

June 09

HORSFORTH HARRIERS NEWS

NEWSFLASH! - Racing Update...

Tina and Hils have targetted a few summer races where it's hoped we'll have a significant Harrier presence and perhaps be in with a chance of winning some silverware into the bargain.

The idea is to encourage some of our newer members to come along and race, maybe for the first time, confident in the knowledge that they won't be on their own.

And while the ladies skippers have come up with these races, that doesn't mean that the chaps, aren't welcome too - the more the merrier. If in doubt, see Tina or Hils for more information.

Tuesday 23rd June

Vets Grand Prix Race at Meanwood, 7.30 pm from Valley Striders HQ. Enter on the night. Course will be off-road on paths and tracks and will be undulating. Food, raffle and the usual giant prize-giving afterwards in Striders clubhouse.

Important we have a big turn out here to keep up our challenge in the Grand Prix.

Wednesday 1st July

Danefield Relays. 7.15 pm Otley Chevin. Teams of 3, running approx 3 miles off road, hilly, entry on the night, £6.00 per team. See info leaflets at the club and www.fellandale.com.



Sarah O'Sullivan nears the finish of the Harewood Chase 10K held earlier this month.

Wednesday 8th July

Golden Acre Relays. 7.00 pm from Golden Acre Park. Teams of 3, running approx 3 miles off road. Entry on the night, £10.00 per team. See info leaflets at the club and www.abbeyrunners.co.uk.

Friday 17th July

Washburn Relays. Marc is currently looking for team members for this 3 stage relay round the Washburn Reservoirs north of Otley. Info leaflets at club and/or contact Marc direct.

Saturday 18th July

Yorkshire Wolds Half Marathon. Held in conjunction with Bishop Wilton Show. A multi terrain half. Entry forms from the clubhouse.

Sunday 26th July

Pudsey 10K. Always popular, despite the hilly, challenging course. Entry forms from the clubhouse.

Sunday 9th August

Askern 10 miles road race. Askern is between Pontefract and Doncaster. Includes Yorkshire Veterans 10 mile championships. All road, undulating. Entry forms available soon.

Sunday 23rd August

Escrick 10K. Entry forms at the club.

Sunday 6th September

Leeds Country Way. Six stage relay right round the Leeds city boundary, each stage completed by two runners. Multi terrain, each leg approximately 10 miles in length. Club enters several teams and usually pays entry fees. See Marc, Tina or Hilary if you'd like to be part of one of the several teams we'll be entering.

Sunday 4th October

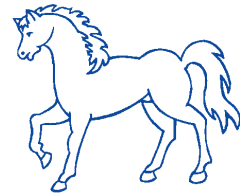
Harewood 10 Miles. Undulating, off road. Entry forms available from clubhouse.

Sunday 11th October

Scarborough 10K. Oh, we do like to be beside the seaside! Entry forms available soon at club or see www.scarboroughac.co.uk

Sunday 1st November

Guy Fawkes 10 miles. From Ripley Castle, Harrogate. Very popular - book early! - despite big hills. Entry forms available from clubhouse.



HORSFORTH HARRIERS

welcome runners old and new at Horsforth Hall Park (Cricket Pavilion),
Ring Road, Leeds 18 every Tuesday at 7.00 pm

For further details please telephone:

**Marc Springer on 07968 712055, Tina Dickinson on 07958 231180
or Hilary Wharam on 0113 250 5673**

See our website at: www.horsforthharriers.co.uk