



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

NEWSLETTER

December 1989

Another year is almost over and quite a busy year it's been too. Highlights included the London Marathon, The Great North Run and Paris-Versailles. I'm sure people have many and varied memories of these events. It only remains now for me (on behalf of the committee) to thank you all for your efforts over the past year and wish everyone a very happy Christmas and a peaceful, injury-free New Year.

Moyra Thomas

ANNUAL GENERAL MEETING

The date of the AGM is Wednesday 10th January and as usual will take place at the LPSA Club in Beecroft Street after a short training run. If anyone has any items for the agenda (amendments to club rules etc.) please pass these to Alan Thomas (Secretary) or Rod Lewis (Chairman). All committee members are eligible for re-nomination along with any member of the club. Attached are nomination forms.

LATE CHRISTMAS SHOPPING

Currently available are tracksters at £9.45 a pair. These are red with yellow piping down the leg. Ideal for winter training. For further information see Alan Thomas (Secretary).

LONDON MARATHON 1990

The club has been given one free place by the organisers. If you have received a rejection slip please send it to Alan Thomas c/o our address.

Any members who would like to take advantage of the club trip to London need to pass their names and full payment to Moyra Thomas not later than Wednesday 10th January. As stated in the last

newsletter the cost is £85 per person with no single room supplements. This is for a two-night stay and rail travel.

CROSS-COUNTRY

The first race in the Running Wild Cross-Country League is to be held on Sunday 17th December at Temple Newsam. Members should meet in the car park immediately after the running track at 10.30 for registration. The entry fee is £1 and the race will start at 11.00 opposite the car park. Showers and presentation are at John Smeaton School which is a short drive away.

MISCELLANEOUS

Throughout the past year we have enjoyed Trivia Quizzes and Ten Pin Bowling. These will probably continue in 1990 but if any member has other ideas for entertainment please feel free. After all, as they say, variety is the spice of life.

DIARY DATES

December 17th - Cross-country @ Temple Newsam
December 26th - Airecentre Chevin Chase
January 10th - AGM / Full payment of cost of London Marathon trip
(see above)
January 14th - Cross-country (organised by Ackworth - details TBA)
January 21st - Woodkirk Valley 10K - closing date January 9th
January 28th - Cross-country (organised by Kippax - details TBA)
February 11th - Cross-country (organised by Abbey Runners - details TBA)
March 4th - Cross-country (organised by Woodkirk and ourselves -
details TBA)

**MERRY CHRISTMAS AND A VERY HAPPY
NEW YEAR**