

HELP Newsletter - October

AGM: Members will be notified soon, by post of the re-scheduled date.

25th Anniversary: A very successful day with a 4 mile fun run in the afternoon followed by a meal at night at the Tyneside Tavern. 58 past and present members and friends gathered together for a night of reminiscences and good food/drink etc. Great to see a lot of "old" faces and especially so many of the founding members.

Goats Gallup: Sunday 11 November 2007 at 10.30am at Long Yester. A 9 mile club run over the hills and around Hopes resevoir. Come along and give it a try - you don't have to take it too seriously.

Sandy Wallace - Club Chairman