

HELP NEWSLETTER - DECEMBER 2007

Club Constitution - At the recent AGM the constitution was slightly amended. An updated version will be posted on the website soon for members to consult and copy.

Team East Lothian - An amalgamation of HELP, Dunbar RC and Musselburgh AC have been competing in the East District League Cross Country races under the East Lothian banner. The clubs' will review the success of this initiative after the season. In the meantime members are urged to support the last meeting at Livingston on 19 January 2008.

East Lothian XC Championships -A new open event is being staged at Meadowmill on 10 February 2008 and all members expected to help or compete.

Annual Subscriptions -These are now due, after the AGM, at the rate of £20 for full members and £12 for social members. Payment to Brian Carr, by post or to Joe Forte at the shop.

World XC Championships - One of the greatest athletics events to take place on our door step on 30 March 2008. HELP have volunteered helpers on the day and Paddy McDonald (01620 824 957) is taking names NOW.

Edinburgh Marathon - Next year's event is scheduled for 25 May. As usual the club will marshall a sector and volunteers will be needed. Names to Paddy McDonald.

East Lothian Coastal Run - Eddie Balfour (01875 613 167) is exploring the idea of organising an annual event. Information from and ideas to him.

HELP Juniors - The youngsters are always in the need of coaches, helpers and officials. Volunteers to Henry Muchamore (0131 653 2547)

Forthcoming Events -

- 1 January 2008 - Portobello Promathon
- 2 January 2008 - Greenmantle Gallop Hill Fun Run, Broughton
- 12 January 2008 - Great Edinburgh International XC

Happy Christmas and all the best for 2008.

Sandy Wallace
Club Chairman