

CLUBMAIL No 1.

**Hey, Peter**

**From:** Kirkstall Harriers [kirkstallharriers@yahoo.co.uk]  
**Sent:** 18 December 2003 09:16  
**To:** Kirkstall Harriers  
**Subject:** Club Mail 18/12/03

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PHD student looking for volunteers (Amanda Seims friend)

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Hi folks,

Some of you will have already heard this, but at the moment I'm trying to set up a complete set of male and female club records - for each distance ( 5k, 10k, 10 mile, 13.1 mile and 26.2 mile ). So... I'd be very grateful if people could let me know their pbs for these distances and also which vet category they were in ( if applicable ) at the time. The venue and date would also be handy too. Some members will have pbs at, say 10k, in several categories, like the lovely Peter Hey, so send them all in. Once compiled they can be displayed on the club website, hopefully, and could give people something extra to aim for, if they so desire. We'll only take one time per person per distance / category, so make sure it's your pb. Also, you must have been a true, fully paid up Kirkstall Harrier at the time to qualify.

Thanks,

Stuart Moore

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**LEEDS ABBEY DASH - LADIES TEAM WINNERS**

Just to formally announce to those who do not already know, Kirkstall Harriers Ladies got third team prize. The scoring ladies were, Julie Hustwit, Amanda Seims and Leanne O'Leary. We also had another female prize winner who was Claire White, who also got third team prize but in the Corporate event. Congratulations to all those concerned.

**LONDON MARATHON REJECTS**

Any club member who has been rejected from the London Marathon and still wants to enter, have a second chance. The running club has 2 entries (entrant still has to pay the correct fee). The procedure in the past has been to collect the rejection slips of those involved, and draw two out in a raffle. This raffle is usually done on the "fuddle" night as these entries have to be recieved by the organisers, early January. This year the fuddle night is on Monday 22nd, so please bring your rejection slips down on the night or make alternative arrangements with someone from the club

**FUDDLE NIGHT**

This is on Monday 22nd and this Yorkshire tradition entails each person bringing some sort of savoury or sweet stuff down on the night for all to share - if each person just brings a little (sausage rolls, picnic eggs, mince pies, cake, sprouts or a 20 Kilo cooked turkey) this should be enough for a drink and a light bite in the LPSA Club - after a short run of course.

11/03/04

THE STOOP - Sunday 21st December

This is a very friendly fell race of 5 miles and 800 feet of climbing (and descending), out at Haworth. If anyone is interested in running this event - entries on the day, meet outside the LPSA CLUB at 9.45 or at Neals house for 10.00, race starts at 11.30.

CHEVIN CHASE & JOLLY HOLLY JOG

If anyone wants transport or directions to the other two races over Christmas, the Chevin Chase on Boxing Day, or the Jolly Holly Jog on 28th (both races are now full) please contact myself or another committee member.

OLD LANG SYNE - Wednesday 31st

This is another friendly fell race from the same place as the Stoop, but is 6 miles and 900 feet of climbing, if anyone is interested in doing this please contact me or Neal Shotter. This gives one the opportunity of looking for any missing bodies from the earlier Stoop race.

TRAINING

You will be pleased to know that the committee will not take any action against those not turning up for training on Wednesday 24th and 31st of December. In fact there will be no training those nights at all. Hopefully there will be a few keen enthusiasts turning up for a run on Monday 29th as usual though.

Hopefully this covers the main areas over the Christmas period, and on behalf of the Committee may we wish you all a Happy Christmas and lots of running in the New Year.

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Hi,

my name is Nick and I'm a PhD student in Leeds Met Uni. In the context of my project, I'm about to start my 4th study and I need middle- and long-distance runners for this series of experiments.

Most of the tests I'm planning are at submaximum speeds and since it is the start of the season it might be convenient for your training, too. Of course, I can give you all the data from these experiments and any feedback in case you need it. There is also the possibility of tests throughout the season if you are more interested in monitoring your training in this way.

If for any reason it is not convenient for you at this period of time but you are still interested, we can start it later on. I'll be executing these experiments for the next 3 months or so... Below I've got the information about the tests, just to let you know what it is all about. If you have any questions, please, feel free to ask me. It should be interesting for you, especially if you haven't done anything like that before. So, if you want to take part, please, let me know a.s.a.p.

It would also be much appreciated if you talked to any other runners that you think might be interested in this kind of tests. Thanks for your time and sorry for intruding into your e-mail like that!

More, detailed information can be found at the following url

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

See you soon!

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November 2003