

All Runners, Friends and Relatives!

MONDAY 20 DECEMBER - once again Mounts Bay Harriers will be having their Christmas Lights Run. This years trot .and I mean trot, not a race! (roughly 6 miles in total) along Penzance Promenade, through Newlyn and onto Mousehole to view the Christmas lights will be held on **MONDAY 21 DECEMBER**, leaving the Yacht Inn Car Park, Penzance at **7PM**, all friends, family and runners of local clubs are invited to join us - please wear something glittery, flashy, high vis, fancy dressy, Christmassy, head torchy etc and hide some loose change in your shorts to throw into the charity buckets when we get to Mousehole - as usual we will be popping into the Yacht Inn for our Christmas raffle, mince pies, chips and coffees (or something stronger) on our return.

Other MBH Festive Social Runs you may want to join us on?

WEDNESDAY 29 DECEMBER - meeting at 10.30am at the St Levan playing fields (start of the St Levan 10K) MBH invite you to run with them the St Levan Coastal Run - all runners invited to run this challenging but picturesque coastal path from Poljigga to Porthcurno (approx 6 miles) taking in the Minack Theatre steps! Usually a run to blow away those Christmas cobwebs, so dress appropriately.

SATURDAY 1 JANUARY 2011 - an alternative to Brown Willy - New Years Day, Geoff Letchford will once again be leading this 5 mile social off road run over the moors at Zennor - mud, gorse, puddles, wind, ice, snow! and even a bit of local history thrown in from Geoff - we've had it all in the past (long run tights advised) - meet at The Tinnars Arms car park, Zennor at 11am (hangover permitting!) and then 'Hair of the Dog!' or most probably soup, roll and a coffee at the pub!

Hope to see a few of you over the Festive Period and good luck to all in 2011

MERRY CHRISTMAS AND A HAPPY NEW YEAR FROM ALL AT MOUNTS BAY HARRIERS

www.mountsbayharriers.co.uk