

Club mail No. 22 - SEPTEMBER 2005

**LEEDS COUNTRY WAY
FROM STUART AND REBECCA
KIRKSTALL ABBEY 10K
HALF MARATHON TRAINING RUN
CHAIRMANS CHASE
CURRY EVENING
GOLDEN ACRE PARK RELAYS
BRASS MONKEY 2006**

LEEDS COUNTRY WAY

Well done to all those who ensured we got two teams round the L.C.W. & commiserations to those who could not get a run, either due to injury, sickness or unavailability, and also those who would have liked a run but could not. Special thanks to Paul for doing most of the reccis, and Tony for backing up the first 3 legs all morning. Provisional results are the 1st team came 17th, and the second team came 33rd, but final positions will be made known asap. I know that one team entered, but did not show on the day, just showing how hard it is to get one team around the route.

I know some of the pairing was not ideal, but this was unavoidable, but everyone worked as a team, rather than going for any personal glory. The only disappointment that I am aware of was Chris got the last lot of the mushy peas, and the rest had to make do with beans, and it took me 4 plastic forks to work my way through the pie. As for the individual pieces of pottery for each runner, I was led to believe these would be available shortly, possibly hand made by a one handed potter? Paul Luxton would like to add a few words "thanks from me to everyone who made the effort to run the routes, back up and help out with transport on the days and nights we did them"

FROM STUART AND REBECCA

Dear All,

Just had a chance to look at the pics of mine and Rebecca's final run with the club - feel proud to have been part of the club and also that my yellow shorts were so well appreciated. Thank you all very much for the gifts that night - very much appreciated, as were Richard's words. Like I said, the next club we join is going to have to go some way to be on par with KH.

Coast to coast walk didn't quite go to plan - achilles problem and blisters the size of golf balls... Next year! As and when we get the chance, we'll let you know how we're getting on in Africa. Thanks again, Stuart and Rebecca

KIRKSTALL ABBEY 10K

We can all now concentrate? on our own 10K, a meeting will be held on Monday 12th after a short run to sort out any outstanding matters, and any other business. Please try to make yourselves available to assist on the day wherever possible.

HALF MARATHON TRAINING RUN

We hope to do this on Wednesday 21st September, with two starts, one at 6.30 and the other at 7.00, with a normal 5 to 7 mile run available at the same time. The route will be either the Calverley route or the Leeds half marathon.

CHAIRMANS CHASE

This has provisionally been allocated to Wed 28th September, starting promptly at 7.00. Final decision to be made at Monday's meeting. This is a handicapped "race" over the Kirkstall Abbey 10K route - open to all members, with a trophy to the 1st 3 who cross the line.