

HELP Newsletter – July 2007

CLUB 10K CHAMPIONSHIP: This will be decided on a club Wednesday night (probably along the railway walk) - on a handicap basis, sometime in late August/early September. Details will follow.

CLUB HALF MARATHON CHAMPIONSHIP: This will be decided at the Prestonpan's Half Marathon on 23 September 2007 on a "first past the post" basis. Entry details on www.prestonpans-half.co.uk .

ANNUAL CARFRAEMILL RUN: Wednesday 15 August 2007. Bus from Haddington at 6.00pm/Gifford 6.30pm, meal at the Goblin Ha', names for run AND meal to Joe Forte.

NORTH BERWICK LAW RACE: Support your local event at 7.30pm on Wednesday 1 August 2007. Marshalls needed - names to Paddy McDonald.

EAST LOTHIAN SUMMER SERIES: This has been very successful so far. Three races to go - details on www.elss.supanet.com .The last event at Dunbar on Tuesday 21 August 2007 will be followed by a BBQ.

HADDINGTON HALF MARATHON: A major club fund raiser which needs lots of member help (?) on the day, especially marshals', names to Joe or me.

CLUB 25 YEAR CELEBRATIONS: A sit down meal social occasion and a celebratory race/run are being planned for late in September, details to follow.

Sandy Wallace
Club Chairman