



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

NEWSLETTER

November 1989

It has been an eventful time for the club since the last newsletter with our own Kirkstall Abbey 10K race keeping some of us occupied for several weeks. Despite all the worrying and fretting the race day turned out very successful with no major problems. 350 competitors completed the course and we had several pleasing comments from runners about the course and organisation.

I would like to thank all those that assisted on the day and especially Peter Hey, Alan and Moyra Thomas for all their hard work leading up to and on race day. Peter was the instigator behind the race programme booklet spending a lot of his spare time finding sponsors for it. The sponsors financial support paid for the printing and also contributed towards the Yorkshire Evening Post Half and Half Appeal. The bonus on the day was that club member Trevor Wilson came in second, only 12 seconds behind the winner. A terrific performance.

At the end of September ten members went to Paris for the weekend to participate in the annual Paris-Versailles 11½ mile race. The race started at the foot of the Eiffel Tower, followed the Seine and then cut inland through the suburbs. At about 8K there was a rather long steep climb followed by a pleasant section through woods to the town and impressive Palace of Versailles. The race start was at 12 noon but it was a case of first there, first away. With 20,000 participants (not all runners) batches of 500 were started off at 1 minute intervals which meant a long wait for some of us before moving. A bar code on your number was 'read' at the start and then again at the finish. In theory you could be the last away and if quick enough win the race! Très Français experience!

Rodney Lewis, Chairman

New Members

We welcome four new members to the club - Paul Pullan, Trevor Wilson, Eric Hamer and Elizabeth Webster. We wish them every success with their running.

NCAA Fixture List - Sept.-Jan.

The Leeds Dash was omitted from the list. It is being held on 3rd December.

Congratulations

...to Trevor Wilson for 2nd place in the Kirkstall Abbey 10K, 4th at the Pudsey & Bramley ½ Marathon and 7th in the Leeds Trimoco Marathon, and to Jean Shotter for 5th Lady at Horsforth 10K and 1st Lady at Butterbowl 5.

National Cross Country Championships - Saturday 24th February 1990

The above is being held at Roundhay Park, Leeds and Leeds City A.C. are the host club but owing to the scale of organisation for 5,000 athletes we and other clubs have been asked to help i.e. marking out the course, marshalling, directing visitors, traffic. The organisers require teams of helpers with 5 per team commencing 'work' at 8.30. If you can spare the time please let us know.

London Marathon 1990

If you have entered and then receive a rejection slip you may be eligible for a club entry. Our present basic criteria is that you have not run in the race before. Please send your rejection slip to Club Secretary, Alan Thomas c/o our address.

P.S. I have been enquiring into the cost of a two-night stay in London for the weekend of the London Marathon. The stay would be Friday and Saturday night with bed and breakfast in a hotel near to the West End. The approximate cost will be £85 per person. The company I have enquired with have no single room supplements for Fridays and Saturdays and offer a discount of one free place for groups of 16 plus. As the total amount will need to be paid at the time of booking I felt I should give everyone plenty of notice. Obviously London hotels book up very quickly for the marathon weekend and I will need to know final numbers and have payment very early in the New Year.

Moyra Thomas

Cross-country

After the long hot summer of complaining about the heat and lack of water on races we thought a change would do you all good so we have entered a cross-country league.

The Running Wild Cross-country League is between ourselves, Abbey Runners, Ackworth, Crossgates Harriers, Kippax Harriers, St. Theresa's and Woodkirk Valley. It will be run over 5 races between December and March on Sunday mornings. The first 8 men and first 5 ladies from each club will score points so we hope that at least this many will turn out for each race. First claim members only are allowed but second claim members can run as guests.

The races and organisers are as follows :

December 17th	St. Theresa's and Crossgates
January 14th	Ackworth
January 28th	Kippax
February 11th	Abbey Runners
March 4th	Woodkirk and ourselves*

As you can see Woodkirk Valley have asked us to help them with the last race so anyone not running on that day will be welcome to come along and help out.

The races are 11.00 a.m. starts with £1 fee on the day. Refreshments will be available after each event. Any further information required is available from Alan Thomas.

The Metro Centre, Gateshead

I am planning a trip to the Metro Centre at Gateshead on Saturday 18th November. It will be with Tordoff Coaches and will cost £4.75 per head. It will leave from Headingley Railway Station at 8.30 and it is expected that we will arrive back in Leeds at approximately 8.00 pm. Full payment will be required at the time of booking. If you are interested please let me have all money no later than Wednesday 8th November. I can be found, most Mondays and Wednesdays after running, in the LPSA Club on Beecroft Street. I can also be contacted by phone - daytime 0532 438283 ext. 4153 or evening 0532 637955.

Moyra Thomas

Christmas Meal - December 2nd - Tong Village Hotel

The total cost of the meal is £14.95 per person. I have booked and paid deposits for 16 people but I can still take final numbers up to three weeks prior. I will need full payment not later than 8th November.

Moyra Thomas

Paris-Versailles Race

Many thanks to Peter Hey for his organisation of the club trip to Paris for the Paris-Versailles run. It was a weekend which was enjoyed by all. Another fixture for our list.

Suggested races

The Leeds (Abbey) Dash - December 3rd
Woodkirk Valley 10K - January 21st - Closing date January 9th.