

## **HELP Newsletter November**

**Goats Gallup** -This year on Sunday 11 November 2007 at 10.30am at Long Yester Farm. The usual fun club run of about 9 miles over Lammer Law and around the Hopes Reservoir. We need some HELP for time keeping etc. Names to me. To be followed by a Bar Lunch at the Goblin' Ha' Gifford.

**Dunbar Festive Half Marathon and 10k** - As usual HELP have been invited to this fun event on Sunday 9 December 2007. Each race is run as a handicap with all runners due to finish at noon. Tell me if you're interested (with your estimated time) and I will pass this on to Stuart Hay.

**Cross Country** - That time of year again. The East Borders XC series has been arranged with the following Sunday dates :- 18 November-Norham, 2 December-Dunbar, 16 December-Galashiels, 6 January-Peebles, 27 January-Spittal and 17 February-Lauder. More details at [www.norhamrc.co.uk](http://www.norhamrc.co.uk)  
Other dates of interest: - 10 November-Tinto Hill Race and Braid Hills XC, 25 November-East District XC Kirkcaldy, 8 December-East District XC Championships Stirlin and 16 December-Queens Drive Races Edinburgh.

**HELP Website** - [www.helprunningclub.org.uk](http://www.helprunningclub.org.uk) This and all other newsletters and reports are posted on the site by Jean Jumelle. Please check it for up to date information. Jean is always looking for reports, stories, photos etc. send them to him at [jeanjumelle@btinternet.com](mailto:jeanjumelle@btinternet.com) or [jjjumelle@qmuc.ac.uk](mailto:jjjumelle@qmuc.ac.uk)

**25th Anniversary Dinner** -In the last Newsletter I forgot to acknowledge and thank Claire, on behalf of the club, for the splendend organisation of the evening.

- Sandy Wallace Club Chairman