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Kirkstall Harriers News Letter

Club mail No. 52 - March 2008

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PECO CROSS COUNTRY

Well done to all those who turned up to run (and watch) the 4th race on the Chevin on a very cold morning. Over 250 runners took part. Once again the ladies did the club proud by coming 1st again in the 1st division promotion almost a certainty provided we get sufficient ladies out on the last race.

Despite a good turn out by the lads, we narrowly got beaten into 3rd place by Valley Striders and Woodkirk, making promotion unlikely, but mathematically still possible. If Kirkstall win the last race we would want Woodkirk to finish 6th. Full results can be found on the Abbey Runners web site, under Peco Cross Country. This would have been the case I think even if we had Peter Branney running, who is again injured but with a hip problem this time.

The final race is at Thackley at the Immanuel Community College on 9th March, presumably same course as previous years down to the canal, along the towpath and back along the other side, finally finishing back up to the start/finish area in the school grounds. Then back to Idle cricket club for 'rock hard' pie and peas, making it all worth while. Those wanting directions or lifts meet outside LPSA at 9.45, or otherwise register for 10.30.

PRESENTATION NIGHT

This has been fixed for Friday 4th April at the Faversham, 7.30 at 2.00am. No food, but tickets are free, but

numbers need to be known beforehand. If you have not already reserved your ticket, please let Peter Hey know asap. I think I have heard that the first three clubs in each league will win a prize so the lads may have something to celebrate after all.

YORKSHIRE VETS

The 'old men' who turned out on the first race at Horsforth did the club proud by finishing 8th club out of 24. Sheila King the sole female representative had a good run and got the club into 11th place out of 15 clubs can we get some more ladies over 35 out at the next one?

The second race in the Grand Prix is on March 23rd at Meltham, starting from the Community Sports Centre. Mainly an off road route of about 6 miles on tracks and fields with some long climb's and descents. Please check the start time if you can, but it presently says 10.00am. Unfortunately this does clash with the Guiseley Gallop on Easter Sunday.

LUCOZADE SPORTS PERFORMANCE TEAM

We have organized for Tommy Craig from the above team to give us a presentation about the above on Monday night 10th March in the LPSA club. So we suggest doing the hills that night so we can have an early finish running and commence the presentation about 8.15. Hopefully we can muster quite a few interested in what he has to say. We are still waiting confirmation from Tommy at the time of writing but will keep you updated.

LATE LETTER FROM MARLENE AND DAVE (Late due to Chairman's filing system)

Hi All

Happy New Year. Well yes the weather is rather nice at the moment. We have just had our dinner outside on the terrace. It's a nice 25 degrees, so we are having our siesta now. My niece was over for the Christmas festivities, and she stayed at our house in Cookridge, Her granddaughter, who is born and bred Canadian, was so thrilled that it snowed for her, and she got to build a snowman in the garden. I don't think the adults were so thrilled though.

Well we are in training here for the Las Galletas half marathon in April, and with the weather so much cooler it is an absolute pleasure to train. Especially as we live so close to the sea, we try not to take the same routes all the time, but it is so lovely to run along paths that border the Atlantic.

We see a lot of English running about at this time of the year, I suppose that they are keeping up the training for the London Marathon. They all are so white, poor souls, I must confess we have to smother the odd giggle.

Please give my regards and good wishes for the New Year to everyone. I will send you a progress report of our training.

Love Marlene

TIME TRIAL

The last 3 sets of results from the 2.9 mile time trials can be found [here](#) or go to our [results page](#)

NEW MEMBERS

Please welcome Alexandra Hargreaves from the Burley Park area to the club, along with Matt Hooban from Kirkstall, Stanley Miller, our 'doctor' from Dublin, living in Roundhay who's impressed with our public transport! and also to Mathew Marsh living in St Anne's who's already made an impression in the fast group.

PBs (Personal Best times for our new members)

- Jill Stocks got a pb at the Dewsbury 10k : 58.27, knocking 25 seconds off her previous best
- Helen Goldthorpe Gt North West half marathon : 1.40.11, knocking 2.54 off her previous best
- Jill Stocks (again!!) Snake Lane 10 : 1.35.36, knocking off 3.45 from her previous best and both still did the Pudsey run on the Monday after.
- Tom Keeber got a PB of 130.33 at the Liverpool Half marathon. Knocking about 6 minutes off his previous best.

MESSAGE FROM JAMES KOVAKS

For those who remember him from 4 or 5 years ago or maybe longer James is still running for Salford Harriers he was a young student in Leeds having moved over from Manchester (we cannot all be perfect) and did finish 98th in the 2006 London Marathon. I bumped into him as he passed me at the 12 mile mark on the Liversedge half (he had won the race in a record time, and was just cooling down!!!). He is working for Morrisons in Bradford, and lives in the Robin Lane area of Pudsey and has threatened to come down running with us some time soon. He passes on his regards to all those who remember him, and look out for him in this years London Marathon.

AGM

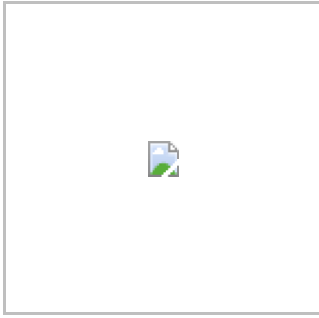
This will be held on Wednesday 9th April. Your attendance and any thoughts good or bad will be appreciated. We will be doing a short run that night and hopefully keep the meeting as short as possible, but this is the correct time to air your views if you think we could improve anything about the club, whether you are a fast or slow runner.

NEXT OFFICIAL SOCIAL DO

We have provisionally booked the Cheerful Chilli otherwise known as the Ramblers Café, opposite the Danefield car park on Otley Chevin, for Thursday night at 8.00 on 24th April. We need between 25 and 30, for a full 4 course vegetarian banquet, which may or may not include chili. Meals on previous visits have included Humus with Parsnip Chips, Homemade Pizzas, Enchiladas, Roasted Vegetables, Salads and Spiced Vegetables with Couscous Followed by Home made deserts As the premises are not licensed you have to take your own alcohol. Anyone interested in organizing a short run beforehand around the chevin please step forward. Due to the min and max numbers, please give your name to Peter Hey/Richard Thomas asap along with a £5.00 deposit which will be returnable if we don't get the minimum numbers.

LEEDS POSTAL SPORTS ASSOCIATION

Just to let you all know that the committee of the LPSA has kindly donated £250 to our club funds, which normally should have been for the year 2007, but is still greatly appreciated by the harriers and will help offset the cost of organizing team events and other club expenses. As long as we keep putting money over the bar, I'm sure they appreciate our presence so if you have time for just one quick drink after a training run please come over the road for a social 10 minutes at least.



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