



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

NEWSLETTER

June 1990

Dear Member,

The club is now in its 6th year and we thank you for your continuing support. Most subscriptions have been renewed and we now have 52 members. Due to various reasons a few old members have left but we hope to increase the membership with a new advertising campaign in the near future.

Members have been participating in various events this year including the Great York run ($\frac{1}{2}$ marathon), Dentdale 15m, Haworth Hobble, Blubberhouses Moor 25m, Brid 10K and the London Marathon in which eight members were fortunate enough to be accepted. The Blubberhouses was very popular because it gave you the 'choice' of running or walking the course and this enabled relatives and friends to participate with us. Congratulations to Jean Shotter who took 2nd lady. More recently at the Bramley $\frac{1}{2}$ Marathon 11 members took part and congratulations to Trevor Wilson finishing 4th, Karl Bower 20th and John Hutchinson 37th.

Running Wild Cross Country League

Most members who took part in the Running Wild Cross Country League throughout the winter enjoyed this alternative to and break from road events. No doubt we will be doing this league again at the end of the year so start saving up for your spikes! We were the only club that had a full ladies team of 5 in each meeting, so well done to the ladies and of course the men who were prepared to put up with some very difficult terrain and weather.

Below is a league table based on members individual performances in the cross country. Points are award for club finishing positions in each event. 10 point for men and 6 points for women have been added for races not attended.

<u>Mens results</u>	<u>Pts</u>	<u>Womens results</u>	<u>Pts</u>
1. J. Hutchinson	11	1. C. Moran	7
2. P. Hey	21	2. M. Thomas	18
3. T. Wilson	23	3. A. Blackwell	20
4. A. Moran	30	L. Norgate	20
A. Thomas	30	5. M. Gantschuk	22
6. I. Brown	33	6. C. Lewis	23
R. Smith	33	7. J. Goodyear	26
8. M. Reynard	37		
S. Williams	37		
10. K. Bowers	40		
11. P. Reynard	44		
12. R. Lewis	45		
13. P. Brown	47		
14. P. Marshall	48		
15. C. Naden	49		
E. Kasprzak	49		
17. M. Warner	50		

Congratulations to John and Carol on best overall performances.

Chairman's Chase

The results of the Chairman's Chase were as follows:

1st Karl Bowers, 2nd Peter Hey, 3rd Marie Gantschuk, 4th Paul Brown, 5th Tony Moran, 6th Ian Brown, 7th Carol Moran, 8th Alan Thomas.

Members should note that because of the cross country league the event in 1991 will be moved to a club evening so that hopefully more members can take part.

District NCAA

Rodney Lewis has been re-selected to the committee of our district NCAA so if anybody has any queries they would like to put to the NCAA at the next meeting on June 11th please let him know.

There are now 94 clubs affiliated to our district which makes it the biggest in the Northern Counties area.

At the last meeting it was mentioned that volunteers were required from clubs if possible to help as AAA officials for the various road, track and field events in the region. If anybody is interested again please contact Rod Lewis.

Club Clothing

Due to price increases of Fastrax clothing, most lines have gone up by 70p but a smaller club logo has been made which is cheaper. If any member requires clothing from Fastrax we can obtain it and also offer a 10% discount which will continue until at least the end of the year.

Welcome

Welcome to newish members Fran Haggerty, Karl Bowers, Martin Warner and Joan Thomas.

Questionnaires

As promised the results from the returned questionnaires.

Participated event - all those that replied put road first, two thirds also cross country, then eight for fell running and six for long distance walking.

Half marathons were the most popular event closely followed by 10m, then 10k and marathons.

The average times for the various distances were 10K - 43 mins, 10m - 72 mins, $\frac{1}{2}$ marathon - 93 mins, and full marathon - 4 hours 1 min.

Great North Run - September 1990

As per last year we will be organising a trip for the runners and supporters either by ourselves if sufficient members interested or with another club. If interested please contact Alan Thomas at the club address.

Double Trouble

On 24th June Royal Mail, Leeds are sponsoring a fun run in aid of Sport for the Disabled. The run is from Armley Sports Centre at 11.00 a.m. and covers two distances, 4m and 5 $\frac{1}{2}$ m, hence the title 'Double Fun Run'.

As Royal Mail may sponsor our Kirkstall Abbey 10K this year I would like, if possible, for every member to turn out for this event in club colours so we can show our support and grovel a bit. The £2 entry fee goes to charity and sponsor forms are available if anyone wants one.

Alan Thomas

P.S.

Just a note to remind everyone that we now start at 7.15 Monday and Wednesday.