



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

NEWSLETTER

October 1990

Dear Member,

We were hoping to bring out a newsletter in August but with several folk away on holiday and preparation work for two key events, committee members have been very occupied. As mentioned in previous newsletters if anybody wishes to be a writer/editor we are open to volunteers, also contributions are most welcome whether it's to do with road, cross country or fell running, local or further afield.

In June we had 52 fully paid-up members but we now have 65 and we welcome Susan Bosah, Geoff Kubas, Stuart Smith, Graham Robson, Paul Clarke, Alan Mottershead, Stan Crowe and Amanda Churchill.

A new event in June which was participated in by a few members was the Pudsey 3 Day Challenge with a different distance on Friday, Saturday and Sunday. A few pounds were shed that weekend, but the 'few' came through the weekend unscathed and well pleased with their efforts. As the event was well supported by clubs in general it could become an annual event.

A couple of weeks later a large number of members did the various distances of the Rombalds Stride. As with the Blubberhouse 25 some ran and others walked but in defence of the walkers they did a better time than before. Less time allocated for picnics! There was some fine scenery on the various routes with a too close-up view of Esholt sewage works, but it was an enjoyable day out.

Also in June the Post Office-sponsored 'Fun Run' was held at Armley and we thank members for supporting this event.

At the beginning of September Kippax Harriers staged the 1st Leeds Country Way, a course around the Leeds area, of about 60 miles. The route was split up into 6 stages with 2 different members doing each stage. The routes were a combination of footpath, track and road. The members who actually ran and the back-up support team with minibus and refreshments did the club proud and we especially thank Peter Hey and John Hutchinson for all the hard work they put into the organisation, planning and training for this event. Perhaps we could muster two teams next year!

Our own Kirkstall Abbey 10K on the 9th September went well despite a panic about locked park gates at the entrance to the Abbey grounds. Although arrangements had been made with Leeds City Council to unlock the gates at 8.30 their man did not have the right keys. The day was saved by the unexpected arrival of a Mr. Whippy ice cream van whose driver had the key! This all happened about 15 minutes before the first runners were due at the finish! We did make a very small profit from the race for the charity Sport For The Disabled. We have a number of souvenir coasters left over. These are made from slate and are 4" in diameter. If anybody wishes to purchase any for 50p each (ideal for putting your Kirkstall Abbey 10K mug on - also available for 50p) please let us know. All proceeds from the coasters will go to the above charity.

On the 16th September (it was a busy month) at least 16 members took part in that small intimate road race just up the road called The Great North Run. We had enough going to hire our own coach and hopefully we'll do the same next year. Although there is a 30,000 limit and club runners are favoured, when we obtain entry forms they have to be returned very quickly. If anyone wishes to enter next year could you please let us know so that we can send you a form as soon as they are available.

As in previous years for those that apply for the London Marathon and are rejected the club should have at least one entry. Please send your rejection slips to us as these then go into a draw which will be in December and preference is given to those who have not done London before.

We are at the thinking stage of at least one trip abroad next year for a race and the possibilities are as follows:

Malta full/½ marathon	weekend	£175 approx.	Feb.
Paris 25K	"	£120 "	March
The Hague ½ marathon/10K	"	£100 "	"
Rotterdam 15K	"	£100 "	April
Berlin 25K	"	£230 "	May
Amsterdam full/½ marathon	"	£100 "	"
Brussels 20K	"	£100 "	"
Paris-Versailles 17½K	"	£120 "	Sept.
Paris 20K	"	£120 "	Oct.
The Hague 10M	"	£100 "	Nov.
Benidorm full/½ marathon	week	£180 "	"
Majorca full/½ marathon	4/5 days	£150 "	Dec.

For whichever one is the most favoured further arrangements and details will follow. Please let us know if you are interested in any of them.

The club clothing list has been updated with the suppliers new prices. We would like to emphasise that these are the discount prices to club members and that we do not make a profit from these items.

Fastrax items we can order normally on a minimum of 1 basis but Running Wild might be from 1 - 6. the club usually has a stock of tracksters, vests, shorts and safety bibs. Please remember that the club is currently offering 10% off club clothing.

Next March on the 9th is the Dentdale race, 14½ miles. We are looking into the possibility of hiring a 'barn' in the area for the weekend, Friday night to Sunday. Please let us know as soon as possible if you're interested as numbers will be limited to about 24 (unless you want to camp nearby!)

After last year's venture into the cross-country scene the club is again taking part in this season's Running Wild Cross Country League with 6 other clubs. We are even staging our own race! As last year it's a case of turning up on the day, paying your £1 (which includes a snack afterwards) and off you go! Dates are as listed at the end of this newsletter. More details will be known nearer each event.

The club is organising a Christmas 'do'. This is at the Inn On The Park, Guiseley on Saturday 1st December. The maximum cost is £13.90 and the menu is as per advert. below. Please let us know as soon as possible for reservations. Bring friends if you wish. A deposit of £2 is required per person.



**INN ON THE PARK**  
**THE IN PLACE TO BE**  
We are now taking bookings for your Christmas Parties

<b>Christmas Fayre</b> from 1 December to 24 December 1990	<b>Christmas Day</b> 1990
Melon au Porto Soup of the Day Fruit Juice Prawn Cocktail *****	Prawn Cocktail Country Rose Pate Melon au Porto Egg Mayonnaise *****
<b>Traditional Roast Turkey</b> Chipolata Sausage, Bacon Roll, Seasoned Stuffing, Cranberry Sauce & Game Chips	<b>Roast Norfolk Turkey</b> with Chipolata Sausage, Bacon Roll, Chestnut Stuffing, Game Chips and Cranberry Sauce *****
<b>Entrecôte Chasseur</b> A Prime 8oz Beef Steak cooked in a rich Red Wine Sauce	<b>Entrecôte Bordelaise</b> 8oz Entrecote Steak cooked in a rich wine, tomato, mushroom and onion sauce
<b>Scampi Provencale</b> Glazed Scampi served in rich tomato and white wine sauce	<i>All the above will be served with a Platter of Fresh Seasonal Vegetables</i> *****
<b>Vegetarian Crumble</b> <i>All the above served with buttered carrots, baby sprouts and accompanied with roast and buttered parsley potatoes</i> *****	Plum Pudding and Rum Sauce or Choice of Sweet *****
Fruit Salad & Ice Cream Christmas Pudding & Rum Sauce *****	Cheese Board *****
Coffee & Mints *****	Brandy Slice served with Coffee *****

Lunch £13.90 — Evening £13.90    £19.90 per head — £9.90 per child

**Special Offer**  
Bookings for 40 or more entitles you to a Free Sherry  
Reception and a Free Disco and £1 off per head.

**BOOK NOW: TEL. 0943 73459**

**Inn On The Park**  
Nunroyd House, New Road, Yeadon

Please note that on October 25th Leeds Postal Sports Association hold their Retired Members' Concert and Trophy Presentation Night at the LPSA Club in Beecroft Street. Trophies are awarded to each section for Sportsman of the Year. This is usually a good night out so please turn up - you could be one of the winners.

DON'T FORGET

Christmas is coming,  
The goose is getting fat,  
Don't forget your tracksters...  
... to put in Santa's sack!!!

THAT'S ALL FOLKS!



## Fixtures Season 1990/91

<i>Date</i>	<i>Organiser</i>
<i>16th DEC.</i>	<i>Ackworth</i>
<i>6th JAN</i>	<i>STAC/Cross Gates</i>
<i>27th JAN</i>	<i>Kippax</i>
<i>10th FEB</i>	<i>Leeds Postal (Dewsbury)</i>
<i>3rd MAR</i>	<i>Abbey Runners</i>

**All Races Start at 11.00 a.m.**