



I am sure that when I say a big thank you to Karen for editing and producing the news, letter I speak for the whole club. Now that she has decided to retire as editor it leaves a hard act to follow, but I am sure that one of you out there will be willing.

Now that the cross country is back upon us I would like to wish everyone good luck for the coming season. We now have our own trophy cabinet, very kindly made by Steve, and this will be mounted at Heath for us all to stare at and admire.

The Club has renewed its affiliation with Heath, which I believe has now become a good home for us and a good relationship between the Clubs exists.

As announced at the meeting the Club will also be affiliated to the Fell Runners Association and the British Triathlon Association. Along with our current affiliations this covers areas that numerous members of the Club regularly participate in and will complement those that already exist.

And finally congratulations to all those that completed the Dublin marathon, It seems like a good time was had by all.

Thanks Roger



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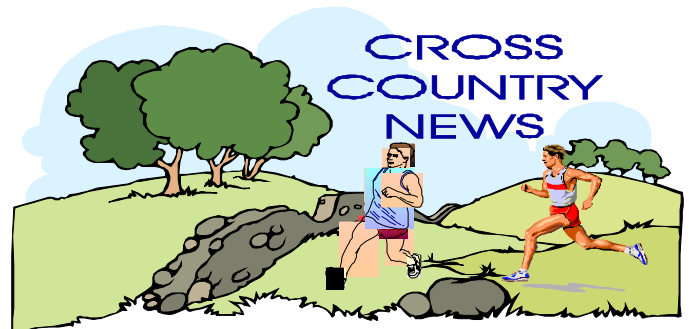
Articles for December's newsletter by Friday 10th please.

Newsletters will be available on Monday 13th & posted out Thursday 16th

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

Don't forget that the Cross Country season officially starts for Stainland this Sunday.

Dewsbury is the first venue, start time is 11am



Adrian Pitts has asked us to meet up at Heath at 9:30am to discuss tactics, hangovers and car-sharing. He advises that it **WILL** be muddy and off-road shoes are a necessity. Club vests must be worn (if you don't have one, come along anyway - we may have spares on the day), NOT the unofficial blue long-sleeved training top. If it's cold you can always wear a long-sleeved top underneath your vest. Pre-race facilities are non-existent so don't forget to bring your loo roll and leave your modesty at home! Post race we are invited for refreshments and results at Dewsbury's club house.

If anyone wants to go directly to Dewsbury and wants directions give Adrian a call on 01422 342958

Remember EVERYONE is welcome to run irrespective of ability - it is for experienced and new members alike. It's all about fun, exercise and getting very dirty!!

Future venue dates are as follows:

- o 14th November Dewsbury
- o 5th December Idle
- o **16th January St. Bedes ***
- o 30th January Pudsey
- o 27th February Skipton

- All races will start at 11:00am

* note date changed – Adrian was not advised of this until today.



Calderdale Way Relay 2004 Sunday 12th December

Stainland have entered 4 teams into the Calderdale Way relay. We have already practised legs 1 – 4 but if you missed this or need a further practise run please contact Colin, Gary or Karen. Further practise runs are scheduled as follows:

- | | |
|---------------------------|------------------------------|
| 14 th November | No run due to cross country |
| 21 st November | Leg 5. Meet at Heath at 8:30 |
| 28 th November | No run due to Abbey Dash |
| 4 th December | (Saturday!) Leg 6 |
| 5 th December | Idle Cross Country |
| 12 th December | RACE DAY!!! |



Social Events

By Diane



Girls Night Out - Friday Nov 19th

Meet Bar 11 at 8pm and hopefully making it to Mainstreet by 11pm.

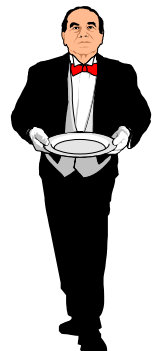
Lads Night Out - Friday Dec 3rd

Meet The Goose at 7.30 with no set destination!



Stainland Lions Annual Dinner

Don't forget that the annual dinner is on Friday 28th January 2005 at The Auctioneer Restaurant in Brighouse. The price is £18.45 per head which includes a disco until 1pm. You are welcome to bring your own wine for which a corkage charge of £2 will be made.



The event is open to members and partners (but no children please). Tickets are sold on a first come first served basis. Cheques for the full amount should be made payable to Stainland Lions and passed to either Diane or Carol Lord. For the benefit of newer members the format of the evening is drinks, dinner, speeches and prize giving, raffle and dancing. Dress code is smart casual and it is event definitely not to be missed.

To whet your appetites, here is the menu:

Starters

Salmon and Prawn Salad

Fresh salmon, prawns and basmati rice in a Chinese glaze served on crisp salad

Melon

Vodka shot melon cocktail with fresh strawberries and orange

Soup

Chefs home-made cream of broccoli and cauliflower soup served with croutons

Garlic Mushrooms

Tender button mushrooms sautéed with garlic sauce, garnished with caramelised peppers and chopped chives



Main Courses

Roast Sirloin au Poivre

Tender prime roast sirloin of beef with mushrooms, peppers and mustard sauce

Roast Norfolk Turkey

Roast breast of Norfolk Turkey carved to order, garnished with chipolata sauce, bacon roll and sage and onion seasoning

Salmon au Gratin

Oven baked fillet of salmon grilled with leek and cheese sauce

Brie and Cherry Tomato Parcels

Filo parcels oven baked with spinach and cream sauces

All served with fresh seasonal vegetables



Sweets

Christmas Pudding with Rum Sauce

Raspberry Pavlova

Mille Feuille

Death by Chocolate

Fruits of the Forest Cheesecake

Fresh Fruit Salad

served with fresh cream



Fresh Ground Coffee
served with fresh cream and mints



New Member Profile

Name: Eric North

Age: 74 (all being well on 25/11/04)



Occupation: Fairly active OAP for last 9 years

When did you start running and why: I joined Halifax Harriers on 05-07-54 at the age of 23, and apart from a lapse on medical advice of 6 months late 1959, have just completed my 50th year. Watching Roger Bannister break the 4 minute mile in 1954 prompted me to have a go at the sport.

What made you join Stainland Lions: Having followed the steady growth of the club from its original formation and knowing many of the members personally, and running with the very friendly groups for a few weeks I decided to join as a 2nd claim member.

Tell us something funny, embarrassing or secret about yourself: Over the last 2 years I have been a regular contributor to the Harriers accident book, plus my old upper denture which persisted in taking to the air on training runs (probably from talking too much).

If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy?: Nell McAndrew (for advice on Marathon training of course).

What is your worst habit, behaviour or vice: Not taking my trainers off at the door after muddy runs.

Favourites

Food: Sticky Toffee Pudding **Drink:** Murphy's Stout

Film: Most James Bonds & Musicals

Music: Musical shows, classical, Neil Sedaka

Pastime (apart from running): Photography (still and video), Playing Piano / keyboard

Book: Technical books at home, thriller or light reading on holiday. Daren't pick up a book at home because I am loath to put it down if it's a good one.

Talents & Skills (own up to what you are good at, electricians, plumbers, cooks, car mechanics, landscape gardeners etc): Fairly practical at DIY but have found it safer and cheaper to use tradesmen on things I don't understand.

What are your running plans for the coming year (goals, races etc): Health permitting I want to run in the cross country league fixtures plus the "Hot Toddy" at the year end.



Answer's to September's puzzle:

When the whole numbers are written in words which is the first number which contains the letter "a"



One Hundred and one

October / November's puzzle:

Which three letter word can be added before, after or between the following:

Coot ald mit fat cries wit used



Strictly Come Dancing



Phil's wife, Sarah, is a dance instructor and will be teaching ballroom to beginners from Wednesday 10th November, 7.15pm at Shelf Junior and Infants school. Lessons are for 1 hour and are £4 per person. Sequins and artificial tan are optional, but please no heels with metal tips. It is for true beginners and Sarah has promised that in three weeks or so, Gary and I will be able to turn a corner with panache and style, rather than our present approach of full stop and right angle turn. Waltz, quick step, cha-cha-cha, etc. are on the menu and she will also ensure that Karen and Steve will knock them dead on their hols next year with a steamy tango.

Gary dances like a piece of wood and I am of the Diarmund standard for those of you watching "Strictly Come Dancing" - lots of enthusiasm and no co-ordination. We are going so that we no longer have to be wallflowers when we go to any more dos and in the hope that we might get a bit more poise and balance. Hope that you can come along and have a laugh with us. Sarah says all are welcome.

Directions - out of Halifax towards Nothowram, turn left at Shelf roundabout, right at the Duke of York Pub, the road either wiggles a bit or goes up and down hill and the school is at the top of the hill on the right.





Race Reports

Race reports are a bit thin on the ground despite the two month gap since the last newsletter. Thanks to Avril for this one though.

Castle Howard 10k October 3rd. By Avril

I was talked into this run after I had taken part in my first ever run, which was the Jane Tomlinson 5k in June this year. So I carried on with my training Mondays & Thursdays, did the Helen Windsor 10k round Norland a couple of times to get the measure of it with times of between 1hr 15 and 1hr 22. and thought it will be a piece of cake on the day, fairly flat round Castle Howard.

BUT why did I decide to celebrate a friend's birthday the night before the race AND go for an Indian to the Zam Zam in Elland? At 11.30pm when your in good company and you've had a cider or three common sense disappears.

To say I was delicate and dashing to the loo every ten minutes or so the following morning was an understatement!

When I arrived at Castle Howard and saw all the people the adrenalin just rushed through me (or was it the curry?).

I did get interviewed though on air and managed to get in a mention for Stainland Lions.

There we were lined up for "the off" I managed to run to the 5k drink station praying that there would be a loo - what a relief .

The last 5k wasn't too bad and as soon as I saw the home straight I thought I'm doing a 'Kelly Holmes' here! I was off looking straight ahead even though I could hear some 'Lions' calling out my name, so I never even saw the clock to record my time minus my loo stop or, as my husband put it, "in Motor Racing they have Pit Stops but I had to have a S--- Stop!!"

According to my husband my time was 1hr 10 min. Even though I was in a delicate state it hasn't deterred me and I'm looking forward to my next race, but will definitely stay in the night before, and not partake in alcohol or spicy food. (Yeah – hands up everyone who's said that before – Ed)



Bonkers for Conkers By Maggie

Do your hips ache after a run? Mine did, but not anymore thanks to conkers! It may sound weird but if you put a conker in your pocket it cures all sorts of pains in your joints. I was told about this cure by a woman at work who suffers from Rheumatoid Arthritis and no longer needs to take drugs to ease the pain in her joints.

I haven't a clue how it works but it does seem to for me. I've now kept a conker in my pocket for the last 3 weeks and have had no problems with my hips. What about when you go to bed, you might think? Well I've put a couple of conkers in a sock in the bottom of the bed! (So now you know my bedroom secrets). It makes such a difference to get out of bed and not hobble about for the first half hour. Since it doesn't cost a thing it's well worth a try.

Maggie Blaylock (the one with lumpy thighs)



Stoning incident – Thursday 30th September Report by Steve Boyer

You may or may not be aware that a group of us were stoned by a group of youths on Thursday 30th September whilst out training. We were running down from Southowram along Park Lane in Siddal, outside the Working Man's Club when we were attacked .

As far as I'm aware only three of us were hit, but Lynne Carlin was hit on her left collar bone which resulted in some bruising and tenderness.

I reported the matter at Halifax Police station that night and was given a crime number FA/04/18527 and was assured that someone would contact me on Friday. (Yes, you've guessed it; not even a phone call . . .)

I emailed the Halifax Harriers and warned them to which they have replied with thanks and will warn their members. Also, I wrote to The Halifax Courier and they published my letter with a photo. A copy is on our web site

This behaviour is an escalation of the usual shouts & jeers we receive when out training and needs to be stopped before anyone sustains a serious injury.

Finally, my apologies to Judith. I mentioned in my letter that one of our lady runners is nearly 60 years of age. A little bird told me you were 59 years old. Hey, but you still have great legs!



10k Problem – 10k Solution

Richard pulled a good article off the www.runnersworld.co.uk site. Unfortunately I don't have room to reproduce it here but it's worth looking up on the website. Follow this link:

<http://www.runnersworld.co.uk/news/article.asp?SP=&v=1&UAN=83>

Incidentally the whole website is well worth a visit, it's one of the best running websites around (except our own of course), so why not give it a try?



Stainland Lions Grand Prix results - One event to go!

Looks like Chris has an unassailable lead in Division 1 so early congratulations to him.

Likewise Diane has division 2 sewn up and Judith division 3.

The other places are still to fight for though, so good luck in the final event.

If you fancy taking part in next year's Grand Prix please complete the entry form on the next page. It's great fun and it will encourage you to get out there and race. Quite simply you try to race at least 8 of the 10 races chosen by the committee.

You are put in the division that best suits your ability - and you have great fun.

See Alan Lashbrook for more details...

Pos.	Stainland Grand Prix 2004	Jan Club Winter H/Cap (4th)	Feb Dewsbury 10k (1st)	Apr Guiseley Gallop (11th)	Jun Joe Percy	Jun Stainland H/Cap	July James Herriot Trail 9m (25th)	Aug Littleborough 5k (31st)	Sep Yorkshireman 1/2M (12th)	Oct Chester Zoo 10k (17th)	Dec Idle XC (5th)	Counting Events	Points Total
Division 1													
1	Chris Walker	15	12	11	13	14	-	15	15	17		8	112
2	Darren Sugden	12	16	17	15	13	17	-	-	-		6	90
3	Duncan Greaves	7	7	13	7	-	-	14	17	14		7	79
=4	David Waite	11	9	-	-	-	15	12	16	15		6	78
=4	Simon Hogan	9	6	10	9	17	-	11	-	16		7	78
6	Chris Bottomley	-	-	15	14	15	16	17	-	-		5	77
7	Stephen Newill	13	14	-	11	10	-	-	14	-		5	62
8	Alan Gibson	8	8	9	10	12	-	10	-	-		6	57
=9	Clive Siddell	-	-	8	6	16	-	13	-	13		5	56
=9	Steve Farrar	16	10	12	17	-	-	-	-	-		4	55
11	Nick Mitchell	17	15	16	-	-	-	-	-	-		3	48
12	Andrew Smithson	14	13	-	-	-	-	16	-	-		3	43
13	Mark Preston	-	11	14	8	-	-	-	-	-		3	33
14	Andrew Brewer	10	-	-	12	-	-	-	-	-		2	22
15	Ian Wood	-	17	-	-	-	-	-	-	-		1	17
16	Richard Graves	6	-	-	-	11	-	-	-	-		2	17
17	Toby Underwood	-	-	-	16	-	-	-	-	-		1	16
Turnout %		70.59%	70.59%	58.82%	70.59%	47.06%	17.65%	47.06%	23.53%	29.41%	0.00%		
Division 2													
1	Diane Waite	13	13	13	-	13	13	13	-	14		7	92
2	Alan Lashbrook	7	7	-	-	14	12	11	14	11		7	76
3	Susan Siddell	-	9	8	12	11	-	10	-	12		6	62
4	Ellie Elliot	8	12	10	-	-	-	12	-	13		5	55
5	Alison Farrar	11	14	14	-	-	14	-	-	-		4	53
6	Carol Lord	10	6	7	11	9	-	7	-	-		6	50
7	Mary Cowling	-	8	9	13	12	-	-	-	-		4	42
8	Eric Greenwood	9	10	11	-	-	-	8	-	-		4	38
9	Caroline English	14	11	12	-	-	-	-	-	-		3	37
10	Steve Boyer	-	-	6	-	10	-	9	-	10		4	35
11	Tracy Yearsley	12	-	-	14	-	-	-	-	-		2	26
12	Tony McManus	-	-	-	-	-	-	14	-	-		1	14
	Ben Willard	-	0*	-	-	-	-	-	-	-		0	0
	Luan Underwood	-	-	-	-	-	-	-	-	-		0	0
Turnout %		57.14%	64.29%	64.29%	28.57%	42.86%	21.43%	57.14%	7.14%	35.71%	0.00%		
Division 3													
1	Judith Greenwood	4	7	8	7	7	7	7	7	-		8	54
2	Leslie Henderson	5	-	-	8	8	8	8	6	-		6	43
3	Karen Newill	8	6	-	-	5	-	-	8	-		4	27
4	Debbie Boyer	-	-	7	-	-	6	6	-	-		3	19
5	Claire Wood	-	8	-	-	6	-	-	-	-		2	14
6	Lucy Hodgson	6	5	-	-	-	-	-	-	-		2	11
7	Heather Brewer	7	-	-	-	-	-	-	-	-		1	7
	Lynn Carlin	-	-	-	-	-	-	-	-	-		0	0
Turnout %		62.50%	50.00%	25.00%	25.00%	50.00%	37.50%	37.50%	37.50%	0.00%	0.00%		

STAINLAND LIONS GRAND PRIX 2005

ENTRY FORM/QUESTIONNAIRE

Please fill out and return this Form if you are interested in taking part in a Club Grand Prix. Return it by email to Alan Lashbrook (alan@lashbrook47.fsnet.co.uk) or print out a copy and pass it on to me as soon as possible.

Name	
-------------	--

Age	
------------	--

(if you want to be included in a new age related Handicap table as well)

To assist with your placement into the right Division please can you supply approx race times of your last 10k or if give me some idea of what you think you could complete a 10k in. Please be honest!

Best 2004 10k time, or predicted time	
--	--

In 2003 we had the following races in the Grand Prix but if you have some personal favorites, or races you'd like to see featured please state in the relevant box. Please note, you need to indicate which month your chosen race(s) occurs in by entering it in the corresponding box.

Month	Previous 2004 Races	Your choice, or just leave blank
Jan	Stainland Winter H/cap	
Feb	Dewsbury 10k	
Mar	No Race	
Apr	Guiseley Gallop	
May	No Race	
Jun	Stainland Summer H/c & Joe Percy	
Jul	James Herriot Trail	
Aug	Littleborough 5k	
Sep	Yorkshireman Half M	
Oct	Chester Zoo 10k	
Nov	Cross Country TBD or	
Dec	Cross Country TBD	

18th 3mile Village Fun Run

Presented by
Stainland Lions Road Runners
And The

Red Lion Pub

On
Boxing Day

Sunday 26th December 2004

Start 11am from the Red Lion car park, Stainland Road, Stainland

Followed by Mock Auction and Raffle in the Pub
All proceeds to Martin House Children's Hospice
and other local charities

Entry Fee £4.00 Adults £2.00 Children

Prizes for

1st Male and 1st Female, Best Fancy Dress
Youngest and the Eldest

Please send Entry Forms to Roger Northrop, 13 Tyson Street, Halifax HX1 3TQ

Tel: 01422 255777 or email dawnandroger@tiscali.co.uk or

WWW.stainlandlions.com

Closing date for postal entries is 15th Dec. Entries on the day from 9:30am welcome.

Please enter me for the 18th Village Fun Run. I agree that the organisers will be in no way held responsible for any injury or damage caused to me during the course of the run, and that I am fit and healthy to run.

Name:

Address:

.....

.....

And whilst we are on the subject of entry forms, please find a copy of the Boxing Day fun run form. Please photocopy it and distribute it as widely as you can. You can also, of course, use it for your own entry.

Volunteers willing to help on the day would be most appreciated. Please see Stephen or Roger if you can help in any way. Don't forget to bring raffle and auction prizes - a great way to dispose of all those unwanted Christmas presents!



Recipe Corner


For recipe corner this month I submit my own (or rather my cookery teacher - Mrs. Harper's) recipe for Christmas cake. I have been using this recipe for 25 years, during which time it has been used for wedding cakes, 18th birthday,, most recently 80th birthday! as well as a traditional Christmas cake. It is very moist and works every time. This quantity will make an average size cake, a celebration cake would take 2.5 mixtures and the bottom tier of a wedding cake is 5 mixtures.

Mrs Harper's Christmas Cake

6oz flour + baking powder for insurance
6oz butter
6oz soft brown sugar
6oz currants
6oz raisins
6oz sultanas
3oz glacé cherries (halved, quartered and washed to remove goo)
small bag of chopped mixed nuts
2 pineapple rings thinly sliced
3 eggs
juice and zest of an orange
good teaspoon of mixed spice
2 tablespoons of coffee, made very very strong

1. Cream butter and sugar
2. Beat in egg gradually
3. Fold in flour
4. Add dried fruit & mixed spice. Mix
5. Add prepared cherries, nuts, orange juice and zest and pineapple and mix well
6. Lastly add the coffee and give it all a final stir (while making a wish - I know that's usually for Christmas puddings but what the heck!)
7. Put in a greased and lined tin and bake at about 150c, about gas 4 until a skewer inserted in the center comes out clean and it looks done (sorry to be imprecise but you know what I mean).

Decorate with marzipan and icing and enjoy (especially with a slice of Lancashire cheese!)



Editor's Closing Comments

Firstly I have to say a big thanks to everyone who has sent emails or spoken to me about my decision to give up the newsletter. I really appreciate your kind words and support. As you know I have enjoyed writing the newsletter since April 2002 immensely.

It's just that I have what promises to be a very busy year next year so I need to take some time out. If someone would be willing to care-take it for me for a year or so I could be tempted to take it back. There's two options really:

Number one I would be more than happy to show someone how to use the template I have devised and I can make all the old newsletters available with all the graphics and pictures I've used over the months - it would then be just a matter of filling in the gaps every month - simple as that.

Number two - there is probably someone out there who has their own ideas about how the "new" newsletter should look and that's great. A new format is always refreshing. So come on all you budding journalists out there - why not give it a go? All you need is a computer with a word processing program, a printer and preferably access to the internet? The club pays for all the stationery (paper, envelopes), postage and ink for your printer.

All you need is a bit of time! You all get a lot out of being a member of our club - why not give something back?

All the committee jobs are automatically up for re-election at the AGM in January. There will be some, like editor of the newsletter, that will be left vacant unless someone volunteers - please give it some thought.

Enjoy your running and thanks again for all your support.

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 Alison.



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. Cross Country

The cross country season is almost upon us (it'll soon be November!). Stainland Lions is part of the West Yorkshire Cross Country League with 7 other clubs – you can see the results on the www.idleac.com site. Basically we take part in 5 XC races, 1 per month on Sunday mornings starting in November, each hosted by a different club. The races are about 4-5 miles long. Everyone is welcome, irrespective of ability. The only rule is that you must wear a club vest – so get your order in with Heather now! More details will appear in the newsletter as they become available.





Dates for your Diary

DATE	EVENT	CONTACT/DETAILS
14/11/04	Dewsbury Cross Country	Adrian
17/11/04	Derby mid week 5k	Runners World
19/11/04	Girls night out	Diane
21/11/04	CWR Leg 5 practice	Gary
21/11/04	Matthew Walker 10k xmas pud race (Derbyshire)	Runners World
27/11/04	Wesham 10k	Website
28/11/04	Abbey Dash 10k	Event now full
28/11/04	Salford Women's 5k	Runners World
03/12/04	Boys night out	David
04/12/04	Leg 6 practice	Karen
05/12/04	Idle Cross Country (Fancy Dress)	Adrian
12/12/04	Calderdale Way Relay	Colin/Gary/Karen
19/12/04	Bolsover 10k	Runners World
19/12/04	Longridge 7 (Lancashire)	Runners World
19/12/04	The Stoop 5 (Penistone Hill country Park)	Runners Wworld
26/12/04	Boxing Day Fun Run	Roger / Stephen
31/12/04	Auld Lang Syne 6	Runners World
09/01/05	Winter Handicap (provisional date)	Colin
16/01/05	St. Bedes Cross Country	Adrian
23/01/05	Brass Monkey 1/2m	Event now full
23/01/05	Four Villages 1/2m	Runners World
28/01/05	Stainland Lions Annual Dinner	Diane
30/01/05	Pudsey Cross Country	Adrian
13/02/05	Aakash Liversedge 1/2m	Runners World
27/02/05	Skipton Cross Country	Adrian
06/03/05	Norton 9	Runners World
11/03/05	Cross Country Presentation Night	Adrian
27/03/05	Guiseley Gallop 10k	Runners World
03/04/05	Baildon Boundary Way 1/2m	Runners World
10/04/05	Wakefield 10k	Runners World

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