



KIPPAX HARRIERS



RAT Magazine April 2009

Introduction

Welcome to the April edition of the Kippax Harriers Rat Mag. It's been another busy month for races with more PB's being achieved by Harrier members. Once again, let me thank everybody who has contributed to this month's issue in terms of race reports and general information.

Race Reports

1. Barnado's South Leeds Stadium 5 mile - 22 March 2009 (Kate Kidd)

8 ladies and 4 men turned out for this 2 circuit hilly 5 mile route from South Leeds Stadium. It was the first time I'd been to the John Charles Sports Centre and was really impressed at the facilities.... no queue for the ladies toilets (yes that is an important criterion).

The weather was perfect except for a very cold wind and there were lots of discussions over how many layers were required. I was therefore in awe and admiration for Kelly who was in shorts and a vest. In comparison I decided to have a look round the stalls to buy a hat to keep my ears warm. As we huddled near the start in the protection of the trees it started to feel warmer, and poor Benise (Michelle's daughter) suddenly became laden with discarded sweaters and jackets.

Carole and Jay turned up 10 minutes before the start, proving they can execute self-control following the previous night

Please see below the list of attendees with excuses provided before the race as to why they would not be at their best:

out with Mr M Hewitt (yes Martyn, we know you're a bad influence).

The 5 miles went roughly like this: 1 mile up hill, 1 mile downhill, round the corner, 1 mile uphill, 1 mile downhill and back to the stadium. I admit to saving myself a little on the final downhill believing we would be expected to cover more distance in the stadium and planning to run rather than crawl to the finish. However the end was just round the corner into the stadium and we only completed a very short distance on the impressive track. The race mainly followed the concrete track through the park, often with woodland on each side. Other views included dog walkers, families out for a Sunday stroll - and often a big hill in front of you.

We generally decided at the end, that the cross-country races had been good at toughening us up on hills.



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Wendy - Grandmother on mother's day and looked after 2 small children night before.

Kate Penrose - Grandmother on mother's day and too much marathon training

Sue - Still thinking of one but sure there are lots

Kelly - Bunions

Carole - beer and blisters

Me - wine (as usual - I don't learn) and all work and no running in over a week

Other attendees included; Ann Martin, Michelle, Rob, Tony, Jay and Nick who were minus excuses (at least that I heard of).

(Ed: Jay normally has an excuse for why he hasn't attended a race rather than for how he did in it e.g. washing machine broke down, taking the kids back to college, dog chewed my number etc. OK, so maybe I made up that last one - only kidding Jay! Err my excuse was Three Peaks training if anybody asks about my absence. But my personal favourite was from a former member who the night before a race suddenly declared he wouldn't be attending as he had to go out on the lash with a childhood friend who was emigrating to Australia. Perhaps we could have an excuse of the month competition, which could cover training or races.)

Results

1st - Abdularaman Abdulaziz - Birchfield Harriers 26:46

1st lady - Jess Trowbridge - Gateshead Harriers 31:24

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45 - Nick Thorp 35:03

53 - Rob Kelly 35:39

90 - Tony Blythe 38:45

107 - Jay Kitchen 40:32

118 - Wendy Chapman 41:51

132 - Ann Martin 43:13

134 - Carole Kitchen 43:36

139 - Kate Penrose 44:16

153 - Sue Holmes 45:17

174 - Kate Kidd 47:25

177 - Michelle Duff 48:15

188 - Kelly Palmer 49:41

239 finishers



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2. Coniston 14 - 28th March 2009 (Val Pell)

"You're doing Coniston 14 - I wish I could see you at the finish, it's really tough, very hilly, but on a more positive note - good for marathon training." This is how the race was described to me by Martyn (between laughter). So you can imagine that it was with some trepidation that Kate, Wendy, Moira (our number 1 supporter who would have been running but for injury) and Kate's husband John, (who preferred not to be classed as a supporter or a hanger on which was suggested but someone who had come along for the walking) set out for Blea Brows cottage in Torver for the weekend

The cottage was superb, within walking distance of the side of the lake and equipped for every eventuality (apart from the broken toilet cistern but we won't go into that!). We had a lovely meal in the Wilson Arms in Torver on the Friday evening before the race. Wendy coughed and sneezed the night away but was still up for the challenge after a hearty bowl of John's porridge.

The race started in Coniston with ample parking, the £2 charge going to the school. The weather was kind to us, if a bit on the windy side coming back but we also had the sun shining on the lake with the snow covered hills in the background - absolutely superb. The prize for completing the race

was a slate coaster (Kate insisted that hers had an outline of the hills with the snow on top but as ours didn't we decided it was actually a fault on hers but let's not spoil it for her). Back at the school there was enough tea, sandwiches and cakes on sale to feed an army which Moira availed herself of whilst we were running. This was even though she had made enough herself to keep us going for a week (but being Moira she thought she would do her bit to support the local community).

Back to the cottage for a nice bath then we got a taxi (which must be hired in advance as they are in very short supply) back into Coniston for a drink in the Sun Inn and then a meal in the Black Bull which once again didn't disappoint, then taxi back. It turned out there was a 10 mile run at Grizedale Forest the next day which we thought might have made a nice weekend of running but we had to travel home on Sunday. This was a shame as the weather was glorious (maybe next year).

And was Martyn right? Yes there were hills; yes it wasn't an easy race but the surroundings more than made up for it. Would I do it again - definitely. You need to enter early but it would be great to have a few more Kippax Harriers there and make a weekend of it again next year.



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(Ed: Yes I can concur with Val, having done the Coniston 14 before with a number of other Harriers, that it is an excellent race in beautiful surroundings. Possible club championship race next year?)

Results

1st - Nick Leigh - Altrincham 1:15:56
1st lady - Pollyanne Veazey-French - Unattached 1:29:37

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849 - Val Pell 2:03:30
1024 - Kate Penrose 2:10:50
1043 - Wendy Chapman 2:11:22

1472 finishers

3. Wakefield Hospice 10k - 5th April 2009 (Nick Thorp)

Thornes Park was the setting for the Wakefield Hospice 10k, which is a race in our 'club championship' for 2009. Over 1100 runners set off on a lovely spring morning on a fast course around Lupset via Horbury Road. I do like the races which go out then back along the same road, as it's a good chance to see just how the fast the real athletes go. Also it's an opportunity to wave & shout encouragement at your club mates as you pass each other. I clocked quite a few of our red vests on the return leg and heard a few calls. As Gary wasn't

present I presume the calls were of encouragement not abuse.

The organisers somehow put me into the M50 age category, so I had a good for age time. I did feel a lot older when I finished but that's normal.

This is definitely a race for those who want to test their PB for 10k & I managed to knock 2 minutes off mine, so I was really pleased.

(Ed: Well done Nick, excellent run but possibly an inopportune moment to post such a time with the captains currently setting everybody's handicap.)

Results

1st - Andrew Pearson - Longwood Harriers 31:25
1st lady - Helen Cross - Pocklington Runners 37:55



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Kippax Harriers

| | |
|----------------------|----------|
| 106 - Nick Thorp | 40:20 PB |
| 166 - Rob Kelly | 42:43 |
| 347 - Steve Devney | 46:08 PB |
| 584 - Carole Kitchen | 51:45 |
| 619 - Ann Martin | 52:04 |
| 730 - Sue Holmes | 53:34 |
| 768 - Wendy Chapman | 54:46 |
| 790 - Kate Penrose | 55:11 |
| 800 - Michelle Duff | 55:23 |
| 979 - Kelly Palmer | 59:03 |

1182 finishers

Other Race results

29th March 2009 - Bradford 10k

| | |
|---|-------|
| 1 st - Willy Smith | 31:27 |
| 1 st lady - Helen Glover - Keighley & Craven | 37:47 |

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|-------------------------|----------|
| 139 - Alison Skillicorn | 42:50 PB |
|-------------------------|----------|

938 finishers

5th April 2009 - Baildon Boundary Way

| | |
|---|---------|
| 1 st - Ian Nixon - Pudsey & Bramley AC | 1:19:48 |
| 1 st lady - Karren Pickles - Pudsey Pacers | 1:28:23 |

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|--------------------|---------|
| 209 - Leanne Hague | 2:01:02 |
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359 finishers



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5th April 2009 - Blackpool Half Marathon

1st - Ryan Barker - Halifax Harriers 1:15:50
1st lady - Maree Jeeson - Northampton RR 1:28:50

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100 - Alison Skillicorn 1:36:30 PB

994 finishers

My apologies if I have omitted anybody's races and results. Please let me know about any non-championship races you have entered and I will put in the results here. Also let me know if you have achieved a PB.

PECO Cross Country

At going to press last issue the full results of the final Cross Country race at Eccleshill on 8th March were not available. So here they are:

Men

54 - Craig Worley
59 - Nick Thorp
68 - Andy Settle
76 - Martyn Hewitt
89 - Tony Blythe

117 finishers

Ladies

12 - Alison Skillicorn
24 - Leanne Hague
38 - Wendy Chapman
45 - Ann Martin
47 - Kate Kidd
52 - Sue Holmes
62 - Kelly Palmer
64 - Carole Kitchen



64 finishers

Final tables

| Ladies First Division | | | | | | | | | | | | |
|-----------------------|--------|-----------|--------|-----------|--------|------|--------|------|--------|-------|-------|------|
| | Race 1 | Countback | Race 2 | Countback | Race 3 | Ctbk | Race 4 | Ctbk | Race 5 | Ctbk1 | Total | Ctbk |
| Kippax | 2 | 154 | 1 | 179 | 2 | 136 | 3 | 190 | 1= | 119 | 9 | 588 |
| Dragons | 1 | 119 | 4 | 221 | 4 | 295 | 1 | 146 | 1= | 119 | 11 | 754 |
| STAC | 3 | 187 | 3 | 207 | 1 | 136 | 2 | 154 | 3 | 124 | 12 | 654 |
| Eccleshill | 5 | 315 | 2 | 203 | 3 | 244 | 4 | 302 | 4 | 171 | 18 | 933 |
| Ackworth | 4 | 259 | 5 | 372 | 5 | 352 | 5 | 327 | 5 | 271 | 24 | 1254 |
| Fellandale | 6 | 452 | 6 | 492 | 6 | 468 | 6 | 432 | 6= | 360 | 30 | 1772 |
| Woodkirk | 6 | 452 | 6 | 492 | 6 | 468 | 6 | 432 | 6= | 360 | 30 | 1772 |
| York Postal | 6 | 452 | 6 | 492 | 6 | 468 | 6 | 432 | 6= | 360 | 30 | 1772 |

| Men's First Division | | | | | | | | | | | | |
|----------------------|--------|-----------|--------|------|--------|------|--------|------|--------|------|-------|------|
| | Race 1 | Countback | Race 2 | Ctbk | Race 3 | Ctbk | Race 4 | Ctbk | Race 5 | Ctbk | Total | Ctbk |
| STAC | 3 | 809 | 1 | 435 | 1 | 548 | 1 | 412 | 1 | 443 | 7 | 2647 |
| Ackworth | 1 | 681 | 3 | 689 | 2 | 744 | 2 | 776 | 3 | 574 | 11 | 3464 |
| Airecentre | 2 | 787 | 4 | 709 | 4 | 969 | 3 | 785 | 2 | 561 | 15 | 3811 |
| Dragons | 4 | 905 | 2 | 600 | 6 | 1142 | 4 | 789 | 6 | 909 | 22 | 4345 |
| Eccleshill | 5 | 1056 | 5 | 749 | 3 | 825 | 6 | 865 | 4 | 682 | 23 | 4177 |
| Kippax | 7 | 1219 | 6 | 1833 | 5 | 1010 | 5 | 853 | 5 | 850 | 28 | 5765 |
| York Postal | 6 | 1202 | 8 | 1984 | 7 | 1258 | 7 | 1392 | 7 | 1204 | 35 | 7040 |
| Fellandale | 8 | 1509 | 7 | 1877 | 8 | 1467 | 7 | 1392 | 8 | 1344 | 38 | 7589 |

Many congratulations to the ladies on a terrific season and well earned promotion to the premier division.

We men need to pull our socks up a bit for next season and hopefully get a full team out!

PECO Cross Country - Presentation Night

See the ladies receive their award for promotion at the Faversham in Leeds on Friday 24th April from 8pm.

There is no food provided but there is a bar and DJ until late and no tickets are required.



Forthcoming races

Club Championship races

Next club race is the Rothwell 10k on 4th May. You will need to be quick if you want to run this and still have not entered.

April's club run

A post London marathon meal is being held at the Aagrah Restaurant in Garforth on Tuesday 28th April at 8.30. If you would like to attend the meal, please contact Val on valeriemarypell@hotmail.com or 07899694211.

Prior to the meal, there will be a social run, meeting at the club at 7.00.

Kit News

Maria is planning to place an order for tracksuits. If you would like one, please see Maria before the end of April.

Leeds Country Way Relay Race

This year's event is to be held on Sunday 6th September. The route is to be the original one and not the changed route that is on the Leeds City Council website. For this reason it is important that the instructions we provide on our website are up to date. Therefore a number of us will be recceing different legs over the next six weeks or so to see if there are any new obstacles, changes to styles/gates etc. We will also be plotting the routes on Mapmyrun. If anybody would like to recce a leg, please see a member of the Committee.

Other News

It's open! The long awaited climbing wall depot in Pudsey created by Kippax Harrier Oliver Wright and friends. See the link below. Looks impressive Ol.

www.theclimbingdepot.com



[Aprils training run of the month](#)

This month's run is provided by Gary Scampton, a 13 mile mixed terrain route to Castleford and back .

<http://www.mapmyrun.com/run/united-kingdom/leeds/483123903926436024>

That's it for this month. Good luck to all the London Marathon entrants. I'll be looking forward to a few race reports from you for next month's Rat Mag.

Send your contributions for the May issue to worleyc@sky.com.