

Dates for your diary :-

Wednesday 12 September 2007 - Club 10k handicap race. Starting at Haddington Railway Walk (adjacent to St. Lawrence) at 7.30pm. Meet at the Aubigny Centre at 7.00pm. Each member will be assigned a handicap and set off - slowest first on a course 5 km down the walk, and back. First man and woman to finish will be the club champions. A volunteer is needed as timekeeper.

Wednesday 3 October 2007 - HELP AGM at the Maitlandfield Hotel. Notice, Agenda etc. to follow.

Saturday 27 October 2007 - HELP 25th anniversary celebration. Starting with a social/fun run of about 5km at 4.00pm from the Aubigny Centre. The exact details are still to be determined but a bit of fun and a bit of competition will be included and be open to members, ex-members, friends and family. This event will also incorporate this year's Chairman's Challenge with fabulous prizes to be won. An informal 3 course sit down meal has been arranged at the Tyneside Tavern at 7.00 for 7.30pm at a cost of £15 each. This is open to members, ex-members and partners. The club is inviting some guests in recognition of their association with HELP. Members are urged to contact former members to let them know about the invitation. Commitment is needed NOW for the day and names should come to me (by e-mail or phone 01620 893 590) or to Claire or Joe, in person. A menu choice will follow and a deposit will be collected.

Up and coming races :-

Sunday 23 September 2007 - Prestonpans Half Marathon (HELP Half M championship)

Saturday 6 October 2007 - Doonhill Race, Dunbar

Saturday 13 October 2007 - East District XC Relay

Saturday 20 October 2007 - East District League

Saturday 27 October 2007 - National XC Relay

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