



Club mail No. 48 - NOVEMBER 2007

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NOVEMBER NEWSLETTER

PECO CROSS COUNTRY

This is what was the Sport Direct league, and over recent seasons has seen the club on a regular pattern of promotion to the Premier Division one year, followed by relegation to the first division the next. If that pattern continues, this year should be a promotion year!! Here's hoping at least, but this does rely on getting as many runners out for all of the 5 races.

We try and encourage all club members to participate in this league, as both an individual but more importantly to help the club in what is essentially a team event. There is usually in excess of 200 runners taking part in all the races, of both sexes and all ages and abilities. The first race this year is at Woodkirk and its the same venue as last year – Shaw Cross, which is on the A653 Leeds to Dewsbury Road, and is a couple of miles from the Tingley roundabout, near to the Birstall turn off.

The date is Sunday 11th November, starting at 11.00am and anyone wanting lifts or to share transport should meet outside the Leeds Postal Sports Club at 9.45.

Other dates – as I know you'll be desperate to put them in your diaries are;

December 23rd 2007
January 13th 2008
February 17th 2008
March 9th 2008

WEST YORKSHIRE CROSS COUNTRY

Well done to Stuart Connolly, Mario, Tim and Stuart Reardon, for doing the first race and showing the club colours. The second race was at Bramley on 27th Oct – too late to mention in this newsletter. The next race is York on Saturday 17th November and the race starts at 2.15. Please let Peter Hey or Martin Savage know if you are available. We can arrange to share transport.

NORTHERN CROSS COUNTRY

This is on Saturday 26th January at Roundhay Park and it would be nice to get a team of lads and lasses together. Exact nos per team are as yet unknown but unlikely to be less than 4. We also need at least 6 marshals to look after a section of the course. Please give your names to Martin, Collette or Peter if you want to run – or Richard if you want to marshal – please ensure that you are available on the day before submitting your names.

KIRKSTALL ABBEY 10K

At the meeting in October it was decided to make the donation to Wheatfields up to £500, and the race still made a profit of about £160, which should ensure that at the end of this financial year our account is much the same as last year. We are starting to make proposals to the various authorities for next years off road event and will keep you posted

OLD 10K T-SHIRTS FOR SALE

Anyone wanting to purchase old 10k T-shirts can do so for £2.50. There is quite a selection of designs and sizes on offer – please ask at the training sessions if interested.

NEW MEMBERS

Please welcome Alison Read to the club who comes from Kirkstall area – and knew of Neal's reputation – on completing the Bob Graham round in under 24hrs – and she is trying to emulate the same distance, but over a much longer time band.

EXISTING MEMBERS

Congratulations to Jill Barron on her recent marriage – I'm sure all the club members wish her and her hubby all the best – hopefully it is common knowledge – if not – it is now.

And for those who don't know – Gemma Sylvester (our resident physio) has moved down to Worcester and wishes everyone well.

GREETINGS FROM THE LAND OF SAND!

Message from Cassie: Just a quick update on life in Dubai - hope you got the postcard. Its still hot, apparently up to 36 degrees today! I'm working at a nice school in Jumeirah at the moment, lots of parents with ferraris and lamborghinis! Been running on the treadmill as when we arrived it was still mid 40s and crazy hot. Couple of weeks ago I ventured outside and managed stop starting 40mins and nearly died from overheating, I got very depressed but went out again in the dark and managed a proper 10k! I met up with the local running club on friday - they meet at 6AM!!! They seem to be a nice bunch the Dubai Creek Striders. They're a long distance club so when we did 25k (15 and half miles) it was a shock to the system! This is their regular distance! Anyway its great training for the Dubai Marathon in Jan. That's it for now. Hope your all well, miss you all, Cassie

PBs

Quite a few of our members seem to have been doing some good times lately.

Patrick got another PB at the Bridlington ½ with 1.54.19, knocking another minute and half almost of his previous best. **Collette** got 54.17 at the Horsforth 10k, now getting back into some serious running after her 5 week visit to Oz. **Tim** did 3h25 at the Loch Ness Marathon – a very good time. And **Gary** knocked another minute off his Swinton half marathon time at Bridlington to get down to 1.32 – another excellent time – will he break the 1.30 barrier? **Tom Keeber** did 3.47 at the Leicester marathon, and finally **Helen Goldthorpe** did 3.50 at Amsterdam along with **Martin Savage** despite a calf strain getting round in 3.32 at the same event. Martin has suggested that as his Aunt runs for an Amsterdam running club, they may be interested in organising some sort of exchange trip. If you want your times announced please let us know – preferably in writing so there is less chance of me getting the facts wrong. **Jill Stocks** did 2.13.01 at the Worksop ½, which is a PB for her.

Well done all. That's quite a collection of PBs there.

CLUB TRIP

Martin Savage is looking into organising a club trip to the Lake District, probably stopping at the Youth Hostel in Keswick around February /

March time next year. We're currently waiting for information on availability, so hopefully more news next month.

NOVEMBER RACES

Sunday 4th November – Guy Fawkes 10 (Ripley, near Harrogate)

Sunday 11th November – PECO Cross Country, Woodkirk

Sunday 18th November – Barnsley 10k

Sunday 25th November – Leeds Abbey Dash 10k

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