

FEBRUARY 1987

I was rather hoping that with February being such a short month nobody would notice the absence of a newsletter, however this was not the case. Our eagle eyed Secretary has started pulling meaningful faces and reminding me of the date. Now this could be that he is checking up on my training programme rather than the production of a newsletter. Or it could just be that the faces he pulls are due to his new red "training bottoms" being too tight! (no offence Steve!). I had hoped to be inundated with contributions from other members and I could then just sit back and relax - However nothing has materialised. Hopefully the excuse given is that everyone is too busy keeping up with their training programme - more about those later. There is not even much to report on the race front at the moment. Since Christmas our members have appeared in the Chevin Chase and the Woodkirk '6' mile Road Race. We entered both juniors and seniors in the Chevin Chase, and this senior wished she'd run the junior fun run instead! I have been to the Chevin many times but have never experienced the need for an oxygen cylinder and mask before! I found it was not ideal to train for this race on turkey, roast potatoes, Christmas pudding etc. Tramping through muddy fields and running Mount Everest would seem more appropriate. Still, it was made all the more enjoyable (?) by 'post-race' eats and drinks at Steve and Margaret's. I am now making Margaret's chocolate cake a regular feature of my training programme diet - no hope of any prizes now Steve!

The Woodkirk 6 mile race saw our members needing clothes more suited to snow clearing than running! Bobble hats and gloves were very much in evidence - PB's not quite so evident, particularly for 2 lady members! However, one lady's training programme paid high dividends and she knocked six minutes off her previous best 6 mile time (Margaret is obviously Steve's secret prize winning weapon).

Prizes are not always the things that spring immediately to my mind when I enter a race - could this be because they don't give one for being last? (or nearly last). However, this is one department where hopefully our club will succeed this year. Whilst not expecting our Lancashire member, Andrew Sackville, to win the London Marathon, it would be nice for the club to achieve more than the 'Over 50' ladies prize in the Manchester 20k this year! This being so, our Secretary/Coach/'Slave Driver', Steve, has persuaded (conned) some members into training programmes which he expects will increase (sorry, decrease - a slip of the pen) their times for 10k and Half Marathon distances quite considerably. To hear the moans and groans from the ladies changing rooms when these programmes first commenced you would be hard pressed to imagine any of them would enjoy their

running ever again! Five weeks on it only feels fractionally better  
be put off, when we scoop the prize list in all the road races starting  
everyone will want to know the secret of our successes. Will Steve become a  
nationally famous coach? - or will all clubs be forced to make and eat  
Margaret's chocolate cake? Also, when we figure on future prize lists people  
will no longer say:-

"LPSA who?" .....

We are hoping to take a bus load of competitors to Ormskirk to run the West  
Lancashire Half Marathon on March 8th - name to Richard Thomas as soon as  
possible please, so we know whether to hire a tandem or a double decker bus.  
Hopefully, it will be a full day trip for the club, with post race refreshments  
at 7 Rutland Crescent, the home of our foreign correspondent.

Money is now needed by the Lewis's - no , not to pay their gas bill - but for  
the second International appearance of LPSA members. The Rotterdam trip is now  
only 8 weeks away and all monies to be paid by the middle of February.

A Trivial Pursuits evening has been arranged on Sunday, 22 February at the  
home of our Chairperson, Rod Lewis. This only involves you in bringing your  
brains and a bottle at approx. 7.30 p.m. that evening and being in teams -  
so don't worry if like me you have more bottle than brain, you can always  
rely on your other team members, for the correct answer. Everybody is welcome.  
Ever hopeful of increasing scores, another bowling evening has been booked  
following the club night on Wednesday, 25 February. Four lanes are available,  
so again everyone is welcome.

That's it for this month - again I appeal for contributions for next month's  
edition. I must now look at my training programme distance for tonight -  
if it is more than the three yards to put the milk bottles outside the back  
door I shall try and ignore it!

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