

Julie Hustwit

From: Kirkstall Harriers [kirkstallharriers@yahoo.co.uk]
Sent: 03 December 2004 10:23
To: Kirkstall Harriers
Subject: NEWSLETTER 13 DECEMBER 2004

Dear Harrier,

This is the 13th club mail. Attached are two Excel spreadsheets containing a Training schedule and an Events calendar.

CROSS COUNTRY THIS SUNDAY

NEW MEMBERS

DECEMBER EVENTS

LONDON MARATHON - REJECTS

MIDDLE & LONG DISTANCE RUNNERS FITNESS TESTING

WHAT SOME OF OUR RUNNERS GET UP TO IN THEIR SPARE TIME

STUART WANTS YOUR RACE TIMES

MERRY CHRISTMAS

NEWSLETTER 13 DECEMBER 2004

CROSS COUNTRY

Well done to all those who ran the first cross country race at Eccleshill, and those who failed to get there in time. The men came 5th overall but will have to wait if that is also 5th in the Premier league, or we actually finished higher. This is subject to Ilkley being in the leagues, and St Therasas being relegated or not. The ladies put in a sterling performance by finishing 2nd overall with 36 points, 6 points behind Abbey. Special mention must go to the 4 scorers who were Rachel first lady in the race, Amanda 4th, Julie and Ruth in 15th and 16th respectively. The men will have to field a stronger team next time if we wish to avoid relegation, and the ladies have potential for finishing 1st overall.

THE NEXT RACE IS 5th DECEMBER. This should be in the Danefield Estate on Otley Chevin, at 11.00, but anyone wanting lifts or transport can meet again outside the LPSA Club at 9.45

NEW MEMBERS

Latest recruits to the club are

RACHEL BROWN from Cumbria, who has the pleasure of staying in the Old Brewery at Kirkstall - see also first lady in Cross Country.

AMY BUTLER, who did her first cross country and first race at Eccleshill, who's living in Headingley

LAEONIE HEDLEY - pronounced Laney (for my benefit I think) who's living in Kirkstall

BELINDA SAVAGE - who's come to see wot the North has to offer, and is living in Hyde Park

DECEMBER EVENTS

Wednesday 1st December we are having a time trial, prompt at 7.00 on Morris Lane, followed by a curry at the Sheesh Mahal, at 8.15, but due to other bookings we need to be there on time.

Tuesday 7th we will be doing our annual Christmas Lights run with Horsforth Harriers and Pudsey Pacers. Please meet outside the LPSA club at 7.30, there will

be a buffet after the 7 ish mile run, so please let me know if you are attending for the buffet so we have enough crisps buns and straws.

RACES FOR DECEMBER

Sunday 5th CROSS COUNTRY
on Otley Chevin - see above for details
Monday 26th - Chevin Chase 7 mile on and
off road - could be full
Tuesday 27th - Hot Toddy 5.8 mile road
race from Todmorden - usually easy to enter on the day
Wednesday 28th - Jolly Holly Jog - Race Full
There is always the friendly and well attended fell
races by athletes !!! of all abilities starting in
Penistone Country Park, just outside Haworth
Sunday 19th - The Stoop - 5 miles and
800 feet of climbing
Friday 31st - Auld Lang Syne - 6
miles and 900 feet of climbing - just the thing to get
ready for the New Years Eve festivities
There is also the Coley Canter at Shelf on Monday
27th, which is a multi terrain 7 miler with 100 feet
of climbing, but experience to date suggests you have
to keep an eye on the person in front, if you are not
sure where the route goes, mainly due to the low
number of entrants.

BAILDON BOUNDARY WAY - OFF ROAD HALF MARATHON

Although not until Sunday 3rd April, the entry forms
have just been sent out, and with a limit of only 400,
is expected to fill very early

LONDON MARATHON - REJECTS

Anyone who has entered for 2005, and gets a rejection
slip - these should be appearing through your
letterboxes mid December - please hand them into me or
Carol. The club usually gets 2 entries, which we
normally give or raffle to those who failed to get
into the race. The full race entry fee is still
payable, and they have to be returned by early to mid
January.

MIDDLE & LONG DISTANCE RUNNERS FITNESS TESTING

Volunteers are required for a PhD study into a 6 week
training schedule, which will measure your VO2 max,
peak running velocity and lactate measurements,
possibly about 1 hour per week. For further details
contact Nick Monastiriotis at Beckett Park Campus on
0113 2445933, 07715464189 or nikoluski@onetel.com

Leeds University Cross Country Relay at Bodington
Fields

Women (3*2.2 miles)

Starting of in 17th place, Rachel Brown stormed
through the mud and up the hills in the second leg for
Leeds Met in 13:11, bringing her team up 11 places to
6th. Unfortunately, the other teams had saved their
best runners til last and Leeds Met girls A team
finished in 17th place with a total time of 42m18s.

Men (6*2.2 miles)

Starting of in last place, Peter Branney had a lot of
work to do in the third leg for Leeds University C
team. Pete was not to be left behind and managed to
push his team from 42 to 31st (yes, 11 places) with a
pb of 11m55s. In the end they only lost one more
place, coming in 32nd at 1hr17m20s.

STUART WANTS YOUR RACE TIMES

I'm trying to update the list of club records and personal bests (whilst a Kirkstall Harrier), so could people start passing on their details (time, venue, distance, etc). 5k, 5 mile, 10k, 10 mile, 1/2 marathon and marathon.

MERRY CHRISTMAS

From the committee and everyone else at the club, wishing you all a Very Merry Christmas and a Happy and injury free New Year with lots of running, races mud and fun.

Win a castle for NYE with your mates and Yahoo! Messenger
<http://uk.messenger.yahoo.com>