

Hey, Peter

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To: Kirkstall Harriers
Subject: KH NEWSLETTER 7

KIRKSTALL HARRIERS NEWSLETTER No 7 - JUNE 2004

Dear Members,

This is the seventh club mail. Attached are two Excel spreadsheets containing a Training schedule and an events calendar.

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LEEDS HALF MARATHON

Well done to all of you who managed to run round the scenic route of Leeds in the sweltering heat. Standing in the shade in front of the town hall, it looked as though some struggled much worse than others, but it was nice to see the purple vests, and a T shirt. A special well done to Dave Spink who I am told did a pb of about 1.28. This should be noted to Stuart for his log, along with anybody else who also did a pb. Laura Carey, our Southerner friend (still not a member though - Laura) did 1.43 and says hello and she misses us all, to all those people she did not see over the weekend. She is threatening to come up again and do some more races, the Blackpool half being the next

VIENNA MARATHON

One of our foreign ambassadors, Julia Grafl did the marathon, on the same day, in 3.38 and said the whole event went perfectly and the weather was wonderful, (does that mean wet and cool). We will have to look into a club trip there sometime. Hopefully she is, or will recover in time for her summer holiday, backpacking in Burma and Thailand, so watch out for her if you are doing the same.

CLUB EVENTS

BRADFORD MILLENNIUM WAY It is still not too late to put your name forward for this relay event. Each pair of runners will run about 9 to 10 miles around Bingley, Haworth, Silsden, Addingham and Ilkley. It is essential that at least 1 recci run is done before the event on 13th June. Please contact Stuart if you are available.

MEMBERS MEANDER This is a "friendly" handicap run along the canal to Rodley, back along the river and thro the grounds of Kirkstall Abbey, about 6.5 miles. It will start at 6.00pm on Friday 18th June, and then off to the Sheesh Mahal for a curry about 8.30. Those who wish to attend one or both events, please pass your name onto Peter Hey.

HORSFORTH/KIRKSTALL RUN Horsforth are staging a joint run of about 1 hour, so 6 miles if you are slow, or 12 miles ??? if you are very fast. This is on Thursday 24th June starting at 7.00 form the Abbey Inn, near the canal, off Pollard Lane, between Kirkstall and Rodley, so you may also want

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a drink afterwards. A buffet is being organised.

CLUB RACE The club race selected for June will be the Otley 10 miler on Wednesday 30th June. Anyone wanting transport please ask around and something will be sorted.

YORKSHIRE VETS

The race in June is on Tuesday 22nd at Starbeck, presumably same arrangements as last year. As a club we are falling behind in this event, mainly due to clashes of dates with other races, but hopefully we can get at least a team of 4 men, and some ladies out for this event.

NEW MEMBERS

We would like to welcome James Tuite from Rodley and Zoe Stalker from Pudsey, to the club, and hope they enjoy the training runs and compete in some of the up and coming races.

DROOG ROBINSON

For those unaware, Droog has gone to Iraq in his TA capacity. This could be for 6 months, or even longer if he should like it there and wants to extend his stay. I am sure we all wish him well, and look forward to his safe return, sooner rather than later.

Unless he has done this just to avoid the Bradford Millennium Way and the Leeds Country Way

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