

Hey, Peter

From: Kirkstall Harriers [kirkstallharriers@yahoo.co.uk]
Sent: 01 October 2004 10:32
To: Kirkstall Harriers
Subject: KIRKSTALL HARRIERS NEWSLETTER No 11- OCTOBER 2004

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Dear Members,

This is the eight club mail. Attached are three Excel spreadsheets containing a Training schedule, Events calendar and the results of the Charimans Chase.

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KIRKSTALL ABBEY 10K

Many thanks to you all, and your family and friends for helping to make this 20th race, another success.

We had 351 finishers; and 1 faller who was rescued by Tom & Maggie. There was one major problem, in that fishermen sneaked their cars into the Abbey, and before I could lock the gates, Leeds Parks had locked the gate themselves and had to lock in a car, which has caused a bit of hassle. This is something we need to redress for next year. Apart from that the race raised £494 for Diabetes UK, and we could have about £500 left over. Once the final figures are known, I suggest a meeting to discuss what the club should do with the money. Anyone who has not yet received their T shirt for marshalling, or running the Chairman's chase, please let me know asap or see me in the LPSA lounge every Monday and Wednesday. We have plenty of mediums, but only a handful of small and large left.

Talking of T-shirts, the accumulation of our 10K road race T-shirts is now outgrowing my house. If anyone has any suggestions (of a sensible nature) of making good use of these T-shirts let me know. We are not too bothered about raising funds from them, as long as they go to a good cause. If nothing comes forward in the near future, they will possibly end up in one or more charity shops.

We have a £20 voucher from Up and Running left over, which we shall raffle. Tickets are a £1.00 each, or £21 for Sean who won last years raffle.

GREAT NORTH RUN

Jimmy Sydney ran this race in 1.16.37, finishing 73rd, a fantastic achievement in that field. He ran the race on behalf of Leonard Cheshire charity, and any sponsorship money would be greatly

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appreciated. If you cannot pass this directly to Jimmy, then Carol or Peter will ensure it gets passed on. Also doing the event was Patrick, Dave Wood, Non, Kate and Bernard.

CHAIRMANS CHASE

Well done to the 19 people who took part in this years Chairman's Chase. The appearance of many new faces made the handicapping very difficult, but hopefully these can be used for next years event, apart from the case of Tom, who may have been using his injury for a better handicap next year, or Cassie who was found walking the streets of Farsley, after not taking the correct turning. Our new member Non, and Kate, tried to give the others a good start by running about 100 metres up Broad Lane before coming back down and going the correct way up Leeds & Bradford Road. Jimmy was the 1st over the line, but as he did not overtake anyone on the route we are still wondering which way round the course he has found.

The first over the line was Bernard, but strictly enforcing the member's only rule, the 1st prize goes to James Tuite, followed by Trish, then Tony Downham.

NEW MEMBERS

Our latest recruit is Non, aka Rhiannon Griffiths, who lives in Meanwood.

RACES FOR OCTOBER

There are many races to pick from this month, so naming a race for the month is not practical

On the 3rd is the Horsforth 10K, which is almost full, or the Selby half

The 10th must be the Harewood 10K, but entries on the day are £2 extra

The 17th offers the Brid ½ marathon, Richmond Castle 10K, or the Bramham Park fun run of about 6 miles

The 31st is the challenging Holmfirth 15 miler

CROSS COUNTRY TIME

The committee for the Sports Direct cross-country league have arranged a meeting on Tuesday 19th October for all the clubs involved. Horsforth Fell and dale are willing to organise a race, and a club from Harrogate have asked for details, as they are interested in joining. Once full details are known, I shall pass these on. They hope to organise 5 races, each about 4 to 5 miles, one each in November, December, January, February and March. For the men to stay in the Premier League, which we have just been promoted into, we need as many runners as possible turning out for each event, so even if you do not like off road running, your efforts, even if not 100% could make a difference to our final position. The Ladies also got promoted last year, and on last years form would have finished 3rd, so a few more higher positions gained this year, could see them challenging for 1st or 2nd place.

CALDERDALE WAY RELAY

Knowing that Fell and dale, and Ilkley are in the Cross Country League this could leave the 12th December free for us to put a team in the above event. This is similar to the Leeds Country Way, but mainly over open fell and moorland. We need 6 pairs of runners, running legs between 4 and 11 miles, making a total distance of about 50 miles. This is run under Fell running rules, so full body cover has to be worn or carried, along with map, compass and whistle, as a minimum. Anyone interested please give me your names, but a recci of your route at least once, is a necessity should we proceed with this event.