

I know it has already been said but I am going to say it again. Well done to the club for what we did, putting on such a race is a tall order especially the first one and it has been very well received. It was a fantastic effort and something that we should all be very proud of. That sentiment also applies to the beginner's sessions and I would like to welcome those who have joined us permanently.



Lastly - Come on England! ..Roger

(Apologies to any non-English members, just allow us this small indulgence this month - Ed)

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Articles for July's newsletter by Friday 16th please.

Newsletters will be available on Monday 19th & posted out Thursday 22nd

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

JOE Percy 10k

By Lucy

I have just put the entry in for the Joe Percy with a total of 38 names (see below) which I think must be a world record! Possibly there will be one or two more on the night who I have missed off by mistake. Apologies in advance to anyone I have missed. I am still stunned by the number of entries.



Just to remind you, the race starts at 7:30 but you need to be there before that to sign the team sheet. **Club vests MUST be worn.** Either meet at Heath around 6pm on Wednesday to travel across together (& share cars as parking is a bit limited) or meet at Thurstonland at 7:15.

Entries (Alpha order) **Men:** Bob Ambler, Peter Bedwell, Steve Farrar, Richard Fawthrop, Duncan Greaves, Alan Gibson, Eric Greenwood, Nigel Greenwood, Stephen Guilfoyle, Simon Hogan, Garry Kettle, Steve Knight, Alan Lashbrook, Tony McManus, Johnny Moore, Nick Mitchell, Stephen Newill, Roger Northrop, Mark Preseton, Ian Rutson, Clive Siddal, Darren Sugden, Mark Tweed, Chris Walker & Andrew Wiggins.

Ladies: Zena Buckwell, Gayle Benson, Mary Cowling, Lynne Davies, Alison Farrar, Judith Greenwood, Lesley Henderson, Eileen Hillier, Helen Kettle, Carol Lord, Karen Newill, Susan Siddal & Tracey Yearsley.

STOP PRESS...STOP PRESS... STOP PRESS...STOP PRESS... STOP PRESS...STOP PRESS...

The July meeting has been cancelled due to holidays and other commitments. The proposed pre meeting rounders match is still taking place though. Meet at usual as Heath at 6:30pm on Thursday 1st July. **Great speed training opportunity!**

Any one for Speed Training?



Lucy is organising a game of rounders which will masquerade as a speed training session. It will be played on one of the rugby pitches at Heath. It is being arranged for Thursday 1st July. Everyone welcome – please join us for big fun!



As most of you know we are planning a club trip to the Barcelona marathon / 1/3rd marathon next March. The date of the marathon is 20th March. Everyone (including none runners) is welcome.

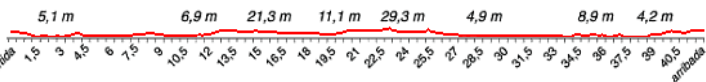
Still not much information on the site yet but Lucy is busy looking out for the best deals. Some people will just be going over for a couple of nights but others have said they would like to spend more time in Barcelona or tag on a visit to other parts of Spain. To allow the greatest flexibility we plan to get prices for:

- Hotel only (2 nights, 3 nights, extra nights)
- Hotel, flight and race package

Of course everyone is free to make their own arrangements if they prefer – we can let you know the chosen “team” hotel nearer the time.

With regards to the marathon course you can see the map (too big to print here) by visiting:
www.barcelonamarathon.com/contentimgs/mapa.jpg
 (Note this was the route this year – it may change next year).

Others have asked about the profile (any hills?) of the marathon. Again the profile this year was as shown below – looks pretty flat (but beware Richard Graves said that about Vancouver and he lied!)



The following people have expressed an interest: David & Diane Waite, Steve Turner & wife, Judith, Liz McIntosh and Joe McGrath, Steve & Debbie Boyer, Liz Timmins and Hugh, Colin Lord and Alan Gibson, Penny Painter, Lynne Davies, Julie Longworth & partner.

If your name isn't on this list and you are interested please let Karen or Lucy know. You aren't committing yourself to anything at this stage but we can negotiate better discounts with larger numbers of people.



c) lith  cts

Carbo Corner

Thanks to Judith for submitting this month's recipe.



Judith's Bread and Butter Pudding

It's not hard to make, very easy – Honest!

- 6 slices of bread and butter
- 1 pint of milk
- 2 eggs
- 1 desert spoon of sugar
- sultanas or currants

First cut off the crust and divide each slice of bread into four squares. Arrange them in layers in a well buttered oven proof dish and sprinkle each layer with sultanas or currants.

Beat the eggs and add the sugar. Stir until dissolved. Mix in the milk and pour **GENTLY** over the bread which should only half fill the dish.

Let it stand for at least an hour for the bread to soak, then bake in a moderate oven for one hour.

YUMMY! Enjoy!



Answer to April's Puzzle Time
 (last month I gave you the question again but forgot to tell you the answer – sorry) was:

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



QUEUING

The Answer to last month's puzzle was:
 This month's question is:

Give 3 one word anagrams for the following:

- a) dirty room - Dormitory
- b) voices rant on – Conversation
- c) Lithe Acts – Athletics

This month's question is:

Which Scottish football league teams play at:

- a) Dumfries
- b) Perth
- c) Paisley
- d) Kirkaldy





Congratulations to Hyacinthe & Bill who have just got married (Mary sent me a lovely photo of the happy couple but unfortunately my computer didn't like it very much – several cross words and chocolate bars later I decided to settle for a graphic instead – take it from me Hyacinthe looked gorgeous and Bill looked handsome).



A plea from Melanie.....

A plea for anyone out and about in the pubs along the canal. There is an article with photos on the Bluebell trail in next week's edition of Tow Path News. If you see a copy of the newspaper, please can you pick up a copy for me. It sounds like a good excuse for a pub crawl / bike ride from the Moorings at Sowerby Bridge to the Navigation, Volunteers Arms, The Bridge, Barge and Barrel, Colliers Arms and the Red Rooster. Any takers?

Just for information and so that you don't think that I am a regular reader of said paper – the chap from Tow Path News was out walking on the Sunday of the race and marshalled aside by me. He was at Salterhebble Locks and took a number of photos of the runners as a barge was going through the locks. He has since asked for an article on the race which I have sent to him and we are in next week's paper.



Lost Property

Did you lose a pair of sunglasses at the Bluebell trail? If so see Mary who found a pair at the Bluebell trail



Nutrition and sport

A new monthly column by Lucy



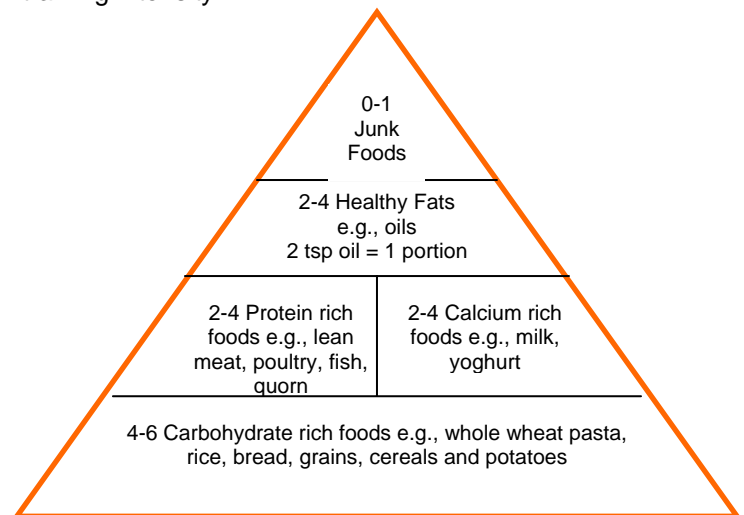
If you have a car you look after it to make sure it runs properly. You give it the right fuel, get it serviced and repair anything that needs it.

If we apply the same principles to our bodies it is obvious that the more we look after our bodies the better they are likely to perform. So the better the fuel (food) that we take in the better our body is going to work and the more likely we are to improve our sporting performance.

Lets start with the basics

Food can be divided into 7 groups and these taken in the right quantities should meet all your nutritional needs. A diet healthy for running is healthy for all the family, this is a starting point on which to refine your needs depending on yours.

Later on we will look at more specific diets and the use of supplements and race nutritional requirements, sport and training intensity.



Editor's Closing Comments

Not very much to say really. Except perhaps that it's getting difficult to turn out these newsletters with so few contributions. Out of 120 members it shouldn't be impossible for some of you to put pen to paper once in a while. If anyone is interested in taking over the newsletter from next year I'd be happy to show you how I do things – maybe a change a editor, with new ideas would stimulate people a bit more. Let me know if anyone is interested.

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.



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

	<u>DATE</u>	<u>EVENT</u>	<u>CONTACT/DETAILS</u>
	22/06/04	YVAA Stabeck	Eric Heaton
GP	23/06/04	Joe Percy	Lucy
	24/06/04	Jane's appeal women's fun run 2004	Heath notice board
	26/06/04	YVAA Oldtown	Eric Heaton
	30/06/04	Otley 10 mile road race	www.ukresults.net
GP	June	Summer Handicap	
■	01/07/04	Rounders game	Lucy or Karen
■	01/07/04	MEETING CANCELLED	
	04/07/04	Tough 10 mile (Skipton)	www.ukresults.net
	06/07/04	Rochdale 10k	www.ukresults.net
	07/07/04	Helen Windsor 10k	www.ukresults.net
	11/07/04	YVAA Esholt St Bedes	Eric Heaton
	11/07/04	SRC Cross Keys Relay	March 04 Newsletter
	14/07/04	YVAA Esholt Social Club	Eric Heaton
	18/07/04	YVAA Eccup	Eric Heaton
GP	15/07/04	Summer Handicap	Lucy or Dawn
GP	25/07/04	James Herriott 9	www.ukresults.net
	25/07/04	Summer Tough Guy	Steve B
■	30/07/04	Sally & Nigel's leaving do	Sally & Nigel
GP	August	Littleborough 5k	
	03/08/04	YVAA Pudsey	Eric Heaton
	08/08/04	YVAA York Acorn & Rowntrees	Eric Heaton
	15/08/04	Yorkshire women's 5k fun run (Wakefield)	www.ukresults.net
■	21/08/04	Annual Pub Relay	Roger
	21/08/04	Tywyn Race the Train	Runners World
	11/09/04	Slovenia Alpine Marathon	
	12/09/04	YVAA South Leeds Stadium	Eric Heaton
■	17&18/09/04	Ingleton (Timerlodge) Lodge	Diane
GP	September	Yorkshireman ½ Marathon	
	Sept 04	Berlin Marathon	Lucy
	26/09/04	YVAA Honley	Eric Heaton
	02/10/04	SRC Autumn Leaves Fell Race	March 04 Newsletter
	27/11/04	Wesham 10k	Website
	20/03/05	Barcelona Marathon / 1/3 marathon	Karen / Lucy

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=