



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

NEWSLETTER

JANUARY 1993

Dear Member,

At long last time has been found for a newsletter and apologies for its late arrival. Although this is the first full newsletter since March we hope that you have been receiving the fixture lists throughout the year. The latest one for January onwards is currently being sent out.

A Happy belated New Year to everybody and hope this year will be more successful for members than '92. A few members have suffered with injuries including fractures, sprains and strains but are now slowly recovering.

1992 seemed to fly by, partly due to the running events which crop up one week after another. They don't seem to decrease over the years. In fact as one event disappears there always seems to be another to replace it. Members, as usual, participated in the various events over the year and it was good to see the club represented in so many.

March A new event for the club was the Hornsea 10M which was followed by the old favourite, the York  $\frac{1}{2}$  Marathon. Some also did the scenic Dentdale 14M.

April Three members only managed to get into the London Marathon and congratulations to Michelle for doing such a good time in her first marathon. The Horsforth  $\frac{1}{2}$  Marathon followed which has in the past been held on the same day as the London.

May and June produced PB's for some members at the Tadcaster 10M, Otley 10M and Ilkley 10K. June also produced a good club turnout at the Harewood House Challenge, a cross country event which included a full orchestra on a stage at the finish area playing Strauss! Beats the disco music and jazz bands on the London Marathon course. The June Fotheries Marathon deserves a special mention because it was Trish Pearson's first and also because Cathy Lewis knocked off a whole hour from her previous best at London. It took months of hard training for these two to talk all the way round without a break!

July and August were fairly quiet months because most members have their holidays then, but the Temple Newsam 10K was well supported and a few did the Burnsall Fell Race and 10M.

In September the club with three volunteers from Horsforth Harriers and a lady from Pudsey Pacers did a superb job in submitting three teams for the Leeds Country Way. Many thanks to those who took part,

either in the running or the very necessary support crews for the food, drink and transport. It is an event the club takes pride in, despite the hard work and planning that's involved.

The same could be said for our own Kirkstall Abbey 10K which this year had 458 entries. Our second best over eight years. It doesn't get any easier organising this over the years, only the relief when it's all over. Again many thanks for those that helped on the day.

Although not so many members took part this year the annual outing to the Great North Run was a good day out and very relaxing for some after the stress and traumas of the Country Way and Kirkstall Abbey 10K.

October was another busy month with members participating in the Bradford  $\frac{1}{2}$  Marathon, Rowntrees 10M and Leeds  $\frac{1}{2}$  Marathon. Also in October Paul Reynard received the clubs 'Sport Personality of the Year' trophy from the LPSA for his 'net' triumphs at races over the year and also for his excellent design work on the Kirkstall Abbey 10K t-shirt.

November Whilst some members were running the Guy Fawkes 10M at Knaresborough, Ian Brown was celebrating his Silver Wedding Anniversary by doing the New York Marathon. Alan Thomas returned to Spain where he ran the Benidorm and Costa Blanca  $\frac{1}{2}$  Marathons and also got quite chummy with a certain Ron Hill (he of running and sports clothing).

A special thank you to Peter Hey for organising the Quasar and Bowling evening and to Julie Thorpe for the quiz nights whose decision is final (sometimes).

That was the year that was and now to this one. The Cross Country League, everybody's favourite, started in December at Kippax but there are still four more events left. They are as follows:

24th January	-	Ackworth
7th February	-	Leeds Postal (volunteers please for marshalls etc.)
21st February	-	St. Theresa's
14th March	-	Dewsbury

They are all 11 a.m. starts and entry is £1.50 including buffet. For those interested please contact us nearer the dates.

June 20th For those that were unfortunate in not getting into the London Marathon, we are organising a trip to the Potteries Marathon at Stoke. We have reduced rate entry forms for early bookings so if anybody is interested either as a competitor or spectator please let us know. It is a very well organised and supported race and each competitor receives a Wedgewood plate.

October We are hoping to organise a trip to Paris for a long weekend possibly from Fri- Wed. The trip would include the 20K and a day at Euro Disney. It will be either via North Sea Ferries from Hull or a coach from Leeds via Dover. Please let us know if interested.

A.G.M. The AGM will be held on Wed 10th Feb 1993 at 8.30 p.m. at the LPSA Club in Beecroft Street. The agenda is as follows:

- a) Receiving the annual report of the committee.
- b) Receiving the statement of accounts and balance sheet.
- c) Election of officers and committee for the ensuing year.
- d) Election of the honorary auditors.
- e) Consideration of any amendments to the Constitution Rules of which due notice has been given to all members.
- f) Any other business.
- g) Date of 1994 AGM.

Any proposed change to a Constitution Rule by a member must be received by the Chairman or Secretary at least 21 days prior to the AGM in order that all members shall have sufficient notice of the proposal. Each fully paid up member present shall have one vote.

Thank you for your continuing support and good luck in 1993.

P.S. Winter Sale There are still some Kirkstall Abbey mugs left at 50p, Kirkstall Abbey coasters 20p and XL Kirkstall Abbey yellow t-shirts at £1.

P.P.S. London Marathon 1993 If you have a reject slip and have not done the London before please notify Alan Thomas by the 21st January.

PPPS: Another Quaser and Bowling Night is scheduled for Thursday the 11th February 1993, commencing 8.00pm.

Names, numbers and money to Peter Hey as soon as possible. The cost per person is now £6.90 but I am trying to get a group discount. If anyone is interested, a buffet meal could be made available afterwards for a total cost of £9.50 or £10.50, provided a minimum of 12 people book for the meal.