

## **Diary of a Social Secretary**

### **Monday**

The start of another busy week (I think! There was a lock in at the Willow Tree last night so things are a bit fuzzy this morning!). I'm sure it's Monday, because the Mrs has gone to Sainsburys to have a natter with Cath and Sheila (she says she works there but I don't believe it myself – who in Keighley would eat real fish?!?!).

A busy day as I have to submit my portfolio of club social events to the Chairman at tomorrow night's committee meeting and I daren't cock it up! Also have a meeting at the Globe this evening to discuss the Jubilee Tower Handicap P\*\*s-Up arrangements. Thought about going for a run but decided against it – will save myself for the measured mile tomorrow night.

### **Tuesday**

The start of another busy day (I think! There was a lock in at the Globe last night so things are a bit fuzzy this morning!). I'm sure it's Tuesday, because the Mrs has gone to Sainsburys to have a natter with Cath and Sheila again, and also because I was woken at 6am by a call from the club chairman checking that I've got everything together for tonight's meeting, which is at the Brewer's Arms.

Got all my stuff together and I must say it looks pretty impressive! This club will go from strength to strength now that a proper social secretary is at the helm.

Didn't feel good during the run but no matter – keen to set out my portfolio over a couple of pints.

Went through the list of events that are planned or are in the offing at the Committee meeting – in chronological order they are: AGM P\*\*s-Up, Rombald's Stride P\*\*s-Up, Trog P\*\*s-Up, Hobble P\*\*s-Up, Jubilee Handicap P\*\*s-Up, Presentation Night P\*\*s-Up, 3-Peaks P\*\*s-Up, Easter P\*\*s-Up, Mayday P\*\*s-Up, Spring Bank Holiday P\*\*s-Up, Early Summer P\*\*s-Up, Hill Climb P\*\*s-Up, Straw Race P\*\*s-Up, Borrowdale P\*\*s-Up, Late Summer P\*\*s-Up, Yorkshireman P\*\*s-Up, Early Autumn P\*\*s-Up, Calderdale Way P\*\*s-Up and Christmas P\*\*s-Up.

The committee (especially the chairman) expressed some reservations about the meagre number of events, but I pointed out that the above list doesn't include birthday runs, impromptu weekends away, Colin's runs or indeed regular Monday, Tuesday, Wednesday, Thursday, Friday, Saturday or Sunday nights, all of which often stray into the P\*\*s-Up category, and everyone seemed reasonably happy.

### **Wednesday**

The start of another busy day (I think! There was a lock in at the Brewer's Arms last night so things are a bit fuzzy this morning!). I'm sure it's Wednesday, because the Mrs has gone to Sainsburys to have a natter with Cath and Sheila again. Touch of the old sciatica today – won't go training but will get down to the club social committee meeting at the New Inn at Cononley later on.

### **Thursday**

The start of another busy day (I think! There was a lock in at the New Inn last night so things are a bit fuzzy this morning!). I'm sure it's Thursday, because the Mrs has gone to Sainsburys to have a natter with Cath and Sheila again.

A very good meeting last night, and with the input of a few more ideas from this new and active club sub-committee, I think we've got the makings of a really sound social programme.

Only one cloud on the horizon – read the latest copy of “Imminent” which details the Club Championships and there is far too much running going on in this club – am considering setting up a club “social championship” based on a handicap system that gives younger members a boost as they may not have done the bulk training.

Talking of training, went down to coach my young lad as he is aspiring to be a member of the club's elite squad. After a bit of him running around to warm up, we got stuck into a session of 4 sets of 3 x Landlord with 30secs recovery between each rep and a minute between sets (in the gents). We finished off with a couple of steady treble whisky's, and all-in-all it was a very effective work-out for the lad.

### **Friday**

The start of another busy day (I think! There was a lock in at the Roebuck last night so things are a bit fuzzy this morning!). I'm sure it's Friday, because the Mrs brought home lots of fish for tea, and the youngster is still suffering from his training effort. He has a long way to go to match his Dad!!!

Nice to get out for a couple of quiet pints with friends in the evening and relax and unwind. Met a load of runners, ex-runners, drinkers and their better halves down the Brown Cow and had a great crack! I'm not sure, but I think we may well have gone for a curry as well, but maybe not?

### **Saturday**

The start of another busy day (I think! There was a lock in at the Brown Cow last night so things are a bit fuzzy this morning!). I'm sure it's Saturday, because the Mrs is still in bed.

Got out for a good Saturday run with some of the lads. Felt the old sciatica a bit so cut it short in the company of Keep who likewise is suffering a bit. Had a quick pint or two after the run (nice pub, not sure where) and then another couple when the rest of the lads got back. Nice to be sat in front of a real fire in good company, and the evening just whizzed by. Carefully and slowly explained my plans for a club “social championship” to the lads. I don't think they understood, but they'll get the hang of it.

### **Sunday**

The start of another busy day (I think! There was a lock in wherever we were last night so things are a bit fuzzy this morning!). I'm sure it's Sunday, because the Mrs is still in bed (I rang from wherever I am and woke her up). Won't run today, but may pop down the Willow Tree later just to prepare myself for all the meetings next week.....