

Hey, Peter

From: Kirkstall Harriers [kirkstallharriers@yahoo.co.uk]
Sent: 29 October 2004 12:19
To: Kirkstall Harriers
Subject: KIRKSTALL HARRIERS NEWSLETTER No 12- NOVEMBER 2004



CALENDAR.xls



CROSS



Nov

KIRKSTALL HARRIERS NEWSLETTER No 12- NOVEMBER

2004

Dear Members,

This is the twelfth club mail. Attached are two Excel spreadsheets containing a Training schedule, Events calendar and a word doc containing the cross country schedule.

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CROSS COUNTRY DATES

See attached sheet for all the latest info. The first race is to be organised by Eccleshill on Sunday 14th November. Anyone wanting lifts etc please meet outside the LPSA at 9.45am. Showers should be available, based on last year's knowledge.

This is an inter club event, and therefore we would appreciate EVERYONE who can turn up and support your club. The race is intended to suit CLUB MEMBERS OF ALL ABILITIES and should be between 4 and 5 miles only, with a nice long stretch on the canal towpath. To encourage people to run, consideration is being given to give free T-shirts if you do all 5 races in the series.

HALF MARATHON TRAINING RUN

Due to the huge demand, we are organising a training run round the Calverley half marathon route on Wednesday 17th November. People wanting to do a normal 6 or 8 mile training route will be catered for. There will be a group taking over 2 hours who will start about 6.30 from the Leisure Centre, a faster group (1.45 to 2.00 hours) will leave at the normal time of 7.00, with anyone doing the 6 or 8 mile run. The fastest group will start 5 to 10 minutes later, again with those wanting to do a normal length run. Those opting for about 6 miles can return down the A65 from the Horsforth roundabout, an 8 mile route is available taking in Rodley roundabout.

CONTACT WITH OUR AGENT IN IRAQ

Droog has sent a message saying he is alive and well, and hoping to return 20th December, I think he could

return sooner but reckons its better in Iraq, then coming back for the cross countries. Hopefully we shall see him once he is acclimatised to our warm winter weather.

NEW MEMBERS

At long last Ruth Griffin has signed her life away to the club. Don't know if it's an omen, but her first training run after joining saw her going over on her ankle. Also joined this month is Bernard Heaney. Could it have been our training runs that give him a pb at the Great North?

EMMERDALE

You must watch Emmerdale on Sunday 28th to watch the Hotten Cross Dales run, and see your 4 elite club members making their film debut's. Victoria is the leading lady, well in the run she was. Autograph signing sessions will be arranged shortly.

COMPLETE RUNNER - WEST YORKS CROSS COUNTRY

The third race of this series takes place on Saturday afternoon 20th November at Ilkley. These usually are usually well attended, but by the slightly quicker variety of runners. The men's race is about 9 kilometres, and the ladies about 5. To enter these events the club has to pre enter and with individual names. If you are interested in taking part, please contact Stuart Moore or Peter Hey asap

I'VE GOT THE RUNS FOR NOVEMBER

Runs to look out for are

Sun 7th Guy Fawkes 10, from Ripley Castle but this could be full, if so there is always the Shepherds Skyline fell race from Lumbutts near Todmorden on Sat 6th, 6.25 mile with 1,150 feet of climbing

Sun 14th is THE CROSS COUNTRY

Wed 17th we are doing a half marathon training run

Sun 21st is the YORKS VETS at Halifax, a new 5 mile multi terrain course, which may have a hill or two!

This is the last in the series this year, so again the club would appreciate as many of you as possible turning out for this event. You don't have to be a vet to run the race, just in case you have nothing better to do that morning.

Sun 28th is the Abbey Dash, which is now full. We shall hopefully make arrangements for meeting up afterwards for a drink and a meal, either being optional.

XMAS LIGHTS RUN

I know it's early and humbug to Christmas and all that, but just to let you know that we are doing the annual Lights run around town on TUESDAY 7th DECEMBER, with Horsforth Harriers and Pudsey Pacers. The run will start at 7.30 outside the LPSA club. A buffet will be laid on in the concert room afterwards.

CHANGE OF TELEPHONE NUMBER

After the 5th November, Peter Hey's firm is relocating to Normanton (very good for long training runs now) and his direct phone number will change to 01977 711162

ETHICAL TRAINERS

Just wanted to let you know of a running manufacturer with a difference: No sweatshops and no animal products: New Balance Trainers are a British company with a good product (I have no link to them) Examples of their products can be found at <http://www.ethicalwares.com/s834.htm>