



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

NEWSLETTER

MARCH 1994

Dear Member,

Apologies yet again for the lack of a newsletter but nobody has yet volunteered to do one on a more regular basis, but Richard Thomas is thinking about it. This is not so much a newsletter but more of an annual review, so here goes.

January was fairly quiet with only the Woodkirk 10K and the cross-country league race at Ackworth to keep members entertained.

February kept some members occupied with the Rombald's Stride, another cross-country at Temple Newsam plus our own cross-country at Bramley Fall Woods. We were well pleased with our event as we had over 190 runners participating and the weather was kind to us, which in February definity helps. Also in February Peter Hey organised a Quasar and ten pin bowling evening which should be repeated this year.

In March there was another cross-country at Dewsbury plus the old favourites, Dentedale 14 and York $\frac{1}{2}$ Marathon.

A few members managed to get into the London Marathon in April while others did the Horsforth $\frac{1}{2}$ Marathon the same day.

In May and June the Tadcaster and Otley 10 Miles, the Ilkley 10K and the Potteries Marathon at Stoke were well subscribed.

July and August were fairly quiet for members because of the holiday period but there were numerous races available in the Leeds/Bradford area.

September is our busiest month with three teams entered into the Country Way. As usual our thanks to those who ran and the supporters as well as the organisers of the training runs prior to the event. Our own Kirkstall Abbey 10K was again well supported and many thanks for all the help on the day. A special thank you to Paul Reynard for his t-shirt design. The Great North Run, like before, was a good day out and for the first time we actually managed a pub stop on the way home!

In October the Leeds $\frac{1}{2}$ Marathon was popular while some did the Bradford $\frac{1}{2}$ Marathon and Rowntrees 10 Mile. Two members also did the Paris 20K.

November saw a return club trip to Benidorm where a number of members with relatives and friends enjoyed the sunshine for over a week.

Thanks to Julie for organising the pre-Christmas Banquet at Halifax. Trying to eat a five course meal with only a knife certainly made an interesting night!

We have four members competing in the London Marathon this year and possibly 13 members entering the Potteries Marathon - the powers of female persuasion appear to have worked again! (like lambs to the slaughter). Prior to the enjoyment? of completing the aforementioned we are hoping to organise a few longer runs on a Sunday (who can forget Linda Norgate's classic last year? - I think they are still collecting bodies who couldn't find the hidden water bottles). As in past years the Wharfedale 20 will be run on a mutually agreed Sunday with showers and a meal at our Chairman's house after the run for families, helpers and runners. (The showers are not obligatory for the family members or the helpers). Peter Hepworth was heard to mention that he would be able to organise a run from his neck of the woods, and back by popular demand will be the Norgate Special Part II. Perhaps we could persuade Linda to find an easier route, this may mean she will have to move house! I am reliably informed that Peter Hey is to organise the running of the Leeds $\frac{1}{2}$ Marathon route one Wednesday evening - date and time to be advised.

For those members that want to join in these runs just for fun... they can put all the training to good use and enter the Nottingham $\frac{1}{2}$ /Full Marathon in September. I gather a pork pie is not the incentive this year as they have a new sponsor, but you do still receive a piece of Nottingham Lace in a glass frame to grace your lounge wall. (It must be better than Stanley Matthews!!)

LPSA membership (additional to Harrier membership). For those requiring associate membership to gain access to the full facilities of the club, anybody can join for an annual fee of £2.90. Please let us know if you require a membership form.

March appears to be the $\frac{1}{2}$ marathon a week month because on Wednesday 2nd March evening there is a $\frac{1}{2}$ marathon from the club at the earlier time of 7 pm. On the 12th is the Dentdale 14 and on the 6th March is the Wharfedale 20. The York $\frac{1}{2}$ is a week later this year on the 27th, forms are now available.

The club's AGM took place recently and the committee remains near enough the same as before. Subscriptions will be the same as for '93 which is the value for money sum of £3 and are now due.

Thank you for your continuing support. All the best for '94.