



# KIPPAX HARRIERS



## RAT Magazine July 2009

### Introduction

Welcome to July's edition of the Kippax Harriers newsletter.

Continuing the Kippax legends series, this month we have an interview with one of the club's great stalwarts, a virtual founder member of the club.

So where has the summer gone? After a sweltering June and hard dry trails, July's rain has turned the Flyliner into a quagmire. I've even been tempted back into my Roclites recently. But the weather certainly hasn't dampened the mood or the activity and as you will see it's been another busy month for races. Thanks to all who have sent reports in and all the other input I've received.

There's also all the other usual news of social functions and upcoming events and races.

### The Gerry "Whizz" interview

You may recall that last month I listed all the Kippax participants in the 1990 Otley 10. There were some familiar names and notable performances.

But there was one glaring omission, a person whose speed and consistent performances for the club have transcended the last 26 years.

I am talking of course about Gerry Waterton, better known as Gerry Whizz. If Ann Bath gains legendary status as a result of her stamina and resilience, Gerry achieves it through outright eye watering pace.

A couple of weeks ago I went to see Gerry to find out a bit more about his illustrious running career. After a delicious lasagne made by Gerry's wife Julia, we began where it all started.

At the back end of 1982, at the height of the initial running craze, Gerry and a few mates decided they'd have a go. Each week they would go out and gradually up the distance. However, week by week, somebody would drop out so that by the Spring of 1983 only Gerry was left.

Undaunted, he decided he'd enter the now defunct Leeds Marathon. But by race day the furthest he'd run was 10 miles. Doing the marathon didn't stop him from going for an eight mile run the day before, which was an interesting tactic!

"Well I didn't know any different then" he laughed.

By the half way point of the marathon things were looking good and a sub three hour performance was on the cards. But the lack of miles in his legs began to tell -



# KIPPAX HARRIERS



"I ended up walking for most of the last six miles and finally finished in 3:32." Not bad at all for a debut.

Gerry had clearly caught the running bug. After seeing a poster in a sports shop he quickly joined a recently formed local running club - our own beloved Kippax Harriers. So how many members were there at the time?

"I'd say only about a dozen," Gerry recalled.

Early members also included Andy Burns and Les Kitching. The club's boom time was in the late 80's and early 90's when there were well over a hundred members and Gerry soon established himself as one of the quicker runners. His main rivals included Richard "Sid" Harris, Gerry Symes, Rob Seddon and John Simpson. And what a formidable outfit Kippax once were. The results for the Skipton Tough Ten of 1987 show four Kippax runners in the first 26 (including Gerry of course) all posting around the 60 minute mark or less.

So when was the "Whizz" nickname christened?"

"Well I was never really one for speedwork, I preferred just to run but once I went to the track at Temple Newsam with Sid and a few others. Since I'd not done repetitions before I just set off at full pelt around the track," he said. Apparently Gerry's rather bemused colleagues called him back and the nickname has held ever since.

The nickname of course is very apt. In 1990 Gerry ran 34:55 at the Abbey Dash (10k) and has posted 58 minutes for 10 miles a number of times at Maltby and Thirsk. As for half marathons - "I did get a time of 1:15 at the Kippax Half Marathon but I wasn't sure whether it was the right distance" Gerry admitted. Hmm, I don't think I'd be quibbling. He also ran 1:16 at the Garforth Half in 1987 and 1:18 in 1993's Great North Run when he finished an impressive 376<sup>th</sup>.

I wondered whether there were any bad races or low moments that sprung to mind. Gerry admitted that he once performed really poorly at the Cardinal Heenan 10k following a barn dance the night before.

"We got in really late and I was no good at drinking" he recalled. You see if that had been Martyn he'd have probably got a PB.

Also, in 1993 Gerry and Julia went over to Jersey for the weekend. This time there was no drinking involved, he just felt really rough, finishing in a time of 1:19. Phew, shocking time that Gerry! But a true low point did come in 1998 when Gerry caught a flu virus which attacked his joints. This initially stopped him from walking and prevented him from running for six months.

Now to the most important question and one I was itching to ask, how had Gerry met his wife Julia. Well, Julia used to be a useful runner for Kippax Harriers too, sadly curtailed as a result of a serious knee joint problem.



# KIPPAX HARRIERS



When the club used to meet at Kippax Sports Centre, Julia used to run down on club nights. Often Gerry would pass her in the old grey van that he had at the time and stop to see if she wanted a lift. For a while she resisted his advances. But finally she succumbed to his charms at the Kippax Band Club Summer Disco of 1988. The rest as they say is history and they were married in 1995.

Less well known perhaps is that Gerry has also completed a number of long endurance events. In addition to numerous Smugglers Trods and other off-road marathons he has also twice undertaken the Karrimor International Mountain Marathon (KIMM) with Les Kitching, on which the first time unfortunately he developed hypothermia as a result of bad weather.

He also completed Wainwright's Coast to Coast (190 miles) in six days and ran the Leeds Country Way, all 64 miles in a day with Les and Andy Burns, I believe in 13 hours plus. Not the record though eh Martyn!

One thing I was to discover is that Gerry has kept a great deal of memorabilia over the years consisting of results, newspaper clippings, diaries, photographs, race programmes and even race numbers in some cases. He'd also worked out that his total

mileage was in the region of 47,000 miles, that's nearly twice round the globe!

So does Gerry still have any targets for this year?

"I'd like to run a 10k in 38 minutes again this year" is his answer.

On current form, I can see that happening. He's still the benchmark as recent performances at Golden Acre Park and Kilburn are testament to. In the latter Gerry won the V55 prize.

As a fairly new runner in the last four years or so I can also testify to Gerry's motivational skills and great kindness to his fellow runners - good cop to Martyn's bad cop, I'd say!

I'll never forget running the Rothwell 10k a few years ago. Before the race Gerry asked me how I thought I'd do. He then proceeded to run with me for most of the race sacrificing his own time but having the effect of knocking two minutes off my projected one. It was to be over 18 months before I ran that quickly again. Jay tells a similar story at Smugglers where he believes Gerry could have actually won the race had he chosen to leave Jay. A true gent indeed.

So in summary, Gerry "Whizz", great runner and all round top bloke!



# KIPPAX HARRIERS



## Race Reports

### 1. Staveley Stampede - 21st June 2009 (Allison Skillicorn)

I had picked this race as I wanted to achieve a decent time for 10 miles. When I had entered the race I wrongly assumed that it was a flat road race when in fact it was multi terrain and undulating. But as I had put the training in I still thought I could achieve the time I wanted.

The weather was hot as it had been for the previous couple of weeks but I had been training in the heat so I thought I had acclimatised.

The race started and finished in the village of Staveley near Knaresborough.

The start was a bit of a squeeze, as it was on a narrow track in a field which then turned immediately left on to the road and as usual I didn't get myself nearer to the front.

The first two miles were a steady climb and then the course went off-road but I had gone out too fast because I was two minutes up on my predicted time. So by the third mile I was dying and then when I reached the first water station at 4 miles I almost gave up.

Anyway I carried on and for the next few miles the race again went off-road, through a nature reserve where I managed to pick myself up.

The course then brought us back on to the road. At the second water station I had my energy gel as I thought we had another climb coming up. (I had no idea why I thought this) but alas there was no hill and I found the last three miles very comfortable even managing a sprint finish when a fellow runner from Wetherby was giving me a run for my money (who I did manage to beat). I wasn't too thrilled with my time but there is always next year.

There was plenty of support at the end of the race and there were cake stalls and a barbeque to indulge in, although I did think £2 was rather expensive for a hamburger!

Thankfully this year the marshals directed us all the right way round the course as the previous year participants ended up running an extra mile.

The race didn't reach full capacity and I did notice that our captain Mr Hewitt was a non starter (some excuse about drinking too much the previous night).

## Results

First Male - Quentin Lewis (Baildon Runners) 58:04

First Female - Kate Nelson (York Knavesmire Harriers) 1:06:18



# KIPPAX HARRIERS



## Kippax Harriers

33 - Allison Skillicorn - 1:14:00

210 Finishers

## 2. The Jayne Tomlinson Leeds 10K Sunday 21<sup>st</sup> June 2009 (Dave Seed)

A great cause especially as quite a few of us knew Jayne Tomlinson... this is the second year this 10K has been organised and well organised it is too.

PROVIDING..... AND DO BEAR THIS IN MIND IF NEXT YEAR YOU FEEL LIKE ENTERING..... GET NEAR THE FRONT.

I like a muppet, in my coloured, numbered section, simply jumped over a barrier at about ten to nine, not taking that much notice of people around me who in the main seemed to appear like steady runners.

What happened was that another group of runners from the other side of the barrier initially led by the elitists were sent off first and it did seem like a while before our side was started (slightly afterwards) before the start line was actually crossed.... This was mainly due to trogladites that entered into sections they shouldn't really have been in. I found out later that there are (apparently) markers for your expected time of completion.... some of the people I was passing would never have run a 10K in 45mins in fact I doubt if they would have been able to do it on a bike in that time.

### Results

1<sup>st</sup> - Dan Robinson

30:51

1<sup>st</sup> lady - Victoria Graves

37:19

All that said, it is well organised and there are certainly some serious runners that take part, the race was won by Dan Robinson in 30mins 51... followed by Abdul Azzis Abdul Raman of Birchfield Harriers, he completed the course in 32mins 18.

The course itself isn't bad at all although not as easy as the Abbey Dash ....

Basically it is a loop around Town heading up away from the Town Hall and then turning down towards the Corn Exchange. You then go down the Calls and eventually loop round through City Square and back up by the side of the Town Hall, eventually turning and heading over and up to Meanwood Road.... It then turns round on its-self near the top of Meanwood Road and heads back down into Leeds ending with a small loop in Town and finishing once again in front of the Town Hall.

All in all well organised, nice run, sunny day, but get in front of the trogladites or be prepared to do more body swerves than Chris Waddle.



# KIPPAX HARRIERS



## Kippax Harriers

640 - David Seed	48:14
1337 - Nigel Mckaine	52:10
2063 - Tony Blythe	55:22
2556 - Leanne Hague	57:11
2563 - Kate Kidd	57:13
4924 - Stuart Lay	1:06:44

7468 finishers

### 3. Bradford Millennium Way Relay - 14<sup>th</sup> June 2009 (Allison Skillicorn)

I decided to put my name down to run a leg of the Bradford Millennium Way Relay for my second club Abbey Runners. The club decided to put the fastest women with the men who didn't make the Abbey Men's A team.

I ran leg 4 which started in Silsden Town Head and finished on Old Keighley Road, Ilkley. The route was approximately 8 miles with just over 1500' of climbing.

Before I begin the race report can I give a word of advice, when you are starting and finishing at different points either on a training run or a race always remember not to leave your car keys at the start when your car is at the finish! I won't mention any names ([Ed: think I know who!](#)) but she ran leg 5 for Pudsey Pacers in this particular relay.

My running partner was changed at the last minute and although we had both reccied the course separately we had not reccied it together. Anyway we were waiting nervously at the start hoping that we didn't have to do the mass start when the

runners from leg 3 came in 10 minutes before the cut off.

So we set off up the first of many climbs and managed to pass a couple of teams. Things were going great until we ended up in a field that we didn't recognise. After a couple of minutes we got ourselves back on to the course only to be met by some more teams who told us we had taken a short cut. I instantly knew we would get hit with a time penalty so we pushed on in the hope of recouping some of the time back and keeping everything crossed, praying no one would inform a race official.

The first half of the leg is mainly flat and downhill (except the start) and then the second half is climbing and believe me one of the climbs felt nearly vertical. The Ilkley Trail race was a walk in the park compared to this.

We missed the cut off for leg 5 by about 2 minutes which I was gutted about and we were given a 15 minute time penalty for deviating from the course.



# KIPPAX HARRIERS



I really enjoyed the race and I would defiantly do this relay again, although the legs are tough the scenery is great.

Leg 4

Allison Skillicorn 1:32:47 (+ 15 minute time penalty)

Ian Patchett 1:32:47 (+15 minute time penalty)

(Ed: Also running in this event, on leg 5 was Leanne Hague with her sister Sharon for Pudsey Pacers. They achieved 1:51:20. Whoops! I've just let the cat out of the bag.

Maybe an event for us to consider next year?)

#### 4. Club Handicap 5.11 miles - 25<sup>th</sup> June 2009 (Wendy Chapman)

I have never seen so many Kippax vests in one place at one time! This was a brilliant turnout for the handicap run on a rather warm evening.

The Ladies handicaps had taken a bit of sorting out to say the least, so there were many untried new runners to put through their paces!

I was a bit late arriving so missed the team photo and the first runners off but Debbie had it all organized. The beginning and end of this run are great. The end in particular benefited from the new pathway the council have kindly installed.

The run up the Mad Mile (as it is known locally) is best forgotten in my opinion. Half way up (yes it's definitely a gradual hill) and Jay came motoring past - must have had a very generous handicap- so I thought at the time (although I later discovered he went off too early).

I passed quite a few ladies but when we got to the last stretch could see three too far ahead to catch and there was Debbie waiting to clock me in!

Great atmosphere - continued back at the club with food and a drink.

Well done everyone. When is the next handicap? Don't tell me - it's those Kippax hills!



# KIPPAX HARRIERS



*A great turnout for the handicap on a sultry June evening.*

## Results

Surname	Forename	Expected Time	Handicap	Clock Time	Actual Time	Finishing Position	Timed Position
McBride	Julie	50:15	06:00	<b>00:52:20</b>	00:46:20	1	23
Mustill	Simon	47:00	09:15	<b>00:52:46</b>	00:43:31	2	15
Kitchen	Jay	42:30	13:45	<b>00:52:52</b>	00:39:07	3	8
Lambert	Samira	50:15	06:00	<b>00:52:57</b>	00:46:57	4	28
McKaine	Nigel	41:00	15:15	<b>00:53:02</b>	00:37:47	5	7
Palmer	Kelly	51:00	05:15	<b>00:53:17</b>	00:48:02	6	29
Chapman	Wendy	45:00	11:15	<b>00:53:40</b>	00:42:25	7	13
Hague	Leanne	42:15	14:00	<b>00:54:02</b>	00:40:02	8	10
Kidd	Kate	48:30	07:45	<b>00:54:12</b>	00:46:27	9	24
Worley	Craig	36:30	19:45	<b>00:54:12</b>	00:34:27	9	2



# KIPPAX HARRIERS



<b>Mustill</b>	<b>Jane</b>	48:45	07:30	<b>00:54:19</b>	00:46:49	11	26
<b>Pell</b>	<b>Val</b>	45:00	11:15	<b>00:54:25</b>	00:43:10	12	14
<b>Skillicorn</b>	<b>Alison</b>	38:30	17:45	<b>00:54:31</b>	00:36:46	13	4
<b>Hewitt</b>	<b>Martyn</b>	35:00	21:15	<b>00:54:38</b>	00:33:23	14	1
<b>Lewis</b>	<b>Leigh-Ann</b>	47:00	09:15	<b>00:54:38</b>	00:45:23	14	20
<b>Martin</b>	<b>Ann</b>	45:15	11:00	<b>00:54:50</b>	00:43:50	16	16
<b>Morris</b>	<b>Derek</b>	46:00	10:15	<b>00:54:54</b>	00:44:39	17	17
<b>Sellars</b>	<b>Ashley</b>	41:00	15:15	<b>00:54:55</b>	00:39:40	18	9
<b>Waterton</b>	<b>Gerry</b>	36:00	20:15	<b>00:54:55</b>	00:34:40	18	3
<b>Duff</b>	<b>Michelle</b>	46:45	09:30	<b>00:55:08</b>	00:45:38	20	21
<b>Settle</b>	<b>Andy</b>	38:00	18:15	<b>00:55:23</b>	00:37:08	21	5
<b>Lambe</b>	<b>Jo</b>	56:15	00:00	<b>00:55:39</b>	00:55:39	22	31
<b>Kitchen</b>	<b>Carole</b>	45:00	11:15	<b>00:55:54</b>	00:44:39	23	17
<b>Holmes</b>	<b>Sue</b>	45:45	10:30	<b>00:56:10</b>	00:45:40	24	22
<b>Hunter</b>	<b>Alison</b>	45:15	11:00	<b>00:56:12</b>	00:45:12	25	19
<b>Aston</b>	<b>Lou</b>	46:30	09:45	<b>00:56:27</b>	00:46:42	26	25
<b>Penrose</b>	<b>Kate</b>	46:30	09:45	<b>00:56:36</b>	00:46:51	27	27
<b>Thorp</b>	<b>Nick</b>	36:45	19:30	<b>00:57:11</b>	00:37:41	28	6
<b>Scampton</b>	<b>Gary</b>	40:45	15:30	<b>00:57:19</b>	00:41:49	29	12
<b>Fletcher</b>	<b>Bruce</b>	39:45	16:30	<b>00:57:44</b>	00:41:14	30	11
<b>Seed</b>	<b>Sandra</b>	51:45	04:30	<b>00:59:42</b>	00:55:12	31	30
<b>Elmieh</b>	<b>Maria</b>	54:00	02:15	<b>01:07:55</b>	01:05:40	32	32

(Ed: Congratulations to Julie on her victory and commiserations to Jay who actually crossed the line first but had glory snatched away when it was discovered that he'd set off too early!)



# KIPPAX HARRIERS



## 5. Kilburn Feast 7 (and a bit) - 12<sup>th</sup> July 2009 (Gerry "Whizz")

What a great venue for a nice, Sunday afternoon country run. We arrived to a great atmosphere of the village fete, assembling in the village square with a sink the duck game, stalls, smashing plates, a brass band and female Morris dancers!

We were stood at a very informal start with everyone chatting away and with still 5 minutes to go, we were off!

After a nice flat start, we began to climb passing Martyn's infamous Shandy Hall in the village of Coxwold. We climbed for what felt like the following 5 miles, and were looking forward to the down-hill bits, but there weren't many!

There were plenty of prizes given and sandwiches, cake & tea were included in the entry fee.

### Results:

1<sup>st</sup>: Darren Bilton - Leeds City AC 36.30

1<sup>st</sup> Female: Kate Nelson - Knavesmire 45.43

### Kippax Harriers

Martyn Hewitt 46.34 (25<sup>th</sup> position)

Gerry Waterton 48.50 (41<sup>st</sup> position and 1<sup>st</sup> over 55)

254 finishers.

What a real surprise when my name was announced and I won my first prize for "Over 55".

This was my first race since the Abbey Dash and forgotten how hard it is!

Well done to Martyn, passing me at the first mile, knocking 2 minutes off last year's time. (It was a pity he didn't get a prize as he'd had such a good run...must train harder next time, Martyn).

It was a nice, scenic route on a beautiful day, and highly recommended. This was a great day ended with a well-earned Guinness outside the Foresters Arms.



# KIPPAX HARRIERS



## 6. Yorkshire Wolds Half Marathon (Bishop Wilton) - 18<sup>th</sup> July 2009 (Wendy Chapman)

If you like hills, countryside, plenty of water stops and a fast finish, this is the run for you.

After Friday's rain it was pleasing when Saturday dawned a perfect running day.

The ground where the Bishop Wilton Show takes place was easy to find and the field was not flooded as I feared. There was a good number of runners but not so that the start was cramped.

The first three miles were fine and I was enjoying the scenery. Then came the first 'moderate incline'. Ha, a great big long (and I mean long) hill! But I remembered my hill training and kept my focus. Thank goodness for the water stop and sponges provided on the course - this was really welcome. This slog was rewarded by a lovely downhill stretch through a forest, which was a bit slippery underfoot and followed by some field running through lovely scenery before we got back on to the road.

I started to pass a few runners going up to 10 miles and felt really good. But at 11 you round a corner to - yes another big hill! I

### Results

1<sup>st</sup> - Steve Bateson - East Hull Harriers  
1<sup>st</sup> lady - Victoria Graves - City of York

1:13:34  
1:25:12

### Kippax Harriers

146 - Nigel Mckaine  
183 - Wendy Chapman  
267 - Ann Martin  
284 - Moira Lenaghan (Crossgates Harriers)

1:50:44  
1:54:28  
2:09:00  
2:13:06

was warned by a fellow runner not to believe them at the last water station if they said it was all downhill. But actually after a bit more hill the last mile was just that - all downhill. As you round a bend you can see the showground beneath you and I really speeded up. I sprinted, yes sprinted, over the finish line, thanks to that fast downhill stretch and the momentum it gave me.

After collecting my pottery, and having a nice chat with a fellow runner about the merits of the course, I cheered in the other Kippax runners (apart from Nigel who had finished and gone).

It was lovely to see Moira coming back to form. Ann and Kelly did well and a special congratulations to Sam who hasn't run this distance in a long, long time - but clearly enjoyed herself and ran a great time!

This is a tough half but I really enjoyed everything about it and will be back next year.

Just one question - WHERE WERE ALL THE MEN?



# KIPPAX HARRIERS



297 - Samira Lambert

2:17:13

302 - Kelly Palmer

2:19:38

324 finishers

## Other Race results

### 1. Hyde Park 5k (Race 1) - 1st July 2009

1<sup>st</sup> - Steven Body - Leeds City AC

16:03

1<sup>st</sup> lady - Laura Day

18:52

#### Kippax Harriers

69 - Michelle Duff

27:44

80 finishers

### 2. Jane Tomlinson Canal Run 5k - 7<sup>th</sup> July 2009

1<sup>st</sup> - David Driver - Leeds City

16:25

1<sup>st</sup> lady - Karen Hallas - Rothwell

18:21

135 finishers

(Ed: Well done Karen, first lady and 13<sup>th</sup> overall - terrific performance.)

### 3. Golden Acre Relay (2.75 miles per leg) - 8th July 2009

Winning team - Horsforth Cronks in a total team time of 48:14

#### Kippax Harriers (17<sup>th</sup> out of 56 teams)

Leg 1 - Craig Worley

18:12

Leg 2 - Gerry Waterton

18:08

Leg 3 - Martyn Hewitt

17:31

Total time

53:51

NB Allison Skillicorn ran leg 3 for Abbey Slow Coaches in 19:14. Her team came 24<sup>th</sup> in a total time of 55:43.



# KIPPAX HARRIERS



As always, 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.

## Forthcoming races

### Club Championship races

The next race is the Horsforth 10k on Sunday 27<sup>th</sup> September. Please note this is a change from the previously advertised Sandal Castle 10k which actually takes place on the 6<sup>th</sup> September - the same day as the Leeds Country Way Relay.

## Social Events

1. The next social run is on Thursday 27<sup>th</sup> August from the club, format to be confirmed.
2. A night out at the Aagrah on Tuesday 8<sup>th</sup> 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.
3. There are a couple of birthday bashes coming up in the next few months:-
  - Samira is inviting all at Kippax Harriers to celebrate her 60<sup>th</sup> Birthday on Thursday 17<sup>th</sup> September ALL WELCOME. Venue to be confirmed later.
  - Similarly Wendy is having a 50<sup>th</sup> birthday celebration on Saturday 10<sup>th</sup> October. More details are promised for the next newsletter.

## Leeds Country Way Relay Race

A meeting of the Leeds Country Way Committee will take place on Tuesday 28<sup>th</sup> July at the Squash Club at 9pm

The Ladies have been quick off the mark and have already finalised their team as follows:

Leg 1: Allison Skillicorn & Leanne Hague

Leg 2: Wendy Chapman & Sue Holmes

Leg 3: Samira Lambert & Michelle Duff

Leg 4: Ann Martin & Carole Kitchen

Leg 5: Kelly Palmer & Kate Kidd

Leg 6: Lou Aston & Julie McBride

Reserves are Val, Moira, Jo and Kate P

Newsletter editor: Craig Worley. Go to [www.kippaxharriers.org.uk](http://www.kippaxharriers.org.uk)



There are still places up for grabs in the Men's team so if you'd like to run and haven't registered your interest so far then please speak to Martyn or put your name on the notice board. As with the Ladies, we could do with four reserves as past experience indicates that up to that many drop out in the lead up to the event through injury, illness or other commitments.

### Lynn Dufty's end of term training sessions report

Thursday July 2nd saw the end of the training sessions for 2009 and I would like to thank everyone who has taken part over the 10 week period. I hope you have found it both useful and have received some benefit from your efforts.

This set of training saw the introduction of a pace run, which was designed to measure improvement during the course of the training programme.

These runs have been recorded in order for me to plot a few (hopefully meaningful) statistics to show how each individual has performed over the weeks. There were some excellent efforts by everyone and in the words of the footballing world there always has to be winners and losers.

In consultation with Val we wanted to award prizes to the fastest lady and most improved lady and likewise the fastest male and most improved male.

The fastest lady and male were fairly easy decisions and they were awarded to Leanne Hague and Nick Thorp.

The competition for the most improved lady category was extremely tight (so you can all be very proud) as everyone did improve to various degrees.

That factor made choosing the eventual winner very difficult, so we had to introduce some criteria in order to reach the eventual winner:

1. Due to the exceptional heat on the last run this was discounted for everyone.
2. Did attend all sessions (this allowed a true record of all times for all sessions).
3. When all the above had been factored in, it was the fastest to complete the course.

Adopting the above criteria reduced the contenders to three - Ann Martin, Wendy Chapman and Val Pell. This left the last criteria to be applied and the eventual winner (by 2 seconds) was Wendy, this goes to prove that every second counts.



In the case of the men, this was awarded to Nigel McKane who improved on every run including the last hot week.

I have distributed a number of copies of the graphs, however if you did not receive one and would like a copy let me know and I will get one to you.

Looking ahead to 2010, I have prepared a training calendar for Val which commences in mid January and goes through to the end of March, with a 10k race at the end of the programme.

Put it in your diary! I will be handing over the baton for running the sessions to Val so please support her. Spread the word to ALL Kippax members. Although training nights are designed for improvement, they are primarily for fun and to get to know more members, which eventually increases your circulation of running partners.

This just leaves me to say a big thank you to you all for the gift - it will be used wisely in purchasing biking equipment for the Big Bike ride in 2010.

Keep stretching; just enjoy your running whatever level suits you.

### Other news

1. We have recently been advised that UKA rules state that anybody competing in a race as a club runner must actually wear their club's colours during that race in order to obtain the £2 discount. Vests/t-shirts etc can be purchased from Maria.

2. A big thank you to Jonathan for running back to the club and bringing his car to collect Sue Holmes from Nanny Goat Lane after she was injured in a fall during a Tuesday night run recently. Hope you make a speedy recovery Sue!

3. There is a thank you card from Dianne on the board for her wedding gift. She is looking really well and will be helping to marshal the Leeds Country Way.

4. On an adventurous note, Les Kitching and Lynn Duffty are planning to bike from John O'Groats to Lands End next year.

Apparently Les is a regular Glastonbury aficionado, attending most years with his two sons. So to get in a spot of early training, Les decided to cycle there this year, via Bakewell, Stourbridge and Stroud, taking four days in total. His exploits were recorded in the festival newspaper, Glastonbury Q.



Thanks again for all the input this month and to my lovely wife Angie for proof reading! (She sneaked that in herself by the way thinking I wouldn't notice.) Keep the contributions coming for the August issue to [worleyc@sky.com](mailto:worleyc@sky.com).