

Lastly, some subscriptions are due shortly but the members concerned will be notified by a member of the committee. There is no rise in subscriptions this year, still a bargain at £2.50!

Thank you for your attention.

Rod Lewis

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The Adventures of Frank Spencer

Sunday 30th October, 1988. Weather was fine. To me it was just another day. A triathlon to do which was organised by the Dewsbury and District League of Friendship. But this day will be remembered for the things that went wrong. I got there in a van half an hour before my start time. I got changed and tied my bike up. Suddenly I lost my bike lock keys. With 10 minutes to go I rushed around frantic. With 2 minutes to go I found them at the registration desk. The swim was completed in good time then came the cycling. I got to the start line and set off, 50 yards down the road the sound of air - a puncture. I walked dejected back to the start line hoping for help but all I got was abuse from what was supposed to be the mechanic, so I went back to the centre thinking it was over. Suddenly I was spurred on and helped by a man who owned a shop in the centre. He told me to do it in my own time, so me and this kind gentleman fixed the puncture and I set off. Did cycling in good time, next running no problem. I changed and set off home, having to cycle. As it was getting dark I noticed I had left a bag behind, then I dropped my cassette machine on the floor and broke it. Finally got to the roundabout at Cottingley (no guessing where that is). The car in front of me pulled up sharply at the roundabout. I ran into the back of it and went flying. Luckily no broken bones. The driver apologised and gave me a lift home. So you see, a day to remember. You could say some mothers do have 'em.

P.D.M.

JAN 1989.

WELCOME

The club welcomes new members, husband and wife Neal and Jean Shotter and hopes they will enjoy many happy miles with us.

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It's here! The race we've all been waiting for with baited breath. It's the Chairman's Chase Handicap Race. It will be held on Sunday 26th February meeting at the Kirkstall Leisure Centre for a 10.45 start. The route will be our own Kirkstall Abbey 10K and there will be prizes for the first three home. These are usually won by the ladies so the men had better get training. There will be edible refreshments at the LPSA Club afterwards. If you are intending taking part would you please let Rod Lewis know your best time for a 10K race in 1988 by 20th February at the latest.

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In March there are two interesting races away from the home area. Unfortunately they are both on the same date, 12th March. One is at Hornsea, North Humberside and covers 10 miles and the other is the West Lancs. $\frac{1}{2}$ Marathon at Ormskirk, Lancashire. If you would like to take part in either of these races please let Rod Lewis know by 25th February (preferably sooner) so arrangements can be made. Apologies for the short notice but details were not known until recently.

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On Wednesday 15th February, after our training run Richard 'Mr. Trivia' Thomas is holding his second, and we hope easier, Trivia Quiz.

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The next ten-pin bowling evening will be at the Leeds Bowl on Wednesday 22nd March at approximately 9.30 p.m. Again please let Rod Lewis know as soon as possible if you can come as lanes have to be booked well in advance. The club record score so far this year is 131 by Neal Shotter.

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Enquiries are being made by Peter Hey into a possible Friday - Sunday trip to Paris at the end September/beginning October for either a 20K ($\frac{1}{2}$ marathon) or a 17K (Paris to Versailles). Information so far is that the cost for coach from Leeds return with two nights bed and breakfast will be somewhere between £90 - £120. If you are interested in either of these please let Peter know your preference as soon as possible.