



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

NEWSLETTER

NOVEMBER 1991

Dear Member,

Since the last newsletter in August the Secretary, Chairman and Treasurer have been trying to unwind a little after all the activities up to, and in September.

The second 60m Leeds Country Way went very well at the beginning of the month and congratulations to the 24 men and women who ran their hearts and sweat glands out that day. We can pat ourselves on the back for everybody involved (especially Peter Hey and John Hutchinson) for the training and organising for this event. Except for nettle stings, insect bites, thistle and bramble scratches everybody who ran came through remarkably well.

Out of 32 teams on the day the men came 14th and the ladies 31st beating a mixed team. There were only 3 ladies teams in the event and ours were beaten into 3rd place by 20 seconds. Yes 20 seconds over 60 miles! Which lady caused this hasn't been ascertained. The only gripe from the ladies is that the men had 2 video cameras recording their achievements in their bus and they didn't!

The next Sunday was our own Kirkstall Abbey 10K road race, and we thank those who helped out on the day to make it a continuing success. We had 408 runners on the day, the second highest entry since the inaugural event in 1985. A lot of hard work goes into organising this event mainly with entering and logging of competitors. This involves a lot of writing and recording before and after the event i.e. sending out numbers and results and next year it would be appreciated if anybody would like to volunteer in assisting with this work. Book early! Our race this year went to help the British Heart Foundation who received from us a cheque for £700.

The third Sunday in September was Great North Run day and we had 19 members (11 men and 8 ladies) in the event, the highest up to that date for a road race. With the combination of high temperatures and just under 27,000 other runners the Great North Run is more of an experience than a race. The only black spot of the day was the traffic congestion at South Shields and on the A1 returning.

On the 4th Sunday a few brave members participated in the Aireborough Triathlon at Guiseley. Well done to Ian Brown, John Hutchinson, Janice Bowers and David Pullan. Congratulations to David for winning the 3rd Vet's prize.

October saw members doing their own thing with participants in the Hornsea 5, Horsforth 10K, Brid $\frac{1}{2}$, Bradford $\frac{1}{2}$ and others. At the end of the month the club had its highest ever entry on the day for a road race, with the Leeds full and $\frac{1}{2}$ marathons. 22 members took part, 5 in the full and 17 in the half. Can we do better next year?

91-92 Sports Feet Cross Country League This is the event of the year that members really look forward to (well some do) and it kicks off this year on 1st December at WOODKIRK. As in the previous 2 years a team will consist of at least 8 men and 5 ladies. So for all those who enjoy a paddle and tramping about in mud (weather permitting) please note the other following dates:

15th December	organised by St. Theresa's
26th January	" " Leeds Postal Harriers (that's us!)
9th February	" " Dewsbury Road Runners
23rd February	" " Abbey Runners

All races start at 11 a.m. and entry costs £1.50 including buffet afterwards. Still awaiting details.

Club Championship 1991 This has now finished this year and it has been a bit of nit and miss. We do apologise for not publicising it too well but it has been the first time we have tried this, and we have learnt from our errors. Next year the committee will let members know by March what the selected races will be for the year and we will offer a greater choice to suit as many members as possible. This years results will be available in the near future. We know of only 1 person (Peter Marshall) who participated in the Nottingham full and $\frac{1}{2}$ marathons. If there was anybody else please let us know ASAP.

Viva España! This month sees the departure of some of the club's Euro Squad and supporters to Benidorm for the full and $\frac{1}{2}$ marathons. We wish them a good trip but suspect the only PB's attained will be for drinking, eating and how much duty free will be coming back! There will also be a club prize, not for the member who has the highest finishing time in the races but who comes back with the largest sombrero or straw donkey!

Bargain T-shirts We have some shirts left over from our 10K race. We are offering them for sale at £2 each. They are all XL size but they're not too big. Let us know ASAP if you would like any. They are yellow with small Royal Mail logo on the front with print on the back concerning the date, event and British Heart Foundation.

'92 London Marathon As in previous years if anybody has entered the London Marathon for the first time and receives a rejection slip please send it to the club where it will go into a draw for the club's allotted entry from the organisers.

Chairman's Comment Over the last year we've had 10 members join the club and it is gratifying to see that most are now prepared to tackle distances up to $\frac{1}{2}$ marathons. Considering that like most of us it all starts with a little jog around your own home area and then hesitantly joining a running club wondering what you've let yourself in for, it makes it worthwhile for those who try to keep the club ticking over. Thank you for your continuing support and encouragement to the newer members.