



## RAT Magazine November 2009

### Introduction

Welcome to the November edition of the Kippax Harriers newsletter. There are two race reports this month. Joyce relays an account of the club championship race at Ripley Castle which took place during a torrential downpour. On the same day Martyn went into the "Bog of Doom" with Leanne and thankfully returned to tell the tale.

### PECO Cross Country

The first race of five took place at Golden Acre Park on Sunday 8<sup>th</sup> November. After the recent heavy rain it was somewhat of a surprise to discover that the trails through the woods weren't all that muddy. Which was a shame because that's part of the fun.

What a start to the season it was with the ladies unleashing their big guns. Brilliant runs from Karen and Allison means that I can report with pride that Kippax were first and third respectively and with Leanne finishing in a healthy 18<sup>th</sup> position the ladies team got off to a flyer securing a very respectable overall fifth place in the Premier Division. Let's not forget we are competing against some of the biggest clubs in Leeds with much larger memberships. So well done to all nine ladies who ran the race and to our supporter on the day Wendy who also collated the team results.

As for the men, well it was one of the finest displays of commitment, staying power and endurance from the 14 Harriers in attendance. But enough about the lads night out two days earlier, save to say that the bar bill at Brio's Italian restaurant was

literally unbelievable. We never drank that many bottles of Peroni, did we?

Unfortunately, many of the guys must have had extended hangovers because only six made it to the start line at Golden Acre. Eight are required to make a full team and avoid a points penalty. Now to be fair some of the men had work or other commitments that day and it was also pointed out to me (thank you Andy B) that we might have had a larger turnout if I had advertised the Cross Country in last month's Ratmag. But I forgot. So smacked wrists to me.

Therefore, the next Cross Country is at Horsforth on Saturday 5<sup>th</sup> December 11.00. Full details are on the Abbey Runners website.

<http://www.abbeyrunners.co.uk/PECO/race2.html>

It would be nice to see as many Kippax Harriers there as possible. A full team requires eight men and five women. But the more that run the better. For those of you that have never done a cross country (since school!), the races are very cheap, great fun, sometimes muddy (hopefully) never more than five miles and there is a great



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camaraderie. Your £2.50 entry fee often secures you lunch nearby afterwards.

Superb value in anybody's book.

## Kippax results from Golden Acre

	Men	Ladies
Karen Hallas		1
Martyn Hewitt	54	
Craig Worley	61	
Allison Skillicorn		3
Andy Settle	69	
Bryan Dooley	72	
Leanne Hague		18
Bruce Fletcher	106	
Jay Kitchen	113	
Carole Kitchen		63
Val Pell		69
Michelle Duff		74
Ann Martin		78
Kate Penrose		80
Kelly Palmer		99
Finishers	160	113



*Photo courtesy of woodentops.org.uk*

Newsletter editor: Craig Worley. Go to [www.kippaxharriers.org.uk](http://www.kippaxharriers.org.uk)



## Race Reports

### 1. Guy Fawkes 10 - 1st November 2009 (Joyce Robinson)

A run with Moira - Guy Fawkes 10

"What are you doing after the race" she asked. Not much, I said. She then informed me that she was not going to "rush back" and thought she might visit her sister while she was "that way on".(i.e.in the vicinity! After the race she said we could get changed in the Hall and go somewhere for lunch, then a quick visit to her sister. Fine. What do they say about the best-laid plans!!!!

We had both packed our change of clothes; no problem there then? Sitting in the car she asked me if I wanted a pair of blue gloves. No thanks I have some gloves I said, "not like these you haven't" and she emerged from somewhere deep the car pocket wearing a pair of pale blue plastic gloves (she got from the local petrol station) She looked like a surgeon from Casualty!!!! "well my gloves wont get wet"!!!! true. I asked if she had a baseball cap, as it was raining so heavily - (she once told me "you need a cap to keep the rain off your glasses") Knowing Moira, she produced one!!! (her car's better equipped than any removal van!!!!)

Meantime I was pinning my number to my cagoule!!!!!! I had a sweatshirt underneath and thought I would be nice and dry and warm - WRONG.

Prior to the race we met up with Val, Kelly, Kate Kidd and Samira. Moira informed them she had some crunch and flapjack in the car for after the race if they wanted - what a b.....y stupid question!"

Off we set like drowned rats. Of course I got warm - but the sweatshirt was wet through and getting heavier and heavier!!!! "I'll have to take this off" I said. Then I realised I had pinned my numbers over the zip of my cagoule!!!! Well Harry Houdini had nothing on me doing this contortion to remove it without taking off the cagoule while trying to keep running. "stop and take it off" said Moira. Well by this time I had it up to my neck and nearly choking. "Pull it out for me Moira" I said "while I hold my hat on". "pull it out from where?" she asked, "from round my neck, I can hardly breath"!!!! I think we lost about 3 minutes laughing!!!! I tied the sweatshirt round my waist but it was heavy and I felt like I was carrying a barrel of water. However, I was able to leave it with a very kind Marshall, who said she would leave it in the Hall.

End of race. We realised we would have to go back home to get changed as we were so wet and dirty. Moira rang her sister to give her the news. However, we had to go to the hall to get my sweatshirt (and Moira had to make an urgent dash to the loo). (she was quite a while!!) We then headed



back to the car. "Suppose the others have gone by now" said Moira. Wanna bet.....Val et al were sitting in the car waiting for Moira's goodies. Val's face lit up as she opened the box of flapjack and crunch, it was almost as if she had won the Course record, and they all dug in.

As for me and Moira (after she provided me with an enormous towel to wrap round me) we went back to her house to have a

shower and get changed. We then hit the local Harvester for a meal. As I was going home I collected my bag of wet clothes.

How jealous will you be when I tell you it was a bag a clean wet clothes? While I was in the shower she put all the wet clothes in the washing machine!!! Then as I was leaving she said "want some cake to take home?????" Get behind me in the queue for the next race!!!!

## Results

First Male - Jonathan Frost - East Hull Harriers 56:10  
First female - Alison Bogie - Chapel Allerton RR 1:08:01

### Kippax Harriers

78 - Craig Worley	1:11:46
87 - Allison Skillicorn (3 <sup>rd</sup> lady)	1:12:28
172 - Nick Thorp	1:17:49
362 - Jay Kitchen	1:26:55
504 - Val Pell	1:34:00
533 - Carole Kitchen	1:35:42
572 - Kate Kidd	1:38:39
665 - Samira Lambert	1:47:42
671 - Kelly Palmer	1:48:02
679 - Joyce Robinson	1:49:20
680 - Moira Leneghan	1:49:20

738 finishers

## 2. Hellrunner - 1<sup>st</sup> November 2009 (Martyn Hewitt)

Looking at the weather reports the Hellrunner - a 12 mile trail run in Delamere Forest, Cheshire was going to be an extremely wet and windy affair....how wrong could I be. Leanne and I set off across the Pennines in torrential rain thinking...oh god...nightmare (Karen 'aka 'spring lamb' didn't show....it was raining and she was worried her wool coat might shrink in the rain :-)



Much chatter and energy drink later we arrived and met our old friend Simon Maskill now of Penny Lane Striders. We were all chipper as we walked the mile or so to the start fearing the bogs of doom which the Hellrunner reported were ready and waiting.

Thousands turned out and so did the bright sunshine which continued for most of the race. The start was signalled by a 9 ft devil which made a change from the normal 'ready steady go.'

The three of us set off together with Simon taking the lead....being rather chivalrous (as you know) and worried I would have to tell Leanne's husband 'I lost her in a bog'; I decided to run with Leanne. We traversed some rather deep bogs and a mud bath helping each other out of the sludge. The penultimate mile involved the 'bog of doom' which lived up to its name. A storming race for Leanne and she finished 8th lady in a strong field.

If anyone likes trail running, sharp hills and sharp descents with a mix of deep bogs and muddy river running, this is for you. A great goody bag was well received and the organisation was second to none. This wasn't your usual race but refreshing all the same, with some great photos and memories which will make this one stand out for me for years to come!!!

### Results

First Male - Jonny Mellor	1:15:43
First Female - Catherine Dulla - Scarborough AC	1:36:27

### Kippax Harriers

55 - Simon Maskill (Former Harrier)	1:40:10
172 - Leanne Hague	1:49:59
173 - Martyn Hewitt	1:49:59

1523 finishers

### Other Results

#### 1. Abbey Dash 10k - 22<sup>nd</sup> November 2009

There were plenty of Harriers out for this one - the annual charge up Kirkstall Road to the abbey and back. It's not scenic but it is fast.



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First Male - Jonny Mellor - Liverpool Harriers 29:13  
First Female - Rebecca Robinson - Kendal AC 33:14

## Kippax Harriers

197 - Karen Hallas	37:36
223 - Martyn Hewitt	38:02 PB
400 - Craig Worley	40:22
580 - Nick Thorp	41:57
616 - Bryan Dooley	42:15 PB
1683 - Mike Dooley	47:46
1859 - Dave Seed	48:36
2273 - Val Pell	50:02
3211 - Sue Holmes	53:57
3223 - Les Kitching	54:00
3886 - James Jones	56:56
3889 - Catherine Jones	56:57
5380 - Joanne Lambe	1:06:30
5751 - Sandra Seed	1:14:09

5905 finishers

## Club championship update

And now for this month's championship update.....well actually this month I'm not telling you. You'll just have to come to the AGM on when all the various winners and runners up in each category will be announced together with the presentation of the trophies. Don't forget with one more race to go things can still change.

## Forthcoming races

### Club Championship races

The last club championship fixture is a handicap race. It was initially scheduled for Sunday 6<sup>th</sup> December at Temple Newsam but since this is only a day after the Horsforth Cross Country the race has now been rescheduled for Sunday 10<sup>th</sup> January from Kippax Sports Centre. The handicap course including Mary Panel Hill is the route. For those of you keen try it out click on the link.

<http://www.mapmyrun.com/run/united-kingdom/-kippax/670125917772180126>



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For the newer members who may be unfamiliar with the concept, the nature of a handicap means that everybody has a chance to win the race. Each runner is given a handicap percentage based on an assessment of how fast they are. The person with the biggest handicap sets off first with the runner with the lowest handicap going last and everybody else setting off in between at various intervals. If things go to plan then it should be pretty close with hopefully everybody finishing within a few minutes of each other. So if you've never done a race before, this might be the one to try.

## Calderdale Way Relay - Sunday 13<sup>th</sup> December

This is a fell relay race of around 50 miles split into 6 legs with a pair of runners on each leg (like the LCW) around Calderdale. Although Kippax Harriers does not have a team, a number of our members are running for Ann Bath's LDWA team. I'm being a bit of a turncoat and running for Calder Valley Fell Runners.

## National Cross Country Championships - 27<sup>th</sup> February 2010

The championships are coming to Leeds, Roundhay Park to be precise. We are considering putting in teams; ladies require at least 4 and men 6. Please let the captains know if you're interested. We need to have entered by 11<sup>th</sup> January at the latest.

## Social Events and other news

1. There will be a club run on Thursday 10<sup>th</sup> December around Kippax and Garforth taking in the Christmas lights. Back at the club there will be a quiz with questions to be set by Wendy and Chilli & Jacket potatoes followed by mince pies.
2. The club's Annual General Meeting will take place at Garforth Squash Club on Monday 25<sup>th</sup> January. If there are any issues you would like to raise and be discussed then please see a member of the Committee. It is also an opportunity for members to get involved by joining the Committee. No position is particularly onerous in terms of the time it demands and the current job descriptions of each role are attached with this newsletter. You could also contact the current post holder for more information. If you do wish to stand then please ask another member to nominate you at the AGM. The committee meets on the second Tuesday of every month at 9pm at the Squash Club.
3. Another reminder that we will be holding a vote for The Runner's Runner of the Year. As mentioned before, the reason for your choice does not necessarily have to relate to the running performance of your nominee. Voting slips will be available soon and at the Christmas "do".



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4. There is a one day Leadership in Running Fitness course being run by England Athletics at Brigshaw School on Sat 30th January 2010. Cost £90. More information and on-line booking can be found at [englandathletics.org.uk](http://englandathletics.org.uk)
5. It was mentioned a few months ago that Lynn and Les will be cycling from Jon O Groats to Lands End. They have now put a schedule together and will be cycling the whole way in less than three weeks next June. Looks pretty tough to me. For all those interested, their schedule is attached.

### Runner of the month

Well what a difficult choice. The Amsterdam crowd really excelled. It could have gone to Val for yet another PB in the full marathon in a superb year for her. Jane Mustill ran her first half marathon in under two hours. Wendy shrugged off injury to run and how can we not give the award to Maria who knocked an hour off her half marathon time. Frankly, you all did really well and enjoyed yourselves immensely by the looks of things. But difficult choices have to be made and the runner of the month this time is Simon Mustill for coming back from a nasty thigh injury and completing his first marathon in a very respectable time. Well done indeed.

### New members

A warm welcome to Jim Jones, Catherine Jones, Tracy Mckaine, Mike Dooley and Bryan Dooley who have all joined recently. Mike incidentally was a member of Kippax Harriers around 20 years ago and has already spotted a few club stalwarts from that era.

That's all for this month - Please send your contributions for the December issue to [worleyc@sky.com](mailto:worleyc@sky.com).