

**Hey, Peter**

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**From:** Kirkstall Harriers [kirkstallharriers@yahoo.co.uk]  
**Sent:** 30 July 2004 17:11  
**To:** Kirkstall Harriers  
**Subject:** KIRKSTALL HARRIERS NEWSLETTER No 9

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Dear Members,

This is the ninth club mail. Attached are three Excel spreadsheets containing a Training schedule, Events calendar and the Provisional Leeds Country Team.

In this months issue.....

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WEDDING BELLES

Congratulations to Rebecca and Stuart on their marriage, and are now away on honeymoon. Is this the 2nd marriage and 4th relationship the running club can lay claim to? Also getting married at the same time is Cassie. I am sure everyone from the club wishes them all the best on their wedding day and for their future.

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LEEDS COUNTRY WAY

Please find attached the initial draft for this event, along with other details. As you can see we only have 23 names so can only realistically enter 1 team. Anyone wanting clarification of details please ask.

If your name is on the list - even as a reserve and you become unavailable on the day, please advise Peter Hey or Carol asap. Similarly if your name is not on the list and you would like to be considered for a run, let the club know asap, and we could have a second team.

The whole team depends on all 12 runners (and any back up people) being in the right place at the right time and knowing where they are going. Anyone wanting to organise a recci or in need of transport please ask Peter Hey asap

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KIRKSTALL ABBEY 10K - 26th SEPTEMBER 2004

This is the race we organise, entry forms are now out there. We need the assistance of as many club members, family and friends as possible on the day. I will be asking for names and duties in the near future.

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DIARY OF EVENTS

Please find attached a list of races for the next 3 months. Neal and myself have copies of most race

02/08/04

entry forms if you need them.

Our recommended race for August is the Burnsall 10 miler on Saturday 21st A nice hilly road race around the countryside, and then finish to watch or participate in the classic fell race, and see some proper runners !!!

YORKSHIRE VETS = PUDSEY THURSDAY 5th AUGUST

This is mainly for Vets, but you younger ones can enter as guests and run round this pleasant but slightly hilly, multi terrain track/road course of about 5 miles. Registration is at Pudsey Leisure Centre but allow 10-15 minutes to walk/jog to the start outside the Bankhouse Tavern, convenient for a swift drink before and or after the race.

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#### NEW MEMBERS

We have seen several new faces, down at the club, despite some poor turnouts, mainly due to injuries and holidays, but one who has joined is Glenn Pringle from the Vespers, who is a close friend of our London agent Laura. I apologise in advance for getting the names of all these new face wrong, but please persevere with me.

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#### GREAT NORTH RUN

Despite this clashing with our own 10k road race, Jimmy Sydney has managed to obtain a number through the Leonard Cheshire charity, and needs to raise certain funds. Anyone who wishes to contribute to his sponsorship can pass their money on through myself. As a new fast member of the club, we wish him all the best for this event and hope he has a good run despite the high number of runners at this event these days.

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#### A NOTE FROM IRAQ

I have attached an e-mail from our (secret agent) in Iraq. We get quite a few comments from various members but think this one deserves insertion into the newsletter. Even if only to put into perspective the moans and groans we raise ourselves regarding running, and hopefully will make us all feel much better and ready to get out there running.

BASRA REMF RUNNERS Greetings from Iraq!

Members might be interested to know that I have formed a completely unofficial and unaffiliated club, the BASRA REMF RUNNERS. The term 'REMF', for the uninitiated, is an acronym for 'Rear Echelon Mother F\*\*\*er', a term of endearment for those of us behind the combat troops making sure that the war on terrorism runs smoothly.

Running in Iraq is more than slightly problematical. Firstly, there is the time of day; the air is only really cool (if you call 25C cool) in the early mornings. After 7 am, it is impossible to run until 7 pm; daytime temperatures here are currently in the high forties. Then there is the traffic. Arab drivers have only two speeds, stationary and BANZAI!, and one rule of the road, which is f\*\*k everyone. Spacial awareness is a must when jogging by the roads. And then there is the dust, the insects, UV radiation . . . it isn't for the easily-fazed.

However, I wear the purple with pride as I dodge the Arab suicide motorists and gulp down the contents of my Camel-Bak.

Inshallah,

Droog

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#### ARNCLIFFE FETE

A four mile road race along the beautiful, quiet Yorkshire Dales country lanes of the original 'Emmerdale' and a traditional Dales village fete Other events include Fell races (all age groups) Farming Strong Man competition Clay pigeon shooting Amusements, stalls etc. Race details can be found at the following address: <http://www.mystuff.org.uk/fete.htm>