

HELP NEWSLETTER - MARCH 2006

- **Newsletter** - Here is the latest edition with apologies for the delay. We have 98 adult members, 90 of who have e-mail addresses and this is sent electronically. The others will receive a "hard" copy by post or hand.
- **Website** - Although club information is reported in these newsletters, the principal source of news for members is through our website www.helpclub.org.uk. This is still being developed and our thanks go to Jean Jumelle for his tremendous work in setting it up. Ideas etc. for further development to Jean or the committee.
- **Membership** - There has been an encouraging increase particularly with the girls. This is very apparent on Wednesday nights with significant groups of athletes winding their way round the streets of Haddington. The sandwiches in the Tyneside Tavern afterwards are also having to stretch further these days.
- **Subscriptions** - Over 30 members are still due to pay their annual subscriptions (£20 or £12) and are urged to do so to Brian Carr ASAP,
- **Club Races** - HELP arranges two and is part organiser of one race this year and members are urged to volunteer to help (!) as marshals, timekeepers, water station crew etc. etc. Can you put these dates in your diary NOW and commit yourself to one of the committee (!) for :- Edinburgh to North Berwick Race - Saturday 6 May 2006. Haddington Five Mile Race - Saturday 3 June 2006. Haddington Half Marathon - Saturday 12 August 2006.
- **Past Races** - The winter has seen a successful cross county season particularly in the Eastern Borders Cross Country League where Brian Marshall took the senior title with four wins from four. Lisa Menzies won the under 18 age group, while Sandy Wallace and Ray Harris were 1st and 2nd in the over 55 group. Brian Marshall has also had various successes on the hills and especially a very credible 6th place in the Carnethy Five Race,
- **Future Races** - Spring is the time to start planning races through the summer and some which will have local interest are :- Dunbar 10k - Saturday 1 April 2006, Grangemouth 10k - Sunday 23 April 2006, Great Caledonian Run 10k Edinburgh - Sunday 7 May 2006, Penicuik 10k - Saturday 13 May 2006, Burnmouth Challenge - Sunday 14 May 2006, Dunfermline Half Marathon - Sunday 21 May 2006, Loch Leven Half Marathon - Saturday 27 May 2006, Traprain Law Race -

Saturday 10 June 2006, Edinburgh Marathon - Sunday 11 June 2006 and Portobello Four Mile Race - Wednesday 21 June 2006.

- **London Marathon** - For those not running the marathon on 23 April it is becoming a tradition to have an early run at North Berwick and then watch the main event on TV at Claire and Sandy's house, with breakfast. Names to Claire and Sandy.
- **Social Events** - The Chairman's Challenge, 3 Peaks Challenge, Goats Gallup, Social Evening at Tynninghame and a Christmas night out at the Eastern Eye all passed very successfully. Future events are being considered, ideas to the committee although one is being finalised :-
- **St Cuthbert's Way Run** - From an idea by Dave Jones. The way is 62 miles long from Lindifarne on Holy Island, Northumberland to Melrose in the Scottish Borders. The intention is to run it in relays, in groups of between 5 to 10 miles each with some doing more than one leg. This is a social event and speed is not an issue but taking part over any distance is more important. The provisional date for this is Sunday 21 May 2006 (a holiday weekend) with perhaps a stay over in Melrose YH with a meal and rehydration. The help of partners/families to ferry/support runners would be appreciated. Names to committee.
- **Spring Marathon** - Rome is this year's club tour and representing the club are Finlay Smith, Joe Forte, Jimmy Baird, Foppe Jellema, Brian Carr, George Armstrong, Alan Proudfoot, Frank McPartland, Judith Donaldson, Norma Forte, Linda Duffy and Maggie Shea.
- **New Members** - Well not exactly. We are delighted to report the arrival of future members to Chris and Gloria Morrison, Gloria, on 16 December and to Peter and Sylvia Lugton, Luca on 28 December and to Ian and Vicky Hally TWINS !!!!, Archie and Georgia on 8 March. Congratulations to them all from the club.
- **Contacts** - Chairman - Sandy Wallace 01620 893 590
Secretary - Paddy McDonald 01620 824 957
Membership Sec. - Brian Carr 01875 341 228