



Club mail No. 41 - MARCH 2007

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AGM

A date has been set for this year's AGM as Wednesday 21st March in the LPSA following a shorter than normal club run. Please can everyone make an effort to attend as it's your club and this is one time a year we ask members to spare an hour to help shape the way the club is run, as well as get opinions on such things as the Kirkstall Abbey 10k, club fees, London Marathon places, social events and much much more. A buffet spread will hopefully be laid on to entice people along, although you'll have to buy your own beer!

Last year only about 10 members attended which was a bit disappointing as we can't get a representative view point of club issues, so if you can attend, it would be appreciated.

SPORT DIRECT CROSS COUNTRY UPDATE

Well done to all those who were able to run at Bramley Fall Woods. A good Kirkstall turnout meant both teams scored the highest points tally out of the 4 races so far. The ladies scoring 86 points and finishing 4th in the Premier, and the men scoring 464 and finishing 5th.

Unfortunately it doesn't look like these results will be good enough to avoid relegation from the Premier league for either team, however the good news is that next year we can challenge for the First Division title, if we can get similar teams out for every race.

Again Peter Branney did the club and himself proud by finishing first to claim a hat trick of wins. We're busy trying to work out the rules on the individual scoring system, but we believe Peter has a good chance of winning the overall individual men's title, so good luck to him in the 5th and final race, and hopefully we will all have something to celebrate at the prize giving.

Full details of results are on the Abbey Runners website www.abbeyrunners.co.uk

A special mention also to all those who contributed towards the food and those who stayed behind to sort it all out. One or two kind compliments were heard from some of the other teams. Thanks also to Carol for co-ordinating everyone.

Sad to say there is just one more race of the season, on Sunday 4th March at Eccleshill.

The race begins at 11am, with registration from 10am in the car park at Immanuel Community College on the A657 Leeds Road, Thackley (Same as last year). For those wanting lifts and directions meet at the LPSA at 0945 prompt.

We've been asked to remind runners that there are no toilet facilities at the start, and not to use the school grounds, so go before you get there!!

Showers and refreshments, as previous years will be at Idle cricket club, about 1/2 a mile from the college.

YORKSHIRE VETS SERIES

The old gimmers of the club - those over 35! got the club off to a good start at Horsforth for the first race of 10 throughout the year. The men finished 12th out of 27 clubs for 1st 4 to count, and 11th with all runners counting. Can we keep this up? The next race is at Meltham on 25th March, a multi-terrain course of about 6 miles, starting at 10.00 am - full details available on the yvaa website <http://www.yvaa.org/>

PB ALERT

Be on the look out for the following runners as they're getting quicker after posting recent PBs as below;

Helen Goldthorne Great North West 1/2 M 1h 47m 47s

NAME	START TIME	FINISH TIME
Patrick Nesden	Snake Lane 10	1h 31m 49s
Andrew Brown	Snake Lane 10	1h 39m 45s
Jill Stocks	Snake Lane 10	1h 41m 21s

Well done guys.

SPORTSMAN & WOMAN

It's that time of year again for members to nominate their sportsman and woman for 2006. Points to consider could be ability, results, improvement over the year, or general commitment to the club etc. Please ask around for nomination forms. Nominations to be submitted by 22-Mar-07.

NEW MEMBERS

Please welcome to the club Steve Radcliffe - we finally have his details, who resides near the waterfront around Whitehall Road, and Lucy Alderton, from the Leeds 10 area, who came back to the club after a year's absence from her first run!

PIZZA NIGHT

We're planning on organising another bargain pizza / pasta night at Fat Francos on Horsforth New Road Side on Thursday 22nd March at about 7-30pm (subject to confirmation). Please let Peter Hey know if you're interested.

JANE TOMLINSON'S RUN FOR ALL LEEDS 10k

You will have read about this event taking place in Leeds on Sunday 24th June in last month's newsletter.

Kirkstall Harriers have been asked to provide volunteers for marshalling on the day. If you are able to help out, please pass your details onto Richard Thomas.

NORTHUMBERLAND COASTAL RUN

A few members have mentioned about doing this approximately 14mile run from Beadnell to Alnmouth in Northumberland on Sunday 15th July.

Entry forms and details available from Jill Stocks, who will also I believe be offering a free translation service on the day!

UPDATE ON DUBLIN MARATHON – Monday 29th October 2007

Following the suggestion last month of a trip to the Dublin Marathon, a few people have asked me for more details about likely costs etc.

Registration for the race closes on Monday 8th October, however the entry price increases as time approaches race day. Before 1st August entry is 60 Euros (approx £42). Entry is guaranteed and there is no ballot to worry about.

In terms of the size of the race, last year there were just over 8000 finishers so not too crowded but plenty of company all the way around for all paces.

It's still not possible to book return flights yet, although you can book one way flights from Leeds Bradford to Dublin for a mere £40 incl. taxes one way on the Saturday. I'll keep an eye on Ryanair's web site and keep you updated. Expect return flights to cost in the order of £80 to £100 although we'll need to get in quick when the return flights become available.

As for hotels, Dublin has a loads of city centre hotels, but it's obviously going to be a busy weekend. A quick look on the web sees we should be able to get rooms for less than £50 per person per night based on 2 people sharing a twin room, although if people have budgets or more expensive tastes I'm sure this can be catered for.

So, all in the trip should cost something in the order of £300 for flights, hotels and race entry.

If anyone is interested in more information let Paul Luxton know.

MARCH RACES

Sunday 4th March – Sport Direct XC League, Eccleshill – Please try to attend this one

Saturday 10th March – Dentedale Run 14.3

Sunday 11th March – Dronfield 10k

Sunday 18th March – East Hull 20

Sunday 18th March – South Leeds Stadium 5

Saturday 24th March – Coniston 14

Sunday 25th March – Wakefield 10k

Please check www.runnersworld.co.uk for entry details

WINTER TIME TRIAL RESULTS

[Please click here](#)

