

Hey, Peter

From: Kirkstall Harriers [kirkstallharriers@yahoo.co.uk]
Sent: 06 September 2004 11:18
To: Kirkstall Harriers
Subject: KH NEWSLETTER 10

Dear Members,

This is the tenth club mail. Attached are two Excel spreadsheets containing a Training schedule and an Events calendar.

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KIRKSTALL ABBEY 10K - 26th SEPTEMBER 2004

This is our big event of the year and we need all members and more besides to be available to help on the day. I am now asking for names for marshals. If you want to do a specific job or marshall a specific point on the route, please say so, as it will be first come first served. Those who can, need to meet at 7.45 outside the Kirkstall Leisure Centre, with the latest time for marshall's briefing being 9.15. The race starts at 10.00am. All marshals will get a free race T-shirt. Please pass your names onto me asap. Don't forget to bring any large water containers with you.

CHAIRMANS CHASE HANDICAP - WEDNESDAY 22nd SEPTEMBER

This will be held on a normal training night Wednesday 22nd September, with a prompt 7.00pm start for the slower runners. Trophies for the first 3 over the line. You may be handicapped even more if not wearing club colours - especially if you are a winner !!! Please let me know if you intend to run.

CURRY NIGHT - FRIDAY NIGHT 1st OCTOBER about 8.00pm

This is to celebrate the success (or failure) of our 10K Road Race, and support one of our main sponsors Sheesh Mahal, on Kirkstall Road. Again please pass on your names if attending. Some members may be found earlier in the Cardigan Arms.

TRAINING SCHEDULE

Attached is the training schedule for September. Now we are reverting back to running on the roads due to the dark evenings, anyone with any suggestions for training runs, please pass these onto Richard. Don't panic, I am sure he has not forgotten to put the hill reps every now and then.

NEW MEMBERS

Three new members who have joined the club are Chris Long, who just lives round the corner, Kirsten Buter who unfortunately has to run up Broad Lane to Bramley, after our training runs, and Tony Downham from Moortown who did a bit of market research ? before joining. What with the

return of our many injured runners, we should now be getting some good groups of runners for everyone to run with.

DEPARTING MEMBERS

It looks like we shall no longer be seeing Sarah Twigg, who had just come back from a 9 month (holiday) in New Zealand. She has now gone down London way to work. Hopefully she will still be running and wearing our vest.

RACES FOR SEPTEMBER

We have the Leeds Country Way on the 5th, several of our members are doing the full or half Yorkshireman off road Marathon on 12th, and then our race on the 26th. This only leaves the 19th which could be the hilly Mileta 10 mile, or the Harrogate Theatre, or Woodhall Spa 10k

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