

Hey Peter

From: Kirkstall Harriers [kirkstallharriers@yahoo.co.uk]
Sent: 04 February 2005 14:24
To: kirkstallharriers@yahoo.co.uk
Subject: KIRKSTALL HARRIERS NEWSLETTER No 15 - FEBRUARY 2005

Dear Members,

This is the fifteenth club mail. Please follow the link to view: a Training schedule, Events calendar and the Time Trial results

<http://www.mystuff.org.uk/kh15.htm>

In this months issue.....

NATIONAL CROSS COUNTRY
AGM
SPORTSMAN AND WOMAN 2004
CROSS COUNTRY
BIG NIGHT OUT
YORKSHIRE VETS LEAGUE
EQUIPMENT AND 3 PEAKS
NEW MEMBERS

NATIONAL CROSS COUNTRY

We have entered a men's and ladies team to this event in Birmingham, on Saturday 19th February. The men's event is about 6 miles and needs a team of 6, whilst the ladies run about 4 miles and need a team of 4. If you fancy a go, please put your name forward to Peter Hey or Stuart. There usually are some slower runners at this event, and the cost of petrol for car sharing will be re-reimbursed by the club, and entry is free.

BIG NIGHT OUT

We are going to meet for a few drinks on Saturday February 19 at 8pm in the non-smoking Arcadia bar located in Headingley on the Otley Road, (its about 30 metres to the left of Safeways). If anyone is interested in meeting for food before hand please let me know. My e-mail is garreydr@yahoo.co.uk and my phone for anyone who can't find the pub is 07952012633 - if you know of anyone not on e-mail please invite them. We have had a few of these nights and they are great fun so please come along.
Garrett Reynolds

AGM

We have fixed a date of 23rd February for our AGM. We need you to be present to ensure the club is going in the direction you want it to go. There will be a short run as normal, followed by the AGM in the Leeds Sports Association Lounge, starting at 8.15

SPORTSMAN AND WOMAN 2004

Slips are available for you to nominate your sportsman and woman for 2004. There will be one winner for each gender, and the committee can present more than two trophies if they think someone else is also worthy of an award. The nominations can be either on ability, service to the club, improvement by the individual, or in my case just pure good looks, wit and youthfulness.

CROSS COUNTRY

You will be pleased to know the next cross-country is not until 26th February, and will be at the South Leeds Stadium. The route will be somewhere around Middleton Woods. The even better news is that the next and last cross-country is the week after at Kippax, and includes the infamous potato field. Full details for both events will be given out nearer the time. We are still hoping the girls can be outright winners at one of these, and that we can get sufficient men to ensure we don't finish last in the league, and maybe even avoid relegation at all.

I am still awaiting details for the cross-country presentation evening, which is normally in town, one Friday evening in late March

YORKSHIRE VETS LEAGUE

This year's series gets under way on Sunday 13th February, with the race at Horsforth Hall Park, which is approx 6 miles of quiet road & track adjacent to the A65, going out towards Rawdon. Primarily a team event for male vets over 40 and females over 35, anyone can enter these friendly races, which have up to about 100 runners of all abilities - and ages. Please give these races your support where possible, as we have been known to finish 10th team out of over 40, in previous years.

EQUIPMENT AND 3 PEAKS

Myself (Amanda Seims) and Leanne want to enter the 3 peaks and I've noticed that if another female joins us we have a team. The only thing is they need to have completed 2 official fell runs in the last couple of years over 6 miles each. If anyone is interested we may as well have a whole team out?

EQUIPMENT

Don't know if you are aware of this website but they always have offers on biking and running stuff - some good deals on trail shoes for those wanting them for x-country and you can opt for free postage when you go through and purchase them. Usually takes a few days.

<http://www.wiggle.co.uk/default.asp?cat=running>

This site has some good offers on women's trail shoes at the moment in their sale

<http://www.sweatshop.co.uk/Results.cfm?sport=1&category=2&secondary=6>

May be worth mentioning to the club. Also, you get 5% off on wiggle when you order over £50 so may be worth getting something else or buying with friends. If you spend over £100 in a year it entitles you to 10% off further purchases.

Also, some spikes at a good price on www.sweatshop.co.uk
Nike Zoom Waffle XC - some sizes at £30

NEW MEMBERS

Our latest recruit, and maybe the last for this year, is Collette Spencer from Armley, who if I've got my facts right, is another employee of Leeds University. This now brings the membership to 69 - could this be a record?