



Leeds Postal Harriers, PO Box 115, Royal Mail House, Wellington Street, Leeds LS1 1LA.

NEWSLETTER

AUGUST 1989

Dear Member,

This is our third newsletter this year and we could be on course for a club record, not for some great feat in a race but the number of newsletters issued in one year! We also have contributions other than from the usual writers, for which we are most grateful.

Another record this year might be for the number of hot sunny days we've had so far. I, for one, somewhat suffer in these conditions when doing races, especially in this years' Great North Run (more about that later). I am definitely a cold weather competitor because then you have to run faster to keep warm!

We are now well on our way with preparation work for our club's 10K race on 10th September. We would appreciate volunteers on the day assisting in making the course ready, marshalling, assisting at finish etc. Although some of you might like to run the race our first priority is putting names down for assistance on the day. If you can help please contact a.s.a.p. Having said all that, someone had the brilliant (or not, as some say) idea of having the race organisers and helpers run the course the previous day. This will be from the Leisure Centre at 6 p.m. on Saturday 9th September.

The Great North Run on the 18th June was a new experience for some of us. Despite the heat and shortage of water stations on the course it was a great day out and a big thanks is in order to Peter Hey who arranged for us to travel with Woodkirk Valley club on their coach at short notice. I think it will be a must for next year.

For those going on the Paris trip in October I will be arranging distribution soon of E111 medical aid application forms plus entry forms actually for the race. A translation will also be attached if your French is not so good.

Good luck with your running.

Rodney Lewis

BLUBBERHOUSES MOOR 25 CHALLENGE Sunday 2nd April 1989

Peter, Jean and myself arrived at Bland Hill Community Centre at 9.35 to find Stuart, kit checked and ready for the off (keen this man). Time passed slowly until our start time of 10.30. Peter, Jean and me worried while Stuart had a bacon and egg sarny. 10.30 - at last off like a shot. The first bit, downhill on road and track to Swinsty Hall, up the fields to Timble village, a bit more road and track and then we are on moor and fell. It's a long haul to Beamsley Beacon over Round Hill and Ellarcarr Pike. Today the wind's behind us making things a lot easier. Now for the bit I like best, the run off down Beamsley Beacon which is steep and rocky. Peter and Stuart are waiting for me at check points (I've got the map). Jean catches us at Deerstones. We all trot in to the halfway point Cavendish Pavilion (a drink stop) together two hours after starting. Now the long climb to Rocking Hall (3½ miles). I have to walk most of the uphill bits. The run off Rocking Hall to Thruscross Reservoir is harder than usual. A cold strong wind is against us. Stuart has quite a wait for me at Thruscross but spends his time wisely eating jam butties. Into the last five miles now. Just a matter of keeping going. The last climb on the road to the Community Centre is a killer. After a rest, change of clothes and a meal it all seems worthwhile. Congratulations to Jean who got the third lady prize and thanks to Peter and Stuart for pushing me four minutes up on last years' time. Finishing times - fastest 3 hours 13 minutes, slowest 9 hours 27 minutes. Peter Hey 4 hours 32; Stuart Williams 4 hours 32; Neal Shotter 4 hours 33; Jean Shotter 4 hours 44.

NEAL SHOTTER

CLUB CLOTHING

We now have a stock of ladies and mens vests, shorts and tracksters. Although some prices have risen these are still at the price shown on your club clothing lists. In addition to these are Fastrax Strider bottoms and knickers. Respective prices are now £8.50 (old price £8.00) and £5.00 (old price £4.25).

THREE PEAKS WALK 8th/9th July 1989

One rainy day 15 intrepid multi-national hikers set off on their two day epic adventure, stopping only (ahem) to sleep under the stars and rain. Their purpose was to complete the 3 Peaks in not 2:58 (record time), not in 24 hours, not 38 hour but yes in 48 hours. Their belonging were kept to a minimum. No garden chairs and certainly no pillows! just the clothes from their backs stuffed into a plastic bag. Fortunately tents were allowed. Food was essential, bangers and beans cooked lightly for 12 minutes at gas mark 5, they should come out golden brown (and here's one I prepared earlier!).

The intrepid group set off from Pen-y-Gent cafe at 09.30 hours to go up the steep sides of Pen-y-Gent. The elements were against them. The rain rained and the wind winded ???! but still they kept going, trudging on determined to reach the high point at the top.

NEWS AT TWELVE! 15 WALKERS REACHED TO TOP OF PEN-Y-GENT TODAY. AFTER THEIR ACHIEVEMENT THEY WALKED A LITTLE WAY DOWN THE OTHER SIDE AND SAT DOWN FOR ELEVENSES NEAR A CRACK IN A ROCK FACE INTO WHICH 3 PEOPLE SQUEEZED. ONE MEMBER HAD DIFFICULTY OPENING HIS CRISPS DUE

TO LOSS OF FEELING IN HIS FINGERS (OR SO HE SAID).

The hikers then switched to 'being campers at a makeshift campsite near the Ribbleshead Viaduct within very little walking distance of the Station Inn Pub (how handy!) The tents were set up in at least 15 minutes (speedy???). The group then went up to the pub for dinner like true campers normally do! They returned from the pub only for one member to cause destruction to the beautiful English countryside. The said person leant against a dry stone wall which then promptly fell down. The attempt to rebuild it failed.

They then settled down for the night at around eleven to get up around eight but their slumber was disturbed by a group of rather 'jolly' pub goers from the said pub. The group wandered about the campsite causing terror and destruction wherever they trod. Tents were pulled down, guy ropes were dislodged. Well it wasn't that bad. After that everyone fell asleep.

The group woke to the smell of their gourmet breakfast, sausages warmed in beans with bread and jam. After breakfast they had the near impossible task of tackling Whernside and Ingleborough. The end seemed nigh..

They once again trudged uphill, this time dry and not being battled against by the elements. A few were met at the top of Whernside by a welcoming party - a lamb and its mother who were rewarded with biscuits from the not yet mentioned ECONOMY lunches, cheese sandwiches, crisps and the biscuits. The group carried on down some steps, or were they a part of the Krypton Factor assault course used as jumps or stride breakers?

Lunch was to be eaten at the New Inn where there was a television (although many had forgotten what one of them was by now!) Tennis was strictly banned on this trip. But watching the ladies final was essential. Either they watched the tennis final or Ingleborough was left unconquered. Neal (the group leader) had to give in and a welcome telly break was given.

A little rock climbing was needed to defeat the last peak. Some found it easy and good fun, others difficult and terrifying. Once again at the top they were welcomed by more sheep, who once again got fed with left over sandwiches. On the way down the sheep were out in flocks! They were coming down the side of Ingleborough to the throng of an organised sheep chorus (laid on specially by Mr. Neal Shotter ???). The last peak conquered.

The course record being about 3 hours they had done it in 48 hours. Their mission complete the group could go home and bathe their midge bites which had mounted up over the two days. BUT NO! they had another pub stop. They reclined on the bar chairs and recalled their massive achievement - the 3 Peaks climbed, defeated conquered by each and everyone of the group (apart from one Peter Hey who popped up on Saturday night). The weekend was enjoyed by some and endured by others, but all had fun and will never forget the conquering of the 3 Peaks Pen-y-gent, Whernside and Ingleborough.

Special thanks to Neal and Jean Shotter without whom everyone would have had an ordinary 'go to the supermarket' weekend with no

midge bites, no blisters but no sense of achievement and no memories of the weekend that was.

· by someone who enjoyed themselves
but still hasn't recovered C. Lewis
(not Catherine)

Anticipated events for club entries:

6th August - Wakefield 10K
13th August - Harrogate 16M
17th September - Selby $\frac{1}{2}$

If anyone has any favourite races to recommend for club entries or has race reports for the newsletter please send them to the address on page 1.