



KIPPAX HARRIERS



RAT Magazine September 2009

Introduction

Welcome to the September edition of the Kippax Harriers newsletter. There are race reports and results to follow plus as the club championship season reaches its climax, an update on the current standings.

Race Reports

1. Leeds Country Way Relay Race - 6th September 2009 (Craig Worley)

Well it's all over for another year. The 19th

Leeds Country Way, which as usual had been months in the planning ran pretty smoothly in the end. A big thanks to everybody who helped in whatever capacity, be it marshalling, updating leg descriptions, helping with registration, selling raffle tickets or being involved in the general organisation of the race. It wouldn't be the special event it is without all the many contributions. In particular well done to Jane for stepping in to do the results (I'm sure she's itching to do it again next year) and to Simon and Martyn for being in charge of the planning and leading the team.

To the race itself and Leeds City's men made a winning return to the LCW. It's been three years since they last had a team in the event but it was like they'd never been away. After a fairly steady start they sent out their big guns for the second half of the race and eventually stormed to victory by more than 20 minutes from second placed Valley Striders. Valley's ladies did gain first prize however in a closely fought contest, finally holding off the challenges from Horsforth and Abbey.

It's probably fair to say that neither of our teams made much of an impact in the final reckonings but there was success on leg 1 where Allison and Leanne won the ladies race. In doing so they finished ahead of former GB Olympic athlete Tracey Morris. Apparently two of Tracey's original partners had had to pull out through injury prior to race day. But a win's a win I say and that will be something to tell the grandkids one day.

The excellent start given to the ladies by Allison and Leanne was carried on by Val and Wendy when the baton was passed on to them. In fact it was to be leg 3 before the Kippax men's team overhauled the ladies - our blushes being spared by Jay and Andy Burns.

Finally, I'm pleased to report that we managed to raise approximately £275 from the raffle, silent auction and collection tins for local disabled girl Ruby Curtis. Thorp Park Spa, Bella Vita, The Aagrah, Tesco's and Up and Running all generously donated prizes.



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Results

1st all male team - Leeds City AC	7:00:13
1 st mixed team - Pudsey Pacers AC	7:33:52
1 st all female team - Valley Striders AC	9:00:58

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18 th - Mens team	9:14:00
29 th - Ladies team	10:43:03

32 teams competed

2. Escrick 10k York - 23rd August 2009 (Nigel Mckaine)

162 runners started from Escrick village green, on a sunny Sunday morning. The route took us through the very picturesque grounds of a (very expensive!!) private school, around a cricket pitch, and then onto bridle-paths towards a wooded area.

We ran into a strong headwind for the first 2k, before reaching the sheltered woods.

The route then followed part of the equestrian cross-country course. Exiting the woods, we followed bridle-paths back

towards Escrick village. The last 1k was downhill through the school grounds, leading to a fast finish for all.

The finish line was alongside the village green, where everyone received a t-shirt and bottle of water. The village green made for a pleasant picnic area for runners and families. There were stalls selling Burgers, Hotdogs and drinks.

The run was very well marshalled, and well supported. I would recommend this flat, off-road run as one of next year's club runs.

Results

First Male - Ben Moreau - Aldershot	32:07
First Female - Vicky Whitelock	44:41

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74 - Nigel Mckaine	47:14
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255 finishers



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3. Hoylake 10k - 13th September 2009 (Allison Skillicorn)

I felt it was only right that I should do a report for this race. I originally entered the race to run with my Mum but after reading the course comments on Runners World I decided to go for a PB.

The race took place on the seafront in Hoylake, Wirral. I couldn't believe the number of runners (some of the numbers were 600+). For some reason I thought this was going to be a small, low key race

The weather was red hot and I was astonished to see a runner in front of me starting the race in a coat. The race soon spread out and I found myself overtaking quite a few runners. Just after the 2KM marker the race left the promenade and went on to a trail path and then eventually brought us back on to the promenade. At the 5KM marker the route turned back, where again we hit a trail path for a couple of kilometres and then back on to the promenade. As the runners were turning round at the 5KM marker I could see that I was the first female. On the way back I

Results

First Male - Mark Hulmston - 35:06 - Wirral AC

First Female - Allison Skillicorn - 40:46 PB - Kippax Harriers

Denise Skillicorn - 66:32 - Unattached

596 finishers

was getting plenty of support from the spectators who were telling me I was the first female, I must say that did feel good and I was able to cheer my Mum on as I saw her pass the 4KM marker. The last kilometre felt like an eternity and then I finally crossed the finish line, only to be jumped on by the race organisers for photos. I did ask them to let me get some water first, which by the way never tasted so good.

So then after receiving my trophy and posing for a few photos (and shaking a few hands) I went off to find my Mum. I ran the last kilometre with my Mum where she managed to find a bit of a sprint finish. After we had collected our goody bags we showered, changed and headed off to Liverpool for a well deserved drink or two.

So all in all a good race, I achieved a PB and I was first female but I was most proud of my Mum who had completed her first 10k.



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(Ed: Well done Allison. What a superb achievement, not only to gain a new 10k PB but to win the ladies race as well!)

4. Nottingham Marathon - 13th September 2009 (Nick Thorp)

Following a very hot week, the clouds arrived much to the relief of the 3 Harriers taking part in the Experian Festival of Running in Nottingham. The race is a joint half & full marathon, with a 'figure of 8 circuit'. There were over 13,500 runners in the 2 races, so the pace was very steady at the start, which really helped me settle into my target rhythm. Craig & Martin had started closer to the front of the massed throng, with their plan of keeping together as much as possible, to spur each other on. We all know what Martin's pep talks usually consist of, but it obviously worked on this occasion given their superb times. (Ed: If you remember Nick, there wasn't a pep talk this time. It was replaced by LUFC's "Marching on Together" in Martyn's car which was far more inspirational.)

The first half of the race is set around the castle & city parks, where a large number of spectators had gathered to cheer on the competitors. I arrived at the half way point pretty much according to plan, with no feeling of tiredness, no soreness & a steady time of 1:47. It was a little depressing to see so many people funnel into the finish line for the half marathon, leaving me in a group of just a couple of other runners. The second loop of Nottingham is not as scenic as the first but has a very unusual "lap & a half" of the vast waters of the National Aquatics Centre. It was at this 20 mile point where I suddenly felt a dose of cramp in my leg. I managed to stretch it away but it slowed me down significantly to ensure my target would not be achieved this time. I did get a PB though, but not in the same calibre as my Kippax team mates, who sauntered over the line together.



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Results

1st David Kirkland 02:26:43 Alnwick Harriers (first male)

29th Jenny Bosman 02:57:57 (first female)

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132nd (joint) Craig Worley & Martyn Hewitt 03:17:37 PBs

691st Nick Thorp 04:07:36 PB

1325 finishers

5. Fleetwood Half Marathon - 13th September 2009 (Leanne Hague)

This race is part of the Wyre Running Weekend which includes a 10k, half marathon and marathon. All are good flat courses and definitely PB potential!

Sunday 13th September, surprisingly the weather conditions were good, with little or no wind. I could feel it was warming up quickly and soon could be one of those freak scorching days that you sometimes get in September!! Bloody Typical... I'd been using the training technique of visualisation and had battled many a hurricane along the sea front in my mind. I'd completely forgotten to pack the sunscreen and didn't even think to imagine blue skies in the many times I had run this race in my head!

The half is a fast, flat course that starts immediately behind the marine hall on the outer promenade.

There was little direction to the start line and we found ourselves drifting along with

the flow of people just in time for the mayor to start the race.

The course consisting of 3 loops, 1 mile small loop, 1 loop 5 Miles and 1 loop 7 Miles, part of which is run along the sea front.

Organisation went unnoticed as there didn't seem to be much of it! There was a real water shortage and stocks were rationed, despite such warm conditions. Water stations were changed from 3/6/9/11 Miles to 3/7/11 Miles on race day however stocks of water hadn't arrived in time for the start of the race and the first water station was DRY!!

The race attracts a lot of club runners from the North West and the full marathon was won by a local club, Valley Striders... Don't they just win everything!!

Definitely PB potential course, however I found you are mostly running on your own, (or at least I seemed to be...hmmmm!) and



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the long straight roads soon become boring!

The race finishes in the gardens at the front of the marine hall, but don't be fooled by the loose use of the word "garden"... it's more like a few squares of grass that didn't offer much delight to the eyes after the tarmac roads.

I was second F35 lady and got a very disappointing PB of 1:40:53. First F35 was Jackie Dunn 01:40:28 she was rewarded with a nice toaster so I suppose I didn't miss out on much!

Changing, toilets, showers, onsite parking, refreshments, and supervised bag storage

First Male: David Fulford - Hoad Hill Harriers 01:15:22

First Female Marian Martin - Spectrum Striders 01:26:33

7th female Leanne Hague - Kippax Harriers 01:40:53 PB

8th female Sharon Hague - Pudsey Pacers 01:46:20

(Ed: 2nd F35 and your PB to go with it. I can see why you're so disappointed Leanne! You must have really wanted that toaster. Surely soundly beating your sister must have given you a little warm glow though.)

Other Results

1. Spofforth Gala Trail Race - 31st August 2009

First Male - Darren Bilton - Leeds City	32:15
First Female - Robyn Oldham - Knavesmire Harriers	40:33

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145 - Val Pell	55:04
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233 finishers

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

were all excellent. A fantastic medal, pair of cheep socks, handy sized shower gel and deodorant all in a goodie bag with an Asda fantastically nutty chocolate bar. Very yummy!

2009 entry fees: £18/£20 Half Marathon, £22/£24 for the Marathon. Limit 1500 in Half Marathon and 500 in Marathon. Min age 17.

The course is flat all the way and fast. An accurate course but with little excitement!! I definitely would not have wanted to be doing the marathon.



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2. Horsforth 10k - 27th September 2009

First Male - Paul Lockwood - Wakefield Harriers 34:18
First Female - Amy Green - Keighley & Craven 39:03

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51 - Craig Worley	41:29
71 - Nick Thorp	43:18
101 - Nigel Mckaine	45:01
130 - Leanne Hague	46:19
262 - Val Pell	51:43
310 - Carole Kitchen	53:22
339 - Michelle Duff	55:25
370 - Moira Leneghan	57:13
378 - Sue Holmes	58:02
487 - Derek Morris	59:17
417 - Kelly Palmer	1:01:33

Also running was Nigel's wife Tracey who finished in 51:40.

465 finishers

Club championship update

It's hotting up at the top of the Handicap League with Val and Wendy slugging it out. Can anybody stop them? The Ladies Overall Championship is being more evenly contested with no fewer than five people still realistically in the running (if you'll pardon the pun). The same can't be said for the Men's Championship which at the moment is a bit of a damp squib. Come on fellas, let's see a few more of you at the races.

Remember only a maximum of eight races can count so it's still all to play for. It's still worth doing the races though even after you reach eight as it's your best races that count and the weakest performances drop out from your tally. To count for the prizes you need to have done a minimum of six races. There are four races left and next stop is the Harewood Trail Race on Sunday 4th October. Let battle continue!



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Handicap League

			Brass Monkey 1/2	X-Country	South Leeds 5M	Wakefield 10k	Rothwell 10k	Ilkley Trail	Yorkshire Wolds	James Herriot	Horsforth 10k	TOTAL
Handicap	Name		1	2	3	4	5	6	7	8	9	
51.00%	Val Pell	L	19	8	0	20	20	18	0	0	20	105
50.00%	Wendy Chapman	L	20	13	20	13	18	0	20	0	0	104
53.00%	Kelly Palmer	L	18	6	9	12	14	13	17	0	10	99
50.00%	Carole Kitchen	L	0	12	16	19	14	19	0	0	16	96
50.00%	Ann Martin	L	11	11	18	17	16	0	18	0	0	91
51.50%	Sue Holmes	L	13	0	15	18	17	16	0	0	12	91
33.00%	Craig Worley	M	16	0	0	0	11	20	0	18	14	79
35.00%	Nick Thorp	M	0	19	14	15	8	0	0	0	13	69
42.00%	Leanne Hague	L	15	14	0	0	0	0	0	17	15	61
39.00%	Rob Kelly	M	0	18	17	16	9	0	0	0	0	60
52.00%	Michelle Duff	L	0	0	11	14	0	17	0	0	18	60
55.00%	Kate Kidd	L	12	9	19	0	19	0	0	0	0	59
42.50%	Nigel Mckaine	M	17	0	0	0	0	0	19	0	19	55
43.00%	Jay Kitchen	M	0	16	12	0	6	14	0	0	0	48
48.50%	Kate Penrose	L	14	10	13	10	0	0	0	0	0	47
38.00%	Allison Skillicorn	L	0	0	0	0	12	15	0	20	0	47
32.00%	Martyn Hewitt	M	0	20	0	0	10	0	0	16	0	46
39.00%	Steve Devney	M	0	17	0	11	7	0	0	0	0	35
40.00%	Tony Blythe	M	0	15	10	9	0	0	0	0	0	34
33.00%	Gerry Waterton	M	0	0	0	0	0	0	0	19	0	19
50.00%	Moira Lenaghan	L	0	7	0	0	0	0	0	0	11	18
55.00%	Derek Morris	M	0	0	0	0	0	0	0	0	17	17
52.00%	Samira Lambert	L	0	0	0	0	0	0	16	0	0	16
53.00%	Jane Mustill	L	0	0	0	0	15	0	0	0	0	15

Ladies' overall championship

		Brass Monkey 1/2	X-Country	South Leeds 5M	Wakefield 10k	Rothwell 10k	Ilkley Trail	Yorkshire Wolds	James Herriot	Horsforth 10k	TOTAL
Name		1	2	3	4	5	6	7	8	9	
Wendy Chapman		18	19	20	16	18	0	20	0	0	111
Kelly Palmer		14	12	13	13	12	15	17	0	14	110
Carole Kitchen		0	18	18	19	16	19	0	0	18	108
Val Pell		17	14	0	20	19	18	0	0	19	107
Ann Martin		16	17	19	18	17	0	19	0	0	106
Sue Holmes		15	0	16	17	15	16	0	0	15	94
Leanne Hague		20	20	0	0	0	0	0	19	20	79
Kate Penrose		19	16	17	15	0	0	0	0	0	67



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Michelle Duff	0	0	14	14	0	17	0	0	17	62
Allison Skillicorn	0	0	0	0	20	20	0	20	0	60
Kate Kidd	13	15	15	0	14	0	0	0	0	57
Moira Lenaghan	0	13	0	0	0	0	0	0	16	29
Samira Lambert	0	0	0	0	0	0	18	0	0	18
Jane Mustill	0	0	0	0	13	0	0	0	0	13

Men's overall championship

Brass Monkey 1/2	X-Country	South Leeds 5M	Wakefield 10k	Rothwell 10k	Ilkley Trail	Yorkshire Wolds	James Herriot	Horsforth 10k
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Name	1	2	3	4	5	6	7	8	9	TOTAL
Craig Worley	20	0	0	0	19	20	0	18	20	97
Nick Thorp	0	19	20	20	18	0	0	0	19	96
Rob Kelly	0	18	19	19	17	0	0	0	0	73
Jay Kitchen	0	16	17	0	15	19	0	0	0	67
Martyn Hewitt	0	20	0	0	20	0	0	19	0	59
Nigel Mckaine	19	0	0	0	0	0	20	0	18	57
Steve Devney	0	17	0	18	16	0	0	0	0	51
Tony Blythe	0	15	18	17	0	0	0	0	0	50
Gerry Waterton	0	0	0	0	0	0	0	20	0	20
Derek Morris	0	0	0	0	0	0	0	0	17	17

Forthcoming races

Club Championship races

It's a busy month ahead with the next race being the Harewood Trail race (10 miles) on 4th October followed by the Pickering and Moors 10k on 25th October. Hot on the heels of Pickering is the Guy Fawkes 10 on 1st November. Reward for slogging up the infamous "Birstwith Brute" is provided by the best goody bag around. Last year it included a technical long sleeved running top and a stack of chocolate.

Runner of the month

It will come as little surprise to everyone that this month's runner of the month is Allison Skillicorn. As mentioned above, a winning performance on leg 1 of the LCW with Leanne was topped the following week by victory in the Hoylake 10k. Well done Allison.



New members

A warm welcome to Bernice Duff, Matthew Harris, Joanne Lambe, Faye Marlow, June McHale, Derek Morris, Donna Nicholson, Catherine Willis and Leigh Wilson, who have all recently joined us.

That's all for this month - Please send your contributions for the October issue to worleyc@sky.com.