

Hey Peter

From: Kirkstall Harriers [kirkstallharriers@yahoo.co.uk]
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To: Kirkstall Harriers
Subject: KIRKSTALL HARRIERS NEWSLETTER No 14 - JANUARY 2005

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Dear Members,

This is the fourteenth club mail. Please follow the link to view: a Training schedule, Events calendar and a word doc containing a fitness program.

<http://www.mystuff.org.uk/kh14.htm>

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HAPPY NEW YEAR
Hope everybody is injury free, overweight and raring to start running again.
Peter H

CROSS COUNTRY
The next event is 16th January at Bramley Fall Woods
Horsforth Harriers are organising the race, registration at the top of Pollard Lane, and we are providing showers and food afterwards at the Kirkstall Leisure Centre. As we are unsure if 20 or 120 will come back, we try to cater for the most. Anything cheap and edible after a race is welcome. So if you have any culinary skills, please let Carol know, if no culinary skills I am sure she will have some simple suggestions for you to do. A little by a lot, is better then asking just a few people. Any costs will be re-reimbursed. We will be meeting at the Leisure Centre for 10.00 a.m. with our offerings.

LONDON MARATHON
Due to an administration error, we found we only had 3 club entries and not 4. The 4th slip on closer examination, turned out to be a transfer slip. Therefore the 3 lucky winners, or unlucky, if you think of the extra training they have to do, are Non, Dave Wood and Patrick. I am sure we wish them all the best, and if anyone wants to go on long training runs with them, I'm sure will be welcomed. Our only other entrant to date is Julie, who has got in through the good for age selection.

MADRID MARATHON
Myself (Garrett) and Peter Branney will be doing the Madrid marathon April 24 (Well someone has to make sure he doesn't get lost). Anyone interested? Also for

those doing London, it might be an idea to meet up for long Sunday runs?

If interested please e-mail at garreydr@yahoo.co.uk

NORTHERN CROSS COUNTRIES

I am aware of 2 interested males so far, any more for this event at Consett on 29th January.

PUB THIS FRIDAY

Meeting for a pint this Friday, 07, at the Three Horse Shoes in Headingley at 8pm. All welcome. Please pass this message to any club members who do not have access to e-mail. To whet your appetite various educational lectures will be presented included Peter B's excellent

"Drinking your taxes conscientiously. A student explains why he quaffs cheap beer." And Garretts standard:

"Ripple Running: How to use your beer belly in the event of a photo finish"

See you there, Garrett

MEETING

We plan to have our monthly meeting on Monday 10thth January, after the run, as Patrick and Tom have kindly volunteered to do a half marathon training run on Wednesday 13th - see below

HALF MARATHON TRAINING RUN

Tom and Patrick are up for half marathon training run on Wednesday 13th January at 6.30 anyone wishing to join them are welcome. We will meet at 7.00 that night as usual, and those wishing to chase after them can do so as an extra option to our normal training run. The route for the half is the Calverley route but opposite way round, I believe.

RAFFLE

We also drew the raffle for the £20 voucher (at long last), at the fuddle, and the winner was Ian Brown. The raffle raised £25 towards the club funds so thanks for those who took part.

WEBSITE

We are hoping to have the web site up and running again this year, thanks to the efforts of Garrett. Any suggestions or items of interest (running or anything else - printable) can be sent in via these newsletters.

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