



KIPPAX HARRIERS



RAT Magazine May 2010

Editorial

Welcome to the May issue of the Rat Mag.

The last two months have been a very busy period with the usual plethora of races at this time of year. As a result, this is probably the longest Rat Mag ever with some really good and varied race reports included.

I think I can genuinely report that there have been some outstanding performances from some of our members during the period. At the risk of embarrassing them I'll name some of the names who spring to mind - Martyn and Jonathan at Stratford and London Marathons respectively and also Leanne at the 3 Peaks Fell Race. Well done to all of you and everybody else who has met their running objectives over the last couple of months.

There is a new feature this month with "the captain's column". Nigel has kindly penned the first one and I understand he will alternate with Kate for each issue.

With regard to the results, my apologies if I have missed anybody's PB. For future issues, if you achieve one in a race please could you email to let me know.

Finally, I have taken the liberty of including a report on the Fellsman, which Martyn and I undertook earlier this month. It's a bit long, a bit like the event itself so feel free to skip if it's too boring.

Captain's log (Nigel Mckaine)

Firstly I would like to thank Craig for producing the Ratmag - a great read for all Kippax Harriers.

I know you will all join me in welcoming the new members to the club. A big thank you has to go to Debbie and Brenda for all the time they have spent training with the beginners. I hope the improvement of the runners shows that the project has been a success. I understand more people are

wanting to start.

I must comment that at this stage it is mainly ladies who have joined the beginner's team. If anyone has any ideas on recruiting new male runners, please let me know.

A lot has happened since the last edition, with lots of members achieving great times in various races, such as...London Marathon,



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Shakespeare marathon, The 3 peaks, The Fellsman, Coniston 17, Leeds Half Marathon, Meanwood Valley Trail and Rothwell 10k to name a few. I hope you enjoy reading the race reports, and thanks to everyone who has submitted them.

I think everyone who ran the London Marathon "enjoyed" it. We had a total of 10 Harriers running, including Matty Mattison - 'who?' you may ask. Well done Matty.

We had a great turnout at the Rothwell run with 22 Kippax Harriers running.

<http://www.mapmyrun.com/route/gb/leeds/359127412588123051>

Club Championship update

With half the club races now completed it's time to take a look at the league standings. First a quick recap of how it all works. All members enter two leagues - Handicap and either Ladies' or Men's League. There are 13 or 14 races selected by the club captains at the beginning of each year to be in the club championship. To count for a prize at the end of the season you need to have done a minimum of 6 races. You can actually do as many races as you like but only your best 8 will count.

The Ladies' and Men's leagues are straightforward, it goes on fastest times. The quickest person in a club race scores 20 points; second place gets 19 points and

Photos are on the website.

Thanks to Michelle for organising the recent social events to Brewery Taps in Leeds and the social run to the Boat at Allerton Bywater. I notice that there are no photos available from the Brewery Taps night, but I presume a good time was had by all!

Finally just to let you know that Summer Handicap is on Thursday 10th June, copy of the map is on the notice board or on mapmyrun.com, see link below. Don't forget to wear your Kippax Harriers top!

so on and so forth.

The Handicap League is calculated on a different basis and theoretically gives all members an equal chance of winning irrespective of their individual ability. All runners are allocated a handicap percentage at the beginning of the year (or when they join the club) by the captains. The percentages are an estimate of what their expected time would need to be discounted by to get down to the world record time for that distance. For example suppose your expected 10k time was 52:34. You would be allocated a handicap of 50% since that would discount you down to the world record pace of 26:17.



So the runners that will do well are those who offer a suitable bribe to their captain at the beginning of the year. Just kidding..... I actually meant those that show improvement in their performance and not necessarily those runners who are fastest overall. This can be demonstrated this month by the Rothwell 10k. The top three runners in the race in terms of overall

quickest times were well down the pecking order when it came to handicap points. The three highest scoring runners were Bruce, Sandra and Jane who have all improved markedly since the handicaps were set.

The same principle is applied to our bi-annual handicap race and with the first one coming up on the 10th June it's time to start being really nice to Kate and Nigel.

HANDICAP LEAGUE

			X.Country 17/1	Dewsbury 7/2	Snake Lane 28/2	Bradford 21/3	Guisley 4/4	Rothwell 3/5	Meanwood 15/5		
Handicap	Name		1	2	3	4	5	6	7	TOTAL	
50.6%	Kate Kidd	L	15	20	0	15	19	0	20	89	
47.7%	Tracey McKaine	L	0	19	19	18	0	16	12	84	
38.4%	Nigel McKaine	M	0	11	20	16	18	0	19	84	
43.7%	Jay Kitchen	M	18	10	0	14	17	3	17	79	
56.4%	Kelly Palmer	L	8	0	18	17	14	10	11	78	
50.2%	Ann Martin	L	10	16	17	0	11	11	13	78	
48.7%	Carole Kitchen	L	12	18	0	19	0	12	0	61	
52.0%	Catherine Jones	L	0	15	0	0	16	14	16	61	
52.0%	James Jones	M	0	15	0	0	16	14	16	61	
47.7%	Wendy Chapman	L	14	8	0	0	13	6	18	59	
39.1%	Leanne Hague	L	19	13	0	0	20	2	0	54	
44.3%	Bruce Fletcher	M	20	0	0	0	0	20	0	40	
53.3%	Jane Mustill	L	0	0	0	20	0	18	0	38	
48.2%	Val Pell	L	13	6	0	0	0	9	0	28	
51.1%	Kate Penrose	L	11	12	0	0	0	0	0	23	
36.2%	Rob Kelly	M	0	0	0	0	12	0	10	22	
34.6%	Craig Worley	M	0	0	0	13	0	8	0	21	
64.6%	Sandra Seed	L	0	0	0	0	0	19	0	19	



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53.3%	Michelle Duff	L	9	9	0	0	0	0	0	18
50.6%	Sue Holmes	L	0	17	0	0	0	0	0	17
38.4%	Tony Blythe	M	17	0	0	0	0	0	0	17
49.7%	Lou Aston	L	16	0	0	0	0	1	0	17
60.0%	Maria Elmieh	L	0	0	0	0	0	17	0	17
50.0%	Moira Lenaghan	L	0	0	16	0	0	0	0	16
37.7%	Nick Thorp	M	0	0	0	0	0	15	0	15
31.1%	Martyn Hewitt	M	0	0	0	0	0	5	9	14
48.7%	Alison Hunter	L	0	0	0	0	0	0	14	14
60.3%	Joanne Lamb	L	0	7	0	0	0	0	0	7
37.7%	Jonathan Henderson	M	0	0	0	0	0	7	0	7
32.0%	Michael Mattison	M	0	0	0	0	0	4	0	4

LADIES OVERALL CHAMPIONSHIP

	X.Country 17/1	Dewsbury 7/2	Snake Lane 28/2	Bradford 21/3	Guisley 4/4	Rothwell 3/5	Meanwood 15/5	
Name	1	2	3	4	5	6	7	TOTAL
Tracey McKaine	0	19	20	20	0	19	17	95
Ann Martin	13	15	19	0	16	15	16	94
Kate Kidd	18	16	0	18	19	0	19	90
Wendy Chapman	17	18	0	0	18	17	20	90
Kelly Palmer	11	0	17	16	15	11	14	84
Leanne Hague	20	20	0	0	20	20	0	80
Carole Kitchen	15	17	0	19	0	18	0	69
Catherine Jones	0	11	0	0	17	13	15	56
Val Pell	16	12	0	0	0	16	0	44
Lou Aston	19	0	0	0	0	12	0	31
Jane Mustill	0	0	0	17	0	14	0	31
Kate Penrose	14	13	0	0	0	0	0	27
Michelle Duff	12	10	0	0	0	0	0	22
Moira Lenaghan	0	0	18	0	0	0	0	18
Alison Hunter	0	0	0	0	0	0	18	18
Sue Holmes	0	14	0	0	0	0	0	14



Maria Elmieh	0	0	0	0	0	10	0	10
Joanne Lamb	0	9	0	0	0	0	0	9
Sandra Seed	0	0	0	0	0	9	0	9

MENS OVERALL CHAMPIONSHIP

X.Country	Dewsbury	Snake Lane	Bradford	Guisley	Rothwell	Meanwood
17/1	7/2	28/2	21/3	4/4	3/5	15/5

Name	1	2	3	4	5	6	7	TOTAL
Jay Kitchen	19	19	0	18	18	13	17	104
Nigel McKaine	0	20	20	19	20	0	19	98
James Jones	0	18	0	0	17	11	16	62
Rob Kelly	0	0	0	0	19	14	18	51
Martyn Hewitt	0	0	0	0	0	20	20	40
Craig Worley	0	0	0	20	0	18	0	38
Bruce Fletcher	20	0	0	0	0	15	0	35
Michael Mattison	0	0	0	0	0	19	0	19
Tony Blythe	18	0	0	0	0	0	0	18
Nick Thorp	0	0	0	0	0	17	0	17
Jonathan Henderson	0	0	0	0	0	16	0	16
Lionel Theobald	0	0	0	0	0	12	0	12

Race Reports

1. Bradford 10k Sunday 21st March 2010 (Jane Mustill)

As some of you may already know, I spent 14 horrendous years in Bradford. So why did I have an urge to enter a race back in that dreaded city? ... Because I had to prove how I had moved on. I was happier and healthier than I ever have been in my life and I was determined to do a Personal Best. I had never heard of this fund raising run before, but it's the 3rd year it's been held, also I found out it was a club run. Well, I best kill two birds with one stone!

From my limited experience of entering races, I must say this was very well organised. The



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website was informative and I even used their training plan - which wasn't a good idea for me. It had me running 5 times a week and with my work/life style, fitting that in became a demoralising experience. When I realised that it made me run slower, I packed it in 2 weeks before the race. If I've learnt anything, it's that we all know our own bodies and lifestyle and with the experience we all have, we can write out our own plan to suit us perfectly.

Simon chauffeured Nigel, Tracey and myself. We left sunny Micklefield/Garforth to arrive in drab, cold and miserable Bradford.

We then hooked up with Craig, Jay, Carole, Kelly and 'just in time' Kate. It was funny to watch how everyone had their own ritual of going to the loo (which were very clean) and stretching in a certain order.

The non-serious runners like Kelly and I strutted our stuff whilst warming up to disco/lycra music organised by Fitness First.

Then we had to get in line ... and before we knew it, we were off.... But where were the Asian faces? .. We were in Bradford?



I had just started running, when I saw the first hill. This course was supposed to be flat Ba*****s - they LIED! I put so much energy into trying to get up it that I ran out of steam by the time we descended downhill.

I lost sight of all the Kippax runners within the first 10 minutes and also realised that wearing long pants was not a good idea (they kept coming down). It seemed to take forever to get to Shipley Airedale Road - which was flat with the slight up and down to knock you off your steady pace.

There were plenty of supporters and I forgot I had music in my ears because I was still



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recovering from the first hill! As I approached the half way mark, I saw Craig, Nigel, Jay, Carole and then Tracey running back towards me. They all looked shattered, so I thought I'd cheer them on. I did worry when I saw Tracey stop to take a walk - but by the time I had made it round to where she had been, she was long gone.

Would you believe me if I told you, I eventually took off my 40 gram thinsulate gloves? Yep, the British summer is officially here.

At the 7km mark, I was running in parallel with a gentleman who looked 3 times my age. He looked like he was walking and made me feel so embarrassed from my huffing and puffing. I didn't dare overtake him, until I saw a Kippax Harrier shirt in front of me in the distance. I think it was Kate, so I don't' know how, but I put my foot down and ran for my life.



The photographs are evidence of how difficult all of us found that race (or did you just tell me that to make me feel good guys?). My heart was in my mouth by the time I finished. The first thing I said to myself was "bloody hell, I felt more alive after Amsterdam's half marathon!"



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Tracey: "Breathe, Jane, Breathe"

Epilepsy Action has raised over £54,000 since its first race in 2008. For those club members on Facebook, we have some lovely pictures taken of the day.

Results

1st Male - Ben Bennett 33:15

1st Female - Mary Wilkinson 36:08

Kippax Harriers (club championship race)

Pos	Name	Actual Time	Handicap	Handicap time	Handicap points
51	- Craig Worley	40:10	34.7%	26:16	13
87	- Nigel Mckaine	41:58 PB	38.4%	25:51	16
236	- Jay Kitchen	46:38	43.7%	26:15	14
331	- Tracey Mckaine	48:45 PB	47.7%	25:30	18
357	- Carole Kitchen	49:25	48.7%	25:21	19
482	- Kate Kidd	52:39	50.6%	26:01	15
538	- Jane Mustill	53:57 PB	53.3%	25:12	20
670	- Kelly Palmer	58:33	56.4%	25:32	17

928 finishers



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2. Guiseley Gallop 10k (Trail), 4th April 2010 (Catherine Jones)

Easter Sunday morning was bright and sunny as Jim and I pulled into the car park at the West side retail park. We wandered down to the start line gingerly stepping around the muddy patches (oh how innocent I was in relation to mud at this point) so as to keep my new trail shoes looking nice and new. Whilst we stood waiting for the start, it was interesting to listen to other runners and their debate as to whether they had made the right footwear decision - road trainers or trail shoes, it didn't matter they would be muddy at the end!

With a word of warning from the starter to only follow the directions of the official marshals we were off down a muddy track through the trees. To a novice runner like myself this was a strange experience as I felt I was running really fast but then I realised I was probably sliding down the hill as much as running.

From the wooded area we crossed a very narrow bridge to reach the side of the canal. We ran along here for ages and it was a bit depressing to see all the runners stretched out in a long row in front thanks to crossing the bridge in single file.

We crossed a more substantial (read that

to mean wider) bridge and passed the drinks station to follow the roads around to Esholt village. A quick glimpse of the Woolpack and we were cheerily told that we were on the last (muddy) section. Up the hill through the woods had some girls singing 'Climb Every Mountain' (I don't think Andrew Lloyd Webber will be casting them as Maria any time soon!) as they tried to slide up hill.

From the top of the hill it was just following the muddy track back over the start line and on to the finish. I was getting tired by this point and was happily following in Jim's footsteps on the grounds that the land underneath must be firm. This is a great idea in theory but not great if your stride length is different which resulted in me in landing on very soft ground and the mud trying to claim my shoe!

We crossed the finishing line and received our bottles of beer, which apparently was very drinkable, personally I preferred the Easter egg which was a serious guilt free hit later that day.

On the whole an enjoyable experience but I'm not sure I'm going to be heading for the cross-country races any time soon.



Results

1st Male = Tom Adams - Ilkley Harriers 36:08

1st Female = Jo Waites - Calder Valley Fell Runners 41:18

Kippax Harriers (club championship race)

Pos	Name	Actual Time	Handicap	Handicap time	Handicap points
84	- Leanne Hague	48:22	39.1%	29:27	20
92	- Nigel Mckaine	48:51	38.4%	30:05	18
126	- Rob Kelly	50:47	36.2%	32:24	12
174	- Jay Kitchen	53:53	43.7%	30:20	17
269	- Kate Kidd	1:00:01	50.6%	29:39	19
291	- Wendy Chapman	1:01:16	47.7%	32.03	13
338	- Catherine Jones	1:04:25	48.7%	25:21	19
339	- James Jones	1:04:25	52.0%	30:55	16
352	- Ann Martin	1:05:22	52.0%	30:55	16
394	- Kelly Palmer	1:11:07	56.4%	31:00	14

433 finishers

Well done to Leanne who was 10th lady and 2nd F35.

3. Three Peaks Fell Race (24 miles 4550ft) - 24th April 2010 (Leanne Hague)

Saturday, 24th April 2010, the big day! It was this year's annual Three Peaks Race.

Early rising, Craig had arranged to pick me up at 6.30 then rescheduled for 6:25 so I knew he would be arriving promptly. I'm usually one to lie in bed till the last second, then run around manically preparing by randomly throwing items in a bag and eating a banana en route, but this morning I was almost organised. Laminated map, compass, whistle, waterproofs, energy drink and a variety of running vests, socks, long and short sleeved tops, various running shoes and shorts, driving licence all packed

ready to go. With only a brief stop to collect Mrs Worley, George (Ed: [George is my golden retriever for those who don't know](#)) and fuel we were on our way to the Dales.

It was looking like a fantastic day with clear blue skies. The sun was shining down, would it stay like this for the race? It appeared the answer was yes! Perfect weather conditions for the sunbathing spectator but not for those planning on running the event. I'm glad I packed the sunscreen along with my buff and gloves.



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You never do know with The British weather!

We arrived early and registration was well organised. It didn't seem to take long before the crowds started to build. After checking our dippers were in working order and letting George run off some energy after the lengthy car journey, we just had time to douse ourselves in factor 40 before we were heading to the start area.

The Route starts and finishes in a field at Horton-in-Ribblesdale. The first peak was Pen-Y-Gent. Craig had told me this peak was the most runnable, and on reflection it certainly is but I had run out of stamina before reaching the top. After a steady run/walk climb, gasping for breath all the way to the top, I dipped my dabber and set off intending to put in some effort and make up time on the downhill. Pen-Y-Ghent then vanished in a blur as I hurtled over rock in an unstoppable manor. My screams broke the air, adrenaline rushed and I chaotically cascaded down from the summit. I almost fell several times, ankles and feet unsteady on the rough ground, trying to nip into spaces in an attempt to avoid collision with other athletes. I flew past Craig, whooping all the way and headed towards Ribblehead. What fantastic fun!! It was at that point I knew I was going to walk the hills, enjoy the flat and save my energy to fly down the peaks!

After the road section at Ribblehead there is a viewing point where spectators gather. Today the fine weather had really brought the crowds out. I managed to spot

Angie and George chilling out in the sunshine and enjoying the jovial atmosphere before pushing on towards the lower slope of Whernside. The ascent is very slow and at times you need to use your hands as well as feet to climb. Then just when you think you've reached the top a second climb becomes visible and the pain continues. Finally I reached the summit ridge wanting to kiss the flag. "That's two down and only one to go and it's all downhill till the next one" I think.

After a bit of a wobble and a few gasps of fresh Dales air I was off again until, Bigger! Cramp struck. I had turned down Craig's offer of salt tablets but remembered his advice on how to make a quick recovery. After replenishing some lost body salt using a traditional '3 Peaks remedy' (Ed: [licking the sweat off your arms](#)) and performing a few stretches, I steadily and rather cautiously descended off the summit with a very odd taste in my mouth.

The route descended to Chapel-Le-Dale. I was dehydrated and not carrying water was a bad idea. I really couldn't take another mouthful of energy drink and the legs and lower back were really starting to feel the miles. I needed to find refreshment and enjoy the run on the steady paths for a while. My thoughts were answered and as if by magic there appeared a conveniently located ice cream van where I managed to purchase real Dales ice cream.

Another checkpoint at Hill Inn then the path goes along limestone pavements,



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wooden boards and finally up the steep steps to the flat terrain of Ingleborough. On the summit the route loops around the trig point where the ground is rough with loose boulder stones. I spotted Craig before hurdling a few jutting rocks and bunny jumping down towards Horton in Ribblesdale. The route is then mainly downhill on a rocky path. The last few miles of the race route are fast running, that's if you've enough left in your legs from the hellish climbs. I knew I had after walking most of the Inglebugger climb. I'd chosen to get acquainted with other runners and enjoy the scenery using it as a distraction. The fast, rubbled ground then becomes softer, grassier slopes with fewer obstacles to traverse. A sharp left up a field and then down to the finish in the field where we started. With shouts and applause from the crowds I crossed over the line still in one piece and wearing the biggest smile. Bloody Hell... I've actually made it!

The atmosphere and post race sunshine was great to soak up. We chilled for a while watching others finish the race then sat in the field chatting with fellow runners whilst drinking a well deserved beer. Entertainment and a live band played inside the beer tent to add to the already enjoyable atmosphere but our preference was the barbeque and grassy field. Tired muscles and rested heavy limbs combined with the sunshine and post race beer brought a strange feeling of pure contentment. Then we headed for home after an enjoyable day out. Now that's another story!

An unforgettable day... Well maybe not for Craig I'm sure he wants to put it well behind him, good luck in London next year; I'm going back for more if anybody cares to join me in the challenge? (Ed: Oh fantastic...not only did Leanne beat me but in so doing she also found time to stop and have an ice-cream. I bet she had a couple of pints at the Hill Inn as well but didn't mention it in order to spare my feelings.)

Results

First male - Morgan Donnelly - Borrowdale Fell Runners 3:02:34
First female - Anna Lupton - Radcliffe AC 3:30:45

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328 - Leanne Hague 4:36:13
379 - Craig Worley - CVFR 4:43:12

602 finishers from 705 starters.



4. The London Marathon - 25th April 2010 (Jonathan Henderson)

I had attempted to enter London for the last 2 years and had pretty much resigned myself to the fact I would never run London. So I was surprised to say the least when I was pulled out of the club raffle. After recovering from the initial shock I realised that the next few months were going to be tough.

As this was my first marathon I was not sure what time to train for. At the start of my training program I decided to go for a 3:30. Training was very time consuming as I had to run 6 days a week. The poor weather in January and February didn't help matters, but I managed to brave the conditions and stick to the schedule.

After my last long run I was running well and felt strong. Everyone I ran with was telling me that I could run a faster marathon than the 3:30 I originally had set myself to do. I didn't want to commit to a time as I had never experienced a marathon before, but felt that I could potentially run a 3:20.

The last couple of weeks before the marathon were strange. I went from running 50 - 60 miles a week to under 40 miles at an easy pace. I even had an extra night off each week. I was very conscious of injuries at this stage more than any other. It would be typical to put so much effort into training and pull a muscle at this point.

We caught the train down on the Friday before the race. After checking into our

hotel we headed for the expo centre to register. I was surprised at how far out the expo centre was, I would allow at least half an hour's journey time. The registration was very efficient and there were plenty of stands to look at.

I left for the start early so I could relax before the race. I found a spot, laid down and chilled out listening to the pre race entertainment. I went to my pen about half an hour before the start of the race. The atmosphere at the start was buzzing. Runners were all chatting, comparing what times they were going for, plenty of banter.

The support from the crowds was fantastic. From mile 1 to 26 they cheered me on, this really helped at mile 23 when I felt like I'd been hit by a sledgehammer. The race itself was very well organised, just be careful at the water stations there are lots of empty bottles to trip over.

As I turned the corner onto the Mall, the end was in sight, I could not believe the time on the clock, 3:16 so I knew I didn't have to attempt a sprint finish (not that I had one in me). Crossing the line felt strange, after 4 months of hard training it was all over. After receiving my medal, picking up my kit and getting my tag removed it finally hit me, I had run a 3:16:05 marathon.

The first beer after 4 months went down well to say the least, as did the second and the third.... For dinner I had the largest



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steak I could get my hands on and a few more beers to celebrate.

I would recommend London for anyone's first marathon because of the support and

Results

First male - Tsegaye Kebede (Ethiopia)

2:05:19

First female - Liliya Shobukhova (Russia)

2:22:00

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2164 - Michael Mattison

3:13:01

2534 - Jonathan Henderson

3:16:05

9241 - Nick Thorp

3:54:13

11076 - Jay Kitchen

4:00:26

14114 - Val Pell

4:12:39

16045 - Carole Kitchen

4:19:52

18490 - Kate Penrose

4:28:28

18976 - Wendy Chapman

4:30:07

5. Leeds Half Marathon - 9th May 2010 (Wendy Chapman)

Not too many Kippax Harriers took up the challenge of Leeds Half this year. Those that did found themselves with pretty good running conditions and a well organised race. A good atmosphere in Millenium Square prior to the race and no long toilet queues!

The starter needed a bit more enthusiasm in his voice really but we were off on time running out of the city centre towards Meanwood Road. The first half of this course is tough with two good hills but from seven miles it's all down hill or flat.

atmosphere. The race is really well organised and you get some great freebies at the expo and at the finish line. Now I'm enjoying a few weeks light training then it starts all over again for Berlin (oh joy).

All road running but the traffic is well managed. Best thing are the sponges at every water station - a great idea on what was becoming a warm morning. Crowds at the finish seemed smaller this year though. Nice medal and good to see a leaflet in the goody bags advertising the Leeds running clubs.

A good local race to support but difficult to do a PB and certainly not scenic. Can be a bit off-putting too when the relay runners zoom past you in the last couple of miles. I'm not used to that!



Results

First Male - Andrew Pearson - Longwood AC	1:05:53
First Female - Gemma Smith - Kirkstall Harriers	1:23:23

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767 - Helen Cowley	1:44:55
855 - Mike Stevens	1:46:16
945 - Jay Kitchen	1:47:50
1274 - Wendy Chapman	1:52:57
1290 - Carole Kitchen	1:53:11
1788 - Julie McBride	2:01:49

2828 finishers

6. Meanwood Valley Trail Race - 15th May 2010 (Rob Kelly)

I believe that the secret to running well is in the preparation. A good diet, plenty of rest, and a thorough stretching routine are all sound ways to make you run better. So, armed with that knowledge I decided to prepare for MVT race on Friday evening by consuming 1 four seasons pizza, 3 glasses of red wine, two pints of lager, 2 Jack Daniels and one shot of something that glowed in the dark. I hit the sack around midnight and was still a bit tipsy the following morning to bother with that stretching malarkey. This outrageous rejection of my own running beliefs was to catch up with me later on!

The Harriers were out in force with almost as many men as women. Even little Ewan Kelly was there, wearing his trainee Kippax Harriers t-shirt (complete with sunglasses!). Whilst Uncle Jay and I chewed the fat outside the clubhouse I

was already beginning to think that the surrounding countryside was quite picturesque. Steph and Ewan waved us off onto the playing fields to start the race. Off we went around the field and down some nice easy hills. The surrounding woods and little hidden lanes were a surprising feature considering we were not far from the City Centre.

I couldn't help but thinking what a great route this was to run, ducking and diving under tree branches and up steep rocky hills. I really wasn't expecting the tough short hills but they all added up to provide a varied and challenging route. Weather was cool but sunny and was therefore pretty much perfect. OK, so it doesn't have the popularity or the PB potential of Rothwell 10k or Abbey Dash but it was so much more interesting to run. Give me a trail race like this over a road race any



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day. To top it all off we were greeted by a marshal who is an ex-Kippax Harriers legend, Andy 'the whippet' Settle. As ever, Andy was offering kind words of encouragement (none of which I could decipher) and had a big smile on his face to help us all round. Towards the end of the race there was a ridiculous cliff face type climb. As runners approached it you could physically see the thought bubbles rising up, I can't repeat the words here! A couple of minutes later you were through the finish line and handed a bottle of beer

along with a big pat on the back.

In conclusion, this is a very well organised event, with a great route and encouraging marshals - good job Valley Striders (...but don't steal any more of our runners or else!). You can't expect a PB from this event, but you can expect a properly varied terrain and great prep to run a flatter race in the future. Well done to all the Harriers who took part and, to those who didn't - you really missed out!

Results

1st Male = Tim Midgeley - Bingley Harriers 43:06

1st Female = Jane Shields - City of Sheffield AC 51:55

Kippax Harriers (club championship race)

Pos	Name	Actual Time	Handicap	Handicap time	Handicap points
59	- Martyn Hewitt	55:31	31.1%	38:15	9
62	- Nigel Mckaine	55:54	38.4%	34:26	19
94	- Rob Kelly	59:20	36.2%	37:51	10
125	- Jay Kitchen	1:03:11	43.7%	35:34	17
164	- Wendy Chapman	1:07:25	47.7%	35:16	18
172	- Kate Kidd	1:08:20	50.6%	33:45	20
179	- Alison Hunter	1:10:19	48.7%	36:04	14
192	- Tracey Mckaine	1:11:32	47.7%	37:25	12
205	- Ann Martin	1:13:07	50.2%	36:25	13
211	- Catherine Jones	1:14:49	52.0%	35:55	16
212	- James Jones	1:14:49	52.0%	35:55	16
253	- Kelly Palmer	1:26:47	56.4%	37:50	11

433 finishers



Other Results

1. Coniston 14+ (17?) - 25th April 2010

First Male - John Herbert 1:33:48
First Female - Eleanor Greenfield - Nuneaton Harriers 1:53:33

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59 - Martyn Hewitt 1:55:27
714 - Val Pell 2:31:36
741 - Wendy Chapman 2:32:51
802 - Kate Penrose 2:36:32
886 - Moira Lenaghan 2:41:02
1206 - Maria Elmieh 3:10:48

1290 finishers

2. Shakespeare Marathon - 25th April 2010

First Male - Paul Davies - Centurion RC 2:48:02
First Female - Beth Eburne - Hinckley RC 2:55:15

Kippax Harriers

17 - Martyn Hewitt 3:02:40

844 finishers

3. Rothwell 10k - 3rd May 2010

First Male - Andrew Pearson - Longwood Harriers 30:14
First Female - Helen Singleton - Wakefield Harriers 36:51

Kippax Harriers (club championship race)

<u>Pos</u>	<u>Name</u>	<u>Actual Time</u>	<u>Handicap</u>	<u>Handicap time</u>	<u>Handicap points</u>
63	Martyn Hewitt	38:26	31.1%	26:29	5
77	Michael Mattison	39:02	32.0%	26:33	4



93 - Craig Worley	39:52	34.7%	26:04	8
118 - Nick Thorp	40:43	37.7%	25:22	15
149 - Jonathan Henderson	41:57 PB	37.7%	26:08	7
162 - Bruce Fletcher	42:40 PB	44.3%	23:46	20
164 - Rob Kelly	42.44 PB	36.2%	27:16	0
201 - Leanne Hague	44:03	39.1%	26:50	2
296 - Jay Kitchen	47:20	43.7%	26:39	3
315 - Tracey Mckaine	48:07 PB	47.7%	25:10	16
364 - Carole Kitchen	49:54	48.7%	25:36	12
370 - Wendy Chapman	50:04	47.7%	26:11	6
373 - Lionel Theobald	50:07	34.5%	32:50	0
374 - Val Pell	50:12	48.2%	26:00	9
409 - Ann Martin	51:47	50.2%	25:47	11
433 - Jane Mustill	52:55 PB	53.3%	24:43	18
445 - James Jones	53:14	52.0%	25:33	14
446 - Catherine James	53:14	52.0%	25:33	14
467 - Lou Aston	54:00	49.7%	27:10	1
575 - Kelly Palmer	59:09	56.4%	25:47	10
611 - Mariah Elmieh	1:02:11 PB	60.0%	24:52	17
635 - Sandra Seed	1:07:39	64.6%	23:57	19

Special mention also of Moira Leneghan, who, running for Crossgates, finished in 57:48, a great effort after falling a week before in the London Marathon. Also well done to Katie Walker (the soon to be Mrs Hewitt) who completed her first ever race in 1:07:40.

648 finishers

My apologies if I have missed any races you have done or PB's achieved.

[The Fellsman - 8th and 9th May \(Craig Worley - Not really a race report\)](#)

Martyn had been badgering me for years to join him on the Fellsman, a 61-mile hike/run over some of the toughest mountains and fells in the Yorkshire Dales. I had previously managed to resist all his attempts at persuasion but then at the beginning of this year I finally relented.

The route includes over 11,000ft of ascent taking in climbs up Ingleborough, Whernside, Gargareth, Blea Moor, Great Knoutberry, Dodd Fell, Buckden Pike and Great Whernside amongst others. Much of the traverse across this rugged terrain is over privately owned land, does not follow



well-defined footpaths and is not accessible to the public at other times. As such opportunities to recce are limited and much emphasis is placed on your ability to navigate with a map and compass.

I didn't want to go into something like this without sufficient training. I also knew from past experience that Martyn possesses super human qualities on long distance events and doesn't ever seem to tire. So over the winter months, I steadily upped my mileage and hill climbing. "Are you going to run off and leave me....I don't know the way?" I enquired of Martyn a few weeks before (knowing him as I do).

"Would I do that?" came the indignant reply. "We'll do this together".

In early April came a setback when tripping over a tussock I fell flat on my ribs, bruising them in the process. This threatened to put me out of not only the Fellsman but also the 3 Peaks race, which I was due to run two weeks before.

Fortunately (or unfortunately as it turned out on the 3 Peaks) I recovered fairly quickly from the injury and was fit enough for both events.

And so the day dawned, a cold but dry morning with gusty northerly winds for accompaniment. This was still better than the forecasted heavy rain of a few days before and even more so than the scorcher that Leanne and I experienced on 3 Peaks day.

We were to be joined by Martyn's friend and fellow Fellsman veteran, Phil. At 6am

we parked up at the finishing point, Upper Wharfedale School in Threshfield for registration and were then whisked off by bus to the start, which was in Ingleton. There we had to undergo a fairly rigorous kit check by the organisers. After successfully passing this, everybody mingled in the hall, drank tea, carb-loaded, re-organised rucsacs and engaged in nervous chatter. Fellsman old hands told tales of the horrors to come including the infamously boggy Fleet Moss. "We need to get over Fleet Moss while it's still light," declared Martyn as if to confirm the point.

Finally at just after 9am we were sent on our way to tackle the first climb, which was Ingleborough. Martyn held to his promise to "do this together" for a fraction of a nano-second and then he was off. It wasn't until nearly two and a half hours later that I was to see him and Phil again on the descent of Whernside. "Oh it's always madcap like this for the first 20 miles," Martyn explained cheerily in response to my grumbling. "It'll settle down after Dent, you'll see".

After a road checkpoint stop at Kingsdale where we refuelled with flapjack, the steep climb up the Lancashire fell of Gargareth came next. We duly got our tags clipped at the exposed checkpoint at the summit by some very wind swept marshals. Then it was off on a rough ridge path, which would take us virtually all the way to Dent. I was still struggling to keep up with Martyn and Phil. Feeling nauseous and miserable, I secretly entertained dark



thoughts about throwing in the towel. The path down into the village of Dent was long, steep and rocky and my quads were taking a fearful battering. How would I be able to continue like this for another 40 miles?

But then a strange thing happened, after having a feed and drink at the checkpoint, on the climb out of the village I began to feel much better. Instead of a steady stream of fellow hikers passing us we began to claw back a few places. Although I wasn't to know it then, my lowest point had already been and gone and I wasn't to feel as rough again. At the top of Blea Moor I felt like I could run once more and we scampered over the coarse scrub down the fell.

A bowl of pasta was the treat in store for us at the Stonehouse checkpoint and very welcome it was too. A nice bottle of red to accompany it wouldn't have gone amiss but you can't have everything I suppose. It was now four in the afternoon and we had completed nearly half of the Fellsman.

As we embarked on the ascent of Great Knoutberry, I began to get butterflies in my stomach as thoughts began to turn to another important event that was happening that day. Only a win by Leeds United would ensure their promotion from League 1. When Martyn told me he had heard some news, I just had to know. But it wasn't good...a sending off and down to 10 men! So I was Mr Grumpy again until at a checkpoint about an hour later somebody put me out of my misery by announcing we had won 2-1 and "the mighty Whites" were

Championship bound. Just a shame we won't be playing Sheffield Wednesday next season following their unfortunate relegation. Never mind Seedy, enjoy League 1!

With spirits lifted not even Fleet Moss was going to be an obstacle, bogs or no bogs! In the event, I don't know what all the fuss was about. Thanks to a dry April, the ground was spongy at worst although it was still very uneven and rough going. We successfully negotiated this notorious stretch of the route in the light and got to the checkpoint at Cray just as darkness was falling. "Sit yourselves down lads," commanded one of the volunteers cheerfully. "Do you want a cup of tea, cheese sandwich?" That was just what the doctor ordered although I'm not so sure about the cold rice pudding (yuk! Mrs Ed)

It was at this point that we were "grouped". Fellsman rules mean that for safety reasons competitors have to stay together in a party of at least four for the night section. We were grouped with Mark and Danny, a couple of amiable lads from Ripon. I'd wondered beforehand how easy it would be to navigate from this point on since I often use surrounding landmarks, which obviously wouldn't be visible now. But I needn't have worried. A steady head torch procession could be seen ahead snaking up Buckden Pike. And the GPS's that some of us had did the rest. This was demonstrated just before the ascent of Great Whernside, the last climb. We came across another party at a small ravine. They seemed adamant that the correct



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path was to turn right and down but our devices indicated we should go left and up the hill. We agreed to differ and went our separate ways. About twenty minutes later when we were on a clear and distinct path we noticed the head torches of the other party perhaps half a mile behind us. Ok, I admit we felt pretty smug about that!

By now all thoughts of running had long since ceased. My shin had started to hurt making the descents particularly painful. Martyn was not without problems of his own having fallen into a hole and strained his groin. It was just a case of slogging it out through the cold night (by this time I was wearing three long-sleeved base layers and my Cag.)

Eventually we reached the last checkpoint of Yarnbury where we were "ungrouped." There were only two miles left and it would be all on the road. Phil seemed the freshest of any of us and he set off down the lane with Martyn in hot pursuit. I did my best to keep up; at first shuffling, then into a slow jog and finally to my great surprise managed to break into a steady

run. We arrived in Grassington and I have to say it was one of the most surreal experiences of my life running through that quaint village at 3.30 in the morning. On we went, over the bridge and picking up the back end of the Trollers Trot route. Then up the little hill into Threshfield and there a sight for sore eyes was Upper Wharfedale School again.

We had done it, in 18 and a half hours. Our time was nothing to write home about especially compared to the winner who finished in 11 hours and was probably long since tucked up in bed. But it was an exhilarating feeling just to complete the Fellsman even though we were all exhausted. Only the one-hour drive home now stood between our beds and us but we couldn't even manage that. We'd been on the go for over 24 hours and realising that driving was pretty dangerous, we stopped in a lay-by somewhere between Skipton and Ilkley for an hour's nap before finally finishing our journey.

Forthcoming races

Club Championship races

13th June 2010 - Castle Howard 10K

11th July 2010 - Eccup 10

Club Handicap

As Nigel mentioned earlier, the spring handicap will take place on Thursday 10th June, meeting at the top of Barrowby Lane, Garforth 7:15pm. Runners will set off at different



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times depending on the handicap allocated to them. See previous comments for how this works. If possible could all competitors who possess a Kippax Harriers vest or t-shirt, wear one for the race.

Social news

1. Grace Burns will be celebrating her 70th birthday on Thursday 10th June at the La Bella Vita (Garforth) at 7:30 pm. Anyone wishing to attend please reply by e-mail (andigarforth@hotmail.com) or by placing their names on the invitation on the board by Saturday 5th June to enable a secure booking to be made. Menus can be seen on www.la-bella-vita.co.uk.
2. There will be an Indian meal to celebrate the annual 70-mile Wetherby to Filey bike ride on Saturday 5th June, Everybody is welcome (you don't have to have done the ride). If interested, please let Gary know by Thursday 27th May.

Lynn and Les's John O Groats to Lands End update

After 18 months of planning and preparing, we have 20 days left before our challenge commences. We have already undertaken a trial run of over 165 miles carrying all the 'gear' we will need for the trip, and this went well.

This little trip (over 1,000 miles) takes place in June and will start in John O Groats and finish in Lands End. I have enclosed a copy of the route we will be taking, in case you are interested (see file attached with Rat Mag). So that we can focus on completing (and have been asked many times) if we are raising money for charity, we have decided to do so.

The charity we have selected is the Yorkshire Air Ambulance. The reasons

behind this, is that a work colleague of mine (pre retirement) had a very serious accident in which she plus her two small children were injured. Although she is recovering extremely well, she has many hard months ahead of her and her family. However if it was not for the Air Ambulance getting her to hospital speedily she may not have survived. We never know when we may need this totally voluntary funded service.

I know we are in difficult times so any small donation would be extremely welcomed. A big thank you if you have already sponsored us.

Please visit the donation site - justgiving.com/Les-Kitching



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Leeds Country Way Relay Race

This year's event will take place on Sunday 5th September. For newer members who don't know, this is the annual race organised by Kippax Harriers. It is a relay race run around the 64 miles of the Leeds Country Way footpath. We normally put out both a men's and ladies' team ourselves. The race is split into six legs and each team has a pair of runners per leg. If you are interested in running then please put your name down on the notice board.

We are also looking for as many marshals as we can for the end of each leg to record times etc. If you're a bit nervous because you've never done it before, don't worry we always ensure that at least one of the marshals on each leg is experienced. If you'd like to help out marshalling or in any other capacity, please see Wendy.

Runner of the month

This month's award went to Jonathan Henderson for his performance at the London Marathon. Well done Jonathan.

And finally.....

Next Saturday 29th May is the date of this year's LDWA 100. This time the event takes place in the heart of Scotland - Dunkeld, Perthshire to be precise. Our very own "ultra" legend Ann Bath will be taking part as usual. This will be Ann's 22nd consecutive 100 miler. Good luck to Ann although I'm sure she won't need it. Unlike last year Ann will be running without having just had a knee operation so I'm sure it will be a breeze for her.

Martyn was also planning on doing the 100 next week but as I write I understand things might be a bit touch and go on the injury front. The Heart of Scotland 100 was set to be the final act in the trilogy of endurance events Martyn had set himself this spring in aid of the British Heart Foundation. The Shakespeare Marathon and Fellsman have already been successfully completed. Hope you make a speedy recovery in time for next Saturday Martyn but if it's not to be, well done on the first two and hopefully you will be back at the club soon.

Martyn's just giving page is <http://www.justgiving.com/mhewitt>

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