

WELL DONE TO ALL THOSE WHO HELPED ORGANISE AND RAN IN THE FOLLOWING INTER CLUB EVENTS AND DID THE PURPLE VESTS PROUD

YORKSHIRE VETS

After 6 races – we are now 8th & 9th respectively out of 31 teams. At the time of writing we are still waiting to see the results of the 7th race at West Vale and the 8th race was at Knavesmire on July 30th. The next and penultimate race is Thursday 21st August at Starbeck in Harrogate which is penciled in for a 7.30 start. The final race being at Spenborough on 9th November.

DANEFIELD RELAY

Well done to the three teams who competed on the Chevin, despite getting the start time wrong. The two open teams came 10 (Mark, Matt M & Stuart C) and 12th (Mario, Richard & Martin) out of 30 teams and our ladies (Anna, Helen G & Eleanor) came 5th team in their category. I'm sure they were all smiling as they came to the finish at the top of the hill.

GOLDEN ACRE RELAYS

We had 3 teams competing, our first team home (Matt M, Mark V and Stuart C) came 7th overall, with the second team (Martin, Stuart R and Richard) coming 18th out of 42 teams, the ladies team (Helen G, Helen T and Collette) in 39th. That was after the Horsforth summer run the night before, so well done to those who ran all 3 consecutive nights.

WASHBURN RELAYS

We had a good show with 4 teams running out of 51 altogether-Matt M, Mark V and Mario came 6th, Richard, Martin and Stuart R came 18th, (consistent!) Sheila, Anna and Jill C were 28th altogether and 5th ladies, and the mixed team of Kimberley, Collette and Matt M (again!) came in 40th. Then all to the West End for Jill's 30th, what a test of stamina!

PB's AND OTHER WORTHY MENTIONS

Mario got a pb at the Jane Tomlinson 5k canal run at Methley, getting round in 19.49 Stan in his absence has been putting some good performances in with a pb at the Hyde Park 5k of 22.55, and at the Adidas Irish Runner 5 miler of 37.55 knocking 2.30 of his previous best.

Nothing else to mention to date – please let someone on the committee know if you have done a pb, or have done something noteworthy

NEW MEMBERS

Our recent new signings are Nigel Fenwick from Eastleigh in Hants – he is a 2nd claim member as he already runs for Winchester A.C. He is working up here in the North on a temporary basis. Being another member also of the Bob Graham round, he has already bumped into our own member of this illustrious club, Neal – in the bar.!

Also joining the club is Sam Ostermeyer from more local surroundings of Headingley,

and Gareth Hagger-Johnson also from the Headingley area.

Just to remind you the subs are due, Men £17, Ladies £15.00. Cheques can be sent to **Tony Downham, 17 Stainburn Avenue, Leeds, LS17 6PQ**, payable to Kirkstall Harriers. The number of paid up members is now 49, but we will be sending out reminders to those who have not paid up yet. Those who joined in the last 9 months will get a discount; the list of those eligible is available every night in the LPSA.

DESIGNER T-SHIRTS FOR SALE

We have a wide selection of designs and sizes, short and long sleeved, available from previous 10k races should you require any. If you need them for training they are £2.00 each, if you need them for polishing the car etc, they are £3.00

BRIEF MESSAGE FROM STUART MOORE

Dear Members

Hope all's well in Leeds. Glad to see the mighty Leeds will be playing football in the same division as lowly Hereford in the coming season.

Just spotted the bit about marshal accreditation on your news letter and think our club would like a go too - I've printed the forms, but where did you find the initial link?

Also, I've entered the Hellrunner North, so I might see a few KHs there.

All good down here - a week to go to the summer hols, Seth and Rebecca both fine - he's a year old already!

Cheers,

Stuart

KIRKSTALL VALLEY TRAIL RACE

Please keep yourselves available for September 21st for this event. We reckon on needing a minimum of 30 marshals on the day.

COMPETITION TIME We are giving all finishers a bottle of "special brew beer". If anyone can think of a suitable name for this brew please give your suggestion to the committee.

MARSHAL ACCREDITATION

English Athletics are hoping to implement a grading system for marshals of endurance races in the near future. A form is available to download if you wish to be graded and have at least marshaled at one race. Please fill this in and return to the club as we hope to send them off en bloc before the end of the August.

LEEDS HALF MARATHON MARSHALS

If you are not planning to run the Leeds half this year (7th September), your services would be appreciated by Leeds City Council in helping marshal the event. If interested please let your committee know.

LEEDS COUNTRY WAY – Sunday 31st August (6 legs most being approx 10/11 miles each, to be run in pairs, starting and finishing together). Mainly on paths and tracks

round the Leeds border.

We have most of the 3 teams set up but do need some more names to cover for sickness and injuries. **At the moment we need a few ladies to be able to field 3 teams, and a couple of men are doubtful, so please come forward if interested!** If you are available please pass your name onto the committee or at the start of the training runs. Or contact Martin on 07967642702. Those who are already down for running please make arrangements to recci your leg at least once. Anyone wanting assistance please ask at one of the training sessions.