

DECEMBER 2005.

DECEMBER NEWSLETTER

XMAS LIGHTS RUN Tuesday 6th December 7.30 from LPSA

This is a joint venture with Horsforth Harriers and some members from Pudsey Pacers. The run through town will start and finish from the LPSA CLUB at 7.30 on TUESDAY 6th December. A FREE buffet will be provided at the end of the run, so please pass your name onto Peter Hey if attending the buffet, so we can supply sufficient food. I believe some people will be entering into the spirit of this "fun" run, and will be turning up suitably attired, so if you like dressing up please join them – stiletto heels may not be the ideal footwear for the run, so you men have been warned.

LONDON MARATHON 2006

We have 3 club entries for the London Marathon 2006. In the past we have always raffled these off to people who enter the event, but are refused. Priority being given to those who have not done the Marathon before. If you have been rejected this year and would like to be considered for a club entry, please pass your rejection slip/letter to Peter Hey, Carol, Richard or Neal, and please state if you have never done the London before. The raffle for the club entries will take place at the club fuddle on Wednesday 21st December. Don't worry if you cannot attend, as long as we get the rejection slip, it will go in the draw. You will still have to pay the normal entrance fee, and the entry has to be sent in for the 13th January.

XMAS FUDDLE Wed 21st DECEMBER

This quaint Northern custom will be continued on the above date. We hope to do the time trial that night, and afterwards everyone is encouraged to bring a small amount of seasonal food to be shared & eaten by all, when we return to the bar for the final session before Christmas.

COMMITTEE MEETING

We will be holding our usual meeting on Wednesday 14th December, so if you have any ideas, please bring them to the meeting.

SPORTSMAN & WOMAN

Nomination forms will be given out to people in the New Year, to vote for their choice of Sportsman and woman for the year 2005. This could be for best runner, most improved runner, club member who has supported the club most, or anything else you consider noteworthy for the club and the person. The presentation is not confined to 1 prize per gender, so anything of special note will be considered.

NEW MEMBERS

Our latest recruit is Michael Savage who comes from Preston way. Looks like he could be one of the "crowd" after doing the 13 mile training run, 4 days prior to his first road race, which was a 10 miler round Preston way – and still doing around 75 minutes.

EDGAR

For those who remember Edgar, he did make a brief appearance in November, but has gone back home again to Gibraltar, after doing all his studying. Presumably he will still be reading our newsletters, and anyone who would like to contact him can get his details from the club. We wish him all the best in his exams. along with his running.

SOME IDEAS FOR THE FUTURE

Richard has suggested an evening meal at the "Tea Rooms" on Otley Chevin.

Apparently if we can get a minimum of 20 we can book the premises for ourselves.

Anyone interested, please give Richard your support.

Similarly, Peter Branney has mentioned the Isle of Man Easter Athletics Festival. He went last year and had a good time. This year there is an evening 10K road race on Friday 15th April, a hill race on Saturday afternoon, then a 5K road relay on the Sunday. Anyone interested please pass your interest onto Peter.

ABBEY DASH

We believe some PB's were made on the day, but the list of club runners is

Peter Branney	51 st	33.47	PB
Garret Reynolds	532	42.51	
Chris Strowbridge	541	42.57	PB
Richard Thomas	779	45.47	
Paul Luxton	972	46.52	PB
Peter Hey	1,062	47.52	
Cassie Garbutt	1,113	48.47	PB
Marin Warner	1,337	49.37	PB
Alyson Glover	1,3??	49.54	
Tony Downham	1,383	50.02	
Sheila King	1,425	50.20	
Gemma Sylvester	2,033	54.04	PB
Mandy Stevens	2,036	54.05	PB
Patrick Nesden	2,161	54.59	PB
Dave Wood	2,250	53.51	
Diane Thomas	2,252	55.59	
Neal Shotter	2,377	55.41	
Andrew Brown	2,497	1.00.43	

CLUB VESTS

Carol now has the club vests that have Leeds England printed on them, so those who have ordered can they please collect – and pay – asap. The cost is £17

CROSS COUNTRIES

Don't forget these start in January, so you have been warned ?. In the meantime Leeds University are staging a cross country relay event this Saturday 3rd December on Boddington fields by Lawnswood roundabout at 1 and 2pm. So if you want to see some proper runners in action, including Peter Branney, or looking for a run in case they are short of team members, go and have a look – better then Christmas shopping?