



KIPPAX HARRIERS



RAT Magazine May 2009

Introduction

Welcome to an action packed May edition of the Kippax Harriers Rat Mag.

Firstly, congratulations to those Harriers who successfully negotiated the London Marathon last month. There were some notable achievements including an excellent PB from Val and a gutsy effort from Martyn, who despite suffering from a calf strain just after half way managed to make it to the finish. First timer Brenda has supplied an epic report of the race. Brenda, who describes herself as being "wordy" said feel free to cut down the report but I decided against doing so. I think you will agree that it captures the excitement and atmosphere of the marathon.

There are also a number of contributions from other members relating to varied races that have taken place over the last month.

Race Reports

1. London Marathon - 26th April 2009 (Brenda Thompson)

After telling anyone who would listen that I was hoping to complete my first marathon in less than six hours I was confident that my training to plan would stand me in good stead!

While I was aware of many of the Kippax Harriers running the last ever Flora London Marathon, I had only spent time with Val and Kate before and after the race. It's been quite an emotional journey so far and I wasn't expecting the big day to be any different! After leaving our cheery spectator (aka Debbie) at Tower Gateway DLR train station not long after 7am we travelled in comfort and quiet along the over-ground to Greenwich, a wisely chosen route by Val and Kate which meant there were less people and therefore less stress

on our journey to the start line. On arrival at Greenwich we followed the herd towards the Green and Blue starts via the all important loo!

The greenery and calmness at the early part of the day helped ease all the nerves and uncertainty. Val and I left Kate to make her way to the Green start along with all the other 'good for age' and celebrity runners! At the Blue start there was much walking around, drinking (water/lucozade/coffee) and listening to good music - all helping to enhance the atmosphere! After another trip to the loo and thus avoiding the female urinals we packed up our bags, topped up our sun-cream and left all our worldly goods with the baggage lorries!



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As we parted at pen 7 I felt the rush of emotion which had been calmed before and headed off to the final pen, number 9. It felt like an age before we could see runners moving towards the start and even longer before I got to the start line. Eventually I made it to the start, just in time to need the loo again - what is it about queues at loos that make you need to go? After a delayed start I set off with the 'stragglers' at what seemed to be quite a slow pace although my trusted Garmin was telling me I was way too fast so slowed down to my training pace of 12 min miles and enjoyed the cheers and good wishes of all the fabulous spectators along the first two miles (I was enjoying it so much I missed the 1st mile marker!). As I reached the three mile marker I could see the last of the red start people running parallel with us and it seemed quite funny to have a crowd of people around me again. I reached the 5km mat just before 40 minutes and considering my stop off early in the race I was pleased with my progress. I carried on and could hear the music from the pubs ahead, and still the crowds of spectators cheered - all for me it seemed, then again I had taken the good advice of club members and added my name to the club top!

As I neared mile 5 I felt thrilled - those first five miles felt like a breeze and absolutely the most comfortable 5 miles I'd ever run. I was running with lots more people now and had left all the fast walkers behind and I was re-filled with the energy of the Lucozade stop just after the

5mile point and as I approached the Cutty Sark (only distinguishable from the huge boards hiding it and the fact that Val told me it was at mile 6!) there was the first TV camera so I waved enthusiastically as I went by and managed to speed up too - only a temporary blip though!

As I ran across the mat at 10km I realised I'd made up some time crossing just after 1hr 16mins and while I wouldn't have been pleased with that time in a 10k race for this one it felt good. I wasn't quite sure where/if I would see Debbie but felt sure it would be after the Cutty Sark and sure enough just around 7 miles there she was waving frantically so after I'd downed more water I ran over for a quick chat, only to find out that my lovely friends Peter and Katie were only in front of me by a few minutes - I thought I'd better catch them up so said my goodbyes again and off I ran in search of my new running buddies! Before I got to mile 8 I'd heard the extra loud cheering from the crowd as I saw a group running together on my left and realised quite quickly that dear old Katie and Peter were in the middle, what fun! As I sped past I recalled my most fun training day, running a long run with my trusted running partner Maria, through the snow, rain, hail and wind and realised that it was worth it all just to run in the sun with such tanned beauties by my side (and that was just the male-model types cheering me on!) Don't worry Maria, I wouldn't trade you in for them anytime ;-)

I sailed through miles 8 and 9 onto the 15km mat in under 2 hours. The crowds



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were great and I even managed to recognise the Surrey Quays, only the second notable location I'd seen! I loved listening to all the little kids singing and cheering as well as the music to keep me going as I neared the 12 mile mark I was thrilled at how good it felt running across Tower Bridge which I'd seen only four hours previously - was it really that long ago, I'm sure it seemed like only an hour had passed! As I neared the halfway mark I could see the huge numbers of mostly male runners on their final part of the race and while I thought it may have deflated me I was wondering how much more enjoyment I had ahead of me. Again there were huge crowds lining the streets and losing all sense of direction I tried to work out where I was and then I could see the great buildings of Canary Wharf and the first time I realised that it was quite a warm day and the cool comfort of running when the small but welcome clouds covered the sun and then again running between tall buildings. The good advice of taking a drink at all opportunities did slow my overall pace but the benefit of feeling comfortable and hydrated more than made up for that. As I passed mile 15 I was happy to spot a quiet row of loos once again although maybe the lack of runners waiting should have been a warning sign! It wasn't the best experience I've ever had but needs must!

After moving out of one of the tunnels I realised that Katie and Peter had overtaken me while I spent a penny or two! (the extra loud cheering was easing and long-range camera lens' were being stored

away!) By mile 17 I had managed to catch them up and overtake them again, to my joy. I kept a steady pace through Canary Wharf and the large crowds certainly spurred me on when I felt like walking, after all it was only temporary pain and the success at the end would be for eternity!

As I ran through miles 19, 20 and 21 I was feeling more and more pleased as each mile marker went by, knowing that this was the first time I'd run so far and also since I felt so good I was delighted to keep running and listening to the consistent cheering from those amazing spectators, speaking of which, I tried to recall when Debbie had said she'd see me again! Between mile 21 and 22 I felt it was the longest of all so far and it may have been that I was starting to ache a little and starting to warm up again, then had a tiny panic as I thought my injury was starting to kick in so I did a bit of walk/run and felt much better. The shower at mile 22 was a very welcome relief albeit temporary, who knew the Kippax Harriers' top was so good at drying? As I made my way towards mile 23 I saw Debbie frantically waving from the sidelines cheering and shouting that I was definitely going to do it now! Going under the Blackfriars underpass was very strange - great to keep cool but strangely quiet! I kept running and enjoyed the huge noise as I left the tunnel behind and the slight incline!!

I remember getting across the 40km marker and thinking 'how'd I do that then?' and looking back I feel such gratitude to



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all the supporters because I know I couldn't have done it without them - including my very special friends, Maria, Debbie and Lorraine who helped me training on the non-club days! With only just over a mile to go I started to feel queasy so had to walk for a bit along the Embankment even though all I wanted to do was run - for all those cheering me on to do so, as I neared the "800 metres to go" I thought fantastic I'll go for it now and as soon as I started running again I

thought better of it so walked until 600 metres to go and then was able to run the last part - speeding up surprisingly well with the finish line only seconds away. I did it woo hoo! As I ran across the line I came to an abrupt halt as a man dressed as a tree decided to take root just in front of me! I made it to the medal stop and gave back the chip and received the most precious medal ever. Such an amazing experience I hope I can do it again, soon.

Results

1 st - Samuel Wanjiro (Kenya)	2:05:10
1 st lady - Irina Mikitenko (Germany)	2:22:11

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5306 - Michael Mattison	3:42:11
5981 - Martyn Hewitt	3:46:37
10041 - Nick Thorp	4:08:13
2751 - Val Pell	4:14:17
3410 - Kate Penrose	4:23:26
9476 - Brenda Thompson	5:51:09

2. Derwent Dambusters Charity Challenge - 10 miles 18th April 2009 (Kate Penrose)

Having run this great race with my daughter last year I persuaded Val to join me this year on the basis that at 10 miles and 8 days before the big day it was an ideal way to finish our London training. I also tempted her with the promise of homemade cakes at the end.

This race circumnavigates the Derwent and Howden reservoirs in North Derbyshire finishing close to the famous dam where

the wartime training was undertaken for the "bouncing bomb". It is arranged by a small local charity "Challenge Cancer through Adventure" which provides adventure experiences for local people with cancer or terminal illnesses and has a maximum of under 250 runners so fills up very quickly.



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10 Reasons for running the Derwent Dambusters

1. Stunning scenery.
2. Friendly, small but well organised. Put your Kippax tracksuits etc in a Karrimor bag and it turns up at the finish (not that far away) labelled with race number so that you don't get cold while enjoying the cakes and waiting for your certificate (see below)
3. Stunning scenery.
4. Undulating enough not to be boring but no desperate hills. 2nd half of race substantially faster than first.
5. Stunning scenery.
6. Traffic free (except for bikes and an access bus). First half on track, 2nd half on tarmac.
7. Stunning scenery.
8. Fantastic tea, coffee, squash + chocolate cake, coffee cake, fruit loaf, flapjack etc. etc. etc.
9. Stunning scenery.
10. Race certificate with your time produced while you refresh yourself. No t-shirt or goody bag but money raised goes to a worthwhile local charity. All the marshals and helpers are enthusiastic and friendly.

So how did we do:-

Valerie Pell 1:25:22 PB

Kate Penrose 1:31:48

If anyone fancies entering next year - check the Challenge Cancer website in January and enter early!

Kate Penrose



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3. Redcar Half Marathon - 19th April 2009 (Nigel Mckaine)

My wife Tracey was unable to run in this race, and therefore offered her number to any Kippax Harriers. Sue Holmes took up the offer at short notice, and off we went.

Having met at the club at 7:45am, we made our way to Redcar Racecourse, where a free "park & ride" service had been provided. This service proved to be very good for both runners and spectators.

The sun was shining, and this brought out extra support. We got to the start line at Kirkleatham village in plenty of time. The local radio station provided some good pre-race music, which made for a great atmosphere.

With prize money of £1,000 for the first male and female, a good field had assembled. (Sue started planning on what to buy with her £1000 winnings!)

The race started on an old side road, which quickly lead to a dual carriage-way. We

1391 people finished.

1st Male = Zak Kihara (Kenya) in 1:05:10

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

passed the 4 mile marker in less than 10 minutes - this was going to be fast!! - only to find we looped around the first part of the course, to pass the 4 mile marker again.

The sun was starting to burn, as we climbed a hill between 5 & 6 miles. From 6 miles it was downhill to the seafront with the sea breeze spurring us on. Running a few miles along the coast road reminded me of the last mile of the Great North Run, with good support along the way. But by 11 miles I was struggling in the heat, and could feel myself slowing down.

I finished in 1hr 43m, and Sue set a new PB of 1hr 57, breaking the 2 hour mark for the first time - well done Sue!

The course was marshalled well, with water stations at 4.5 miles and 11 miles. The route had support most of the way round, and I think the North East sun made it better. A good day was had by all!



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1st Female = Joyce Kandie (Kenya) in 1:13:23

525 = Nigel McKaine (Kippax Harrier)

948 = Sue Holmes (Kippax Harrier)

Goody bag = T-shirt & Medal.

4. Three Peaks Fell Race - 24 miles 4500ft - 25th April 2009

Ever since I first saw the bronze plaque many years ago of past winners in The Crown pub in Horton-in-Ribblesdale, the Three Peaks race has held a certain mystique for me. The amazing winning times had always astonished me when I'd considered how long it had taken me to complete the walk. The race, one of the highlights in the fell running calendar is a 24 mile traverse over Yorkshire's three most famous mountains, Pen-y-ghent, Whernside and Ingleborough.

I had entered the previous year only to retire after the first peak with a badly sprained toe. Having to hobble back down the track on my own and retire from the race that day had been a crushing disappointment. Once this had faded and after much mickey taking from unsympathetic club members about "a little toe injury" (it was my big toe actually!) I resolved to have another go.

So once again I found myself back lining up in the starting field in Horton-in-Ribblesdale on a warm sunny morning. I felt pretty nervous and this didn't abate much as we wound our way along the road, past

The Crown, over the bridge and then left onto the rocky track that leads up Pen-y-ghent. For those of you have walked the Three Peaks, the race takes a different route in some places. The race route up Pen-y-ghent is longer, less steep and generally fairly run-able. As we neared the top came the sight of the lead runners hurtling back down the mountain along the same path. This year Rob Jebb in his Bingley blue and white hoops had built up a clear lead already and he seemed to come tearing past me in no time at all.

Eventually I reached the top myself and began the descent and then the long flatish trek to the Ribblehead Viaduct. My spirits were quite high running in the sunshine and I enjoyed the camaraderie and general good humour of my fellow runners. Awaiting me at the Ribblehead checkpoint were my supporters, wife Angie, George the Golden Retriever and Jay in full biker gear. I took a good swig of energy drink and then hardened my resolve for arguably the toughest part of the course - the climb up Whernside.



The Three Peaks walk takes you along the railway track for a good long way before beginning a steady climb up Whernside. In contrast, the race, after a short trot by the railway line, takes you the more direct route - straight up the steepest face to

Finally at the top we were greeted by the sight of the Union flag, fluttering manically in a now near gale force wind. I was feeling good and pleased to note that I was slightly ahead of my schedule. And then, the dreaded cramp struck, a searing pain shooting through my calf. I hobbled along for a minute or two and it began to ease.

The steep descent down Whernside was better than I expected as we ran down a grassy slope just to the right of the main steps/rocky path. To my surprise I suddenly realised that I was enjoying myself! Next checkpoint was the Hill Inn and I was still quicker than my pre race estimates - so much so that Angie managed to miss me completely and spent the next hour worrying about what had happened to me.

The climb to Ingleborough's summit began on a pleasant run-able grassy path which continued for about a mile. Then the path

the summit. Any thoughts of running are quickly forgotten and a desperate slog soon ensues. The last bit seems impossibly steep and I found myself clutching hold of grass tufts and hauling myself up.

steepened up some steps and across duck boards. The final bit was a tough and steep, rocky scramble. Cramp plagued me yet again at this point.

However, the worst was over and only five miles of relatively gentle descent lay between me and the finish. A brief shower passed over on the way down, which was nice and refreshing. From somewhere I found some reserves of energy and finished with a flourish (relatively speaking) overtaking around 20 runners on the way down. I finally crossed the line in a solid but unspectacular 4 hours and 22 minutes. Obviously my name will never appear with those illustrious names on that bronze plaque in The Crown and my performance wouldn't exactly cause Rob Jebb to quake in his Walshes but I was elated just to finish.

The Three Peaks is a classic, a wonderful but very tough race and I'm sure I will be back for more in future years.

Results

1 st - Rob Jebb - Bingley Harriers	2:54:53
1 st lady - Anna Lupton - Radcliffe AC	3:36:31
270 - Craig Worley - Calder Valley	4:22:51



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615 finishers

5. Leeds Half Marathon – 10th May 2009 (Wendy Chapman)

Moving the Leeds half back to a May date proved to have been a good decision as the weather conditions were perfect for running. We arrived to find Millennium Square buzzing with lots of runners joining in with the warm-up routine. Lots of familiar vests around - this is clearly a popular run with local runners! A visit to the toilets revealed a very unusual phenomenon. No queue for the ladies but a huge one for the mens! No Kippax men in sight though and only four ladies running - maybe not so popular after all.

We headed for the start with Leanne insisting on getting as near to the front as possible. I decided to move a bit further back so as not to be engulfed by faster runners. Great atmosphere, with a band playing and a very loud countdown to the start. You can sort of split this race in to two halves. The first half seems to be mostly uphill with a few respites but after that it's really either downhill or flat. Lots of water stations, Gatorade (which I can't even stand the smell of following the New York marathon) and lovely wet sponges. After they ran out of energy drink two years ago I was carrying my own. There

was quite a bit of congestion around the areas where the corporate relay runners were waiting and you had to be really careful not to get knocked over. The course is a bit narrow in places and you can feel that if you stray slightly outside the bollards you will be under the wheels of a car.

The best bit about this run was the support from other Kippax Harriers along the way. I was looking out for them and they didn't let me down. (Thanks Jay, Carol, Sue, Debbie, Brenda, Alison, Jane & Simon) When I saw four fairly close together near half way that was a real boost and the guy running next to me asked me how come I was so well known! Things seemed a bit chaotic at the end. It took us ages to find what to do with our chips and the water was hidden away behind loads of the dreaded Gatorade - the last thing you want at the end of a run. Nice to get fruit though. The Toffee Crisp in the goody bag was an even better treat and the medal is really nice!

Disappointing to hear afterwards that the marshals were told to stand down before



the last runners had passed through and that for Maria further down the course there was nobody to tell her which way to go. Not the best organisation and a shame the slower runners missed out on that support along the way.

I will be back next year, and if I can't run I will marshal as I now understand how much it helps our runners to get that support.

Let's hope the Leeds half remains a local fixture in future years.

Results

1st - Andrew Pearson (Longwood Harriers) 1:07:45
1st lady - Sue Harrison (Leamington Cycling & AC) 1:18:04

Kippax Harriers

765 - Leanne Hague 1:44:35
1065 - Wendy Chapman 1:48:57 PB
2854 - Jean Watt 2:42:35
2889 - Maria Elmiah 3:22:06

Other Race results

1. Rothwell 10k - 4th May 2009

1st - Andrew Pearson - Longwood Harriers 30:35
1st lady - Natalie Farrow - Cleethorpes & Dist AC 35:30

Kippax Harriers

88 - Karen Hallas - Rothwell 37:18 PB
126 - Martyn Hewitt 38:37
140 - Craig Worley 39:11 PB
186 - Nick Thorp 40:30
230 - Alison Skillicorn 42:12 PB
266 - Rob Kelly 43:04
271 - Steve Devney 43:12 PB
413 - Jay Kitchen 47:28
435 - Val Pell 48:07 PB
509 - Wendy Chapman 50:09 PB
522 - Ann Martin 50:29
568 - Carole Kitchen 51:47
576 - Sue Holmes 51:55 PB



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627 - Kate Kidd	54:03 PB
641 - Jane Mustill	54:29 PB
657 - Kelly Palmer	55:07 PB

798 finishers

3rd May 2009 - Bluebell Trail 10

1 st - Adam Breaks - Stainland Lions	1:07:55
1 st lady - Karen Pickles - Pudsey Pacers	1:16:36

Kippax Harriers

151 - Leanne Hague	1:38.00
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327 finishers

17th May 2009 - Brathay Windermere Marathon

1 st - Ian Fisher - Otley AC	2:35:32
1 st lady - Johanna Fletcher - Severn AC	3:06:58

Kippax Harriers

358 - Nigel Mckaine	3:58.59
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836 finishers

(Ed: Excellent performance Nigel in a very hilly marathon.)

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 both in July, the Yorkshire Wolds Half Marathon on the 18th and James Herriot Trail Race on the 26th. Both are nice gentle affairs - ha, ha!



Club handicap

The five mile club handicap has been moved to Thursday 25th June because of the coaching sessions. Meet at Town End, Garforth at 7.15.

For those new members who haven't encountered our handicap events as yet, the idea is that anybody can win the race regardless of ability by virtue of the fact that everybody is given a handicap time. This is set by the captains who calculate the time based on their estimates of how long it would take each competitor to run five miles. The slowest perceived runner sets off first followed by everybody else at various intervals until finally the quickest runner is allowed to go. If the calculations are accurate and all goes to plan, everybody should finish close together (although that wasn't the case when Rob set the times a couple of years ago. Sorry Rob, I couldn't resist.)

It's obviously a good idea to be nice to the captains for the next month (while they muse over the handicap calculations) and may I take the opportunity of placing on record my admiration for Martyn - he's a splendid chap!

Then it's back to the club for food and the presentation to the winner.

There will be an opportunity to recce the route on Tuesday 16th June, meeting at the club at 7.30 as usual. But if you can't make then or you just can't wait, then see the Mapmyrun link below.

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

Social Events

- The next pub run will be in July. Route and date to be confirmed but it is provisionally set for Thursday 16th.

- On Saturday 13th June, some hardy Harriers will be taking part in the Great Yorkshire Bike Ride - 70 miles from Wetherby to Filey. To refuel afterwards they will be meeting at the Noori Indian Restaurant on Garforth Main Street at 8.30. Chairman Gary says that all Kippax Harriers are welcome to come along even if they haven't done the ride. However, he thinks that they should have done something equally strenuous that day e.g. 25 mile run, large shop at Tesco's etc.

Leeds Country Way Relay Race

As mentioned last month, this year's event is to be held on Sunday 6th September.



Please add your name to the list on the notice board or contact the captains if you would like to be included in one of the Kippax teams for 2009. There are more details on the website.

If you are able to marshal please let Wendy Chapman know.

Also, if you are planning on recce-ing one or more of the legs in the next month, please can you let the committee know of any modifications as soon as possible.

Official retraction

It has come to the attention of the Editor that there was a serious inaccuracy in the April issue of this newsletter. It was reported that Jay had missed a race because his washing machine had broken down. This was a falsehood. In fact Jay had to miss the race because his fridge had broken down and several dozen pies were in jeopardy. The Editor would like to apologise to Jay for this reporting error and the hurt and distress it caused him and his family. We hope this now sets the record straight.

Runner of the month

The award is shared this month between Val and Brenda.

- Brenda completed the London Marathon, her first, despite still recovering from a serious injury and doing lots of the training on her own.
- Val is running magnificently at present and recently secured a marathon, 10 mile and 10k PB, beating the 50 minutes barrier in the latter. She also organised the post marathon celebration at the Aagrah which proved a great night out as well as collecting an impressive trophy for the Ladies X country team.

Chairman's training run of the month

Garys' run this month is a long one, a 15 mile predominantly off-road run which includes Micklefield, Lotherton Hall and Parlington Woods.

<http://www.mapmyrun.com/run/united-kingdom/leeds/846124224980936463>

That's it for this month. There are no club races next month but plenty of others to have a crack at. Keep sending those race reports in.

Send your contributions for the June issue to worleyc@sky.com.