

No 28 Feb 2006

FEBRUARY MINI NEWSLETTER

CROSS COUNTRIES

Well done to all those who ran at Kippax, conditions were far from ideal but at least we got two teams round and scoring okay. A bit different if you did the Golden Acre Park one..

The next one is this Sunday 19th at Ackworth, we are back at the Quacker School for registration and start – and presumably that bit of water at the finish ? “The course is an undulating 2 laps of approx 5 miles. There are 2 small road sections which would be difficult in spikes, suitable for studs if wet, not recommended for trial shoes”(but I will be wearing my trail shoes). There are showers and food afterwards, the food will be at the RUSTIC ARMS, about ¾ mile away from the school. Entry Fee including food is £2.50

Anyone wanting lift or directions, please meet outside the LPSA club at 9.45 for a prompt departure. We still need as many as possible if the men want to be promoted and the ladies want to avoid relegation.

The final two cross countries are on the Chevin 5 March, and at Idle 12th March

CROSS COUNTRY PRESENTATION EVENING

We think this has been planned for 24th March at the Firehouse on East Parade, near the Headrow. Tickets should be no more than £3 with a good buffet laid on, and a DJ for all you budding Gene Kelly's.

CHILDREN WANTED

Test purchasers are wanted aged 15 to 16 – see attached

MALE RUNNERS WANTED

Human guinea pigs wanted for dissertation research – see attached

FAT FRANCO'S

Don't forget we are eating out Tuesday night 21st February at Fat Franco's, at 7.30. The special offer of any Pizza or Pasta dish for £4.99 should be back on. Please let Peter Hey know if you have not already done so.

BRADFORD MILLENIUM WAY - Sunday 18th June

A relay race for teams of 5 pairs of runners running off road round Bingley, Haworth, Keighley, Silsden Addingham & Ilkley. Each leg varies from about 5 up to 9 miles. We will start taking names and planning a team – or two ? starting March. Please support the club if you can.

CLUB TRIP

It would be nice if we can organise a club trip that suits most runners, at home or abroad. One such race is the Paris to Versailles, which is about 10 miles and takes place 24th September – which clashes with the Horsforth 10k, but then most races do clash with something. If anyone is interested in making a weekend or long weekend of this event please voice your interest to Paul Luxton or anyone else interested. Once we have a pool of people definitely up for something, others do tend to follow.

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CROSS COUNTRIES

Well done to all those who did the first run at Golden Acre Park. With a few of our better runners absent for whatever reasons we still managed to put in a decent show, and hopefully our positions will increase.

The next two events are

Sunday 12th at Kippax – same course as last year, including the potato field.

Registration from 10.00 am at the Kippax Leisure Centre. Anyone wanting lifts, or need to follow convoy style, please meet outside the LPSA club at 9.45 am. There is quite a distance to go – so please do not be late. Course suitable for spikes or off road shoes. Changing and showers available but no food this time. Entry £2

Sunday 19th at Ackworth – could it be that hill again? Details to follow.

BRASS MONKEY ½ MARATHON

Please see attached list of results for our club members who took part in this event.

TROUGHING SESSION AT FAT FRANCO'S

We have decided to go back to Fat Franco's on Tuesday evening 21st February for 7.30; their special offer is back on. Please let Peter Hey know if you are going so we can book numbers.

HALF MARATHON RUN

We will be doing a half marathon training run again on Wed 15th February, along with a normal training run for those who wish. The route still to be decided.

LONGER RUNS

Our Marathon men & women are planning some longer runs, anyone wanting to join them will be welcomed. There is one planned for Sunday 29th January starting and finishing at Kirkstall Leisure Centre. The run will start at 9.30 and go up to Hyde Park, then pick up the Meanwood Valley Trail to Golden Acre Park, returning via Otley Old Road and Cookridge Hospital. Approx distance 15 miles.

Other long runs are –

26th February – 9.30 Ilkley outdoor pool, to Barden Bridge & back on the Dales Way about 20 miles.

26th March – 9.30 Possible circuits of reservoirs – TBC

NEW MEMBERS

Apologies for missing this item for a couple of months, so we have a bit of catching up to do, so please welcome to the club officially, but I'm sure we know most of them already by now

JAMES ROY from Hawksworth

MARTIN SAVAGE from Preston way, but residing in Kirkstall

NICHOLAS EDWARDS from Wolverhampton way, or somewhere in the Midlands, judging by his accent, now living in Hawksworth

JANET BATTY, currently living in Hawksworth

ADRIAN PUDSEY, from Bramley

SARAH WALKER from Wortley, and her partner

STUART REARDON

JILL BARRON from Bramley

BRADFORD MILLENIUM WAY - Middle of JUNE

This is a similar event to the Leeds Country Way, but starts at Bingley and takes in Haworth, Silsden, Addingham and Ilkley, so the off road terrain tends to be a bit hillier and more open, but there are sections of road on some of the legs. It could also be a bit warm at this time of year and clashes with the Blackpool half & full marathon. We think we have sufficient support to raise one team at least. Please let us know if you want to be involved. It will involve a bit of time and effort to recci the legs.

CLUB TRIP

A suggestion has been raised to go away somewhere to do a half or full marathon, either abroad or some far flung part of the UK. This would have to be towards the end of this year to get it properly organised. Ideas voiced were Benidorm which is on 26th November or possibly Cyprus at the end of November/beginning of December. If you have any ideas/suggestions please let these be known. We would have to start planning now if it is to happen.

TRACK SESSIONS

Chris and a few others have started to go to the track at Beckitts Park on Thursday evenings – 7.30 I think. The cost is £2.25, but do not make it look like an organised club session (as if that was possible) otherwise we would need a qualified coach. Anyone else wanting to go would be welcomed, but the important thing is to stretch and warm up and down before doing too much speed work.