



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

NEWSLETTER

MAY 1989

#### CHAIRMAN'S CHASE HANDICAP

Apologies for the lateness of these results. The race took place on 26th February with 16 members taking part. A detailed list of finishing positions can be obtained from the Club Secretary but here are the first three placings. 1st: Carol Moran; 2nd: David Hebden; 3rd: Peter Hey. Thanks to Cath Lewis and Moyra Thomas for their catering.

#### WARM-UP SESSIONS

It has been suggested that time be set aside for these before running on club nights. Warming-up is important for everyone but especially so for new and inexperienced runners. If you have any exercises which work for you please pass them on to other members.

#### ESCORTED RUNNING

Could all members please ensure that no member runs alone on club nights. The evenings are now lighter but even so there are some odd characters around. Also if no member runs alone it means if an injury occurs while running help is immediately at hand.

#### KIRKSTALL ABBEY 10K

The 1989 race will take place on 10th September and a race permit has been applied for.

#### TRIVIA QUIZ

The next Trivia Quiz will be held on 24th May and will be compiled by Moyra Thomas. There will be a prize for the winner and each person wishing to take part will be charged 20p to cover costs of this. Any money remaining after cost of prize deducted will go to club funds.

#### L.P.S.A. CLUB

Harriers members should note that for £2.30 they can become associate members of the L.P.S.A. Club and may use the club facilities on nights other than running club nights.

#### NEW MEMBERS

Welcome to new members Jean Goodyear (unfortunately injured at the moment - get fit soon Jean), Roy Tattersfield and Marie Gantschuck.

CONGRATULATIONS

Congratulations to Jean Shotter who took 3rd Lady prize at the Blubberhouses 25 (Fell Race) on 2nd April. Well done, Jean.

PARIS - VERSAILLES 1st October

The cheapest price quoted is from Sportsmans Travel. Depending on numbers the maximum price will be £131 and the minimum £115. Both prices are plus insurance and race entry. Deposits of £20 per person to be handed to Peter Hey by the end of May.

THE GREAT NORTH RUN 18th June

This trip will be on similar lines to the one we have to Ormskirk each year for the West Lancs.  $\frac{1}{2}$  Marathon. A minibus will be hired for the day and members will be asked to meet at the L.P.S.A. Club where there are plenty of parking spaces. This should be quicker than having individual pick-up points. It will also be here that members are dropped-off on returning. At the moment 9 members have shown an interest. If anyone else is interested please let Rod Lewis know as soon as possible.

THANKS

Many thanks to the Lewis's and assorted family and friends who gave their hospitality and use of their facilities when members undertook a pre-London training run (20 miles) from Burley-in-Wharfedale to Bolton Abbey and back.

CHANGE OF ADDRESS

If any member changes address please inform the club as soon as possible via the address above.

DIARY DATES

24th May - Trivia Quiz  
18th June - The Great North Run  
10th September - Kirkstall Abbey 10K  
1st October - Paris to Versailles