



KIPPAX HARRIERS



RAT Magazine March 2009

Introduction

Welcome to the March edition of the Kippax Harriers Rat Mag. Firstly, let me thank everybody who has contributed to this month's issue in terms of race reports and general information, - the response has been excellent. There are five race reports this month with representation across the running spectrum, - road, cross country and fell. So there should be something here for everyone. As well as race reports in this issue, we now have the full list of 2009 championship races confirmed. This month's interview is with new club member Steve Devney. Maria has provided an update of kit that we have in stock and there is news from Lynn of some new speedwork sessions starting from April. Finally, there are two runs mapped out by Gary this month on MapMyRun for you to try out.

Race Reports

1. Snake Lane 10 - 22nd February 2009 (Wendy Chapman)

We set off from the club with a car full of Kippax Harriers raring to go. Some, like me, had entered early; others had only just got a number through people dropping out. Would they be able to change them to their names on the day? That was the question under discussion. For me the main question was how would I run with a weeks skiing in my legs! Could I do my first sub 1.30 ten miler? After a slight detour, when I turned off the main road too early, we got there and were parked right next to the meeting place - great bonus - no need to remove jackets till the last minute. Not enough ladies loos as always - but what's new?

Walking to the start we had to admit it was a great day for running - no excuses regarding the weather, although plenty of others were being bandied around! I had forgotten my watch - sometimes a good

thing - so decided just to follow Ann Martin. Ann always starts fast but her pace is similar to mine. Moira, who had been injured, was planning to 'take it really steady', but then she always tells us that and comes running past around five mile like a train! The first two miles seemed fast to me - was this a 10k or ten mile?!!! No time to admire the countryside! Then Ann seemed to remember it was ten miles and slowed a bit. I passed her at the water stop but she soon caught me up again and went ahead. Where was Moira? At eight miles I could feel my legs starting to tire. Where was Moira?? It had been lovely and flat up to that point but what was this ahead. A hill! Didn't remember that from last year. By now Ann was too far ahead to catch but I kept her in my sights till just before the finish. I like the finish of this race, it's always well supported. Nice mug to add to my collection and the Mars bar



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was welcome too. Cheered in the other Kippax runners behind. A great run from Samira , and there was Kelly beaming as always. Just one question where was Moira?? When she said she was taking it steady this time she wasn't kidding. She even had time to admire the snowdrops!

I enjoyed my second time running this race and will definitely apply again next year - early. I can see why it's so popular. And my time? 1:28:28. A good PB - a bonus.

Results

1 st - Ricky Stevenson - New Marske Harriers	48:47
1 st lady - Tracey Morris - Valley Striders	58:16

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136 - Craig Worley	1:06:24 PB
137 - Martyn Hewitt	1:06:24 PB
305 - Leanne Hague	1:16:09 PB
507 - Ann Martin	1:28:24
512 - Wendy Chapman	1:28:41 PB
527 - Kate Penrose	1:29:56
579 - Samira Lambert	1:34:08
580 - Val Pell	1:34:08
605 - Kelly Palmer	1:36:41 PB
671 - Moira Leneghan - Crossgates AC	1:52:14

685 finishers

(I think the answer to Wendy's question of where was Moira is that she was running with a Crossgates team mate and helping her get round.)

2. PECO Cross Country League (no. 4) - Golden Acre Park - 1st March 2009 (Wendy Chapman)

Bit of a surprise to find ourselves in Golden Acre Park again after bad weather had wreaked havoc with the fixture list! My memories of running this before Christmas were not good ones. A hangover from the Christmas club 'do' ensured that I was not at my running best (to put it mildly).

There was a great turn out from the ladies again - ten of us this time. Amazing! No Allison though which meant we all had to run that bit faster! Sitting on top of the first division we didn't want to let our push for promotion lose any momentum. At least we knew our way to the start this time, it's



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a bit of a walk from the car park but at least there are toilets on the way. Leanne, full of beans as usual, had brought her family for extra support. Nice to see a good turn out from the men too. Not quite a team - but nearly there. (Ed - we must try harder next year!)

For once the sun was shining and spring was in the air. This is a tough course though, lots of little hills to get you breathing hard and you go round twice which always makes

it seem further. An announcement about the final race and then we were off. Passed Carol on a really steep down hill bit then had her breathing down my neck all the way round. Gave it my all - even a sprint finish. Finished 55th again, I wonder if the same people are always in front of me? Great effort from Kippax.

Then back to the car and home for a late lunch. When the results come out the ladies team are still sitting at the top.

Results

Ladies

- 24 - Leanne Hague
- 54 - Wendy Chapman
- 55 - Carol Kitchen
- 57 - Ann Martin
- 62 - Kate Penrose
- 69 - Kate Kidd
- 74 - Val Pell
- 75 - Moira Leneghan
- 77 - Kelly Palmer

82 finishers

(Ed: The eagle-eyed amongst you may have spotted that Wendy is showing as 54th in the results rather than 55th. The reason for that is that the person who finished 2nd was new member Karen Hallas. Karen hadn't joined at that point and was therefore running as "unattached" and not included in the league's results. With the ladies now securely promoted to the premier division what a team we will have next year with Karen, Alison and Leanne leading the charge!)

Men

- 52 - Martyn Hewitt
- 80 - Nick Thorp
- 87 - Rob Kelly
- 89 - Steve Devney



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96 - Jay Kitchen
101 - Tony Blythe
123 finishers

3. Norton 9 - 1st March 2009 (Alison Skillicorn)

On the 1st March I participated in the Norton 9. It was a glorious spring morning and I must admit the warm weather came as a seasonal shock compared to all the snow and ice we had had in earlier weeks.

Norton is 8 miles north of Doncaster and after a slight detour I arrived in the village where there was ample parking in the garden centre and toilet/changing facilities were available in the local primary school

The start was a bit of a nightmare, as it was just off the main street where cars were parked on either side (and of course I didn't get myself near to the front) so there was a bit of pushing at first but the race soon spread out.

The majority of the course was undulating and passed through a couple of villages, finishing in Norton. The course had mile markers and a couple of drinks stations. The majority of participants appeared to come from running clubs based in South

Results

1 st - A Pearson - Longwood Harriers AC	46:26
1 st lady - N Geddes - Scunthorpe & District AC	55:16

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159 - A Skillicorn	65:09
510 finishers	

Yorkshire, although I did spot a runner from Chapel Allerton and one from Rothwell.

There was a hill just after the five mile marker which I had expected but my legs hadn't as I had been running briskly up to that point. The last mile was flat and downhill except for the last two hundred yards where there is a sneaky climb.

The only thing I did find strange was the course was not traffic free and there were occasions where cars were coming in both directions, but as it was a rural location the traffic was mostly light. I think I am just used to big city races where they shut the roads down.

All in all I enjoyed the race and I was pleased with my time, I would definitely recommend it especially if you can't do Snake Lane - which I couldn't because I was consuming large amounts of alcohol the previous night at a party!



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4. Half Tour of Pendle - 7th March 2009 - AM 9 miles 2250ft (Craig Worley)

As some of you may know I am partial to the odd bit of fell running now and again and given that I am in the Three Peaks Race next month I felt it was high time that I actually started doing some. So when a Calder Valley colleague announced that he had a spare place on offer for the Half Tour of Pendle, whose entries had filled up over a month before, I jumped at the chance. This race was a counter in the English Fell Running Championship so I expected the standard to be pretty high.

Therefore on a mild but fairly overcast morning I set off for deepest Lancashire and the little village of Barley to be precise. After collecting my number at registration in the village hall, I realised that I had forgotten to bring any safety pins. "Do you have any?" I asked the woman at the table. "We haven't given any out for years" she replied indignantly. Oh dear, not the best of starts!

After procuring some pins from a friendly runner parked next to me, I lined up with everybody else on the road outside the village hall. Without any preamble from the starter, we were off. The first mile commenced on a country road, which soon became a good mildly ascending track next to Lower Ogden Reservoir. Then the fun began - a climb of 1000ft inside the next mile. All thoughts of running were quickly dispensed with and I adopted fell climbing pose, namely bent forward with hands on knees. But strangely, compared to everybody else, I seemed to be going

backwards. What were they doing that I wasn't I pondered?! Finally we reached the top of Pendle Hill which afforded wonderful views across the landscape, something I was just a little too out of breath to appreciate.

The next four miles consisted of a mainly downhill jaunt on minor paths over moor land. Again I was being regularly passed by more sure footed, nimble opponents. Oh for a stretch of good honest tarmac to teach them a thing or two! Finally we were back in the valley and a firm path. This enabled me to claw back a few places as we passed between a wood and Churn Clough Reservoir. It was then back to hands on knees mode as we made the steep ascent to Spence Moor.

Now for the bit I was dreading, the so called "Geronimo" descent and what seemed from the top to be a near vertical 500ft drop. I declined the opportunity of throwing myself down the hill in true fell running suicidal manner. Instead I gingerly made my way down as safely as I could even sliding down the last 50 feet on my behind, a technique I noticed that was favoured by a number of other runners! (This YouTube clip gives a flavour of "Geronimo". The pictures aren't the best quality but the music's great and very apt <http://www.youtube.com/watch?v=qjjQv14GAMw>).



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There followed another brief climb and then finally the end was in sight. The last mile was fairly straightforward and

uneventful compared to what had gone before. I finished exhausted in a rather lowly 292nd out of 384.

Results

1st - Ian Holmes - Bingley Harriers 1:03:08

1st lady - Philippa Jackson - Keswick AC 1:17:04

292 - Craig Worley - Calder Valley 1:37:07

384 finishers

5. PECO Cross Country League (no. 5) - Eccleshill - 8st March 2009 (Nick Thorp)

This was the final (rearranged) race in the PECO cross country series for 2009 and a combination of inclement weather and a hastily organised race, meant that turnout was lower than for the previous four events. A healthy turn-out from Kippax was in evidence with a strong ladies line-up and a not-as-strong men's line up in the field.

The men's captain got his excuses in early, namely a hangover (Ed: Not normally a problem for him. At least he made it, where were you Uncle Jay?) and a 20 mile training run the day before. The 'Rat Mag' editor came out with the "fell race the previous day" excuse, so the race was wide-open for any fit and sober Harrier to take the spoils.

The race began with two small circuits of a field, then on into the woods. A steady downhill led to a lovely run along the canal

bank. Unfortunately the steady down hill had seemingly turned into a steep uphill for the way back, which reduced a number of competitors to a crab-like climb up the slope.

Craig shook off his tired legs to lead the Harriers home, with the full results as follows:-

(Ed: Unfortunately the full results are still not available at the time of going to press and the results for the men below are based on my somewhat faltering memory. For the ladies my memory is even worse although I'm sure I've got the first three in the correct order. I'm sorry; I'm afraid don't know what the order was after that. Full/correct results will be provided along with the final league tables in next month's issue.)

Men

54 - Craig Worley

59 - Nick Thorp



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66 - Andy Settle
76 - Martyn Hewitt
89 - Tony Blythe

Ladies

12 - Alison Skillicorn
24 - Leanne Hague
32 - Wendy Chapman

We retired to the Idle Cricket Club bar for refreshments and in a typical Bradford spring scene we watched the snow fall heavily on the ground, on one of the most sloping outfields I have ever seen.

On to the journey home - where Martyn succumbed to his hangover and fell asleep. This left me to reminisce on the day I (and a couple of others) beat Martyn for the first and probably only time in a race!

(Ed: Thank you to all those who took part in this year's Cross Country League. Details of the presentation night to follow.)

Other Race results

15th March 2009 - Spen 20

1st - Ian Fisher - Otley AC 1:53:47
1st lady - Dawn Broom - Holmfirth 2:17:41

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55 - Martyn Hewitt 2:19:49
226 - Val Pell 3:11:56

258 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.



Forthcoming races

Club Championship races

Next club race is the South Leeds Stadium 5 miles on 22nd March. Handicaps will be established after this race, so if you haven't raced recently and need a time for your handicap this would be a good one to do. You can enter on the day.

1	Brass Monkey Half Marathon	Sunday 18 th January	Done
2	Sport Direct Cross Country 5 miles	Sunday 1 st March	Done
3	South Leeds Stadium 5 miles	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	Saturday 18 th July	Incorporating a Summer Fete : lots to see & do for spectators
8	James Herriot Trail Race	Sunday 26 ^h July	http://www.rotary-ribi.org/clubs/committee.asp?ClubCtteeID=3431&ClubID=254 Another one for a family day out. Set in spectacular scenery at Castle Bolton near Leyburn
9	Sandal Castle 10k	Sunday 27 th September	http://www.sandalcastle10k.co.uk/
10	Harewood Trail Race 10 miles	Sunday 4 th October	Undulating and muddy http://www.valleystriders.org.uk/
11	Pickering and Moors 10k	Sunday 25 th October	Tea and cake afterwards http://www.pickeringandmoors.co.uk/Forms/form10k.htm
12	Guy Fawkes 10 miles	Sunday 1 st November	Featuring the notorious Birstwith Brute. Generous goody bag makes it all worthwhile. Enter early. http://www.niddvalleyroadrunners.co.uk/
13	Winter handicap – Temple Newsam 5 miles	Sunday 6 th December	

Spring handicap - Thursday 11th June

Summer handicap - Thursday 24th September

Leeds Country Way Relay - Sunday 6th September



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March's interview

This month's interview is with Steve Devney who joined the club last autumn.

- How did you get into running?

My daughters (twins) were training regularly (Tuesday/Thursday evenings) with Leeds City AC so I joined the gym at South Leeds stadium rather than watching bowls!

- What made you join Kippax Harriers?

When Rebecca and Rachael went to university in September I needed some motivation for getting myself out on Tuesdays and Thursdays. Also, having trained occasionally at weekends with the girls at Temple Newsam, the gym was getting too boring. So I googled running clubs in Garforth and the rest is history.

- What's your favourite running terrain?

I don't know if I've got a favourite. I've run mostly on roads and enjoy that surface but have enjoyed the bits of cross country and off road recently too.

- What are your PB's

I've only competed in one timed race! That was a 10K last April in 47:13.

- What do you like about the club and do you have any suggestions for improvements or any things you'd like to see more of?

I like the proximity, the friendly atmosphere and the general mickey-taking banter. I would like to see more interval training and/or speedwork. (You're in luck! - see next topic.)

- Is the calf strain on the mend?

It seems to be, although I think its spread to my hip - or maybe I'm fit for the knackers yard.

- Any running or other sporting idols and why?

No!

- What are your ambitions for 2009?

I want to achieve a sub 45 minute 10K and run a half marathon. These can be before or after winning a few million on the lottery and retiring in the sun.

- So why Peterborough FC?

I was born and bred in Peterborough and supported my local team from an early age, hardly missing a match. I moved to Garforth in 1992 but will only ever support the POSH.



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Remarkably, we're actually playing pretty well at the moment with a great chance of making the play-offs!! (Or better! looking at the table as it stands today)

Thanks Steve - all the best for a swift recovery from your injuries.

Speedwork training - this from Lynn Duffty

A second session of training for 2009 is currently being organised and will commence on Thursday April 2nd, completing on Thursday June 25th. The location will be Garforth Squash Club. These sessions will be held every Thursday evening starting 7:30pm (prompt). They are designed to involve all runners of all abilities and you work to your own level (although you will be pushed/encouraged to achieve a higher level of fitness). If you fancy a change then come along.

Note: the first session April 2nd will require you to be at the squash club **at 7:15pm**. This is to enable you to be briefed on the proposed training programme.

Kit News - this from Maria Elmieh

1 - The following kit is currently in stock:

Men's vests

2 Small, 2 medium and 2 extra large - 5 large on order

Men's t-shirts

3 Medium, 4 large, 4 extra large

Ladies vests

2 Medium, 1 large, 3 extra large

Ladies t-shirts

7 Medium, 4 large

Vests are priced at £12.50 and t-shirts are £15.50. Please let Maria know if you would like to try one on for size before buying (0113 2320187)



2 - Track Suits

There are no track suits in stock. An order will be going in very shortly. So again, please let Maria know if you would like to add your name to the order giving your size. The cost of a full track suit is £28 but a top only can be bought for £18.70.

3 - Cotton t-shirts

The club has two cotton t-shirts from the club's 15th anniversary in 1998 - one large and one extra large - £2 for the first two bidders. However if anyone is interested in having a club cotton t-shirt which can be worn anytime, anywhere, please let Maria know. If there is enough interest to place an order suppliers can be asked to quote a price. Also, we would try to get our website included so it's a bit of free advertising for the club too.

4 - Shorts

There are small selection of shorts available a £3 each:

Lycra cotton: 2 Medium, 2 large

Lycra: 2 Medium

Polyester: 1 Medium

If anyone wishes to order any kit in any other sizes, please let Maria know before 31st March.

Membership Fees - this from Maria Elmiah

A quick reminder to anyone who has not paid their membership fees yet, you have until 31st March to do so. Maria knows where you live and she will be chasing you all up! So just pop your forms and money in an envelope and hand to any committee member. Alternatively, send to Maria at 14 Greenacre Court, Garforth - it's just around the corner from the Squash Club. Then sit back and look forward to hard slog, training, social events, club runs etc.

March's club run

March's social run is on Thursday 26th March - 7.30 start. The format is a treasure hunt in teams around the locality followed by food and drink back at the club. Prizes for winners! See you there.



Other News

A warm welcome to Karen Hallas who has recently joined us. Karen is a very fast runner, something I can personally testify to having trailed in her wake on a few training runs already. She's even got Martyn worried.

March's training run of the month

Two runs this month for you to try out, provided by Gary Scampton.

The first is no doubt of use to you London Marathon entrants - 22 miles on rural roads to the east of Leeds including Ledsham, Monk Fryston, South Milford, Sherburn and Towton.

<http://www.mapmyrun.com/run/united-kingdom/leeds/880889832934>

The second is a training run of over 14 miles which starts and finishes at the club. It goes as far as Thorner and includes sections of leg 6 of the Leeds Country Way.

<http://www.mapmyrun.com/run/united-states/leeds/223929450366>

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