

HELP NEWSLETTER - MARCH 2008

Club Constitution - At the November AGM a revised constitution was approved with the proviso that the section dealing with the disolvment of the club be remitted to the committee for amendment. That has now been done and attached is the final version. If you have trouble opening a MS Word document, let me know and I'll try another way or send a hard copy. It will also be posted on the club website www.helprunningclub.org.uk

Young Athletes - Henry Muchamore is always looking out for help with coaching etc. Contact him at 0131 653 2547

Publicity - Henry Muchamore has taken on the role as publicity officer. Any news to him for inclusion in the local press - or further.

Up Incoming Events - Kings Buildings 5 mile - 8 March, Edinburgh Half Marathon - 16 March, World XC Championships -Edinburgh - 30 March, Dunbar 10k - 5 April.

London Marathon - Is on Sunday 13 April this year. As usual Claire and me are inviting all club members to North Berwick for an early morning run, over any distance. Then shower, breakfast and watch the main event on TV, breakfast and childcare courteous of Shirley. Let us know if your coming - so we get enough rolls etc.

Chairman Sandy