

Club mail No. 31 - MAY 2006

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THE LUXTONS ADD A NEW CLUB MEMBER

Hi all,

Just to let you know that Jo gave birth to a baby boy, James Piran Luxton this morning at exactly 3am. Beautiful James weighs in at a tidy 7lb15oz. Both are doing really well and are still in BRI (where i've left them both fast asleep).

As you know she was due on the 19th April, so was a bit over. She was eventually induced on monday 1st May and went into labour at about 4am the following morning. This lasted exactly 23hours most of which was painful to watch, but even more painful to go through. I'm dead proud of her, but we both know it was worth it.

Needless to say as a gutless bloke, i've now seen pain i didn't realise was possible, for which i will always be grateful. Right; shower, couple of hours kip, then back to see my beautiful baby.

Lots of love to you all
Paul, Jo and James
xx

SPORTSMAN AND WOMAN 2005

Several nomination forms were submitted and there were clear winners in both categories. Congratulations to Peter Branney and Cassie Garbutt who were well deserved winners of the 2005 awards.

Peter has been producing fast races for some time now with particular superb performances such as Leeds Abbey Dash with a time of 33m47s finishing in 51st place (out of over 3000 runners). Injury prevented Peter taking part in all but one of the cross countries, but we hope to have him back in the team for 2007. Cassie has made huge improvements throughout 2005. Hard work and some harder races finally paid dividends with well deserved pbs at Abbey Dash and Brass Monkey and finally at the London Marathon with as 26min PB of 3h58m23s.

Well done to them both.

CROSS COUNTRY CLUB CHAMPIONS

Congratulations to Jimmy Sydney and Debbie Milburn who finished highest individual

male and female Kirkstall overall in the Sport Direct XC league.

LONDON MARATHON

Well done to the following for their performances in London.

Julie Hustwit - 3h47m21s
Cassie Garbutt - 3h58m23s
Lorna Wakefield - 4h07m14s
Tony Downham - 4h14m19s
Gemma Sylvester - 4h23m21s
Katie Hebden - 4h55m32s

Well done to you all and in particular to Cassie for a 26min PB and a sub 4hr time. Also excellent marathon debuts from Gemma and Katie. Hope you all enjoyed the day and recover well.

Next years race is on 22-Apr-07.

SUBS

SUBS are now due at £12 for men and £10 for women - recent new members will be given a discount depending on when they joined the club

YORKSHIRE VETS

There are two races in May, of about 6 miles and mainly off road on paths and tracks 7th May at Heslington near York and 28th May at Walton near Wakefield. See Peter Hey for further details.

MEMBERS QUESTIONNAIRE

Over the next few weeks you will be receiving a questionnaire asking for you about your opinions about the way the club is run, and to assess how you feel about issues ranging from training to social activities.

IT'S REALLY IMPORTANT WE GET A GOOD RESPONSE TO THE QUESTIONNAIRE SO WE CAN ENSURE WE ARE DOING THE RIGHT THINGS FOR MEMBERS, SO PLEASE CAN EVERYONE TAKE TIME TO FILL ONE IN. It should take no more than 10mins to fill it. It's completely confidential. (unless you want to declare who you are)

BRADFORD MILLENIUM WAY

This is taking place on 18-Jun-06. Please see Peter Branney if you are interested in taking part. We will almost certainly be submitting at least 1 team, and will be looking for runners, reserves and helpers for backing up on the day. Peter will be arranging some recci runs over the next month or so either on a Wednesday night or at weekends.

Please contact Peter on p.e.branney@leeds.ac.uk or 07904194981.

LEEDS COUNTRY WAY

Not sure of the exact date yet but probably on 02-Sep-06 as it's usually the 1st Sunday in September. Please see Paul Luxton or Peter Hey if you are interested in taking part.

BERLIN MARATHON

Peter Branney and his running mentor Garrett Reynolds are planning on entering Berlin Marathon. It's on 24-Sep-06. If anyone is interested in joining them please let them know.

MAY RACES

Up and coming local races in the merry Month of May are;

07-May-06 : Leeds 1/2M and Bluebell Trail 10 (Halifax)

14-May-06 : Ripon 10 and Sheffield 1/2M

21-May-06 : Sandal Castle 10k (Wakefield)

FEMALE PhD STUDENT LOOKING FOR MALE DRIVERS AGED 60+

I am a PhD Research student in the Institute of Psychological Sciences looking for male drivers aged 60 years and above (no upper age limit), who are generally fit and able, and currently driving although not necessarily every day. Please click the word document for more details.