

Hey, Peter

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Sent: 04 April 2004 14:30
To: Kirkstall Harriers
Subject: KH NEWSLETTER 5

KIRKSTALL HARRIERS CLUB MAIL No. 5

Dear Members,

This is the fifth club mail. Attached are two Excel spreadsheets containing the Events & Training Calendar and Kirkstall Harriers race Calendar- if you cannot read them (i.e. you don't have Excel or run a mac) please let me know and I'll convert them into a webpage for you.

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SPORTSMAN & WOMAN FOR 2003

The winners of these awards for 2003 are PAUL LUXTON, and TRISH PEARSON.

Thanks to all those who nominated a candidate. Several names and Reasons were put forward, and in circumstances like this it is a shame there is only one winner. The club now has 60 plus members and there are lots of you who contribute in some shape or form in making the Harriers a good social group, as well as a running club for people of all levels and enthusiasm.

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CROSS COUNTRY PRESENTATION EVENING

Just to confirm that both Men's and Ladies team won their first Division leagues. Individual trophies were presented to Leanne O'Leary for being third senior lady, and Julie Hustwit for 3rd female vet. Congratulations goes out to everyone who took part and helped the club gain promotion.

I am sure we all cannot wait for the re-start in November and both teams will still be well blessed with the runners to keep us in these leagues, if not challenging for prizes at the end.

NEW MEMBERS

JIMMY SYDNEY Joined 9th Feb and is from the Hyde Park area of town. He has already made an impression by finishing 16th in the last cross country, and would have finished about 6th in the Baildon Boundary, but took a wrong turn and finished about 10th. Unfortunately he was not an official runner and ran without a number so did not cross the finish line. He also finished 14th at the Meanwood Trail - officially. As he is currently working the "night shift" at Virgin Active his appearances at training may be limited. LORNA WAKEFIELD Eventually joined 10th March and is from Armley. A school teacher, the children could have problems looking up to. She has already made an impression in Queenswood Drive, but fortunately is back in fine form running, and facially. She also a good run at Meanwood. ANNA THOMAS from Headingley. Joined 8th March after only her first week training. It looks like she will fit in well with the club as she said she enjoyed her first race on the "easy" Meanwood course. NICOLE McSWEENEY from Chapel Allerton, joined 17th March. A friend of Liz, or she was before Liz brought her down running, but has been down a couple of times. Next time she is down she may model her new tracksuit. DAVID WOOD joined 17 March after a couple of good long training runs, so we cannot have frightened him off. I thought he was a very fit chap when he said he jogs down from Yeadon before his runs, but I misheard and he actually lives in the Edens. JOSEPH WARD from Armley, joined 24 March and is training for this years London Marathon, and is finding out all about running through the pain barrier to achieve one's goal. IAN KANE, from Hyde Park joined 24 March after only a week, so we must have been kind to him that week, and he did not even know about the cheap bar at the LPSA.

OLD MEMBERS !!!

MARTYN GREGSON We have heard that Martyn has just had an operation for his bone on bone hip problem. He has had it skimmed and lined. Although he is on crutches at the moment, he has been told that there is a very good chance he should be able to run again at some stage. Hopefully he will soon grace us with his presence and tell us the gory operation details and show off any scars. I am sure we all wish him a full and speedy recovery and hope to see him back running as soon as possible. LAURA CAREY, has been in contact to say she is coming up for the Leeds half marathon, and wants to know if we have any plans for any after race drinking, including Sunday evening. She'll go to any lengths for a drink. I'm sure Neal & Maurice are already working on this - (pity I chose a pub last year that was closed all day Sunday). She is running with a club in Enfield, but did say she misses the Kirkstall Harriers runs and people - well she is back with the Southerners. Even though she has moved away she is still threatening to join the club. She also wants to know if anybody has entered the New York marathon.

VETS RACE SERIES

The next race in this series is 9th May at HESLINGTON in York. A very Flat off road race of about 6 miles. Anyone wanting details please contact Peter Hey.

TEAM RACE

The committee are going to recommend one race each month where it would be nice to get as many club members running as possible - or even watching if you have a good excuse and letter from your parents. The race for April is the GUISELEY GALLOP on Easter Sunday 9th April, a run of about 6

miles, on track, canal towpath and through woods - a very pleasant run, a fast downhill start, flat middle and an uphill finish, so save something for the end. The run for May is the LEEDS HALF MARATHON on 16th May, but closing date for entries is 23rd April.

CONGRATULATIONS

Just a few of the recent good runs by our members Paul Luxton got a pb at the Half Marathon at Silverstone Julie Hustwit getting third vet at Dent Leanne O'Leary coming 4th Lady at the Meanwood Trail

Patrick Nesden knocking 17 minutes off his half marathon pb at Ackworth. Please pass these details onto Stuart for his club log, and any more for the next newsletter. Congratulations of a different sort go to Clare White, who may have to take up surfing and/or drinking lager full time, as she won the Michelob

Ultra competition. Which may also explain why we have not seen her for the last couple of weeks - she is probably still celebrating.

KNACKERS YARD

Still out of action is Garrett Reynolds who strained his ankle on the running track, not running but stepping off and getting his foot stuck in the track edge. Tom Burden has recently joined him with a twisted median knee ligament - or something, whilst playing squash. Hopefully we should see them back in the next two or 3 weeks. Still AWOL is Phil Trueman, who is having all sorts of running problems, again we hope to see him back at the club sometime.

BST

The light nights are back, which means we can now go and find all those muddy paths and nettles. So now is the bi-annual call for a prompt start. I know I am the worse offender, but commencing in April, any announcements will be made at 6.55, then the first group shall leave at 7.00 PROMPT to make maximum use of the daylight. Lets hope this early start, stays longer then previous attempts.

OFF ROAD RUNS If you have any favourite runs you would like included in the summer training schedules, please pass these onto Richard. Lets hope you all ask for Post Hill every week. OTLEY CHEVIN In addition to the early start, Neal will organise the away runs to the Chevin, most Wednesday evenings. Anyone wanting to explore the fine landscape and views the Chevin offers, will have to meet outside

LPSA at 6.30. If you liaise with Neal beforehand so there is adequate Transport for all on the night. Those that survive the runs will be offered lifts back for the usual shower & drinks in the LPSA.

GOOD LUCK - LONDON MARATHON

I am sure we all wish the following runners all the best in their Respective marathon, Stuart and Rebecca will be doing the Rotterdam on 4th April Ian, Patrick, Paul, Joe, Cath & Cassie will be doing the London on the 18th

OUR 10K ROAD RACE

We will be having a meeting towards the end of April, open for all to attend. This will be to start the ball rolling for our annual 10k road race which we normally hold in September. For it to be successful we NEED THE FULL SUPPORT OF ALL MEMBERS. The meeting will mainly decide the date, delegation of some major responsibilities, and any suggestions/improvements for this year.

2.6 MILE TIME TRIAL

Some of you may be glad to know we won't be doing any more of these

Short time trials until next winter. Attached is a list of the last 3 races.

You may be interested in to know we now have a new course record. Stuart Moore held this with 15.18 until Peter Branney beat this on the penultimate run with 14.30, but Graeme Evans beat this on the last run with a time of 14.10.

T SHIRTS

Now the warmer weather is coming - if anyone requires any T shirts, we Have plenty to offer - for only £1.50 each.

PB REMINDER

Just another gentle reminder for people to hand in their pbs (if they wish

) to build up our comprehensive record.

SWEATSHIRT SHUFFLE

After the last xc at South Leeds Stadium, I accidentally picked the wrong sweatshirt from the club bag - I now have a newish medium, instead of an oldish (white letters and delicate shade of pink) large! Anyone? Need to fly the club colours in Rotterdam, you see...)

Ta,
Stuart

PRESENTATION PICTURE

To whom it may concern this photo was taken with my camera on Friday at the sports direct cross country presentation night in leeds of the following kirkstall runners

Regards Paul beresford (rothwell harriers)

The pic can be found at the following url:

<http://www.mystuff.org.uk/kh/pres.htm>

TRIATHLON & CYCLE CAMP TRIPS

Hi - because of a number of things (doing my nails, looking out the window etc) I've been a bit behind at organising dates for the Tri as well as organising a training session - all this will be addressed this week. If you are not on my Triathlon list and wish to participate in a sprint Triathlon please send me an e-mail to garreydr@yahoo.co.uk (its correct this time). Also I plan on doing two cycle/camp trips: Coast to coast (3.5 days) & Leeds to Liverpool via the towpath 2.5 days. I'm just gaguing interest at this stage. I need to look at the club race schedules etc however if people are interested we can look at dates which will be satisfactory (I hope) to all. Once again please e-mail me to register your interest.

Garrett

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