

Hey, Peter

From: Kirkstall Harriers [kirkstallharriers@yahoo.co.uk]
Sent: 04 March 2004 08:51
To: Kirkstall Harriers
Subject: Kirkstall Harriers Club mail No. 4 - with attachments

Dear Members,

This is the fourth 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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VITAL STATISTICS

Stuart is still trying to get his hands on some of your vital statistics. He is compiling a list of every club members best times for races covering the more popular distancies. Forms are available for you to put in your best times, and a prototype list is already available covering those members who were prompt - or just wanting to throw out that challange to you all. This will be an ongoing situation (which Stuart may regret starting ?) so any new pb's should be reported asap. I am sure we are all grateful for Stuart taking on this ardeous and thankless task so I would like to take this oppportunity of thanking him on behalf of everybody, for taking this on board at his own initiative.

NATIONAL CROSS COUNTRY

Many thanks to those who attended this event, either running or marshalling. Not too sure who worked the hardest, the marshalls or the runners - but in both cases I think everyone did Kirkstall Harriers proud. Our Ladies came 40th team, and the men 94th. Nothing too grand, but at least we can compete with all the big clubs now, which we have never been able to do - and those positions are based on all clubs in England.

Senior Men

- 443 - Graham - 51.29
- 616 - Stuart - 54.01
- 881 - Pete (running as Neal Shotter) - 58.05
- 1022 - Dave - 1.00.41

1104 - Garrett (running as Tony Moran) - 1.02.12
1173 - Nick - 1.04.03
Last finisher 1395 - 1.31.37

Team position 94 out of 116

Senior Women

208 - Leanne 41.31
257 - Julie - 43.14
260 - Amanda - 43.17
370 - Rebecca (running as Clare White) - 48.19
Last finisher 454 - 1.07.37

MEMBERSHIP SUBSCRIPTIONS

Following on from the AGM, subscriptions are now due at the following rates

| | | |
|------------------------|-----|--------------------------|
| Male members | £10 | £7 for the harriers, £3 |
| for LPSA | | |
| Female members | £8 | £7 for the harriers, £1 |
| for LPSA | | |
| Members of LPSA | £7 | £7 for the harriers only |
| Spouses of LPSA member | £7 | £7 for the harriers only |

Those who joined the club after the 1st May 2003 will only pay a proportion of this years fee

NEXT TEAM EVENT

This is the Yorkshire Vets at Ogden Water on the west outskirts of Bradford on Saturday 13th March
It is contained within the Tina Horn multi Terrain race, so everyone can enter if they want. It is classed as a 6 mile fell race with 800' of climbing, but is within most peoples abilities, especially if they enjoyed the cross countries.

Unfortunately this clashes with the 14.2 mile road race at Dent.

OTHER EVENTS IN MARCH

The club has a fairly busy agenda for March, so please make a note of the dates below.

COMMITTEE MEETING

17th March we shall be having a committee meeting - for all you committee members

HALF MARATHON TRAINING RUN

24th March we shall be doing a half marathon training run, some may be starting at 6.30, the rest at 7.00 PROMPT. The route will probably be the old Calverley half marathon route

NIKE BOWERMAN SHOE TRIAL

29th March we have the Nike Boweran shoe trial - We will have a chap from Nike, who are prepared for you to try on some running shoes and do a training run, then give them your feelings/feedback on the shoe. Or you may be able to have your running style videod and analysed. The chap will be based in the LPSA club, and we suggest you arrive no later then 6.45 if you want to be involved.

2.6 MILE TIME TRIAL AND MEAL

31st March we shall hold the final 2.6mile time trial and see if Amigos will have us back - those interested please give Peter Hey your name and if you are doing the time trial and Amigos, and if you prefer the Tapas style meal or want to order your food seperately.

CROSS COUNTRY PRESENTATION EVENING

This is on Friday 26th March at 7.30 in the Quo Vadis - opposite Leeds Town Hall. This is a private function for all the teams who took part in this years cross country. Subject to official confirmation both the mens and ladies team came first in the 1st Division

Tickets are £2.50 per person and includes food and disco. Please give names and money to P Hey asap in order to reserve tickets.

NEW MEMBERS

This is a new edition to the newsletter, so apologies for those who have been ommitted from earlier e-mails

MIKE BENNETT from Adel way, who joined 10th November, and is now a regular face for training and team events

LIZ COVEY-CRUMP from the hilly Norman's who joined 15th December, and has been down on training nights, but is currently working in Switzerland for a couple of weeks - what a downer after working in Leeds !!!!

PATRICK NESDEN from Beeston who joined 7th January, another regular for training nights and has already done a cross country, which he says will be his last, and is currently training for the London marathon.

DOMINIC PAY from Headingley, who joined 25th February, who's been down quite a few times already, but I do not know too much about him yet, as he is always well in front with the lead runners.

LAST BUT NOT LEAST WE HAVE BEN RAYNOR, born Sunday 9.15am (by Ceasarian - he was a little bit twisted - just like Mom & Dad Claire and Stuart ???) weighing in at 7lbs exactly. All 3 are doing well, and Claire is expected home Wednesday 3rd - just in time for a training night. I am sure we all offer our congratulations and wish them all the best - and hope to see them very shortly.

CLARE WHITE CHALLENGE

Hopefully we are all aware of Clare's challange now, and in the words of Hughie Green (who's he you young ones may say) vote vote vote most sincerely. We wish her all the best and look forward to hearing the results.

GREAT NORTH RUN

Help the aged has contacted our website and have some guaranteed places for those willing to raise £300 for their charity. They are also involved in the British 10k in London - 1st August, Peak District Bike Ride - 6th June, The Great South Run - 10th October, and Trek Egypt 11th to 21st March 2005. For further info contact www.helptheaged.org.uk or phone 020 7278 1114

Psst,

Just a sly message to some of you blokes out there. If anyone fancies a weekend away for a bit of a stag do, you're welcome to join Stuart and co in sunny Aberystwyth on 3/4 July...

Sorry ladies!

Loads of great pictures, taken by Richards wife Diane, can be found at the following web address <http://www.mystuff.org.uk/kh/>. I have deliberately shrunk the quality for quick viewing however should you wish to get a better quality version of any pic please e-mail me at garreydr@yahoo.co.uk and I'll place it on the web for download.

Garrett

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. Should you wish to get off the mailing list please mail us and we'll unsubscribe you. Every now and then we may send you Excel or Word attachments listing calender of events. These attachments have been virus checked before they are sent out to you.

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