

Hey, Peter

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**From:** Kirkstall Harriers [kirkstallharriers@yahoo.co.uk]  
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**To:** Kirkstall Harriers  
**Subject:** KH NEWSLETTER 6

**KIRKSTALL HARRIERS NEWSLETTER No 6 - MAY 2004**

Dear Members,

This is the sixth club mail. Attached are two Excel spreadsheets containing the Events & Training Calendar and Time Trial Times

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**AMSTERDAM MARATHON**  
**LONDON MARATHON**  
**EDINBURGH MARATHON**  
**THE HARRIERS LOG BOOK**  
**NEW MEMBERS**  
**LEEDS HALF MARATHON - 16th MAY**  
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**RACE CALENDAR**  
**2.6 MILE TIME TRIALS**  
**BODY FAT - LATE FLASH FROM AMANDA**

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**AMSTERDAM MARATHON**

Stuart had a disappointing run - for him, with a time of 3.38, and suffered with cramps for the best part of the 2nd half. He has now been ordered not to run for a month, due to all sorts of leg and knee problems caused by compensatory running whilst injured.

Rebecca on her first marathon did a very respectable 4.12 and will probably do another - sometime in the future, and is also recovering from a knee injury.

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**LONDON MARATHON**

Graeme had a fantastic run with a time of 2.46.50, and enjoyed the whole event

Paul improved on his marathon times with a pb of 3.58.27 but did not enjoy it as much as Dublin

Ian did yet another steady marathon run (how many is that now ?) in 4.29.54

Cassie we believe did it in 4.24, but has anybody seen her since the race ???

Cath did 4.31 but ran round with her sister, and thinks she could have improved on that, does that mean London again next year ?

Joe had a good run but failed to beat his New York time, and finished in 4.05

Patrick did 5.24.49 and felt okay immediately after the race, but was seen doing the post marathon shuffle on his prompt return to training

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**EDINBURGH MARATHON**

The next lambs to the slaughter are Julie, Neal and Peter Branney, we wish them all the best on the 13<sup>th</sup> June. Richard and I have already fallen by the wayside, or are we just being sensible.

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**THE HARRIERS LOG BOOK**

07/05/04

Don't forget that Stuart is waiting to hear from everyone that does a pb time, whatever the race distance. Should you need any forms, please see Stuart or myself

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### **NEW MEMBERS**

Julia Nairn from Cookridge joined 29<sup>th</sup> March, and makes an immediate appearance in the "knackers yard". She has an Achilles problem caused by too much enthusiasm and being sold the wrong type of shoe. Well if she is going to suffer like the rest of us, it may as well be sooner rather than later.

Martin Warner from Horsforth joined 14<sup>th</sup> April, and the very few of you old faces may remember him from a long long long time ago, until he stopped due to back problems - what a wonderful healthy sport this running is.

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### **LEEDS HALF MARATHON - 16<sup>th</sup> MAY**

For those wanting a drink afterwards - even if you are not running, you may feel guilty but what the heck. We are intending to go to Lloyds which is opposite Millennium Square on St George Street. Garrett Reynolds has a spare race entry if anyone is interested

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### **HAREWOOD 10K**

This is on the same day as the Leeds half. But any females not up to 13 miles may want to join Amanda and Leanne for this pleasant 6 mile run around Harewood House, and challenge for any team prizes that may be on offer.

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### **MEMBERSHIPS**

The current membership stands at 44, which after only 2 months is excellent news. I know there are others out there who are just dying to pay up when they have a chance. Just to remind you that for men it is £10, and ladies it is £7 with the usual discount for LPSA members and spouses. I like that word

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### **MEMBERS MEANDER**

This is our off road handicap event for members, but guests are welcomed. This year we are going for a Friday night again, the 18<sup>th</sup> June at 6.00pm, followed by the usual curry at the Sheesh Mahal - our sponsors (hopefully) for our 10k road race. The route is up the canal to Rodley, and back down the river, finishing through the Abbey grounds, about 6 miles in total. I will be asking for names and numbers for running and/or eating, shortly. We shall be doing some recci runs of the route in May.

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### **YORKSHIRE VETS**

There are two races in May, the 1<sup>st</sup> is at Heslington in York on 9<sup>th</sup> May, the 2<sup>nd</sup> at Walton near Wakefield on 30<sup>th</sup> May. Both are about 6 miles, off road and flattish, starting at 11.00 am. See myself for any more details.

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### **KIRKSTALL ABBEY 10K**

We have set the date for this on the 26<sup>th</sup> September which will clash with the Great North Run, but is the best date in September that we can choose. The club will need as many volunteers from the club as possible, further details will follow.

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### **RACE CALENDAR**

Attached is the latest calendar with a last minute addition of the Bramham Horseless Trials on 20<sup>th</sup> June, and Maurice and Richard have details of a short relay near Blubberhouses on Friday 15 July. Anyone wanting race details or transport assistance please feel free to ask at the training runs, if anyone else is doing the same event.

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### **2.6 MILE TIME TRIALS**

Attached are the times of this years 3 runs along with the fastest times from last year

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### **BODY FAT - LATE FLASH FROM AMANDA**

I'm looking for people for next week to come in for a free body fat assessment. They will need to come in 2 days in a row for a repeat test at the same time of day. Please contact me if your interested.  
Amanda