



KIPPAX HARRIERS



RAT Magazine June 2009

Introduction

Welcome to another edition of the Kippax Harriers newsletter. Summer is upon us at last but there's no let up in the action.

I thought last month was a high point in terms of achievement with the London Marathon but I think even that's been bettered this time. Coming up, the Wessex 100 and the tale of a remarkable performance of endurance and triumph over adversity from one of our members. Also, this month a runner of the month winning marathon performance and an exciting head to head dual between our two lead runners.

We've also got our usual collection of race reports, results, and news of up-coming events and social functions.

The Wessex 100 - Focus on Ann Bath

I'd heard last winter that Ann was struggling with injury, bumped into her at the club a couple of times, had a quick chat and discovered that she was having problems with her knees. It seemed that surgery was the only answer and I'd thought sympathetically that a long lay-off probably ensued. Were all those 100's and other ultra events over the years finally taking their toll?

Then recently, I heard a rumour that having had surgery, a mere five weeks before, Ann was still going ahead with this year's 100. It was true. I decided to investigate and do some research, a) to find out more and b) to scotch any rumours that I make up this Rat Mag as I go along.

So here are the bald facts. Ann finished the Wessex 100 in 33 hours and 50 minutes over the weekend 23rd and 24th May. The latter was a baking hot day. It

was Ann's 21st consecutive 100 miler. She finished 131st out of 488 starters and 116 of those failed even to finish. Of the so called "elite" 28 runners, 14 had to retire before the end.

I decided to give Ann a call. How bad had the injury been? Well it seems that both knees had been giving Ann trouble since last November's Burley Bridge Hike. Since that time Ann had tried to keep fit by walking, biking and swimming. Initially it appeared that the right knee was the worst. But having completed a recce of the Wessex 100 over Easter, the left knee was now giving the most trouble. An examination by the doctor whereupon applying pressure to the knee Ann hit the roof, revealed that surgery on the left knee was the most pressing. The back of her knee was worn and there was a big tear. The damaged tissues needed to be removed.



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Operation duly completed, Ann didn't waste much time and a mere three weeks afterwards she completed a 47 mile weekend recce of the night time route. Then, only five weeks after surgery on her knee, Ann undertook the Wessex 100 in its entirety. Speaking to her, I got the impression that she had loved every minute. A warm Saturday gave way to a sultry evening trekking through forests and then a scorcher on the Sunday often out in the open. Some of us were doing the Ilkley Trail Race that day, approximately seven miles in very warm conditions. Imagine if you had 100 miles of it!

So how does Ann do it? Well a strong mental attitude certainly helps. She also gets great support from husband Dave. But what other tips does she have for us aspiring distance runners - refuelling for instance? Well, it seems that Ann fills up at checkpoints on warm sweet tea and jam on bread. At roughly half way she goes into a pub and has a pint or two of Guinness.

Race Reports

1. Brathay Windermere Marathon - 17th May 2009 (Nigel Mckaine)

Having volunteered to be Nick Thorpe's reserve for the London Marathon, I decided to put my training into use and entered the Brathay Windermere Marathon.

I had read the following article in Runners World magazine, and noted they called it

Then at the end she downs another five pints for recovery. I'm sure the manufacturers would be gratified to learn that Guinness is good for you after all!

How did her doctor react I wondered. Picture the scene. Ann goes into the surgery six weeks after her op. "How is it going?" asks the doctor "I hope you've been resting". "Yes", says Ann, "I've been taking it very carefully. I just did a steady 47 miles three weeks after the op and then my 100 miler a couple of weeks later. I didn't want to push it". In fact Ann told me that she informed the doctor that she'd put her knee "to the test and that it had passed". I bet he was delighted! There can't be many of his patients that test his work in quite that way.

What else is there to say about our very own Joss Naylor?

Ann Bath - Kippax Harrier and living legend.

the "Beautiful Marathon". (Could there be such a thing ?)

"Nearly 1000 runners took part in what has now become established as one of the best running events in the country. In a survey carried out by Runners World magazine the marathon was voted as the UK's 10th most popular race in a published list of the



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Top 50 Events of 2008. Only one other marathon in the list appears above the Brathay Windermere Marathon, which is the Flora London Marathon in 8th position.

The route runs anti-clockwise, around England's largest lake, passing through Hawkshead, Newby Bridge, Bowness and returning to Brathay Hall at Ambleside".

Sounded good to me, so off we went for a weekend in Ambleside.

Registration took place at Brathay Hall on the Friday and Saturday, where you received your timing chip, and goody bag. (Pen, Pencil, Kendal mint cake). T-shirts for the event were on sale for £15. (Poor quality, but all proceeds going to Brathay charity).

We were glad we had stayed in Ambleside, as the start was within easy walking distance. Cars with runners and spectators queued to get into Brathay Hall, and the 10:30am start was delayed by 10 minutes. A safety meeting took place in the gardens to the hall, where everyone was informed that only the first few miles would be traffic free, to run on the left of the road and use the pavements, being aware of pedestrians, etc. Nearly 1000 runners set-off "up-hill" towards Hawkshead. Some of the runners were doing the "10 in 10" - this was their 10th marathon around the lake in 10 days.

Leading up-to the race, I had said I wanted to break 4 hours, if possible. I had 9 minute mile pace in my mind, and kept a close eye on my watch, and the great views.

A long climb up hill at 7 miles saw runners passing people pushing cycles uphill. (My hill training was working well, thanks Lynn). The field quickly spread-out and I ran for a while with two runners from Yorkshire clubs, who spotted my Kippax Harriers vest. They wanted to say how much they enjoyed the Leeds Country Way, and they would be entering again this year. (We are famous).

By 13 miles I was 6 minutes ahead of schedule, but knew the worst was to come. I had read about the "hill" at approx 19 miles, and felt fine as I approached it. As I looked up, I could see most runners were walking towards the top. I must admit I did have to walk to the last part of the hill (by now it was a mountain), and enjoyed seeing my wife and parents cheering me on at the other side. (There was temptation to get in the car and drive to the finish, but I carried on!!).

From 21 miles to the finish was hard work, and I could see my 6 minutes from the first half were quickly ticking away. My legs were feeling heavy, as the course continued up and down hill. The last steep climb back into the grounds of Brathay seemed to take forever, but my sprint downhill to the finish, felt fantastic. I finished with a new PB of 3hrs 58mins and 59secs. (323rd position, out of 836 finishers).

Summary - Great race, very well organised and very well marshalled. (On cycle, to keep traffic away from runners, etc). Very well supported around the route, and well



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positioned water stops. Beer tent 10 yards from Finish Line, overlooking the Lake.

Beautiful Marathon ?? = YES.

1st Male = Ian Fisher 2:35:32 Otley AC

1st Female = Johanna Fletcher 3:06:58 Severn AC

2. Wharfedale Off-road Marathon - 6th June 2009 (Craig Worley)

This was to be my fourth consecutive year of doing the Wharfedale having previously done the full event twice and the half once. In previous years the weather had been hot and sunny. But as I drove up to the Dales on a wretched morning, I was in two minds as to which race to enter this time. I had been planning on doing the full 25 miles but it was absolutely bucketing down and I didn't really fancy four hours plus on the hills in the driving rain. It was six weeks since I'd done the Three Peaks and I wondered whether I would still have sufficient stamina.

Mind made up, when I got to the race HQ at Wharfedale's quaint Rugby Union ground in Threshfield I duly entered the half marathon. Then I bumped into Bob Jackson of Valley Striders who had entered the full marathon, despite telling me he'd not done much training. I began to have second thoughts. Was I being what Martyn would term "a shandy?" What would Ann Bath say if she knew? (gulp!) After all, Gary and Jay used to do events like this in foul weather all the time with hailstones the size of beach balls. Feeling suitably guilty, I upgraded myself to the full. And in fact it wasn't too bad. Within a couple of hours

the rain had largely petered out to a drizzle.

The Wharfedale is a wonderfully low key event set in stunning countryside. Only around 100 people enter the 25 mile race and from the middle of it onwards you can be at times completely on your own with not another runner in sight. It is in the FRA calendar as a category C and so there are few really sustained ascents - more like an LDWA event than a fell race really.

From Threshfield the route follows the Dales Way for seven miles. The climb is fairly steady and soon majestic views of Wharfedale open out with the river winding along the valley floor below and passing the imposing Kilnsey Crag. Then there follows a fast sharp descent followed by a stile ridden run to the bustling village of Kettlewell.

After a short trot on the road, the route turns off through a wood along some fairly hair raising ledges to be followed by a short but brutal climb. Next is a highly runnable and rather enjoyable (brakes off, brain off) descent into the village of Hawkswick.



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On the pleasant riverside amble to Arncliffe I got chatting to a Lincolnshire runner. "I bet you don't get much chance to run on hills where you live" I confidently declared. "You'd be surprised", he replied, affronted before running off and leaving me for dead.

After Arncliffe, comes the toughest section in the race, an initial steep climb out of the village and then a moorland slog to Malham Tarn. Again the views are utterly breathtaking.

As we turned back eastwards along the Roman Road of Mastilles Lane (straight obviously), the wind began to strengthen. The map showed that we were passing through a Roman encampment although you wouldn't know it. A strange place to build a camp I thought. Must have been a bit nippy with the wind whipping up their togas.

I was beginning to flag at this point, the lack of long distance miles of late beginning to take their toll. I'd been focussing hard on catching a runner up ahead who seemed to be struggling more than me when two other runners came trotting easily past me. "Bit windy isn't it" one of them declared cheerfully.

Following the last manned checkpoint at Bordley, came another short and sharp climb, which I thought was a good enough excuse not to run. Eventually the path started to drop as we began the descent into Threshfield. This should have been a good opportunity to up the pace again but my aching quads screamed otherwise. I crossed the line at the rugby club in 3 hours 52 minutes - 35th place out of 96 finishers.

I did have one minor gripe. After a quick shower, I queued up for the obligatory pie and peas. However, when I waived my number at the woman behind the counter I was informed that I would have to pay. Unlike previous years, they were no longer providing free food for all finishers. It appears that instead of pie they had spent the money on electronic timers that we "dibbed" at each checkpoint. An innovation perhaps but I have to say that they didn't taste anything like as good.

All in all however, a satisfying run in beautiful countryside and strange to report after the promise of all that rain, I'd actually acquired a slight sun tan.

3. Hyde Park Time Trials - 6th June 2009 (Martyn Hewitt)

(Ed: Let me set the scene. Our two fastest runners decide to have an unofficial race. Who is the quickest? After the Rothwell 10k there seemed to be no contest - Karen Hallas 37:18, Martyn Hewitt 38:37. So I'll let Martyn pick up the story.)



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It was a wet Saturday morning as I picked up my fellow Kippax Harrier at her house in Garforth. Like a spring lamb she bounded over to the car with a cheery smile and a bright 'Good Morning'. It was pouring down but optimism was in our hearts....a bit too much red vino for me the night before but that's normal preparation for me so I wasn't too worried!

It was suggested that we should race each other round but I wasn't looking forward to that considering her fast time at Rothwell but I put on a brave face and said I would do my best. Still raining, the hooter sounded and we were off.....like the Grand National5 k's are always rather frantic affairs and it was nice to have the cooling rain on our faces. Just before 1k I passed my fellow Kippax Harrier and gave her some words of encouragement 'come on,,,, pull your finger out' - no response but I find that's the normal reaction nowadays! (Apologies but I am working on my motivational speaking)

Marshalls were in abundance and there was no chance of taking a wrong turn Into the last k and I expected my colleague to be breathing down my neck....a cheeky look behind when I turned the penultimate corner and I was a good 15 secs ahead,,,,,one last push and onto the finish. A quick warm down, some running round the park singing 'we are the champions', strong coffee and a most entertaining drive home....with me grinning like a Cheshire cat!

Martyn	18:52
Karen	19.03

The enduring memory from the race....seeing the somewhat bedraggled spring lamb which I picked up earlier that morning walking off with her tail between her legs.

(Ed: Martyn, I'm not sure how well that report's going to go down with the judges of this year's "Most Gracious Sportsman Award". Hope you're not going to take that lying down Karen. In the interests of balance, I feel I should point out that Karen won the women's race easily, beating her nearest rival by a whopping 77 seconds and is mentioned in the race report on the official time trial website. Martyn on the other hand was only 7th in the men's race.

Interestingly, these two were both out racing again a few days later. Martyn posted an impressive 1:06:55 at the hilly Otley 10. But that was surely eclipsed by Karen's performance the same evening in the Greenway 10k where she finished in 37:21, first placed lady and 9th overall.

So when is the rematch.....Martyn vs. Karen part II? Let us know because I think I and a few others will be there to watch. Or is it tickets only with television rights sold to Sky? Who's running the book? I'm placing a fiver on the spring lamb to gain her revenge.)

Newsletter editor: Craig Worley. Go to www.kippaxharriers.org.uk



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Other Race results

1. Ilkley Trail Race (6.9 miles 930ft) - 24th May 2009

1st - Tom Adams - Ilkley Harriers 42:18
1st lady - Jana Janockova - Unattached 51:52

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51 - Craig Worley	51:07
131 - Allison Skillicorn	57:33
191 - Jay Kitchen	62:42
258 - Carole Kitchen	68:42
272 - Val Pell	70:41
289 - Michelle Duff	72:54
292 - Sue Holmes	73:01
325 - Kelly Palmer	80:45

338 finishers



Happy Harriers having finished Ilkley Trail Race...and not forgetting Kelly.

Pictures courtesy of www.woodentops.org.uk



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2. Mucky Duck 8.5 mile multi-terrain Driffield - 17th May 2009

1st - Phil Taylor - Bridlington RR 49:02
1st lady - Jacqui Dews - Holmfirth 59:44

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105 - Leanne Hague 67:45

(And she beat her sister!)

217 finishers

3. Apperley Bridge Canter 10k - 21st May 2009

1st - Josh Whitehead - Leeds City 35:06
1st lady - Karen Pickles - Pudsey Pacers 39:18

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22 - Martyn Hewitt 42:07
206 - Sue Holmes 57:53

345 finishers

4. Goole Riverbank Challenge 8.73 miles - 7th June 2009

1st - P. Bangan - Salford 49:55
1st lady - Michaela Sill 63:57

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127 - Wendy Chapman 75:06
161 - Kate Penrose 81:05

210 finishers

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 two club races are:

Yorkshire Wolds Half Marathon - Saturday 18th July

James Herriot Trail Race - Sunday 26th July

Club handicap

The five mile club handicap will take place on Thursday 25th June meeting at 7:15, Town End Garforth. The route is as below:

<http://www.mapmyrun.com/run/united-kingdom/-garforth/490124309808637249>

Don't forget, everybody has the same chance to win this race (theoretically).

If possible could all competitors who possess a Kippax vest or t-shirt wear one for the race. Let's paint the town red!

Social Events

The next pub run will be Thursday 16th July to the Queen of Towd Thatch. We will be setting off at 7pm from the Squash club and running off-road on trails to South Milford.

Food will be provided as usual on our arrival and there should be a quiz.

Blast from the past

Early last week during my lunch break I was perusing the Otley AC website and contemplating whether to do the Otley 10 or not. In the end, I didn't as I couldn't be bothered but I did click on a link to the archived results for this race which went right back to 1989.

Being the "anorak" that I am, I decided to look at each year and see who if anybody was representing Kippax Harriers. Entry levels varied from year to year but in 1990 it may well have been a club championship race because there were 28 runners from the club (if only we could manage a turnout like that these days for club races). Some of the names are familiar still now but some of the others will be recognisable only to more established members. So to create some nostalgia for the Kippax stalwarts in our ranks I've reproduced the Otley 10 results for Kippax Harriers from 1990.



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20	Neil	Stoddard	00:57:37
32	Michael	Allcock	00:58:18
47	Richard	Harris	00:59:49
68	Gerry	Symes	01:01:35
69	Martin	Schofield	01:01:37
75	Joseph	Tunstall	01:02:03
92	David	Rayner	01:03:06
99	Geoffrey	Bell	01:03:37
112	Eric	Burnell	01:04:31
120	Neil	Ibbotson	01:04:58
146	John	Messenger	01:06:35
184	Geoffrey	Kent	01:08:36
204	Don	Waring	01:09:28
220	Andrew	Burns	01:10:29
224	Robin	Seddon	01:10:50
246	Kenneth	Denham	01:11:41
257	Malcom	Marshall	01:12:28
282	David	Bath	01:13:38
289	Paul	Ash	01:14:08
296	Chris	Gill	01:14:30
367	Carole	Seddon	01:20:19
374	Geoffrey	Gibson	01:21:09
380	Sandra	Daniels	01:21:52
397	Ann	Bath	01:24:46
410	Marie	Hughes	01:26:48
411	Hilary	Campbell - McLean	01:27:05
420	Sandra	Toft	01:31:11
425	Grace	Burns	01:34:01

If the turnout is impressive, some of the performances are quite staggering. This is a hilly 10 miler remember. Given that the race probably took place in either a heat wave or a blizzard, as most races did in those days (or so I'm told), the times are even better.

Sigh! Where did they go?

Anyway, it got me thinking, perhaps people could send in reports or amusing tales from races of yesteryear. I appreciate that memories fade over time but its remembered recollections



that count and don't worry if the stories are a bit tall (as long as they're not libellous). It all adds to the fun.

Kit news

Prices for Kippax Harriers kit are as follows:

Tracksuit tops (new style)	£20
Tracksuit bottoms	£10
T-shirts	£15.50
Vests	£12.50

Please see Maria to place your order.

Runner of the month

The award goes to Nigel Mckaine this month for his excellent sub four hour performance at the hilly Brathay Windermere Marathon - see report above.

Chairman's training run of the month

Garys' run this month is ideal for a nice summer evening's run. In fact about eight of us did just that on a nice summer's evening a couple of weeks ago. The route takes you through pretty countryside to Becca Hall.

<http://www.mapmyrun.com/run/united-kingdom/garforth/552124362804383548>

That's it for this month. Keep sending those race reports in. Send your contributions for the July issue to worleyc@sky.com.