



KIPPAX HARRIERS



RAT Magazine February 2009

Introduction

Welcome to the all new Kippax Harriers Rat Mag. As explained in my email to members a couple of weeks ago, I'm looking to build on the good work done by Andy Burns in 2008. I'd like to thank Andy for resurrecting the newsletter after a number of years of it lying dormant!

To make this as interesting and informative as possible I'm looking for as many contributions as I can get from fellow Harriers. So that could be race reports, results, jokes, photographs of events, gossip, notices of weddings etc. The list is not exhaustive. I'm going to kick things off this issue with a couple of race reports myself and I have received reports from Martyn and Nigel as well. Hopefully we will have more for next month. Also, if anybody knows any good running jokes, let's hear them.

Race Reports

1. Brass Monkey Half Marathon 18th January 2009 (Craig Worley)

As usual this event was fully subscribed within a couple of days of the entry forms becoming available in October. Well done to Martyn and Val for getting their act together and procuring entry forms from Knavesmire Harriers a few days before the official launch date. In the end it was a hardy bunch of ten Harriers who made the short journey to York racecourse on a chill but bright winter's Sunday morning. There was talk of PB's beforehand, the Brass Monkey being a particularly flat and fast race. But the weather forecast had not been promising and predictions of a strong south westerly threatened to scupper plans. Fortunately the running gods were smiling and the wind was no more than breezy.

Off we set following a southerly route over the A64 and railway line into Bishopthorpe and soon on quiet country roads winding their way through commuter villages like Acaster Malbis. So far so good. We looped our way through Acaster Selby and Appleton Roebuck and then for the long run back in. With about a mile to go we were back at the railway and A64 bridges, except by this time the modest elevations felt like Butt Hill! I have to say that the marshals are genuinely enthusiastic in their support. Then back to the race course and into a stiffening wind but also the welcome finish line. Included with the goody bag was a rather smart rucksack.

There were an impressive array of PB's and well done to Kate Kidd for finishing her first half marathon.



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Results

1st - Matthew Pierson - Holmfirth Harriers 1:06:34
1st lady - Kim Fawke - Telford AC 1:16:19

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174 - Craig Worley	1:28:39 PB
541 - Leanne Hague	1:42:29 PB
549 - Nigel Mckaine	1:42:38 PB
882 - Kate Penrose	1:55:36
901 - Wendy Chapman	1:56:24 PB
977 - Val Pell	1:59:27
1003 - Ann Martin	2:00:38
1028 - Sue Holmes	2:02:45 PB
1070 - Kelly Palmer	2:05:22 PB
1169 - Kate Kidd	2:12:46 First half marathon

1280 finishers

2. Thames Path Ultra - 18th January 2009 (Martyn Hewitt with his friend Phil)

We awoke at 0515 to be greeted with wet and windy conditions as we ventured to the start of the London Thames Ultra in Reading. Registration resulted in torrential rain and a very wet start but clear skies soon materialised which made for a lovely day.

Red Bull & jelly babies were supplied in copious amounts and up to 25 miles we were doing well.....unfortunately my friend had what I can only call ' a shandy moment' and decided he couldn't go on. I used all my morale boosting skills at my disposal...

(as you know I have many) but sadly failed to rally my friend's bad attitude and he retired. Suffice to say, I carried on and made some new friends, particularly a jolly German fellow who kept giving me jelly babies.

Finishing in the light in Shepperton was a welcome relief and I thoroughly enjoyed the sights and sounds of the Thames Ultra Long Distance Path....it's far from boring and takes in some lovely spots....Eton, Windsor and Runnymede (where the Magna Carta was signed) to name a few.



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Results

1st - Ian Sharman 6:11:21
1st lady - Anne Wade 7:53:32

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26 Martyn Hewitt 8:04:49

127 finishers

(Ed: Well done Martyn, 50 miles in just over eight hours is very impressive to say the least. You must be mad though. Re Martyn's friend Phil; many of you will have witnessed Martyn's "morale boosting skills" first hand and be somewhat surprised that Phil was unable to continue - lol.)

3. Ferriby 10 - Hull - 25th January 2009 (Nigel Mckaine)

The race cost was £7.50, start time 11 am. The venue is about 50 miles away and takes 45 to 60 minutes. There was good car parking and changing facilities at the local high school. The start line is 10 minutes away from the car park.

There was no chip timing and the start was cramped as it begins on a country side road. The route is open country roads but is very well marshalled. Any traffic on the road did move over to allow the race to flow. The marshals were very enthusiastic, giving plenty of support.

The first five miles is all up-hill so Kippax Hills is a good training route. After the one water station at five miles there follows four and a half miles of steady down-hill. The last half mile is up a steep hill. All finishers received a good long-sleeved t-shirt.

In summary, the race is very hilly with nice villages and open countryside. It is well organised and I would definitely do it again.

Results

1st - Martin Formstone - Cleethorpes AC 55:04
1st lady - Natalie Farrow - Cleethorpes AC 60:07

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252 - Nigel Mckaine 81:00

494 finishers

Author: Craig Worley



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4 Rombalds Stride - 7th February 2009 (Craig Worley)

I always look forward to this well attended LDWA classic. It says 25 miles on the tin but shhh... it's nearer 22! Starting and finishing at St Oswald's school in Guiseley it takes in the delights of Baildon, Rombalds and Ilkley moors as well as a hard climb up Otley Chevin. For those of you familiar with this event, there was a slight route change this year. The moorland route was extended from Whetstone Gate to Piper's Crag but part of the Otley Chevin section was lopped off as compensation - you no longer go as far as the East Chevin quarry.

After a week of heavy snow I was anticipating doing Rombalds with a certain amount of trepidation, especially as I was doing it with Martyn "the motivator" Hewitt. Luckily we also had Simon Maskill along for the ride, latterly a Kippax Harrier but now Penny Lane Strider since his move to Liverpool. We had agreed to run it as a team, which meant no running off Martyn! After a crazy mix up at the start where we managed to lose each other immediately, we all joined up again at the first checkpoint.

My concerns about the weather seemed initially vindicated as we skated through the icy streets of Guiseley. But once off-road things soon got much better as we romped through a winter wonderland in glorious sunshine. Once on top of the moors

the snow was quite thick and heavy going in places. (I feel that I can now hold my head up high when talking to Jay and Gary who have frequently told me of their past encounters in extreme conditions. In those days LDWA events were always run in either arctic or heat wave weather - sometimes both in the same race!)

One particularly dicey point occurred on the approach road to Menston which seemed to have been converted into an ice rink especially for the event. Eventually we arrived near the top of the West Chevin Road. At this point the route takes you down the road nearly as far as Otley just so that you can have the pleasure of climbing all the way back up the Chevin again. Once at the top comes my favourite bit, which is the downhill finish into Guiseley (on which the three of us embarked on a rather impressive fast finish even if I do say so myself!). Our overall time though was a rather modest 4:13 - half an hour slower than last year. Despite that, it was a good training run in difficult conditions

As usual Rombalds was impeccably well organised with lots of yummy food and as always we owe a debt of gratitude to the volunteers who stand at checkpoints in sub-zero temperatures just so that we can undertake these events.



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Results

1st - Graham Pearce

3:13:56

1st lady - Emma Barclay

3:29:47

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67 to 69th Maryn Hewitt, Simon Maskill (honourary member for the day), Craig Worley
4:13:39

461 finishers

Other Race results

1. PECO Cross Country at John Smeaton (STAC) - 12th January 2009

Men

61 - Martyn Hewitt

63 - Craig Worley

88 - Nick Thorp

122 - Oliver Wright

123 - Steve Devney

137 - Gary Scampton

156 finishers

Ladies

20 - Leanne Hague

49 - Moira Leneghan

50 - Carol Kitchen

54 - Wendy Chapman

55 - Kate Kidd

57 - Ann Martin

58 - Kate Penrose

72 - Sue Holmes

77 - Val Pell

81 - Michelle Duff

87 - Kelly Palmer

91 finishers

Author: Craig Worley



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Well done again to the ladies who are storming towards promotion and now top the first division after three races with two to go. Do you think you could lend the men a couple of runners so that we can get a team?

2. Dewsbury 10k - 1st February 2009

1st Matthew Bowser - Lincoln Wellington 30:26

1st lady - Nicola Geddes - Scunthorpe & District AC 35:05

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368 - Leanne Hague 45:19 PB

434 - Pete Woodhead 46:03

931 finishers

Congratulations to Leanne, 2nd PB in the space of two weeks.

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.

Forthcoming races

1. PECO Cross Country

1st March - Shaw Cross Rugby Club (Woodkirk Striders)

As everybody will know by now the Rothwell Harriers Cross Country race from South Leeds stadium was postponed from 8th February due to the icy conditions on the course. At the time of going to press a replacement date had not yet been finalised.

For all the latest PECO Cross Country news and results go to:

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

2. Club Championship races

The full list of races has not been confirmed yet but I'm led to believe the ones below are definite:

Author: Craig Worley



1	Brass Monkey Half Marathon	Sunday 18 th January	Done
2	Sport Direct Cross Country 5 mile	Sunday 1 st March	http://www.abbeyrunners.co.uk/PECO/woodkirk.html
3	South Leeds Stadium 5 mile	Sunday 22 nd March	http://www.ukresults.net/forms/090322leeds.pdf
4	Wakefield Hospice 10k	Sunday 5 th April	http://www.ukresults.net/forms/090405wakefield.pdf
5	Rothwell 10k 	Monday 4 th May (bank holiday)	Fast & Flat – enter ASAP http://www.ukresults.net/forms/090504rothwell.pdf
6	Ilkley Trail Race 6.9 mile	Sunday 24 th May	Flat & fast http://www.ukresults.net/forms/090524ilkley.pdf
7	Yorkshire Wolds Half Marathon	Sunday 18 th July	Incorporating a Summer Fete : lots to see & do for spectators

By the March issue I will have details of all the races for the second half of the year.

This year there will only be two handicap leagues (Gold and Silver) instead of three. So just a brief note on how it works. The idea is that the handicap system gives everybody an even chance to win their respective league regardless of ability. The club captains (Martyn and Val) assess everybody's current ability and assign a handicap percentage. The best perceived runner in each league is assigned 0%. So let's say you've been given 10%. In calculating you're position the captain's will

deduct 10% from your time and rank you accordingly allotting you points from 20 for the winner downwards. For example let's assume you're a Gold League runner. Now let's assume you post a time of 43 minutes in a 10k race. 10% will be deducted and by my calculations this gives you an amended time of 38 minutes and 42 seconds. Hope that is right. I'm sure Martyn will correct me if it isn't.

The Gold and Silver leagues are different from the overall men and women's Club Championship where the fastest person wins.

3 Hyde Park Time Trials 5k - Every Saturday morning

You can do a race every week if you want completely free of charge at Hyde Park just behind the university. All you have to do is register once on the Leeds Hyde park run website.

http://www.parkrun.com/hptt_home.aspx

The races start at 9 am every Saturday morning.



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February's club run

On the Thursday 26th February we're holding a pub run to the Queen of T' owd Thatch at South Milford. We will be meeting at the Squash Club to be ready to set-off at 7pm. The run will be pre-dominantly on the road with only a very small element of off-road. Since we will be on back country roads you will still need to bring your head torches. This is a club old favourite and decent food and beer is guaranteed plus a pub quiz so I look forward to seeing you all there.

February's interview

Ok hands up I didn't get myself organised in time to do this properly. When prompted by Gary on Thursday night I tried to interview new club member Steve Devney while we were running down the disused railway line. Since I've forgotten most of my questions let alone his responses I've decided to postpone the interview until next month when I can do Steve justice and interview him properly. I do remember him telling me that he supports "The Posh". That's Peterborough FC and not Victoria Beckham in case you were wondering.

Weekend runs

Fancy running with club members at the weekend? Both ladies and men's groups meet at the squash club most Saturday's at 8am. I understand that there is a men's group that meets on Sundays as well at the same time.

See Wendy, Val, Gary or Mel for details.

February's training run of the month

This month provided by Rob Kelly. This is apparently one of Rob's favourite runs "but sadly it's been a while since I did it!" See the link below to MapMyRun.

<http://www.mapmyrun.com/run/united-kingdom/leeds/799612399883>

This is an 11.87 mile circular around Garforth, Allerton Bywater, Ledston, Fairburn Ings and Kippax. According to Rob it is a "very scenic route taking in Fairburn Ings from an escalated position providing excellent views" Could be about the right sort of distance for a Saturday morning run by the sound of things.

Rob also advises that while you do not need to register on the website to view these maps, you will need to if you want to plot a route yourself. If you do so, it's worth bearing in mind that you should be careful not to disclose personal information or your schedule of doing your route.

That's it for this month. Send your contributions for the March issue to worleyc@sky.com.

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