

No 27 Jan 2006

JANUARY NEWSLETTER

A HAPPY NEW YEAR TO YOU ALL

LONDON MARATHON LOTTERY

The 3 successful (or unlucky) people to get the club places for the London Marathon are Gemma, Katie and Tony D. We shall try to build in some marathon training runs for these and anyone else interested.

CROSS COUNTRIES

Please note the first event is on Sunday 15th at 11.00 am. The venue should be Golden Acre Park, but we are still waiting confirmation details. Anyone wanting a lift there please meet outside the LPSA at 10.00 am.

WE NEED EVERYONE THAT CAN, TO RUN – THE TOP EIGHT MEN AND 4 WOMEN FOR EACH CLUB SCORES, BUT THE MORE OTHER CLUB RUNNERS WE HAVE FURTHER BACK CAN ADD TO THE OTHER CLUB SCORES. PLEASE TRY TO TURN UP AND RUN – IF THE COURSE IS AT GOLDEN ACRE, THIS COULD BE THE EASIEST OF THE COURSES

LONG TRAINING RUN

We are hoping to do a long training run on Sunday 8th January, which will be the latter half of the Rombalds Stride – about 14 miles but with some suitable short cuts if necessary. The plan is to meet outside the Aireborough Leisure Centre at 9.30, anyone wanting lifts please advise. We will then drive in as few cars as possible to Dick Hudsons pub and commence the run, finishing back at Aireborough for showers etc. Anyone wanting a drink or a meal at the Dick Hudsons can do so.

SPORTSMAN & WOMAN

Nomination forms are available, the closing date being early February. The nominee should have been a club member for at least most of 2005, and the reason for your choice stated on the form.

MESSAGE FROM AFRICA

Hello all! Hope all is swell in deepest Kirkstall. Congratulations to all the KH runners in the Abbey dash - an impressive set of pbs, especially for Peter Branney - a club record?

After 3 months of Ghana, Burkina Faso and Mali, including some amazing sights, hikes, food, transport, people and 4 day doses of food poisoning, we decided to take a bit of a break and have snuck back into Blighty for Yule. It'll give us a chance to recharge before heading of to South Africa in January, try to regain lost weight and muscle tone and drink a decent pint!

Have got my eye on a 5km race in Johannesburg in January - the fantastically named Imodium 5k Dash. Will let you know how it goes - hope they do t-shirts!

Have a tiptop Christmas and New Year and we'll come and see you in the New Year. Stuart and Rebecca

2.6 MILE TIME TRIAL

Please see attached spreadsheet showing results for the December run. Thanks to Peter B and Gemma for assisting in the timekeeping.