

Hey, Peter

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**To:** Kirkstall Harriers  
**Subject:** KH NEWSLETTER 3

KIRKSTALL HARRIERS CLUB MAIL No. 3

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CLUB RECORDS

Stuart is still collecting all your club records. If you need a copy of the form to fill in please ask Stuart or another committee member.  
If you have filled in a form but have recently achieved a pb - please also pass these details onto Stuart.

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HAWORTH HOBBLE WEEKEND

We have about 15 names at the moment for this weekend - 28th and 29th FEBRUARY

The agenda will be something on these lines

SATURDAY Walkers to meet 9.00 am and sort out transport for end of walk and start walking about 10.00am.

Runners to meet at latest 12.00 noon to sort out transport, and start run about 1.00pm.

Distance for Saturday will be about 17 miles finishing by the canal on the outskirts of Todmorden

Evening - all to meet up and do whatever eating and drinking. Sleeping in Westfield Lodge

If we have 20 or more, meals can be organised in Westfield Lodge

SUNDAY

Any survivors from Sunday can do the balance of the route from

Todmorden back to Westfield Lodge, walking or running - distance about 14 miles. Anyone wanting to join for 1 day only, or just wanting a lazy weekend will be welcomed

COST FOR OVERNIGHT ACCOMMODATION ONLY IS £10 - WANTED NOW  
WITH NAMES, YOU WILL HAVE TO BRING YOUR OWN SLEEPING BAGS, PILLOW  
CASES AND TOWELS

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2.6 MILE TIME TRIAL

The time trial planned for 28th January was cancelled due to the very teeny weeny problem of snow and ice. 10 runners did turn up for a wonderful run,with 14 managing to get to Amigos. The time trial is now scheduled for 18th February, prior to the AGM. We will re-book Amigos for the third time trial,which will be IN March.

AGM

This is on 18th February, starting 8.30, and hopefully will not last too long. Food may be laid on as bait. We need as many people to attend as possible so we know we are "satisfying" your needs.  
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SPORTSMAN AND WOMAN FOR 2003

Nominations are still being accepted for the person who you think best deserves this accolade for last year. This can include any of the following,  
- ability, enthusiasm, improvement, contribution to the club, or in Peter Hey's case, just youthful good looks and charm.  
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NATIONAL CROSS COUNTRY - SATURDAY 21st FEBRUARY

We have entered a male and female team for this event, but also need marshalls to assist in the days setting up, monitoring and tidying up. Marshalls will be needed from 8.00am until 4.30pm, but each marshall does not have to stay for the full duration, as long as we have a few there at any one time. Packed lunches will be available (free of charge I believe). Richard has been able to negotiate a good part of the course to marshall from a spectators point of view, and car parking should be free for Marshalls. Please pass your names and times of availability on to Richard. For the National Cross Country - because its so early for those requiring a lift please contact Peter Hey and you will meet at the LPSA at 7:45 am

The Ladies race will start about 2.15pm, the mens race about 3.00pm  
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TEAM EVENTS

SPORTS DIRECT CROSS COUNTRY

The fourth and last race (hooray - some may say) is at the South Leeds Stadium on 15th February. Race starts at 11.00 and runs around Middleton Woods, well okay then - up & down the woods. "Suitable for studs and spike (more studs I would say) Tracks and woodland trail. Showers available for a small charge. Results and buffet afterwards"  
Provided we have a good turnout both the men & the women should win their respective 1st Divisions. We will me at LPSA at 9.50am for those requiring a lift.

PRESENTATION EVENING

Is expected to be held one Friday evening in March at the usual venue - all to be confirmed later  
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YORKSHIRE VETS LEAGUE

The first race was reasonably attended, with 7 men + 1 guest runner, and 2 ladies. The results are not known yet, but hopefully this will get the club off to a good start, for the 10 race series throughout this year. The next race is 13th March at Ogden Water, with the first 3 miles approx on open moorland, and the final 3 miles on tracks and paths. This race is run in conjunction with the Tina Horn fell race, so should be reasonably attended. Come on all you vets, lets get this club up there in the bright lights. Any guests will count in the fell race proper.  
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EDINBURGH MARATHON

Accommodation is now being arranged for those running the Edinburgh

marathon. Anyone interested in coming up for the weekend, possibly Friday night until Monday afternoon, please mention this to Peter Hey, Garrett, or Peter Branney

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### TRIATHLON

A number of members have expressed in taking part in a Sprint Triathlon (400 metre swim, 12 mile cycle and a 3 mile run). Initially we were looking at Southwell on May 16 however as we know this clashes with the Leeds ½ Marathon, so we will be looking at a local event late May, early June. To this end I'm suggesting that we meet for a Saturday cycle to Otley going from the LPSA at 10 am March 13. All bikes, all levels are welcome, the pace will be easy and a helmet is required. You will have an opportunity to discuss the various facets of the Triathlon and become familiar with how to complete a triathlon successfully regardless of ability. So if you want to do a triathlon then get on the mailing list by sending me a mail to [garereydr@yahoo.co.uk](mailto:garereydr@yahoo.co.uk)

Garrett Reynolds

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○ That's all for now folks - should you wish to include anything in the next verbal offering - please see Peter Hey, Richard or Garrett or send an e-mail to [kirkstallharriers@yahoo.co.uk](mailto:kirkstallharriers@yahoo.co.uk)

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