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1989 CLUB CHAMPIONSHIP

With only three races left these are the top ten places:-

|                 |                       |   |
|-----------------|-----------------------|---|
| P. Dunn         | 441 Pts after 9 races |   |
| D. Frizelle     | 409                   | 8 |
| F. Ellis        | 387                   | 8 |
| A. Howard (V)   | 336                   | 7 |
| A. Hare (V)     | 305                   | 7 |
| S. Corner       | 305                   | 7 |
| A. Bottomley    | 304                   | 6 |
| Sally Kay       | 288                   | 6 |
| R. Puckerin (V) | 282                   | 6 |
| P. Brown        | 242                   | 6 |

With only 9 races to count the championship is still wide open. Due to fixture changes the double points will now be awarded in the Dale House 5 on Sunday 22nd Oct. @ 11.00am, the last race of the championship. The other two races of the championship are the Langbaugh 1/2M on Sunday 1st Oct. and the Wool Fair XC on Sunday 8th Oct.

A complete list of all points scores is on the notice board. If anyone is claiming the bonus points for a PB they should see Dave Frizelle A.S.A.P.

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MY FAVOURITE RUN -- TODAY'S RUNNER - by PAUL BROWN

Well done Paul, who, showing us he has masochistic tendencies by running up Boulby Cliff, achieved National Fame with an article on his favourite run published in the September issue of Today's Runner. All in all a really good article, with photographs that certainly did the area proud and gave the club plenty of good publicity.

P.S. If you can't afford a copy of the magazine there is a copy of the article on the notice board for all to read.

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LONDON MARATHON

Entry forms are now available for the London Marathon. If anyone wants me to I will collect them with the £2 and return them to the T.S.B.

Tony

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TRAINING NIGHTS - WINTER

With the dark nights approaching rapidly all runners should be aware of the dangers of running in the dark.

Run on the right hand side of the road, facing the traffic

Wear a reflective bib or strip

Run in groups (especially the women)

Run in lit areas if possible

cont. over.....

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..... One idea suggested for Thursday nights is to organise runs in outlying areas such as Whitby, Saltburn and Guisborough. This will give a little back to our members who travel every week and it will also make a change from running to Greenhow in the dark. Dates have still to be arranged but the intention is to use the leisure centres where, for a fee of about 30p, we can shower and change.

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DATES FOR YOUR DIARY

N.Y.S.D. X COUNTRY 89/90

Sun Oct 15th Hartlepool -- bus leaves Whitby Station Square 11.45 am  
Loftus C.C. 12.15 am  
Fare Adults £2  
Children £1

Sun Nov 5th ~~Aeklem~~ 2 pm *DARLINGTON*

Sun 26th Thirsk 2 pm

Sun Jan 7th Barnard Castle 2pm

Sun 21st Whitby 2 pm

Sun Feb 11th *Feb 2nd* *National* Darlington or Richmond 2 pm

Sun Mar 11th Stewart's Park Middlesbrough 2 pm

NORTHERN WOMEN'S LEAGUE (If anyone is interested in taking part in this let Brenda know on Guis 41116)

Sun Oct 22nd  
Sun Nov 19th  
Sun Dec 3rd

Sun Oct 1st Langbaugh Half Marathon 11.30am

Sun Oct 8th Loftus Wool Fair 3 & 6 Street House Farm Loftus 2.30 pm

Sun Oct 22nd Dale House 5 & 1 mile dash

Sat Dec 9th NE Cross Country Championship

Sun Dec 17th Poultry Run - Loftus 12.30 pm £1.50 to club members

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and finally.....

The attached letter from P.C. explains the loss of the club hut and the use of the gym as a replacement. He also gives details of the presentation night for the Cleveland Relay to be held in the Cleveland Bay (Giardini).

The picture of the team is available in colour, size 10"x8" Price £3.

ATIONS - - - - CONGRATULATIONS - - - - CON

J E A N A I N S L E Y

Yep, she managed to charm the driving instructor into letting her pass her driving test first time.

Well done Jean



# LOFTUS ATHLETIC CLUB

**CLUB SECRETARY :**

**Peter Clifford,  
30, Cromwell Ave,  
Loftus.**

**Cleveland.**

**TS13 4JW**

**0287 41986**

12th September 1989

Dear

Just a few lines to let you know what is planned and also what has gone on in brief. As you may know we have lost our little hut. Building work has forced the movement of the hut away from the proposed new shower block extension line.

Out of this we have now got extended time in the gym. On Tuesday we are in until 8.30pm. On Thursday from 6.30pm ( if we want ) until 7.45pm.

This year we have the strongest squad of male runners so far assembled in the short life of the club. The winning of the Cleveland Way 108 mile cross country showed the rest of Cleveland just what we can do. On top of that the friendship and atmosphere created that day should not be allowed to flounder. Every member was a winner on that day whether a runner or helper. The N.Y.S.D. cross country season starting on October 15th at Hart village Hartlepool is the perfect venue for a bold strike at this league which with consistent performances can certainly be in our reach. Let us all pull together and make the effort to establish our club in the forefront of running circles. We have the individuals capable of winning the league lets prove we have the team spirit

On Friday *20th* October a Presentation & Disco night has been arranged at the Cleveland Bay Roxby from 8pm to 12. This is a night to let your hair down ( transport available if required) and to applaud the members of the winning relay team , who will be presented with club awards for their part in creating a little bit of history. Please make every effort to attend. ADMISSION FREE