

MARCH NEWSLETTER

CROSS COUNTRY LEAGUES – EXCITING FINISH

Well done to all those runners who have competed so far. I know we have been missing some of our faster runners but we are well placed after 3 races.

The men are joint second on 8 points with Kippax, so if we can beat Kippax in the next two races we should be assured of promotion.

The ladies are 2nd from bottom and are currently in the relegation zone, but with 13 points are only 1 point behind Rothwell and Ackworth on 12, so if they can beat one or both of those clubs in the next two races will be assured of staying in the Premier league. But I'm sure the other clubs are saying the same thing to their members.

WE NEED AS MANY RUNNERS OF BOTH SEXES TURNING OUT TO HELP THE CLUB AND THOSE RUNNERS WHO HAVE ALREADY RUN.

The next race is on Otley Chevin on Sunday 5th March. 2 laps of undulating, rough unsurfaced bridlepaths and muddy tracks approx 4.75 miles long. Car parking and registration will be at the Danefield car park opposite the Ramblers Tea Room. There is no changing, showers or toilets. There will be cold drinks and light refreshment at the end.

We will be meeting outside the LPSA at 9.45 as usual, where toilets at Kirkstall Leisure Centre can be used before we set off.

The final race is the week after 12th March at Idle – details to follow

CROSS COUNTRY PRESENTATION EVENING

This is to be held at the Fire House on East Parade on 24th March. Tickets are £2.50 and include food and disco – and good company in a smoke free zone.

NEW MEMBERS

We have 2 new members who have joined in the last month

LIZ FOXON, who comes from Oxenhope, and I think most of our members have run around the “beautiful” part of the country sometime, in the BMW or Yorkshireman off Raod half and full marathon, not to mention the fell races out that way.

TOM NEEDHAM who is currently living in Bramley, but may not be with us for too long as he is hoping to join the RAF.

We also have the good news to announce that **Elaine Glover** and **Graham Evans** are expecting their first baby in August. Congratulations to them both and we wish them all the very best – does not look like we will be getting Elaine to do the last couple of cross countries now.

LONG RUN

The next long run is set for the 26th March meeting at 9.30 somewhere around the reservoirs north of Otley. Full details should be circulated nearer the time or ask Tony, Paul or Peter nearer the time if you are interested in coming along.

TIME TRIAL

Please see attached spreadsheet for the results of the last time trial. This was the last one until Autumn – unless of course there is some popular support for doing some more in the Summer ?

CONTACTING PETER HEY/KIRKSTALL HARRIERS

I am leaving CCL Labels on 10th March, and will no longer be contactable at that e-mail address. I am moving to the print unit for The Leeds Teaching Hospitals so will not be contactable during the day. But if you work in the NHS and have any print requirements – I could be your man. I do have a personal e-mail which is jap.no26@ntlworld.com but as I'm not shackled to this computer I may not respond for a couple of days or more. My home phone number is 0113 2934998. Should you need any urgent info, you can contact Richard the club secretary on rich.thomas@tiscali.co.uk, or Paul Luxton or Tony Downham, committee reps on pauljluxton@yahoo.co.uk tonydownham@yahoo.co.uk respectively.

BRADFORD MILLENIUM WAY

As mentioned in earlier newsletters, once the Cross Countries are over, the next club event is the Bradford Millenium Way on June.

For each team, we need a similar matched pair of runners for each of the 5 legs

If you are interested please pass your names and any preferences to Peter Hey

Leg 1 - 10 miles – Bingley to Oxenhope 8.00 am start

Leg 2 - 9 miles – Oxenhope to Laycock

Leg 3 – 7.5 miles – Laycock to Silsden

Leg 4 – 8.5 miles – Silsden to White Wells Ilkley

Leg 5 – 10 miles – White Wells to Bingley