race day found Jason and I wolfing down an uncustomary Greg's breakfast as there were no porridge making facilities available. (Thanks to the person who dropped the fiver we used for this). Now, the lovely Miss Rathbone will disagree here, but there is truly nothing quite like London. Yes its longer than 26.2mi unless you're on the 'blue line' the whole way, yes it's busy and loud and there's about a million people either running, walking, jogging or spectating. The wall of noise and support is epic but to be fair I was far too much in the zone to notice much more than the road in front of me. I did manage to miss most of the iconic sites along the route but remember seeing Mo at mile 14 which was mile 21 for him and seeing a few other KH on the route. I came in at 3:25 which although not the 3:15 I had wanted

was acceptable given that 6 days prior to this I had run 26.2 in Greater Manchester.



Four days after London saw me catch my first trans Atlantic flight for a jaunt over the pond to take part the oldest marathon in the world. In less than 365 days I had gone from marathon virgin to running 6, and the 6<sup>th</sup> was none other than Boston. It is not without pride that I write about this. There is only one Boston. Even before the bombings of last year I wanted to do Boston. When I was on the train in 2012 I Googled marathon because while I was in awe of the London finishers, I wasn't sure exactly how far they'd run. Wikipedia informed me about the origins of the marathon as we know it and of the World Marathon Majors of which Boston is the oldest and most difficult to get into as it is a qualifiers only race. I knew immediately that I had a goal to work towards and fortuitously every marathon I've run has been in BQ time, even Boston itself which I finished in 3:30:25 and is my slowest marathon to date. If you've done or even been a spectator at the London Marathon; multiply that experience by 20 and you'll get an inkling of what the Boston 2014 experience was like. A year on from the bombings it was a defiant and strong Boston that reclaimed the finish line Boylston Street. It was a privilege to drag my Greater Manchester and London marathon ravaged legs from Hopkinton to Boston in the purple Kirkstall Harriers vest. There was one hill. Heartbreak Hill they call it. These soft Yanks have clearly never been to Yorkshire. I ran over it without noticing it. The Boston Marathon Expo was bigger than London but had pretty much the same stuff and the number collection ordeal was pretty straightforward. I was not impressed by the unavailability of XS women's shirts



but the goody bags we were given throughout the weekend certainly made up for it. I even got a bottle of Boston Lager, a bottle opener and a box of pasta which I only just finished last week. They had free Dunkin' Donuts coffee and bagels for runners at the start! The actual running wasn't great. It was far too hot and my legs were far too knackered. My Garmin packed up at the start and I had no idea what pace I was doing. The race was difficult as I got my pacing wrong and hung on to someone who may have been doing 7 minute miles for the first 10 miles. I have been far too Garmin reliant and had absolutely no way of gauging my speed without one. The uniqueness of Boston is that there were so many women around me as the corrals were based on your qualifying time. All the ladies around me had run a marathon more than 15 minutes faster than the 3:35 BQ time as I had which made it difficult to pick out one to overtake which usually works in most races. The water stations had cups. Yes, CUPS. They were giving runners cups of water and cups of Gatorade. Cups of liquid for you to choke yourself on as you ran 26.2 miles. Fail. Needless to say after the first 10 miles I physically stopped at the water stations for my drink rather than throwing it down my nostrils and wind pipe. At this point I had lost all thoughts of time and even stopped for a wee which I have never done before. I took more time to take in the sights and enjoy the Boston experience. I even had time to stop and 'Kiss a British girl at Wellesley'. The Boston finishers' medal is my greatest running 'trophy' to date and I hope to keep running BQ times and be on that start line in Hopkinton sometime soon.

October 2014: hello marathon #7 in God's own county. All the training I did was towards attaining sub 3:15 (secretly hoping to pull 3:09 and bypass the NYC Marathon ballot process). Months of running along the canal towpath, running to Garforth, running to Gildersome and managing to bang out 65 and 70 mile weeks and an impressive (if I may say so myself) longest run of 24 miles in 3:02 hours. A lot of people say it comes down to the day. This is true. The weather was perfect, the tapering was perfect, and the training was adequate all signs pointed to at the very least a sub 3:19 PB time. Something went wrong on the day. I don't know what. Everything was fine until it wasn't. Around mile 18 I started to feel tired. I have never felt tired at mile 18 of anything, race or training run. This is usually when I am well into my rhythm. There is a bit of a drag on the course from mile 17 to 18 and seeing all the front runners on their way back didn't help things. I stopped and had a gel at mile 18 as I had been taking them every 6 miles. Normally I can take a gel out of my arm band and have it on the run. I had to stop and realised that something was wrong. By the time I got to mile 21 the wall had well and truly hit me and my average pace went from 7:22 to 7:30 and kept getting slower. Having got to half way at 1:37:02 I was planning on pulling off an impressive negative split and finishing in at least 3:13. By the time I got to mile 22 I had another gel which was meant to be for mile 24. It didn't help and I literally had to pick up my legs in my hands to move forward. I was gutted as the Garmin showed 8:44 lap pace and nothing I was doing could change it. I managed to crawl up the evil hill at the end in a tear inducing 9:26 as I had to walk a few times. Burjor helpfully pointed out that he could have beaten me if he'd raced me that final mile (thanks). I was completely destroyed and crawled over the line in 3:22, a good 9 minutes slower than I had been on course for. I was disappointed but quickly saw the brighter side: I'd hit the wall and still run a 3:22 marathon and was grateful for the learning experience. If it's true that every runner hits the wall at least once in their career, I'm glad mine wasn't a complete catastrophe. Next up will be Manchester and London again and hopefully one of Berlin or Chicago. This 26.2 business is addictive.

## Butternut squash and sage risotto by Lucy Churm



This is a really warming autumnal dinner, great after a day spent outdoors as it's pretty filling. It's tasty with pumpkin too - you can substitute any squash/gourd really, sage goes well with them all. If you hate sage, you can use mixed herbs or some paprika and chilli flakes instead. Meat eaters can add a few decent sausages or chorizo to it at the end to make it even more substantial (you will definitely need a lie down afterwards).

**EDITOR'S NOTE: Image pinched from BBC Good Food. Finished meal will probably look nothing like this.**

### Ingredients

1 large squash, (or if you really like it, 2) peeled and cut into chunks. Squash is tough to peel, a truly stupendous knife helps.

A good glug of olive oil.

Bunch of fresh sage leaves, half chopped, half left whole.

A lot of vegetable stock-the recipe I use says a litre, but I make more and just have it in a big pan ready to ladle in if I need it. A couple of stock cubes should suffice.

50g butter-finally an exact amount! (I tend to wing it a bit when cooking.)

1 large onion, finely chopped-make the most of that stupendous knife.

300g risotto rice - I don't know who they're thinking of when they thought up these amounts, but I use way more than this.

1 glass white wine- if you use a Viognier it will go really well with the meal too, but any white is ok.

50g parmesan/hard cheese-more if you like cheese. Mmmmmmmmm cheese...

### Method

1. Heat the oven to about 200C. Toss the squash in a tbsp of olive oil along with the chopped sage. Put in a shallow roasting tin and roast for about 1/2 hr until brown and soft and a bit squidgy (actual technical cooking term).

2 While the squash is roasting, prepare the risotto. Bring the stock to the boil and keep on a low simmer. Then in a separate pan, melt half the butter over a medium heat. Stir in the onions and cook them gently over a low heat for 8-10 mins until soft but not coloured, stirring occasionally. Stir the rice into the onions until completely coated in the butter, then stir continuously until the rice is shiny and the edges of the grain start to go transparent.

3. Pour in the wine and simmer over a medium heat until totally evaporated, stirring regularly to avoid sticking. Add the stock, a ladleful at a time and stir the rice over a low heat for 25-30 mins, until the rice is almost cooked-it should be a little bit firm in the middle. The risotto should be lovely and creamy and slightly soupy.

4. Whilst the risotto is cooking, gently fry the whole sage leaves in a little olive oil until they're crisp, (this part smells amazing) then set aside on kitchen paper. When the squash is cooked, mash half of it to a rough purée and leave half in chunks. When the risotto is just done, stir through the purée, then add most of the cheese and butter and leave to rest for a few mins. Believe it or not, the resting part is important-use this opportunity to have a nice glass of wine. Serve the risotto scattered with the whole chunks of squash, the crisp sage leaves on top, lashings of black pepper and some more grated parmesan.

5. Lie on sofa with wine and get someone else to wash everything up.



## Leeds Abbey Dash – 15<sup>th</sup> November

As usual there will be a gathering in the German Market after the Abbey Dash, so whether you are running, supporting or enjoying your lie-in we will be heading there after the run. More details will appear on the Facebook page.

### Salomon Trainers for sale - £55

Any size 6 ladies out there after some Speedcross Salomon trainers then let me (Sam Broome) know. I know someone who is selling them. There are different types but all primary off road/fell/trail shoes. If you have a preference then let me know and I can bring them to training.

## PBs

Congratulations to those who achieved new PBs.

Distance		Name	Time
10k	PB	Sharon Cook	00:49:51
10k	PB	Emma Lavelle-Wood	00:46:08
5k	PB	Emma Lavelle-Wood	00:21:47
5k	PB	Neil Marshall	00:23:47

## New members

Please say hello to our newest members:

Vicki Hipkiss  
Antony Shaw  
Chris Hudson



## Birthdays

Many happy returns to the following members who celebrate their birthdays in November:

Jill Camm	Rose George
Alyson Glover	Matt Sykes-Hooban
Niamh Jackson	Simon Jaines
Frederick Maier	James Nundy
Rory Smith	David Spink
Malcolm Taylor	

## About us

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](http://www.kirkstallharriers.org.uk)**

*Please email [kirkstallharriers@googlemail.com](mailto:kirkstallharriers@googlemail.com) if you would like to contribute to the newsletter.*

*All articles, member profiles etc gratefully received.*



# Kirkstall Harriers Running Club