




THE LION'S TALE
 THE MONTHLY NEWSLETTER OF THE STAINLAND LIONS ROAD RUNNERS
 "THE ROAD GOES ON FOR EVER"
 APRIL 2004


The culmination of a lot of hard work and slog will hopefully pay off mid April for all those doing the London Marathon and our first two Marathon des Sables contestants. No matter what happens on the day or 7 days of your event I hope it all goes well and most of all you enjoy it even if it's only over a beer or two after.

Talking of a beer or two I would hope to see more of you using the facilities at Heath after a Thursday run. As club members we are all affiliated to the club and it would be nice to see old faeces and new face for a social drink and chat afterwards. It's a good way of finding out what's going on and what others are interested in. Who knows what you might sign up for over a beer or soft drink.

Cheers.....*Roger*



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Articles for May's newsletter by Friday 14th please.

Newsletters will be available on Monday 17th & posted out Thursday 20th

Email articles to:
 Newills@blueyonder.co.uk
 Or post to Karen (see member list).

This year's Beginner's Course is being organised by Dawn & Debbie.

Please help to publicise this by displaying posters in your local shops, library, sports centre, swimming pool, doctor's surgery etc. A poster is enclosed but you can get more copies from the website.

Your help would also be welcome during the course, leading some of the runs.

Please see Dawn or Debbie for details.



Beginner's Course

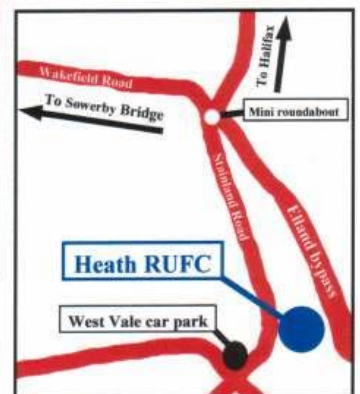
- ➔ Are you scared of running?
- ➔ Does it give you a stitch?
- ➔ Feel that you won't be able to keep up?
- ➔ Think you're too old?

Don't worry. Stainland Lions is the friendly face of running in the Halifax area. We are starting our annual Beginner's Course at 6:15pm on Thursday the 6th May at Heath Rugby Union Club, West Vale. - see map below. The course runs for 6 weeks, it's free with no obligations to join. Both men and women of all abilities and ages welcome. Wear shorts or leggings and a T-shirt, training shoes and bring a plastic bottle of water. Remember, we never leave a Lion behind.

Your contacts:
 Dawn 01422 255777
 or
 Debbie 07903 800575



The successful Stainland Lions cross-country team 2004.



WWW.STAINLANDLIONS.COM

Highlights

from the meeting

By club secretary - Alison



New members

E Smithson, G Dean, C Tetlow, H Bradley, A Ranson, M Blaylock, R Fawthrop, M Slater, I Crowther, L Barker, V Pitts.

Events & Training

- **May Away run-** Ripponden . Meet in Church Car Park at 6.45pm organized by Judith
- **Joe Percy 10k** – 23/06/04 7.30pm Thurstonland CC. Team event. Let Lucy know if you are to run for the club. Entry cost met by club. Supper afterwards.
- **Stainland 7** – 108 entries overall (.50 pre-entries). Event lost £70 but weather on the day probably put people off. Roger had several phone calls thanking us for a well organized race in particular the no of marshals out on the day.
- **Heath House committee** - quick chat from the president of the rugby club , David Bradley. Update on future of the club & facilities now that the club have secured the ground ownership. Looking to get grant aid to develop the facilities in terms of junior rugby but also changing facilities, resurface access road and erect barrier to the side .

Cross Country

Good presentation night hosted by Idle despite the fact that our trophy was missing on the night!

Adrian mentioned the Canal relay hosted by Skipton on Sat 1/5/04 starting early eve. Details to follow in the newsletter and on website. Let Adrian know if interested in attending.

Social Events

Thursday after run drink - Roger mentioned that there is a lack of people coming in for a drink after Thursday runs. If this continues it may be decided to close the club apart from meeting nights. Some of the poor attendance may be that new runners were not aware and this will be mentioned in the next newsletter.

6/ AOB

Belgian ½ m(06/06/04) - Debbie C company are sponsoring this event and are keen for locals to go across and run. They may be able to provide some perks in terms of corporate rates on accommodation. If anyone wants some more details see Debbie C.

Publicity - Gary is trying to get an article in the paper about the London Marathon. If you are running can you let him know.

19th MARATHON DES SABLES

Messages from Toby:

Wednesday 7th April:

I think most of you know I'm off to Morocco tomorrow to start the Marathon Des Sables (note the word "start"). It's a 150 mile stage race in the Sahara over 7 days. I'm very nervous and not at all confident of finishing it but hey ho.

I've been very lazy and not properly organised any sponsorship for the event, but I'm doing it for Cancer Research UK so if you feel like pledging I'd be very grateful.

Also if you feel inclined you can track my progress on the website www.darbaroud.com My race number is 572.

I'm back on the 22nd (hopefully – one year a competitor got lost in a sand storm and turned up a week later with a nomadic tribe somewhere near Egypt) and will see you all then.

Friday 16th April:

Many thanks for the messages of support which were gratefully received.

I've finished the Marathon stage today and there is still 12 ½ miles to go tomorrow, but I have shredded feet and a right knee that's twice the size of the left. All being well I will fly home on Monday.

Looking forward to a full report from Ian and Toby for the next newsletter (PLEASE!)



Social Events

By Diane



There are still some places available for the Ingleton away weekend on 17/18th Sept. Please see me if you are interested.



Hebden Bridge Pub Crawl

We said we would have a Hebden Bridge Pub Crawl on Friday 4th June. The details have still to be firmed up but please let me know if you are interested.



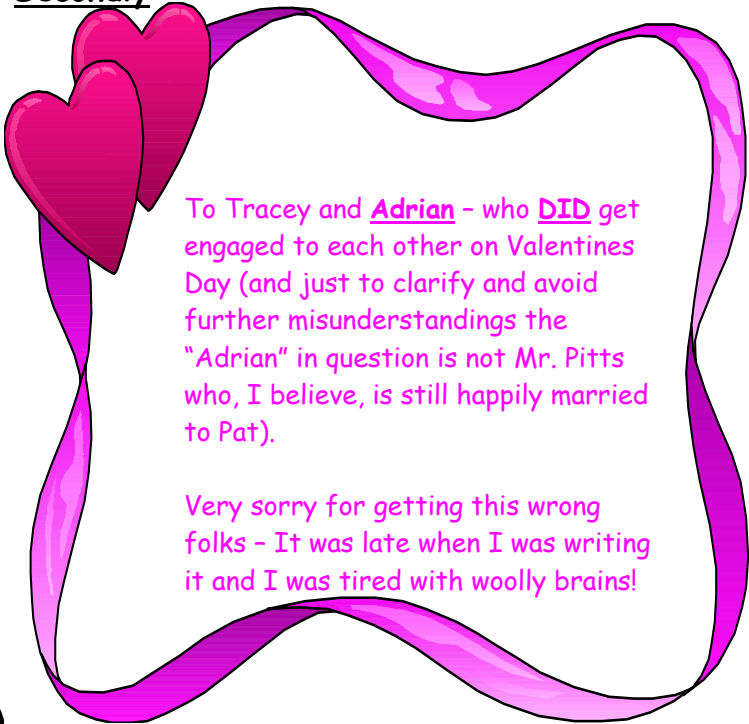
Editor's Apologies!

I have four people to apologise to this month for inaccuracies in last month's newsletter:

Firstly:

To Tracey and Darren - who **DID NOT** get engaged to each other last month!

Secondly:



To Tracey and **Adrian** - who **DID** get engaged to each other on Valentines Day (and just to clarify and avoid further misunderstandings the "Adrian" in question is not Mr. Pitts who, I believe, is still happily married to Pat).

Very sorry for getting this wrong folks - It was late when I was writing it and I was tired with woolly brains!

Thirdly:

To Judith, who was not the naked person in question in the men's showers at Hartshead at a cross country event many years ago!. Apologies Judith!

Wesham 10k

Martin Bates, Newsletter editor for Wesham Road Runners ran with Diane (I think – but don't quote me!) at Conniston where he kindly complemented us, the club and the newsletter (which he reads every month).

Anyway he has extended a welcome to any Lions wanting to take part in the Wesham 10k on 27th November. I have sent the details to Steve for the website.

Liz's Carbo Corner



Spiced Treacle Scones

230C, 450F or Gas 8 for 10-12 minutes

225g SR Flour
1 teaspoon of baking powder
¾ teaspoon mixed spice
pinch of salt
50g Margarine
25g caster sugar
25g sultanas (optional)
1 tablespoon black treacle
¼ pint milk

Method

Grease a baking sheet

Sift flour, baking powder, spice and salt into a bowl

Add marg and rub in to make fine crumbs.

Stir in the sugar and the sultanas

Gently heat the treacle in a pan and mix with half of the milk.

Add to the dry ingredients with enough of the remaining milk to make a fairly stiff dough.

Cut into small rounds on a floured surface and bake as above until well risen and golden.

Forget about the diet and eat them with loads of butter!

Answer to last month's Puzzle Time.

Who were / are these groups?

- 1) MSP – Manic Street Preachers
- 2) SFA – Super Furry Animals
- 3) SB – Spandau Ballet
- 4) (The) BS – The Beautiful South
- 5) PIL – Public Image Limited

This month's Question:

Which well known English word contains five successive vowels when spelled in one of its two possible ways?



Here are some pearls of wisdom from the free weekly newsletter Runner's World Training extra.

Add backward running as part of your cool-down. Easing into a gentle backward run lets you gradually decrease your heart rate, and it stretches your calf, quadriceps, and hamstring muscles that have been working hard during forward running. This will decrease muscle soreness in those areas. Plus it adds a playful element to your running, and will improve your balance and coordination.

Keep Your Head Up: Many racers run with their heads down and eyes focused just a few feet ahead. This is especially true near the end of a race, when neck and shoulder muscles fatigue and it seems easier to rest your chin on your chest. But for optimal performance, you need to run with your head up and eyes forward. This way, you can see what's going on ahead of you. You can breathe easier, too, as your lungs will be able to fully expand. And tactically, you'll be able to keep contact with other runners and close gaps when necessary.
-Ed Eyestone, two-time Olympic marathoner

Kicking Butt: Strong, flexible hamstrings are vital for good finishing kicks and effective hill running. To strengthen your "hams" and increase your range of motion, try "butt kicks." Find a grassy field (a street works, too) and run 60 to 100 meters with an exaggerated back kick such that your heels bounce against your buttocks with each stride. Do eight to 10 butt-kick strides two or three times a week. A good time to do them is after your easy runs. Some runners also like to do a few to loosen up before speedwork sessions


Canal Relay 2004 organised by Skipton AC

The Canal Relay 2004, organised by Skipton AC is on Saturday 1st May with a 5pm start.

It consists of 4 legs, with pairs of runners on each leg, starting at Foulridge and finishing at Skipton. All the four legs start within 20-25 minutes drive of Skipton.

- Leg 1 - Foulridge to Greenberfield – 4.5 miles
- Leg 2 - Greenberfield to East Marton – 2.5 miles
- Leg 3 - East Marton to Gargrave – 4.0 miles
- Leg 4 – Gargrave to Skipton – 4.5 miles

Changing / showers / beer (term is used loosely) at Skipton rugby club afterwards.

Teams should be of 8 members including at least 2 ladies, one of whom must be a vet. At least one of the men should be a vet. However teams of different configurations are welcome but not eligible for prizes. So we can have all lady teams or three doing one leg or someone doing more than one leg.

If you want to participate please let Adrian know asap with details of running partner(s) and preferred leg (if any) either by email or in person at the next meeting.

BLUEBELL TRAIL 10

Don't forget (as if you could) that our brand new race, The Bluebell Trail 10 will take place on Sunday May 23rd.

Volunteers are desperately needed. Please contact Race Director Mary or Chairman Roger if you are willing to help. All marshals need a mobile phone and need to register their number with Mary in advance.

From the response received at Guiseley last week it looks as though it is going to be a popular and successful race so the more marshals we have the better.

Mary is planning to run the race with the club on Sunday 2nd May, 8:00am start. There will be three groups to enable everyone to get round at their own pace. Hopefully the river crossing will be included so dry socks and trainers will be required at the end.

Please help Mary to make this a very successful race for Stainland Lions.



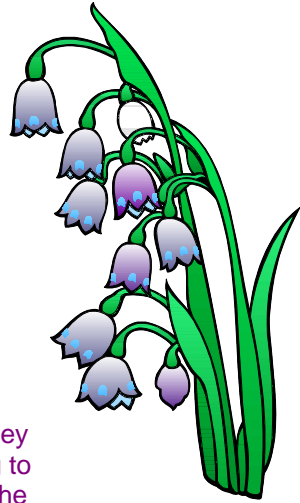
Here's a cross country race report from November 1998, written by Dave Conolly and provide by Fiona:

The first race of the 1998/9 cross country season saw the arrival of a new team (Dewsbury), a new venue (Dewsbury) and a new runner in the Lions team (Lucy).

The day was glorious, the course was deep in mud and not very flat, but Lucy survived, both the race and the freezing showers. David, however, nearly didn't survive the discovery that all the sandwiches had gone by the time he had filled in the results form.

Colin was the first Lion home despite having not been very well. He may or may not survive the earbashing he will get from Christine for running in the state he was in.

I would really like to receive any other old stories you have - they make interesting reading. On the next page I have reproduced some old photos to bring back the memories



The Millennium Bug!



It is traditional to run the annual Boxing Day Fun Run in fancy dress. Stainland Ladies wanted to do something extra special for the millennium so we made a 40 foot, 13 person bug. Not only did we run the 3 mile Stainland course in it (and got the fancy dress prize – does anyone know who has the medal? I'd love to see it for old times sake) but we also went on to run the Blackpool 10k as well (with Roger as an honorary lady). Pictured whilst running the Boxing Day fun run are (from front to back): Karen, Lucy, Janet, Liz M, Mary, Sue, Marilyn, Pat, Judith, Janet, Cheryl, Angie and Melanie

Blackpool 10k



And talking of the Blackpool 10k this picture was taken on one of our many annual trips to do the race (we weren't in Derby – the shop keeper was confused!). Pictured are Sue, Judith, Lucy, Helen, Stephen, Arnold, Liz (apparently tired), Cheryl, Eric and Janet.

Race Reports



Yorkshire Roses Bloom in Lancashire by Diane

A team of 3 Stainland Lion Ladies competed in the Trafford 10 kilometre road race on Sunday 14th March. Led home by Diane Waite who was closely followed by Alison Farrar and

Mary Cowling beat off stiff competition from several Lancashire based clubs such as Stockport Harriers and Oldham & Royton H & AC to finish a close 2nd behind Sale Harriers in the ladies team event. They hope to return next year in a bid to claim top spot.

Check out the full results at:
www.race-results.co.uk/results/2004/traff.htm

Wakefield 10k by Karen

I try to avoid boring you with my race reports but I just had to give an account of my favourite 10k – Wakefield. No idea why I like it so much – I just do.

As the gun went off I thought I'd try and keep Mary and Ellie in sight for at least half a mile (I didn't!). By the end of the 1st mile I felt dreadful, I glanced at my watch – 8.29 (for a 10.5 minute miler that's way too fast!). I felt so bad I was scared I would need to go to A&E! Lesley and Judith sailed past me near the 2 mile point at which time, after a little walk I felt a bit better.

I plodded on then speeded up a bit on the downhill through the town. As we started climbing again in front of the stadium who should I spy again but Judith! I was very surprised but started speeding up the hill to catch her (at the same time thinking Oh my word – I'm gonna die!). I did catch her but she promptly passed me good and proper on the downhill. I remember thinking "Should I just let her go or should I really try for a hospital bed". Like a fool I plumped for the latter and tucked myself in behind her.

I let Judith shield me from the wind until the 5 mile marker and then thought I should take my turn. I kept on going and by the time I turned into the stadium I knew I had a pb in the bag and so eased up a bit. Stephen was shouting some encouragement from the sidelines and I think I said something very rude to him. I crossed the line in 57:05 a new pb but I could so easily have got 56.59! Both – still there's always next time.

Editor's Closing Comments

Good luck to all the London Marathoners. Your race will be finished by the time you get this and no doubt you'll all be working on your race reports (please!). My race is not until 2nd May so spare a thought then. I will try and get a newsletter out in May but I need (literary) contributions from you asap. I only have one spare weekend in May so please get them to me ahead of time if possible. If I don't receive any articles there probably won't be a newsletter in May so please put pen to paper NOW!!!!!!



Karen

GLOSSARY OF TERMS

Every month we welcome new members at the monthly meeting but invariably the new members aren't there. It suddenly occurred to us that perhaps no one told them there was a monthly meeting. Perhaps also there's loads of other stuff you don't know about the club? With this in mind I thought I'd create a page in the newsletter that gives everyone basic information about the club. When we run, where we run from, what sort of mileage, where to get information from, when the meetings are, what the AGM is for, what the annual dinner is and so on. This page will be much the same every month but I'll add topical bits such as cross country. Hope you find it useful.

1. How to join

You can get an application form from our website at www.stainlandlions.com or from our club secretary (Alison) or club treasurer (Carol).



Carol



Alison



2. When we run

We have four main sessions a week and informal sessions at the weekend. Again details are on the website but in case you don't have access to it they are as follows:

- Monday, 7:00pm from Sainsbury's car park (Brighouse). Easy run. Very suitable for beginners but everyone is welcome. Average 5 miles
- Tuesday, 6:45pm from Red Lion pub at Stainland. Can be quite hilly (being Stainland!). 6 – 7 mile run.
- Thursday, 6:30pm from Heath Rugby club. This is the main club night. Up to three groups go out, fast, medium and beginners. Runs range from 5 – 8 miles. Everyone welcome. Suitable for beginners.
- Thursday 6:45pm from Red Lion pub Stainland – for those who want a more testing run than the flatter routes from Heath
- Sunday 9:00pm from Heath. Contact Melanie for details. In addition other weekend runs are usually planned on a Thursday night and may be posted on the website (if people let Steve know that is!). Usual weekend runners are Judith, Karen, Lucy, Carol so give one of them a ring if you want more info.



3. Our website

Already mentioned above – the address is www.stainlandlions.com Steve Boyer looks after it so let him know if you want anything posted. Loads of useful information so definitely worth a browse. **Don't forget the FORUM as well!**



4. The newsletter

Well as you are reading it no need to explain much. Please please please feel free to send me any articles you like on a general running theme. Don't worry about spelling and presentation (mine's not that good anyway) I'll make it look ok before publishing. They are published every month. If you are a full member you'll either get an emailed copy or a paper copy handed out or posted out to you.



Karen

5. Monthly Meetings

We have our monthly meetings on the first Thursday of every month. They are held at Heath Rugby club after a shortened Thursday night run. They usually start about 7:45 and last about an hour. You can get a drink at the bar. All members are welcome to come along. They are quite informal – you won't have to stand up and say anything – unless you want to that is! It's a good way to finding out what's going on. We have a monthly raffle. Tickets are £1 at the meeting. Whoever wins the prize supplies one the following month. If you want to put something on the agenda contact Ellie.



6. Social Events

This is the stuff we Stainland Lions are famous for. Diane is the social secretary and whilst she comes up with some great ideas herself for events (see her regular column in the newsletter), please feel free to speak to her about any ideas you may have and she will be only too happy to help with the arrangements.



Diane

7. Grand Prix

This is our annual club competition / league. At the beginning of the year we pick a number of races – 10 for example over varying distances, roughly one per month. You try to run at least 8 of these races. Everyone is sorted into one of three divisions, depending on their fastest (or estimated) 10k time. You score points depending on where you finish in each race compared to others in your division. It's managed by Alan Lashbrook so he'll give you more information. Results are posted on the website and in the newsletter and there's a trophy for each divisional winner.



8. Winter / Summer Handicap

Run in January and July and open to all members. The route is roughly six miles (we'll do a practise a week beforehand). People are set off in order of speed so the slowest person goes first. The fastest person often sets off over 30 minutes after the first and so it's a race everyone has an equal chance of winning. Great fun and a great social event – bring a prize and you get to take one home. See Karen or Lucy for more information.





Dates for your Diary

	DATE	EVENT	CONTACT/DETAILS
	18/04/04	London Marathon	www.london-marathon.co.uk
	18/04/04	Rotary Club, Sponsored Walk	Fiona
	20/04/04	Bunny Run Three Fell 3	Runners World
	24/04/04	Manchester YMCA 5	Runners World
	25/04/04	Three Peaks race 24	Runners World
	25/04/04	Rothwell 10k	Runners World
	27/04/04	Bunny Run Four Fell 3	Runners World
	01/05/04	Skipton Canal Relay	Adrian
	01/05/04	SRC Ravenstones Brow Fell Race	March 04 newsletter
	04/05/04	Bunny Run Relay	Runners World
	04/05/04	John Carr Series 5k (Race 1) Esholt	Runners World
★	06/05/04	BEGINNER'S COURSE STARTS	Dawn or Debbie
	09/05/04	YVAA Heslington	Eric Heaton
	09/05/04	Blackpool 10k	Runners World
	15/05/04	Rother Valley 10k	Runners World
	16/05/04	Leeds ½ marathon	Runners World
	16/05/04	Sheffield Race for Life 5k	Runners World
	16/05/04	Skipton Race for Life 5k	Runners World
	16/05/04	Sandal Castle 10k	Runners World
	19/05/04	John Carr Series 5k (Race 2) Esholt	Runners World
★	23/05/04	The Bluebell Trail 10m (Stainland Lions event)	Mary
	23/05/04	Roundhay Park Race for Life 5k	Runners World
	26/05/04	John Carr Series 5k (Race 3) Esholt	Runners World
	30/05/04	YVAA Walton	Eric Heaton
★	04/06/04	Hebden Bridge Pub Crawl	Diane
	16/06/04	West Yorkshire (Fire Service!) 5	Runners World
★	06/06/04	Belgium ½ m	Debbie C
	06/06/04	Morecambe 10k	Runners World
	06/06/04	SRC Saddleworth Fell Race	March 04 Newsletter
	10/06/04	YVAA Haworth	Eric Heaton
	13/06/04	Edinburgh Marathon / Relay Marathon	Lucy
	22/06/04	YVAA Stabeck	Eric Heaton
GP	23/06/04	Joe Percy	Lucy
	26/06/04	YVAA Oldtown	Eric Heaton
GP	June	Summer Handicap	
GP	July	James Herriott 9	
	11/07/04	SRC Cross Keys Relay	March 04 Newsletter
	25/07/04	Summer Tough Guy	Steve B
GP	August	Littleborough 5k	
	21/08/04	Tywyn Race the Train	Runners World
	11/09/04	Slovenia Alpine Marathon	
	17-18 Sept	Ingleton Lodge	Diane
GP	September	Yorkshireman ½ Marathon	
	Sept 04	Berlin Marathon	Lucy
	18/09/04	Timberlodge, Ingleton	Diane
	02/10/04	SRC Autumn Leaves Fell Race	March 04 Newsletter
	27/11/04	Wesham 10k	Website

Note: Lesley has entry forms for most of the above races.

Red = Social Events. Green = Races Yellow = Cross Country Blue = Away Runs Meetings / away runs =