



# THE LION'S TALE

*THE MONTHLY NEWSLETTER OF THE STAINLAND LIONS ROAD RUNNERS*  
*"THE ROAD GOES ON FOR EVER"*  
 JANUARY 2004

Firstly I would like to wish everyone a very happy New Year, hope you all had a good Christmas and got everything you wanted off Santa. I did.

What a fantastic effort by everybody on Boxing Day in raising so much money. It just shows what a little given by a lot can amount to for a worthy cause, whilst having a good time doing it. Well done everyone involved a magnificent effort.

Thanks to everyone who stepped down for the last twelve months and everyone who signed up for the next twelve.



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**Articles for February's newsletter by Friday 13<sup>th</sup> !! please.**

**Newsletters will be available on Monday 16<sup>th</sup> & posted out Thursday 19th**

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

## Meet the (New) Committee



**Chairperson**  
Roger



**Deputy Chair**  
Penny



**Secretary**  
Alison



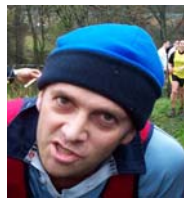
**Social Secretary**  
Diane



**Race secretary**  
Lesley



**Treasurer**  
Carol



**Website**  
Steve



**Newsletter**  
Karen



**Track / Speed sessions**  
Alan G / Steve F



**Grand Prix**  
Alan L



**Cross Country Captain**  
Adrian



**Bluebell Trail - Mary**



**Stainland 7**  
Roger / Steve n



**Heath House Committee**  
Melanie / Steve F / Penny



**Kit**  
Andrew / Heather



**Publicity**  
Gary / Melanie



**Beginners Guides**  
Debbie / Dawn



**Awaiting Photo**

**Boxing Day FR**  
Kevin



Stainland Village  
Boxing Day Fun  
Run  
Red Lion Pub  
Stainland

This year's Boxing Day Fun Run was another great success. Thanks to Kevin for a fantastic auction which everyone found highly amusing. Highlights included the sale of some chocolate tools (!) & Mark Tweed bidding for some ladies shorts.

Thanks to everyone who contributed to the massive number of raffle prizes and auction goods. These combined to raise over £1200, with around £1000 of this being profit to be donated to charity.

Congratulations to the winners of the race as well:

The first man was Christopher Smale in a time of 16:13, followed by Dan Plews in 16:51 and Kevin Lenihan in 17:19.

The ladies race was won by Carol Wilgoose in a time of 20:37, followed by our very own Fiona Woodhouse on 21:01 and Gay Leary in 22:45.

The youngest participant was Andrew Coates (8 months) and the oldest Arnold Pickup (72). The leprechauns won the Fancy Dress prize.

Some of you may know that a representative from Martin House was at the race. Afterwards I received the following email from him:

"You may remember that I came up to the Boxing Day run. I am one of the trustees of Martin House, and live only in Brighthouse.

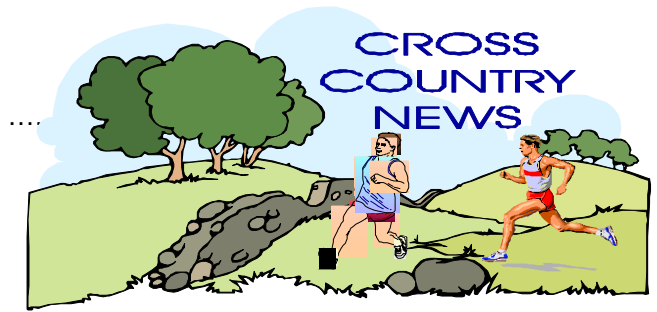
First and above all, I have some idea of how much work it can take to organise such a run, and that it can seem like a thank less task. I hope you will accept this as a thank you from Martin House.

I didn't manage to get to run this year, but I have done in the past, and I hope to gather a few more next year than the four we managed.

Second, it is important to us that you have as much information about Martin House as you feel you need. We have many people raising money for us, and we do concentrate our resources on the care we give to our children, so sometimes it is difficult to say thank you properly to those who do assist. Also, as the names of organisers change, it can be difficult to trace the connection between one event and a similar event the next year.

In any event, if there is any way either I or we at Martin House can help, just let me know. I cannot promise, but I will listen.

Again thank you - and can you book some warmer weather for next year? Stay in touch." ..... **David Swarbrick**



The most recent cross country event was at Esholt (Emmerdale country). It was a really lovely course although the weather wasn't kind either before or during the event. Probably the muddiest course ever!

As is the norm for Stainland now, we fielded a huge team although the absence of some of our fastest runners meant that we slipped into overall third place (temporarily!). We are only a few points behind Idle so there's everything left to compete for at **Pudsey (8<sup>th</sup> February) and Skipton (22<sup>nd</sup> February).**

Brian led the men home, followed by Toby, Steve F, Steve N, Eric, Steve K, Mark T, Bob, Andrew S, Darren, Chris B, Chris W, Mark P, David W, Richard & Ben.

Alison was 1<sup>st</sup> for the ladies team followed by Tracey, Mary, Caroline, Luan, Claire, Karen, Pat, Judith, Heather, Lesley, Lucy & Dawn.

After 3 events then the team results are as follows:

<b><u>Men</u></b>	
Pudsey	3924
LBT	3806
Idle	3588
Stainland	3528
St Bedes	3368
Baildon	3138
Skipton	3124
Dewsbury	2926

<b><u>Ladies</u></b>	
Baildon	845
Idle	844
Dewsbury	838
Pudsey	820
Stainland	802
St Bedes	434
Skipton	332
LBT	236

<b><u>Vets</u></b>	
Baildon	1395
Pudsey	1371
Stainland	1336
St Bedes	1334
Dewsbury	1303
LBT	1189
Skipton	1176
Idle	1157

<b><u>Overall</u></b>	
<b>Pudsey</b>	<b>4744</b>
<b>Idle</b>	<b>4432</b>
<b>Stainland</b>	<b>4330</b>
<b>LBT</b>	<b>4042</b>
<b>Baildon</b>	<b>3983</b>
<b>St Bedes</b>	<b>3802</b>
<b>Dewsbury</b>	<b>3764</b>
<b>Skipton</b>	<b>3456</b>



## Stainland Lions Winter Handicap

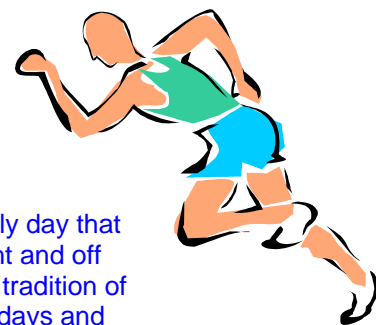


Congratulations to Nick Mitchell who won this year's Winter Handicap. It was nice to see so many club members turning out on what was a very cold day. A far cry from the time only 13 ran!

Here's the full results:

<u>Name</u>	<u>Finish time</u>	<u>Actual Running time</u>
Nick Mitchell	1.13.14	46.14
Steve Farrar	1.13.38	41.98
Colin Hughes	1.15.08	46.58
Cath Mitchell	1.15.24	58.24
Chris Walker	1.15.25	48.75
Andrew Smithson	1.15.32	48.32
Fiona Woodhouse	1.15.44	50.44
Steve Newill	1.15.53	47.53
Darren Sugden	1.16.05	44.55
Mark Tweed	1.16.15	47.65
Caroline English	1.16.20	56.20
David Waite	1.16.29	51.79
Diane Waite	1.16.51	54.01
Tracey Yearsley	1.17.04	56.04
Alison Farrar	1.17.34	55.34
Andrew Brewer	1.17.39	52.89
Karen Newill	1.17.42	64.42
Simon Hogan	1.18.04	53.54
Alan Gibson	1.18.11	54.61
Carol Lord	1.18.29	63.79
Duncan Greaves	1.19.20	52.20
Eric Greenwood	1.19.49	62.49
Ellie Elliot	1.20.00	58.00
Richard Graves	1.20.06	56.06
Heather Brewer	1.20.18	66.68
Lucy Hodgson	1.20.23	68.23
Lesley Henderson	1.20.31	63.31
Judith Greenwood	1.21.40	67.40
Alan Lashbrook	1.21.41	61.91

## Training Runs by Melanie



### SUNDAY RUNS

In wintertime, Sunday is the only day that some of us get to run in daylight and off road. There is a long standing tradition of being at Heath at 9 am on Sundays and finding someone to run with. Length of run depends on who turns up, so if you are not doing cross country or competing in the Grand Prix, please feel free to come down on a Sunday.

### HILL REPS

Tuesdays (but not away run Tuesdays or the week of club meetings) meet at the Fish and Chip shop at Manor Heath at 6.30 pm (prompt) for a 45 minute hill rep session on a soft surface and organised by Roger and Gary



**DENTDALE RUN 2004**

### DENTDALE RUN - 13 MARCH 2004

The Pitts and Waites no longer need their accommodation at Dent Stores for the weekend of Dent (12th to 14th March), so if anyone is looking for a bed for the night could you please let me know asap

before I cancel their booking. There is one double, one twin and one single room. The B&B is really nice, you get an excellent breakfast and they have a real fire, which has been brill for defrosting after the past few years' weather - we must be due for some sunshine this year!

*Melanie and Gary*



## SHOES & T-SHIRTS FOR AFRICA



I just wanted to say thank you to everyone who has contributed so overwhelmingly to this appeal. Some of the goods will be leaving for Africa by air on Friday 23<sup>rd</sup> January and the remainder will be transported in a container and will arrive sometime in early February. I can't take any more now this year but keep saving them up. They'll be another trip towards the end of the year. I have been promised photos and a letter of thanks from the headmaster of the school which, of course, I'll pass onto you via the newsletter.....*Karen*





## Race Report!

A bit thin on the ground really! Thanks Al. I suspect Linda may have something to say next month about the Four Villages half marathon – a great race but what a traumatic start!

### The Woodkirk 10 km Challenge – 18<sup>th</sup> January 2004 Alan Gibson

This seemed an extremely good idea a few weeks ago, - what could be better, than return from your holidays feeling fully rejuvenated and then hitting the start of the year with your first real open challenge 10 km run.

The veracity was something different - having returned from a ski holiday with 9 blokes, with the associated hard drinking, macho skiing, and the final culmination of an early 4.00 am transfer - return a day earlier, running was the last thing on my mind, curling up with the Sunday Papers seemed more appealing. However, Carol was already up, and out meeting the Sunday Runners at Heath, and what the hell, there are not that many 10kms, which start at 11.00am and afterall, I was already entered. So I set off driving towards Woodkirk Cricket Club - parking at a friends house some 20mins latter, near the start of the race.

We then jogged the ½ mile or so to the start, the ground was cold and crisp, as we pounded it and we chatted nervously about our expectations for the coming event.

Up a slight unmade track we arrived at the base of the Woodkirk Striders Running Club – to a warm clubhouse, particularly welcome on a cold day. The Striders' were exceptional in their hospitality - the club who are extremely small provided a warm welcome, refreshments, coffee, tea and orange juice, together with cereal bars were on offer and served readily to the partakers. I warmed-up with my colleagues on the day, Peter and Lynn and before the race, surveyed the small field of circa. 250 for other Lion Colleagues - it became quickly noticeable I would be both the best and worst performing Lion on the day as I was in minority of one.

I then assessed the field looking for familiar faces, or club vests, I could see a couple of Ladies from Halifax Harriers, men from Baildon, St Bedes and the Odd Pudsey Pacer. The weather then improved and we were a few minutes from the start – then we were off.

The first mile was generally uphill on the road and because of the small race field the running was extremely clean – no dogging and swerving like you get with the bigger events.

Now out of breath I braced myself to the cold wind and accompanying chill as I crossed the M62, with the other racers. I now even more out of breath from continuous uphill running questioned the sanity of the venture - and was regretting the Apres Ski - dining experiences and the superfluous alcoholic drinks, I closed my eyes and said "keep going", to myself.

It then started to get easier and between miles two and four we started a deep decent towards Batley and to my surprise I hit the 4 Mile Marker in 29.42. I was then thinking of magical numbers – *what I if this was going to be my best 10km*. However, the illusion was soon shattered as what goes down - most go up and I started an accent of gruelling 1½ mile hard climb – progressively getting steeper.

Never saw the 5 mile marker and the next one which came into sight was the 6 mile marker, pushed on hard and stopped the watch at 50.53.

Woodkirk was not the prettiest course - or the fastest - nevertheless it is well marshalled and only 25 minutes drive from Heath.



At the Guy Fawkes 10, Melanie handed out some lovely home made cake. I haven't managed to get her recipe yet but this one from Liz M sounds quite similar:

### Sticky Lemon/Orange Cake

4oz soft marg  
6oz caster sugar  
6oz SR flour  
4 Tablespoons milk  
2 Large eggs  
Grated rind of lemon or orange

Mix all the ingredients together, put into a greased and lined tin and bake at gas mark 4 for 40-45 mins.

Meanwhile, dissolve together:  
3 rounded tablespoons icing sugar &  
3 tablespoons lemon or orange juice

As soon as the cake is ready, pour the dissolved mixture over it.

Leave the cake in the tin until completely cooled.

For those of you, like me, who are watching the weight, assuming you use low fat margarine and skimmed milk and you get 10 slices out of the cake, each slice is 3 weightwatchers points.





Ellie is organising a quiz to raise money for LOOK – a charity which supports visually impaired children

**When? Friday 20<sup>th</sup> February**  
**Where? Heath**  
**Cost? £4:00 adults (including pie and pea supper)**

Tickets are on sale now from Ellie.

Ellie would appreciate any contributions for raffle prizes (I'm sure you've still got some unwanted Christmas presents left about).

Here's some more information about the charity:

- LOOK is a national Charity, we help and support children and young people with serious sight problems – and their families.
- LOOK provides information on education, welfare benefits and specific eye conditions – as well as any other information relevant to the lives of visually impaired children and young people.
- LOOK works with professionals in Health, Welfare Education and Social Services to ensure that awareness of the needs of young people with VI is always at the top of the agenda.
- LOOK is developing a network of young people with VI. Encouraging self confidence, making sure young people with sight problems share all the opportunities, experiences and responsibilities of everyday life.
- LOOK's Family Support Service offers practical help, information and emotional support to families.
- LOOK links parents and young people to others in similar situations. We encourage the development of local and Regional Family Support groups and Specific Eye Condition groups. Most parents need to share experiences, exchange information and decide what is best for their children. LOOK helps and supports.
- Sight is our most precious sense. LOOK is dedicated to ensuring that loss of sight does not limit a young person's life chances.



## Social Events

By Diane



I have been asked to put together a fairly cheap social weekend away in the dales .

Please read on if interested and let me have your feedback.

The location is Timberlodge, Ingleton, Yorkshire Dales.

Timberlodge is a Scandinavian pine lodge purpose built for providing self catering accommodation for groups of up to 48.

There is a drying room for clothes, a well equipped kitchen with gas and electric cooking appliances, three sinks, a dishwasher , a large fridge, a fridge/freezer and a microwave. It also has a large dinning room, separate lounge with colour televisions, ladies and gents washrooms, toilets and showers, laundry facilities, and an indoor Sauna. (It is a non-smoking cabin and no pets are allowed and due to the restricted privacy I suggest we keep it to the over 18's).

As you can imagine the lodge gets booked up well in advance but I have provisionally booked us in on Friday and Saturday the 18th and 19th September 2004, which gives people plenty of time to make up their minds. I have checked that there are no important runs that weekend - The GNR is the weekend after and the Yorkshireman the weekend before.

This would be a great base for running, walking, cycling etc all of which can be arranged later for the group but if you just fancy doing your own thing its not a problem.

I need to get at least 30 people interested enough to give me a deposit by the 1st April. This is open to all members, relatives and friends on a first come first served basis.

How much is this going to cost me you cry. Well, Hopefully about £10 per person per night -with an extra £1 per night if you require a sleeping bag to go on your lovely pine bunk. (Also if enough people are interested we can look at doing some communal food shopping/cooking which will make it cheaper than eating out).

Anyway, Hope I have tempted you to ask for more info and if interested a £10 deposit will secure your place.

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Annual Dinner - Just to confirm, Its at the Auctioneers Restaurant, BCA Centre, Armytage Road Brighouse on Friday 30th Jan. This is your last chance to book your seat. Please aim to arrive between 7.30 and 8.00.....Any more veggies out there, if so please let me have your meal option a.s.a.p.  
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By popular request its the return of the GIRLS night out. The date is Friday 27th February and the location is Huddersfield. Please register your interest with me and if there is sufficient response arrangements will be made nearer the time.



# Marathon Training with Lucy

## Marathon training part 2.

Started training?

Or as most of us are doing still thinking about and gradually persuading ourselves we really must get organised and start running instead of talking about it.

Training programme:

- Too much choice?
- Confused?

Join everyone else!

There are millions of different training programmes and ideas of how to run a marathon out there.

There are the purists who don't think you should walk on a marathon. Others who talk of running sub 3 with walk break every mile.

There is no perfect plan that will suit everyone.

Runner's world is as good as any if you want to follow a plan.

**My plan from experience is:**

Start logging every mile. I get a calendar, stick it in the kitchen and every time I run I put my miles on it. (The organised buy a training log) Add it up at the end of each week. Try and gradually build your mileage up, but as previously said don't increase the total more than 10% per week.

Train regularly – I train 4 days a week, any more and I get tired and injured. Look at your age and your experience and outside commitments, you do not need to train every day.

Plan what days you run, Suggestion is use club nights Monday, Tuesday. Thursday then long run at weekend This gives you breaks in the week.

You want to get to the marathon and enjoy it, however long it takes you to finish. Over training leads to injury, your body needs time to repair and rest.

If you feel the need to train more than 4 days a week, look at cycling or swimming or some gym work. These use different muscles and give your legs a change.

Start getting in your long slow runs at the weekend, this should not be at race pace but slow and steady at a pace you are comfortable to maintain for miles. Try and increase it each week for three weeks then drop back for one week before increasing again. By three weeks before you need to be up to 20 plus miles for your long run.



If you can, try use one of the other 3 sessions as a speed session during the week, if it is your first marathon, time is not an objective so don't worry if you miss this.

The other two runs, at present approx 5 miles, at normal steady pace.

Get used to drinking regularly when out running and start experimenting with different gels, believe me they do help but what suits one will not suit all and they can have interesting effects on your stomach and bowels.

Block off now in your diary the long run weekend for THREE weeks before the marathon. From experience two weeks before is too late, you are still tired when you get to the marathon.

That's the outline plan!

As usual in reality my plan has already gone wrong as is I got the virus that's been going round and at the moment my weekly mileage is down to single figures.

But the best time I have done so far was done after eating all the wrong foods the week before (AMERICA ,doughnuts and all you can eat breakfasts ), running round theme parks and doing all the rides and not doing a long run if more than 17 miles.

So plans are guidelines ,reality of life means changing them as you need. Life is too short not to enjoy ,even when you have voluntarily agreed to run 26.2 miles.



**Answer to the last puzzler:**

Alex Fergusson managed East Stirling, St. Mirren and Aberdeen before Manchester United.

One for the wordsmiths in the club this month. Which 4 letters of the alphabet can be arranged to make 6 separate 4 letter words? (Clue – they're all in the second half of the alphabet)



**CLOSING COMMENTS**

Firstly a couple of apologies – I haven't been able to use the article Judith kindly sent me because my scanner refuses to perform.

Steve B – HELP! Secondly apologies to Gayle Benson – your new member profile WILL appear next month – I'm pushed for time and space this month, ditto re Grand Prix table.

**A reminder from Carol that your subs are now due. £15 full membership, concessions for unwaged and social members. Beware – if you don't pay you'll be knocked off the list.**

That's all for this month

*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](http://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](http://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. Annual Dinner

This is usually held in January. It is a sit down meal followed by a late bar and disco. For the last few years it has been at The Auctioneer in Brighouse. It is open to none running partners / friends as well. Dress is smart / casual. At the annual dinner we present annual prizes including the summer and winter handicap cups. See Diane, our social events secretary for more information.



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
	30/01/04	Annual Dinner	Diane / Carol
GP	01/02/04	Yorkshire Mill Mile 10k (Dewsbury)	Runners World
	01/02/04	Winter Tough Guy	Runners World
	01/02/04	Roundhay Romp 10k	Runners World
XC	08/02/04	Pudsey Cross Country	Adrian
	15/02/04	Aakash Liversedge ½ marathon	Runners World
	20/02/04	Ellie's Quiz Night - Heath	Ellie
XC	22/02/04	Skipton Cross Country	Adrian
	22/02/04	Ikley Moor fell race 5	Runners World
	22/02/04	Snake Lane 10	Runners World
	27/02/04	Girl's Night Out	Diane
	29/02/04	Huddersfield 10k	Runners World
	07/03/04	Norton 9	Runners World
	07/03/04	Baildon Boundry Way (1/2 marathon)	Lesley
	13/03/04	Dent	Melanie
	14/03/04	Stanley Park 10k (Blackpool)	Runners World
	19/03/04	Cross Country Presentation night	Adrian
	21/03/04	Stainland 7	Roger
	27/03/04	Conniston 14	Runners World
	28/03/04	Ackworth ½ marathon	Runners World
	04/04/04	Wakefield 10k	Runners World
GP	11/04/04	Guiseley Gallop	Lesley
	18/04/04	London Marathon	<a href="http://www.london-marathon.co.uk">www.london-marathon.co.uk</a>
	25/04/04	Three Peaks race 24	Runners World
	25/04/04	Rothwell 10k	Runners World
	23/05/04	The Bluebell Trail 10m (Stainland Lions event)	Mary
	13/06/04	Edinburgh Marathon / Relay Marathon	Lucy
GP	June	Joe Percy	Lucy
GP	June	Summer Handicap	
GP	July	James Herriott 9	
GP	August	Littleborough 5k	
GP	September	Yorkshireman ½ Marathon	
	Sept 04	Berlin Marathon	Lucy
	18/09/04	Timberlodge, Ingleton	Diane

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

**Red = Social Events. Green = Races Yellow = Cross Country Blue = Away Runs**

**Note: Meetings are held at Heath on the first Thursday of the month – everyone welcome. eath on the first Thursday of the month – everyone welcome.**