

DESFORD STRIDERS RUNNING CLUB

NEWS LETTER NOVEMBER 1993

SOCIAL NIGHTS FOR NOVEMBER AND DECEMBER:

Thursday 25 Nov - Drinks only
Thursday 9 Dec - Food and drinks
Thursday 23 Dec - Drinks at the Blue Bell.

CHRISTMAS MEAL:

This will be on *SATURDAY 4TH DECEMBER* at Botcheston Village Hall. Fancy Dress is optional, but the more who turn up in fancy dress the better it will be. We can all have a laugh at each other!

It will be for members and partners only, and the whole night including buffet/disco/games etc. will be in the region of £6 per person. We would like a deposit of £1 each as soon as possible. Please pay any committee member. (List on notice board).

Lets make it a night to remember. Any donations for the raffle would be appreciated.

1994 DESFORD STRIDERS $\frac{1}{4}$ MARATHON:

We have been accepted into the 1994 Summer League, so our $\frac{1}{4}$ Marathon will be run as part of that. It will be on Sunday 12th June and a good entry rate is expected. Once again a suitable design for the commemorative T-Shirt is out for tender, so come on all you budding artists lets have a-few ideas from you. Your design, if chosen, could be on the front of hundreds of hairy chests and bosoms next summer. Something with a 'sheep' theme would be appreciated.

RESULTS:

don't forget to hand in your 1993 race results to Mary or me for inclusion into the Christmas newsletter.

SKITTLES NIGHT:

We hope to arrange a skittle night at the Bulls Head, Desford some time in Feb/March. Further details will follow.

TETANUS JABS:

Are you up to date with your jabs? If you run cross country it is advisable to have a course of Tetanus jabs. They last 10 years so check with your GP.

NEWSLETTER:

To make the Christmas bumper newsletter successful we ask that all items you would like to be included be forwarded to any committee member ASAP at the latest by 1st December. We will print almost anything - jokes, recipes, funny/embarrassing moments, moments of glory, puzzles, photos etc.

Whilst on the subject of photos, we hope to produce a 'photo corner' so if you have any particularly memorable ones you would like to share, then lets have either the photos or the negative together with a caption, so we can include it in the newsletter for Christmas.

We would like to start a club photo album, so again any photos or negatives you can spare would be appreciated to go into the "Striders History".

NOTICE BOARD:

Please keep an eye on the notice board for forthcoming events/races. Entry forms can be obtained from Mary and she will even send your entries off for you if you give her the completed form and cheque in time. Of course the notice board can be used for your own purposes in order to communicate to other club members.