



KIPPAX HARRIERS



RAT Magazine August 2009

Introduction

Welcome to the August edition of the Kippax Harriers newsletter.

It's been a quieter month than of late with many Harriers no doubt away on holiday. However, there are still a couple of race reports, news of a worthwhile cause that the club is backing and all the customary future event notifications.

Leeds Country Way Relay Race

1. Men's team

The ladies team was announced last month. The line up for the men is as follows:

Leg 1 Michael Mattison & Matt

Leg 2 Oliver Wright & Bruce Fletcher

Leg 3 Jay Kitchen & Andy Burns

Leg 4 Gerry Waterton & Craig Worley

Leg 5 Nigel Mckaine & Andy Settle

Leg 6 Gary Scampton & Mel Spencer

2. There will be an LCW marshals meeting on Tuesday 1st September at the Squash Club. Wendy will be contacting all with more information

3. Another reminder that a night out at the Aagrah on Tuesday 8th September is planned to thank everybody for their support in the LCW. All marshalls, runners, race organizers and helpers in other capacities will receive a discount off their meal. All are welcome to the meal; please give names to Debbie or Wendy if you want to come so that they know the numbers to book.

4 Raffle

We will be holding a raffle at the Squash Club before the presentation ceremony. The Committee has decided to support the appeal for local disabled child Ruby Curtis by donating the proceeds of this year's raffle.

Four year old Ruby, who lives in Garforth, was born with cerebral palsy, and although she cannot walk or talk has the intelligence of any other child. She is just about to go into the



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Reception class at Ninelands Primary School in Garforth. To help Ruby get the most out of school her mum Lisa is trying to raise £15,000 to buy her a special state of the art wheelchair. This would enable her to access lessons more easily. Raffle tickets will be sold on the day of the LCW and buckets will also be on display for anyone wanting to donate. Raffle prizes are desperately needed so all donations would be welcome - perhaps you could ask at work or around friends and family for items. Lisa is also hoping to bring Ruby down to the presentation - so you can meet this special little girl in person. Other fundraising events for Ruby will be held in the Garforth area over the next few months so keep your eyes peeled and please give whatever you can to this very deserving local cause!

Race Reports

1. James Herriot Trail Race 14k - 26th July 2009 (Craig Worley)

The latest round of the club championship moved to Wensleydale for this race, a personal favourite of mine. Unfortunately only five Harriers made the journey and for once the men outnumbered the ladies!

The setting was the medieval fortress of Bolton Castle, situated about five miles from Leyburn. Built in the fourteenth century, the castle has an eventful history. In fact Mary Queen of Scots was imprisoned here in 1568. Although apparently stationed in some luxury, Mary clearly wasn't fond of the place and attempted (unsuccessfully) to escape her incarceration. Maybe it was the thought of the first hill that put her off!

The race was started as in previous years by James Herriot's (Alf Wight's) son, James Wight. Continuing his recent good form, Gerry Whiz was off like a rocket, leaving Martyn and me gasping in his wake. Gerry's strategy appeared to be to run flat out for the first five miles or so and then

cling on for dear life, an interesting but ultimately successful tactic!

After passing the castle and briefly through the village the course took a sharp left turn onto the moors and that dreaded climb. 600ft of ascent is gained in about a mile before the path flattens somewhat for another couple of miles. Up on the tops in the last two years, there has been no shelter from the scorching sun. This year in keeping with our rather soggy summer there were to be no such worries with showers aplenty. Instead we were buffeted by a rather strong headwind.

Eventually the path turned left into a rather pleasing descent where we could at last get some speed up. The views across Wensleydale from here, especially on a sunny day are truly majestic.

The respite was to be short-lived however and the sting in the tail followed with a short but sharp climb. At this point I could see both Martyn and Gerry ahead labouring



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up the hill; they didn't seem too far in front. Sadly, this proved to be deceptive. By the time I had reached the top they were gone. Gerry in particular seemed to be a spec on the horizon again.

But there was still time left. I knew from past years that the last three and a half miles of this race is all gentle downhill on good tracks - a real opportunity to put your foot on the pedal if you've still got something left in the tank. Encouragingly I began to gain on Martyn. We passed the 10k marker and with only four to go I felt pretty good. As we rounded a bend back onto the grass I was right on his shoulder but he didn't seem aware of it. I suppressed the rather strong but unsportsmanlike urge to pull him back by his vest. (Well there was a marshal close by who might have seen!)

Whether he sensed my presence or more likely wanted to try and hunt down the now tiring Gerry, Martyn suddenly upped the pace and I couldn't stay with him. Gerry was not to be caught however and impressively lead the Harriers home. Martyn, making some excuse about being up all night on a work call out was still two minutes faster than his 2007 performance and I had knocked more than four minutes from my time of last year. Admittedly the cooler weather helped and unlike last year I hadn't got hammered at Opera in the Park the night before.

There were also highly creditable performances from the ever improving Allison and Leanne. So it was pats on the back all round although I did hear reports that Leanne still had enough energy to be able to chatter non-stop in the car all the way home, suggesting that maybe she hadn't put enough effort in after all!

Results

First Male - Shaun Whelan (London Frontrunners) 52:59
First Female - Charlotte Sanderson (Thirsk & Sowerby Harriers) 63:07

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37 - Gerry Waterton	66:17
40 - Martyn Hewitt	66:34
43 - Craig Worley	66:42
73 - Allison Skillicorn	71:14
117 - Leanne Hague	77:27

224 finishers

2. The Jane Tomlinson's Run For All York 10k - 1st August 2009 (Val Pell)

We met up and left the club just after 7.30 for a 9 a.m. start at Knavesmire, York.
Newsletter editor: Craig Worley. Go to www.kippaxharriers.org.uk

We were beginning to panic when we were still stuck in traffic at 8.20 but made it ok



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and in the end they delayed the start by 20 minutes anyway. (Hint for next year - use the racecourse toilets rather than waiting till you get to the start as the queues for the portaloos were very long).

I saw Dave Seed raring to go right at the front and Wendy, Sue and myself took our rightful place much farther down the line.

It was a lovely route, down the side of the river, through York town centre past the Minster then back along the river. Even the rain managed to stop for a day.

This is not a great race if you want a PB- there were supposed to be pens for walkers, runners etc but in reality everyone just set off together so you were

dodging past walkers right from the start. However Wendy managed it - after a number of attempts she managed to break the 50 minute barrier with a time of 49.20.

After the race Wendy took me to meet a new friend she had made - a very unusual character with long pink hair and a dress, who went by the name of Nigella (hope Nigel can supply a photo of this very strange lady!).

We got a T-shirt and goody bag at the finish. It took a bit of time to get out of the car park but there really was no alternative as there's nowhere else nearby to park!

A great day for a really good cause.



A rather blurred image of the lovely Nigella!



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Results

Male Winner - James Mulvany 34.19

Female Winner - Becky Penty 35.48

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David Seed - 46.04

Nigella McKaine - 46.23

Wendy Chapman - 49.20

Valerie Pell - 53.07

Sue Holmes - 56.27

Sandra Seed - 1.08.22

Other Results

Belper Rugby Rover 30k, Debryshire - 16th August 2009

First Male - Steven Neill (Pudsey & Bramley)

1:59:53

First Female - Suzanne Roddis (North Derbyshire)

2:25:39

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136 - Allison Skillicorn 2:51:27

194 - Leanne Hague 3:04:55

323 finishers

Forthcoming races

Club Championship races

The next race is the Horsforth 10k on Sunday 27th September. As mentioned last month, this is a change from the previously advertised Sandal Castle 10k which actually takes place on the 6th September - the same day as the Leeds Country Way Relay.

Runner of the month

This month's runner of the month is Samira Lambert. Samira has been a member of the club for a long time but over the last few years has done little competitive running. Recently however Samira has hit the comeback trail, training very hard and gaining a good time at the



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Bishop Wilton Half Marathon. But, there is no let up for Samira who has just turned 60 and she will be running leg 3 of the Leeds Country Way Relay and the Amsterdam Half Marathon.

Social Events and other news

A promised last time, here are further details of Wendy's 50th birthday bash - an invite to all. So get this in your diary.

Kippax & District Harriers & Partners

Don't miss

Wendy Chapman's 50th Birthday Party

At

The Colin Taylor Suite
West Riding County F.A.
Fleet Lane
Woodsford
Leeds
LS26 8NX

On

Saturday 10th October 2009

At

8pm to Midnight (Buffet at 9pm)

RSVP by Sept 30th

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That's all for this month - a rather more condensed newsletter than usual. Good luck to everybody in the Leeds Country Way. Please send your contributions for the September issue to worleyc@sky.com.