

Hey, Peter

From: Kirkstall Harriers [kirkstallharriers@yahoo.co.uk]
Sent: 16 January 2004 16:52
To: Kirkstall Harriers
Subject: Kirkstall Harriers Club mail No. 2 - with attachments

Dear Members,

This is the second club mail. Attached are two Excel spreadsheets - if you cannot read them (i.e. you don't have Excel or run a mac) please let me know and I'll convert then into a webpage for you.

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MAILING LIST POLICY

There may be time related information such as sports gear offers or personal greetings which members may want to send out to other members during holiday periods however for the purposes of expediency the KH mail list is usually only going to be sent out when we have a number of separate pieces of information, primarily as its much handier to have all this monthly info in one e-mail. Members may also want to contact other members by e-mail. Peter Hey is the person to contact should you require peoples e-mail addresses. Finally, if you want members to contact you directly for whatever reason, please indicate how i.e. by e-mail (please include your e-mail address), at a club night, etc.

WREKKIE RUNS

I am really keen to do the Rombald's Stride off road run again this year (Sat 7th Feb) as it's a really well organised race and a nice day out. Although I have done this for the past 3 years I'm still not 100% sure of the course. Is there anyone who is keen to run the first/second half of the course sometime soon - maybe next weekend (Sat/Sun 17th/18th Jan)?? If you have not done the course before then I do have the route description, a map and a compass, plus what I can remember in my head from last year if you want to come and get lost on the moors with me?

Amanda Seims

CLUB RECORDS

Eye up folks,

Just another gentle reminder about the attempted setting up of KH club records for all the main distances we race...

Not been too snowed under with responses so far. The idea is not just to

list the best ever, but to build up a bank of data that everyone can use -

not encouraging nasty competition, but hopefully encouraging healthy competition and giving runners of all abilities something by which to gauge

their performances and acknowledging everyone's bests.

So, we therefore need as many pbs as possible, wherever you come on the ability / speed / whatever spectrum.

Pass 'em on to the following address: moorestuart@hotmail.com

Stuart Moore

HAWORTH HOBBLE

We have booked accommodation at a nice place near Haworth (where the Yorkshireman Off Road Marathon started from) on Saturday night 28th February - £10 for a comfy bed, showers and changing facilities on the lines of a bunkhouse.

All being well, there will be two groups, 1 walking, 1 jogging/walking the Haworth Hobble route of 31 miles - over 2 days, there may well be another group just having a lazy week-end around Haworth.

If interested please pass your name and £10 to Peter Hey asap

2.6 TIME TRIAL AND EVENING MEAL

The next event is on 28th January and we will be going to Amigo's near the Abbey for a Tapas evening, cost about £10

Again please let Peter Hey know if you are attending. Run starts at 7.00 and meal about 8.30

AGM 18th FEBRUARY

The AGM has been arranged for Wednesday night 18th February after a short run in the LPSA. Although not an exciting event in it's own right, we need as many people as possible to ensure the club is meeting your requirements and that we are doing the best for you all. We may even provide some food to tempt you.

KIRKSTALL HARRIERS SPORTSWOMAN & MAN 2003

If you wish to nominate anyone who you think was outstanding in anyway last year, (running, improvement or club commitment only), please make your preference known to Neal, Richard, Carol or myself asap, with a very brief reason.

NATIONAL CROSS COUNTRY AT TEMPLE NEWSAM SATURDAY 21st FEBRUARY PM

We have entered a men's and ladies team into this event and would like our best runners available on the day, to compete

We have places for 7 men and 4 ladies. The mens race is about 9 miles and

the ladies 5 miles approx - I think !!!
If you are available to run and would like to compete, please tell Peter
Hey, Stuart Moore or Amanda

IN ADDITION the club has been asked to supply marshalls on the day,
although you do not have to attend ALL day, we will need about 8 people at
any one time to help mark out the course, then monitor the track
throughout the course of the day. Any spare individuals will be allowed to
watch the day's events. Start time will be approx 8.00 to 9.00 am and
finishing about tea time. Please pass your names to Richard.

NEXT TEAM EVENTS

The Yorkshire Vets series starts on Sunday 1st February at 10.00 am at
Horsforth Hall Park with a 6 mile road and track run.

You are a vet if male and over 40, or a lady over 35

If we can have a good turn out at all the races the mens team can be in
the top 10 out of over 40 teams, and we are still waiting for the ladies
to make a serious challenge to these interesting, mainly off road run
[Hey, Peter] If we have any members below this age ??? they can run as
guests if they want to do this run also.

The last cross country is on Sunday 15th February at South Leeds Stadium
at 11.00am

The ladies team should secure winning Division 1

The mens team needs a full turn out, as there is a good chance we can also
win the mens Division 1

CLUB CLOTHING

Please see attached the list of club clothing and our prices
[Hey, Peter] Please order any club clothing through Carol

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CALENDAR OF EVENTS Please see attached

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