



KIPPAX HARRIERS



RAT Magazine March 2010

Introduction

Welcome to the March issue of the Rat Mag. It's a busy edition this time with two months worth of race reports, results and other things to catch up on. The PECO cross country season reaches its climax and the new Club Championship kicks off.

PECO Cross Country

Kippax results from John Smeaton Sports Centre (race 4) - Sunday 31st Jan 2010

	Men	Ladies
Allison Skillicorn		4
Craig Worley	66	
Leanne Hague		8
Bruce Fletcher	91	
Jay Kitchen	117	
Tony Blythe	126	
Lou Aston		52
Les Kitching	152	
Wendy Chapman		54
Kate Kidd		59
Carole Kitchen		64
Ann Martin		73
Kate Penrose		78
Val Pell		79
Michelle Duff		82
Kelly Palmer		94
Finishers	150	101

Esholt - race 5 (Wendy Chapman) - Sunday 7th March 2010

This was the last of the five cross country league runs and with the Ladies holding their own in the Premier League it just needed a solid turn out to ensure we avoided 'the drop'.

Seven Ladies and one man (well done Bruce) lined up at the start on what was a gloriously sunny morning. The walk through Esholt village to register had raised all our spirits!



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The course was two loops, mostly in woods with an interesting bit early on where you chose between a muddy wade or hurdling a concrete barrier; and a fast downhill finish where you either 'went for it' or thought, (like me), that you didn't really want a broken ankle so near to the marathon.

A special well done to Maria, our vice-captain, who, despite saying on the Thursday that she was sticking to

pavements in future following a mud bath at Roundhay, turned up to ensure the Ladies had a full team for their final outing.

Well done to everyone who contributed throughout the season to ensure the Ladies retained their Premier League place.

And a big well done to those men who did make the effort!

	Men	Ladies
Bruce Fletcher	55	
Lou Aston		52
Ann Martin		62
Kate Penrose		63
Wendy Chapman		70
Carole Kitchen		80
Kelly Palmer		81
Maria Elmieh		86
Finishers	121	86

The ladies finished 5th in the top division and retained their premier league status. The men finished 8th in the First Division.

National Cross Country

The nationals came to Roundhay Park on Saturday 27th February giving our runners a chance to rub shoulders and compete against the country's elite. We had both a men's and ladies' team out

Race report - (Kate Kidd)

I woke up on 27th Feb excited to be entering my first National Cross Country event. Not as excited as Karen I soon found out when we met at the squash club, who was full of reasons why this was going

to be a much bigger deal than the usual events. June and Kelly also made up the crew and we headed over to Roundhay with plenty of time to find parking.



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As we made our way to register we were in time to see one of the earlier groups race the steep downhill into the mud. Watching them jostle for position and the steepness of the hill on either side both increased our excitement and made me feel a little nervous.

We registered, and met with Maria, Lou and Leanne - and took our routine toilet stop and then it was off to our pen. 800 women in pens, about 5 deep in one long line then got ready - and off we went. The women's race was 7k and 2 circuits, which at least meant we didn't risk the men's experience of being lapped by the top athletes.

I remember 3 things about the race:

1. It has hilly
2. It was muddy (I saw a few people take a tumble)
3. Out of 800 women I spend the entire race joined at the hip with

Results

The women ran 7k with the following results

1 Stephanie Twell Aldershot Farnham & District AC 27:52

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59 Karen Hallas	31:57
300 Leanne Hague	38:24
488 Lou Aston	46:07
489 Kate Kidd	46:07
513 June McHale	48:08
535 Kelly Palmer	52:32

543 finishers. Our team 43rd out of 61.

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Lou Aston. Unbelievably out of all the people - we managed to make it back with exactly the same time - which I was thrilled at having followed her home for every other cross country race this year.

We got to the end to celebrate! The only downside was that Leanne had lost her 2 week old iPhone - is this the 3rd this year?

It was now the men's turn and the field was much larger at about 1500. They also had the longer route. It was our turn to support them with some kind words of encouragement to match what we had received e.g. "come on put some effort into it" and such.

I definitely recommend this race to everyone if you can get to it. Next time I'll be as excited as Karen was - the scale and number of people - a great experience!



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The men ran 12k with the following results

1 Andy Venon - Aldershot Farnham & District AC 38:01

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948 - Martyn Hewitt	55:18
981 - Gerry Waterton	55:52
1140 - Bruce Fletcher	58:56
1410 - Tony Blythe	1:13:27

1428 finishers

Other Race Reports

1. Dewsbury 10k 7th February 2010 (Wendy Chapman)

If you want a fairly flat out and back 10k to see how you are shaping up early in the year then Dewsbury is a good choice. No hills, no scenery, so you can concentrate on your speed.

The race was well organised and there were a good number of Kippax Harriers willing to get up early on a Sunday morning to give it a go. Bit of confusion with the car parking. It's free if you can get in to

the Leisure Centre car park but just next door in the retail park you have to pay.

Tracey led the way for the Ladies and in fact the Ladies team was in for a prize until it was realised one of their members was actually a man! Never mind Jay - we will dress you up next time! (Ed: Tut, tut, some people will try anything to get an award. Were they giving out pies for prizes or something?)

Results

First Male - Mark Buckingham - Holmfirth Harriers	29.55
First female - Hatti Dean - Hallamshire Harriers	33:28

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252 - Nigel Mckaine	42:46 PB
268 - Leanne Hague	43:04 PB
396 - Jay Kitchen	46:48
470 - Tracey Mckaine	49:14
513 - Wendy Chapman	50:55
519 - Carole Kitchen	50:43

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540 - Kate Kidd	51:49
566 - Ann Martin	52:29
575 - Sue Holmes	52:49
605 - Kate Penrose	53:45
606 - Val Pell	53:48
624 - James Jones	54:36
625 - Catherine Jones	54:36
683 - Michelle Duff	56:46
792 - Joanne Lambe	1:09:47

853 finishers

(Ed: The sharp eyed among you might have noticed that Carole finished behind Wendy despite finishing 12 seconds faster. That's because I have used the more accurate chip times but the positions are only shown by gun time. Below is confirmation of Kippax ladies 6th place with their honorary lady!)

6	Kippax Harriers	Leanne Hague, Kitchen Jay, Tracey McKaine	2:20:24
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2. Snake Lane 10 Mile Road Race, Pocklington 28th February 2010 (Nigel Mckaine)

We arrived at Pocklington Rugby Club, approx 45 minutes before the start time. The car park was already full, so we were directed to a local school car park, which was 5 minutes walk from the start line. Plenty of friendly marshals directing traffic and runners made for a good atmosphere around the area.

With over 600 runners taking part, on a cold morning, the queues for the loos were long. Male & Female Runners did the usual, and made full use of bushes, trees,anywhere really.

On our way to the start we spoke to Ann Martin, Kelly Palmer, and Moira Lenaghan. Kelly, always smiling, confirmed she had run

in the National Cross Country at Roundhay the day before. Where there's a Race, you will find Kelly - well done!! Moira was running for that other club, but we still spoke to her (sorry, Lady Chairperson)

At 10.45am the marshals led all runners from the Rugby Club, through a side street to the start line, a five minute walk causing traffic jams along the way. With no timing chips, it was a hooter start across a chalk line on the road. The usual first mile dash soon sorted itself out, and people made their way out of Pocklington. Although it had been raining heavily during the week, the country roads were clean and dry, making for good running conditions.



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We followed a circular route through the picturesque villages of Meltonby, Bishop Wilton and Bolton with the finish back in Pocklington town centre. It was reasonably traffic free, until the last mile into the shopping area.

The route was fairly flat, with only a few slight uphill during the last four miles, but

after six miles of flat running, they felt like mountains! The race was well supported around the route, with two water stations and plenty of marshals along the way.

At the finish everyone received a Snake Lane 2010 mug, and a chocolate bar. A great flat course, for a fast 10 miler.

Results

1st Male = Stephen Hepples - Newham & Essex Beagles = 53:00 mins

1st Female = Melisa Neal - March AC = 1 hr 01 mins

150th = Nigel McKaine - 1hr 09mins - new PB

383nd = Tracey McKaine - 1hr 21mins - new PB

516th = Ann Martin - 1hr 29mins

525th = Moira Lenaghan - 1hr 30mins - 1st in age group - Well Done Moira

622nd = Kelly Palmer - 1hr 40mins.

666 Runners completed the race.

3. Trollers Trot 25 miles - 6th March 2010 (Craig Worley)

The 18th Trollers Trot is sadly set to be the last. This is what we were told at 8am at the start of this popular LDWA event which goes from Threshfield, near Grassington. The route, set in the heart of beautiful Wharfedale includes Threshfield Moor, Rylstone Moor, Barden Tower, Trollers Ghyll and a jaunt along the river bank to the finish from Burnsall.

Martyn, Allison and I were to be joined by our friend and one time Harrier Simon Maskill. Since Simon would have limited time afterwards we decided to hold the post event celebrations the night before at the Podger. This was minus Allison, who

strangely preferred more orthodox forms of carbo-loading but we were joined by club colleagues Jay, Lionel and Rob.

The day of the race didn't start too well. We had decided to travel up in two vehicles. In one, Allison and I encountered a recently overturned car in the middle of the road on the way to the venue. Fortunately the driver and passenger were unharmed but we had to take a detour. The other party nearly didn't make it there in time at all. Simon arrived at Martyn's house at 6am to find him still sleeping off the previous night's revelry. While Allison and I were waiting for the other two to



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turn up at Upper Wharfedale School we bumped into Les Kitching who regaled us with tales of LDWA events of yore.

Finally we were off. The morning was cloudy and cool and the light breeze was just the tonic for those of us still feeling a little green around the gills. After the first few miles over the rather squelchy Threshfield Moor the course proceeds along very runnable tracks. After passing through the village of Rylstone and stopping off at a checkpoint for the obligatory piece of chocolate cake we were soon embarking on the steep climb up onto Rylstone Moor.

The pace across the vast open moor was steady and things were distinctly chilly up there. Eventually we passed the Lower and Upper Barden Reservoirs before dropping down into the valley and passing Barden Tower, which is a ruined hunting lodge. The checkpoint here was around the half way mark. At this point Allison decided to press on while the rest of us continued to take things more leisurely.

The route proceeds along the river and Dales Way footpath for a while before turning off and climbing up to Howgill Lane. We were nearing Trollers Ghyll by now which is a fairly strenuous hike. Simon informed me that the area is supposedly haunted by ghostly hounds. I'd not heard that before although I did know that at the checkpoint at the top you could have a hot dog if you wanted. But sure enough,

further research led me to the discovery of a legend which has it that a "Barguest" haunts the area. Apparently, a fearsome spectral hound is said to guard either a grave, sacred site, or hidden treasure. Well he must have been sleeping today because we didn't see him.

That was the hard bit over with. From here to the finish line it was either down hill or flat. After the final checkpoint we came to the popular village of Burnsall which is the setting for an annual summer fete and famous classic fell race. This involves a 900ft climb and descent in only 1.5 miles, which is pretty scary. The more daring of the runners have even been known to hurdle a wall whilst hurtling back down the fell. But that's for another day (maybe). For us the last four miles of the run was a gentle jaunt back on the Dales Way river bank. In previous years a strong headwind has made this quite hard work for tired legs. But there were no such problems today.

Eventually we made it back to the school and were able to tuck into some well earned chilli con carne. And that was it, the last ever Trollers Trot unless somebody else can be persuaded to take up the reins. It's a great shame, we should form a "Save our Trollers" campaign.

Allison finished in 4:14 with Martyn, Simon and I seven minutes behind in 4:21 and Les Kitching in 5:42.



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4. Spen 20 - 14th February 2010 (Leanne Hague)

Sunday 14th March. Blue skies and a cool light breeze. Good conditions for a perfect spring day and the pending 20 mile run over the hills of Spenborough. Was this the relaxing Mother's day I really had planned? Why again had I entered...

The race is used by many runners as part of their marathon training. It cost £6 to enter and brings in around 250 runners in total. It incorporates the Yorkshire 20 mile Championships so be prepared for a field of strong runners, including the likes of Nell McAndrew. Although I didn't see her there this year!

The race started at 10am from Princess Mary Athletics Stadium. The two loop route to Cleckheaton takes you up through Scholes, to the Armytage Arms at Clifton, Roberttown, Hightown and Windy Bank before returning to the race track at the stadium. Water stations were well manned

Results

First male - Pumlani Bangani - Salford
First female - Susan Partridge - Leeds City

1:57:10

2:11:03

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33 - Martyn Hewitt 2:19:00
60 - Michael Mattison 2:26:03
102 - Leanne Hague 2:36:19
264 finishers

and sponges were available along the way. There was encouragement on the hills from some of the local residents but this year had a few issues with inconsiderate drivers.

I thought it was a great course, taking you on a rollercoaster of hills. The cool light breeze became a strong head wind on some parts of the course and combined with the hills made it a tough race. The last couple of miles were more or less downhill making for a strong finish (if you still had the energy left). The route overall takes in some nice scenery for a road race.

This was my first twenty miler and despite cursing Martyn Hewitt for suggesting the race I thought it was a thoroughly enjoyable course with plenty of ups and downs. I might even go back next year for another go!



Happy 70th Birthday Moira

It sounds like a good time was had by all at Moira's 70th birthday bash at Brio's Italian restaurant on Friday 12th March.





Farewell from Allison Skillicorn

For those of you who have not heard I will be not renewing my membership with Kippax Harriers for 2010/2011. The opportunity has arisen for me to relocate to Singapore with my partner. I will be away for 12 months. I have planned to continue with my running whilst I am away and I hope to send the editor a couple of race reports.

Ladies when I return to the UK in 12 months I expect to see you flying high in the premier league of the PECO cross country.

I would like to thank everyone for making me feel welcome. In particular I would like to thank Martin Hewitt and Craig Worley for running with me on the long distance events in the earlier part of the year (I will be taking Martin's words of encouragement with me). My one regret is that I will miss The Three Peaks in April so I wish Craig Worley all the luck and I hope he can improve on his time from last year.

Happy run guys!

(Ed: Good luck Allison from all of us. Hope it all goes well for you. And I'll be taking you up on the race reports offer. You can be our Singapore correspondent.)

Runner of the month

This month's award went to Tracey Mckaine for her excellent time at Snake Lane.

The previous runner of the month was Kelly Palmer for her top notch representation of the club through race attendance.

That's all for this month - Please send your contributions for the next issue to worleyc@sky.com.