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Kirkstall Harriers News Letter

Club mail No. 50 - January 2008

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HAPPY NEW YEAR

A happy New Year to all our members, we hope you had a nice Christmas and are raring to start the New Year full of health and eagerness for all the races ahead.

NORTHERN CROSS COUNTRIES

We have a lads and lasses team for this event which is on Saturday 26th January at Roundhay Park. The girls start about 12.25 and the men about 2.00. If your name is down for the team and you fancy doing a recci of the course before the day, please mention this to Tony D or Peter Hey.

MARSHALLING We also need a minimum of 8 marshals to assist on our part of the circuit, which is on Soldiers Field and runs parallel with Prince's Avenue. If we have a steady stream of marshals and supporters throughout the day, this will help relieve those that were there from the start which is 8.45/9.00am. Marshals and runners have been asked to share transport wherever possible. There will be limited parking for marshals which is the other side of Soldiers Field on West Avenue. This is because of the huge number of runners expected to turn up from the whole of the North of England on the day for all the races.

PECO CROSS COUNTRY

Well done to all those who ran at the second race at Ackworth. Despite the date we still manages to get 10 men and 12 ladies out on the day which was about the same as the first race but given the time of year a tremendous effort.

The ladies again came first in their league (two wins from two races) and the men came fifth.

This means that after 2 races the ladies have a clear lead at the top of the first division, however the mens have slipped from second to fourth, although there is only 1 point between Woodkirk, (2nd), Kippax (3rd) and ourselves, so it could all change at the next race.

Full results from the first race can be found on the Abbey Runners web site at www.abbeyrunners.co.uk

Speaking of the next race...

The third race in the series is organised by STAC on Sunday 13th January at John Smeaton School, which is off Barwick Road, off York Road, as you leave Cross Gates on the main York Road. Registration is at 10.30, with the race starting at 11.00. This is a new course for everyone so makes it even more exciting!!!

A HARD LIFE IN DUBAI

More news from Cassie in the sun... Life here is hard, all the sun, sand and jet-set lifestyle.....!! Yeh right! I'm full of a cold and running my first race (Dubai Creek Half) on Friday!! I think it's all the air con that gives you the sniffles. We have a gym in our apartment but it's small, I've started spinning at a gym in the Emirates Towers (famous skyscraper here). I run there and back about 4 and half miles as it's quicker than driving. The jams are crazy. I'm working as a supply teacher still, it's a bit boring as the kids behave!! I think I came here a bit too late and missed the art jobs for this school year. The school is nice and a couple of teachers run at the club. I'm still looking for my opportunity to have my picture taken in my kirkstall shirt either with a camel or by the burj al arab..... All the Christmas trees are in the shops like in England, but it's not the same when it's warm and sunny. The Arabs seem to celebrate any chance of a holiday and excuse to shop. Miss you all, I miss running the Calverley half route on cold winter nights!! It's true! We're coming back to the UK for Christmas, and will be in Leeds for a couple of days. If I can make it I'll pop down, but we're on a tight timetable. A quick search on the net results in finding out that Cassie, despite her cold and the heat, put in a decent performance in the Dubai Creek half, with a 1h55m51 finishing 219th out of 499 runners. Maybe a club trip is on the cards ?????

LONDON MARATHON The 3 runners with club places are Sean McEvoy, Helen Goldthorpe and Peter Marshall, congratulations to them and good luck in their training. Should any of them feel they will not be able to compete on the day - we can transfer the club place to Eleanor Franks, provided this is before early Feb.

PBs

Yet again Patrick knocks some time off his races. This time he clocked up 1h25m25s at the very wet Thirsk 10 miler. Well done Patrick. Let's hope 2008 sees the times continue to fall.

NEW MEMBERS

Steve Blades finally did the sales talk on PAT SHEPHERD, who has run with and for the club recently, most noticeably at the 1st cross country at Shaw Cross, and still seems to be enjoying the running.

XMAS MEAL

Congratulations to Jill Stocks for organizing a good do at the West End, taking over most of the pub, and with the extra bonus of getting the 2nd prize in the pub quiz afterwards - she must have got the answers when threatening not to pay the bill !!!

JANUARY RACES

- Sunday 6th January - Pennine 10k, Brighouse
- Sunday 13th January - PECO XC STAC
- Sunday 20th January - Brass Monkey 1/2M, York
- Sunday 27th January - Meltham 10k, Huddersfield
- Sunday 27th January - Ferriby 10, Hull

Please check www.runnersworld.co.uk for entry details