

Hey Peter

From: Kirkstall Harriers [kirkstallharriers@yahoo.co.uk]
Sent: 31 March 2005 13:09
To: Kirkstall Harriers
Subject: Club mail 17

SPORTSMAN & WOMAN

The recipients of these awards will be announced on Monday 11th April when there will also be a committee meeting after the run.

CROSS COUNTRY RESULTS FOR 2004/5

The ladies came 2nd overall in the Premier League, narrowly missing out to Abbey on all 5 races. Could it be 1st next season? Rachel who had 1 1st and 4 2nd's got the 2nd ladies prize narrowly missing out to her Abbey rival. Julie Hustwit got the 3rd prize in her age category (which shall not be revealed). The other female worthy of a special mention, but sadly missing out on a prize was Amanda Seims who came 4th in all 5 races. All the other females who turned out for one or more races should be congratulated. But only ifthe 1st prize was there for the taking.

Unfortunately, despite some good scores in the latter two races the men are relegated back to the first division, but we did beat Otley who also go down. Does this mean winning the First Division again next year, for the 3rd time, and giving those fast male runners up there in front something to celebrate.

LONDON MARATHON & OTHERS

Our wishes go out to the three London Marathoners, Non, Patrick and Dave Wood, for the race on the 17th, and lets hope they all come back with some good news. Similarly we also have Chris Strowbridge doing Paris I think on 10th, and Garrett, Peter Branney and Glenn doing Madrid on 24th

SPECIAL DRUGS OFFER

Maybe a bit late those marathon runners above not used to using it, but a special offer has been spotted in Boots. Lucozade sports powder 3 for the price of 2 – hope it's still available for those interested

BOWLING NIGHT 16th APRIL

Details for this was in the earlier newsletter but to briefly remind you all

Cardigan Arms about 6.30

Bowling 7.30 prompt – two games for £8.00

Food afterwards

Please pass your names onto Stuart if you are bowling and/or eating

HALF MARATHON TRAINING RUN

We have fixed a date of Wednesday 27th April for our next half marathon training run. We hope to come up with a route,

01/04/2005

which will take in as much off road as the light will allow. The usual 4 to 7 mile training distance will also be incorporated.

YORKSHIRE VETS

The 3rd race in the series is at Meltham Community Sports Centre, near Huddersfield at 11.00 am on Sunday 10th April. This is the day after the Meanwood Valley Trail, just to make the weekend complete. No details of this new route have been sent but I imagine the usual on and off road 5 to 6 mile route, possibly with a hill or two. Take more than 1 pair of shoes, - just in case.

NEW MEMBERS

Our first new member for the 2005/6 season is AMANDA STEVENS from Rodley, who I think answers to the name of Mandy, unless she is just polite and I've been calling her by the wrong name for the last couple of weeks.

LEEDS HALF MARATHON 15th APRIL

Are we all entering this event to show the purple vests off?. The closing date is 22nd April so get those entry forms filled in – NOW. I am sure someone from the club will be happy to nominate a drinks station AFTER the finish for us all to meet up afterwards. A child friendly one will enable the "parents" to attend also.

BLAYDON RACES THURSDAY 9th JUNE

This I think is one of the oldest races going and runs from Newcastle to Blaydon and is just under 6 miles long. Maurice is organising a trip up again this year, so if anyone fancies it, give him a shout. This is a very popular day, as there is also a 10k ish off road run being organised by Horsforth Harriers, and the Full Bronte 5 mile road race at Haworth – so no excuses for not running that night.

TRAINING SCHEDULE

Due to holidays, this is not yet available, but will be up on the website within the next few days. So for you I.T. gurus this will be a good opportunity to have a look at our new website.

Send instant messages to your online friends <http://uk.messenger.yahoo.com>